

Winning the Battle of the Bulge

Practical Solutions to America's Growing Problem with Obesity

New Year's is the time when people make resolutions to improve their lives. One of the most commonly made (and broken) New Year's resolutions is to lose weight. It's a hard goal to stick to, especially when so many modern foods stick to us, but in this issue of Sunshine Sharing we want to help you resolve to lose those excess pounds, and succeed in your resolution. We also want you to keep the weight off.

It's no secret that Americans have a problem with excess weight. In just three decades the prevalence of severe obesity has quadrupled. About 60% of Americans are overweight and about 30% are obese. Seventeen percent of children and teens aged 2-19 are obese, as well. The problem is so bad that the Centers for Disease Control says, "American society has become 'obesogenic,' characterized by environments that promote increased food intake, nonhealthful foods, and physical inactivity." Clearly changes need to be made.

Diet Failure and Keys to Long Term Success

Numerous programs promise quick and easy weight loss, but the truth is that fad diets simply don't work. Research shows that 95% of the people who lose weight gain it back within three years. There is no magic pill or program that's going to miraculously help you lose weight, but there are sound principles of weight management that will make a difference if you adopt them.

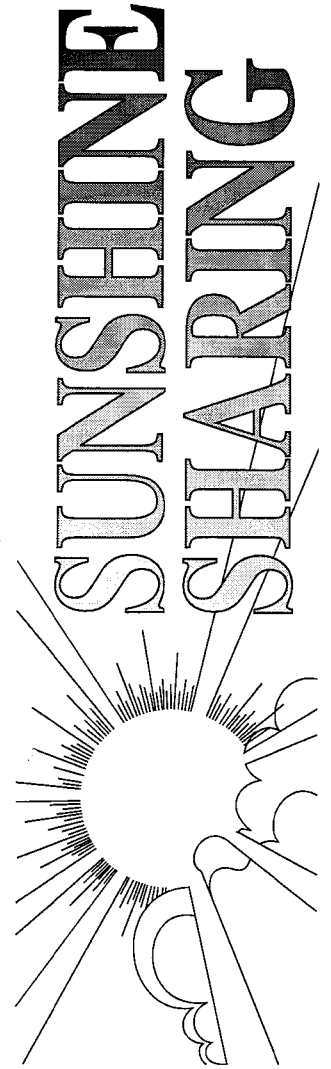
As many overweight people have figured out, simply eating less doesn't necessarily work. When you reduce your caloric intake your body tends to drop your metabolic rate to conserve energy, which means you just feel tired and hungry. Furthermore, when we're trying to starve ourselves into weight loss our will-power usually cracks and we lose control and binge, regaining the weight we lost.

Exercising more is actually more important to weight loss than eating less, but by themselves even diet and exercise don't always work. Excess weight is a symptom that the body is out of balance in some way, so to lose weight permanently we need to concentrate on improving our overall health.

Increasing physical activity is a good start, but we also need to change what we eat. If we're eating nutritionally-deficient processed foods we'll never achieve a healthy weight loss, because our body will be starved for nutrients it needs. Furthermore, if our metabolism is out of balance due to low thyroid, stress or other hormonal imbalances, we won't lose weight even if we reduce caloric intake and increase exercise.

Most importantly, we need to look at the emotional issues and mental attitudes that cause us to make unhealthy choices in our lives. It's when we heal these issues that we'll be able to make the permanent changes that win the battle of the bulge.

Look inside to discover practical solutions and helps for weight loss...



Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Five Weight Loss Tips That Work

As discussed on page one, there are no magic secrets to weight loss; nevertheless, there are sound principles and lifestyle practices that do work. Here are a few.

Tip #1: Don't Just Focus on How Much You Eat, Also Focus on What You Eat

When most people think about weight loss and nutrition, they think about calories. A calorie is a unit of potential energy production in a food, but nutrition isn't just about calories. The body needs vitamins, minerals and other phytochemicals to operate properly. In fact, without some of these nutrients, the body can't burn calories properly for fuel.

The biggest nutritional problem with the American diet is empty calories. This term is used to describe foods that have potential caloric energy in the form of fats, proteins and carbohydrates, but are lacking in essential nutrients.

When you consume foods with empty calories you don't feel satisfied. You eat more calories than you need because the body is trying to obtain the vitamins and minerals it is missing. Empty calorie foods are the primary reason Americans overeat and gain weight.

Instead of thinking about cutting back on calories, focus on the quality of the foods you're eating. Eliminate empty calorie foods like simple sugars, refined grains, processed vegetable oils, and pre-packaged and canned foods. Replace them with nutritionally-dense foods like fresh fruits and vegetables, high quality proteins and whole grains. Eating more nutritionally-dense foods will give your body more of what it needs, leaving you feeling less hungry.



Tip #2: Don't Starve Yourself, Eat Regularly, But Change How You Eat

When we're overweight it's tempting to try to lose weight by skipping meals, especially breakfast. Unfortunately, that's one of the worst things you can do if you're trying to lose weight. It puts your body into a feast or famine state, which causes rapid swings in your blood sugar and makes you want to binge.

To lose weight you need to convince your body that it's not starving by feeding it regularly. To do this start the day with a good breakfast and eat small, but regular meals throughout the day. Do not eat three hours before bedtime, except for a light protein-based snack (such as an ounce or two of cheese, nuts, nut butter, etc.). Make breakfast your largest meal of the day and dinner your smallest.

