

Supplementation for Weight Loss & Optimal Health

Daily MUSTS

- Multi-vitamin/mineral
- Essential Fatty Acids
- Greens Product
- Protein

Recommended

- CLA
- Fat Burner
- Green Tea

Continued from inside...

Fat Burners or “thermogenics” are supplements that have been shown to help increase the body's temperature enabling the body's ability to burn calories as heat; to be used as energy, thereby preventing them from being stored as fat. Effective thermogenic supplements are those that contain key ingredients that create a fat burning environment by working together and in synergy. Some of these ingredients also aid in reducing appetite and spiking an increase in short-term energy.

CLA is a natural occurring fatty acid. Studies have shown that by supplementing the diet with CLA consistently, helps build muscle. As muscle burns more calories than fat, and takes up less space, it is conducive to any weight loss regime. It also appears beneficial in the reduction of abdominal fat.

Q & A

Q Is detoxification important in order to lose weight?

A Absolutely. Detoxification is necessary to revitalize organ function and to help assist the weight loss process. Ideally detoxification should be done 2 – 4 times per year to help remove the toxic load in our bodies.

Q Are meal replacement shakes useful for weight loss?

A They can be, depending on the nutritive value of the products used. Our recommendation is to combine a good whey protein product, a greens formulation, some fresh fruit, your efa's and your choice of liquid (water, soy milk, milk, etc) in a blender (part of your nutrition house nutritional foundation program). Not only does it taste delicious, its incredibly good for you AND helps you lose weight!

All Nutrition House **DAILY MUSTS** products are part of...



If you have any questions or require any further information please contact nutrition house at 1-905-707-7633, www.nutritionhouse.com

natural health solutions

By Michele Sevier



Come home to wellness

Successful Weight Loss

Lifestyle – Exercise – Attitude – Nutrition

“The Canadian Medical Association estimated that in 1997, obesity related issues cost over 1.8 billion health care dollars.” Statistics Canada

Being overweight is one of the leading health risks to men, women and children today. It can cause a dramatic risk increase in all types of cardiovascular diseases including: hypertension, stroke, heart disease, as well as placing you at greater risk for cancer, diabetes and damage to the immune system.

**47.9% of Canadians were overweight in 1998.
Today that number is over 50%.**

**40% of women & almost 30% of men are trying to
lose weight on any given day.**

We are growing heavier each decade we age. The majority of weight gain is excessive fat and is caused primarily by inactivity and overeating. We as individuals are responsible for most decisions affecting our health, weight and well-being. We must learn to make more informed choices. It is never too late to change our lifestyle to ensure optimal health and proper weight management.

Switching from diet to diet is unhealthy and is very hard on the body systems. It is important to remember that there are no quick fixes when it comes to weight loss. The weight did not appear overnight and it will not disappear overnight. Be patient, not perfect. Weight loss should be slow and consistent. For good health and lasting results, aim for one to one and a half pounds (1/2 kilogram) loss per week.

Learn how to take control of your health...naturally!

Lifestyle – Exercise – Attitude – Nutrition

There are four components for successful weight loss and management. A strong foundational approach is necessary incorporating each of these areas.

Small progressive steps can create lasting behaviours and positive change.

Lifestyle – A beneficial addition to any weight loss program is detoxification. This is a cleansing procedure using foods and nutrients that optimize cellular functions while removing excess toxins. It is part of the LEAN program as it will revitalize organ function and support the body while you are losing weight.

One of the major detoxification organs is the liver. Among its many functions; it filters and cleanses the body of toxins, metabolizes proteins and carbohydrates, digests and assimilates fats and secretes bile. If the liver is not functioning optimally, it may lead to weight gain, bloating, indigestion, cellulite and fatigue.



Liver Nutrients and Cleansers

- Milk thistle
- Dandelion
- Essential fatty acids
- Cranberry juice
- Fresh lemon juice
- Detoxification kits
- Cruciferous vegetables (broccoli, beet and kale)

Water – Did you know that approximately 70% of the body is composed of water? Water filters and flushes toxins out of the body and it helps circulate nutrients. Insufficient water intake can cause the body to retain fluids and slow down the lymphatic system. Basic body functioning requires water to assist it in running efficiently. Aim for 8, 8ounce (250ml) glasses of water per day.

Exercise – many of us tend to cringe at the word “exercise”. We know the benefits of it but tend not to participate in any physical activities. Exercise must be part of the weight loss and/or maintenance equation. Once adulthood has been reached, the average person loses 7lbs (over 3kg) of muscle mass per decade. Exercise in general will increase your metabolism and burn a greater number of calories. Weight bearing exercises will increase lean muscle mass. Proper muscle to fat ratio is associated with longevity and vitality. Your goals should be in the **reduction of BODY FAT**, not measured through scales and weight. Weight doesn’t always mean you are fat. Muscle weighs more than fat, but takes up a lot less space!

Lifestyle – Exercise – Attitude – Nutrition

More Benefits of Exercise – Increases energy, reduces cholesterol, maximizes fat loss and builds lean muscle mass, improves mood, body image and self esteem, reduces blood pressure, increase bone density, reduces the risk of disease and injury, improves intestinal function, improves blood sugar regulation and much MORE!

If exercise were a prescription drug, it would be the most prescribed drug...EVER.

Attitude – A positive attitude is critical to the achievement of any personal health and/or weight loss goal(s). Keep it positive!

Nutrition – in order to actively lose weight, you need to reduce your total caloric intake by no more than 10 – 20%. Within 24 hours of beginning a very low calorie diet, your metabolic rate will slow down by 5-20%. Starving yourself will only set you up for failure. Eat live to feel alive! Remove refined food and “white” products (breads, rice, pasta and sugars). Be sure to consume protein at each meal. It not only prevents the breakdown of lean muscle mass, but it can also increase your metabolism, help regulate blood sugar levels which aids in weight loss, helps reduce cravings and fatigue. Incorporate lots of vegetables and fruit into your diet.

Emphasize good fats and eliminate saturated, trans and/or hydrogenated fats. **Breakfast is the most important meal of the day.** Begin the day with a wholesome, complete breakfast.

Greens Products are concentrated formulas consisting of green vegetables, grasses, sprouted grains and herbs. They are rich in vitamins; minerals and phyto-chemicals that can help provide valuable nutrients, especially supportive for successful weight loss and management.

Protein A highly beneficial source of protein is whey protein. It is a very rich source of essential branch chain amino acids that are very important for building and maintaining muscle, as muscle contains a very high concentration of them. Whey protein is an excellent antioxidant and can boost immune system function.

