

NOTES FROM THE NATUROPATH

Many people cannot understand why they put weight on or cannot lose it easily despite eating healthily. A healthy diet is subject to perception, many people eat lots of fresh healthy foods but add high calorie foods to these; some are not fully aware of what a low calorie diet consists of; and most have misconceptions on portion size. So, the simple rule of thumb is to eat a fresh food diet:

- A palm size serve of fresh cooked meats
- Tofu or eggs with each meal
- A little low fat dairy
- Limit fruit and bread to 2 pieces a day
- Handful size of pasta or rice a couple of times a week only
- Fill up on low/non starchy vegetables
- Eat minimal/no packet and processed foods and take away, no sweet drinks or fruit juice, and limit alcohol.

Alongside choosing to eat more healthily, practice being mindful of not overeating, leave the table when you are 80% full, which will also reduce your appetite over time. Then if you have been a goody goody all week, reward yourself with a *sensible* choice and portion size of your favourite food.

Still no success in busting the bulge? If your doctor feels there are no obvious problems required these issues can be successfully treated with quality herbal medicines and select nutritionals. But first and foremost maintain digestive health supplementation with a quality multivitamin and Fish oil.

The weight loss industry is extremely confusing; in reality you get what you pay for in the natural supplement industry. In our pharmacy we have some excellent quality brands, in my opinion choosing comprehensive and quality products such as [Oriental Botanicals Metabolism Excel](#) or [Ethical Nutrients Chromium Sugar Balance](#) together with either [Oriental Botanicals Green Tea](#) or [Ethical Nutrients Weight Loss Support](#) is ideal. These products with highly potent and pure herbal medicines together with nutritionals will decrease appetite, stimulate fat and carbohydrate metabolism, improve thyroid function and maintain normal blood sugar levels. As well as this you can use a quality meal replacement such as [Isowhey shakes](#), bars and snacks to help decrease appetite and food cravings.

For further support see one of Chemist Outlets Naturopaths for a free consultation.

~ Carmell Serafin BHerbTher

Disclaimer: This information is provided as general information only and does not take into consideration your individual health needs. Please consult your health professional before making any decisions to ensure you are receiving the best treatment for you.