Another tip that really works is to slow down while you eat. If you take time to really chew and enjoy your food, you'll actually eat less and enjoy eating more.

One final tip is to change portion sizes. The brain takes clues about how much we are supposed to eat by factors like plate size. If you get smaller plates you'll actually eat smaller portions and still

feel full, especially if you're eating nutritionally-dense foods.

Tip #3: Get Away from the TV and Computer and Get Physically Active

Exercise is the most important factor in long-term weight loss and maintenance. It isn't just the fact that exercising burns more calories, it's also the fact that it builds muscle, especially if you lift weights. The more muscle tissue you build the more calories your body will burn at rest, which means you'll have a higher metabolism even when you're not exercising.

You don't have to spend a lot of time at this either. Research suggests that three to five 30-minute sessions per week can make a big difference. What's even better news is that three 10-minute sessions during the day are as good as one 30-minute session.



Tip #4: Figure Out What's Eating You

We often eat to "medicate" our emotional pain. So, it is very important to understand the emotional triggers that drive us to overeat. We may be lonely, depressed, sad, anxious or even bored when we are eating too much. A journal can help us get in touch with these emotional issues, especially if we not only record our thoughts and feelings, but what we ate that day. This can be very revealing as to the underlying emotional causes of weight problems. If necessary, get counseling or other help to assist you in working through these emotional triggers.

Tip #5: Balance Hormones and Metabolism

Various hormones from your thyroid, adrenals, pancreas and reproductive organs regulate metabolism, the speed at which your body converts food to energy. If your glands are out of balance, you will not be able to burn fat and maintain proper weight.

For example, a person with a hyperthyroid condition will lose weight no matter how much they eat because the body will burn through calories extremely rapidly. In contrast, a person with a hypothyroid will have difficulty losing weight no matter how little they eat because the thyroid hormone is needed to burn fats.

Testosterone is another important hormone to consider when trying to lose weight. In men, testosterone helps to burn fat and build muscle. Due to the influence of xenoestrogens, fluoride and other environmental toxins, men's testosterone levels have dropped, which makes it more difficult for them to maintain normal weight.

High levels of insulin, caused by eating a lot of low-glycemic (or simple) carbohydrates, will also cause the body to gain weight. This will also increase inflammation, which will cause weight gain via fluid retention. Finally, high levels of cortisol from the adrenal glands, the result of excess stress, will cause the body to deposit fat and burn muscle. Stress is also a factor in weight gain and loss.

Supplements to Support Weight Loss

Supplements can help a good weight loss program, especially supplements that boost metabolism and help the body burn energy, as we discussed on the previous page. A good cleanse can also help with weight loss, as can meal replacements. Here are some good options to consider.



Boosting Metabolism

The following products can boost metabolism to promote weight loss. Boosting metabolism increases thermogenesis, the process that breaks down fat cells to release energy.

Target TS II

Target TS II helps boost thyroid function to increase metabolism and promote weight loss. It contains Irish moss and kelp as iodine sources to support thyroid function. It also contains zinc and manganese chelated to amino acids that direct these minerals to the hypothalamus and pituitary. These amino acid chelates of zinc and manganese have been proven to increase levels of TSH, which stimulates thyroid function. Feeding these amino acid chelates to animals resulted in less fat and more lean muscle mass.

7-Keto

7-Keto is a metabolite of DHEA, which increases the conversion of T-4, the inactive form of the thyroid hormone, to T-3 the active form. This increases metabolism and helps the body burn fat.

Garcinia Combination

The herb garcinia, helps to control appetite and balance cholesterol levels. In this formula garcinia is combined with chickweed and L-carnitine, which help the body burn fat. An added benefit of this blend is that it can reduce LDL cholesterol and triglycerides and increase HDL cholesterol.

MetaboMax

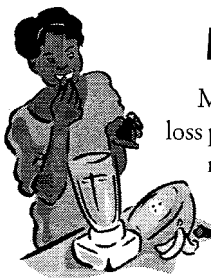
Designed to boost metabolism and burn fat, this formula comes in two versions. **MetaboMax Plus** contains caffeine-bearing herbs like yerba mate and guarana, along with stimulants like capsaicin and bitter orange extract. It helps increase metabolism and reduce appetite to aid weight loss.

There is also a caffeine-free version, **MetaboMax Free**, which boosts metabolism without the caffeine buzz. This formula can be used by people suffering from anxiety, nervous exhaustion and adrenal burnout.

MetaboStart

This 14-day weight-loss program is designed to increase thermogenesis, decrease fat deposits, boost metabolism and reduce the body's ability to absorb fats and carbohydrates from certain foods. MetaboStart contains **Fat Grabbers**, which slows the absorption of fats and sugars from the intestinal tract and keeps blood sugar levels more stable. It also contains **CarboGrabbers**, a formula

which inhibits the breakdown and absorption of carbohydrates from the intestinal tract. MetaboStart also contains MetaboMax and 7-Keto, two of the metabolism boosters mentioned earlier and CLA, a fatty acid that helps with weight loss.



Meal Replacements

Meal replacements can be helpful in a weight loss program because they can provide high density nutrition in a convenient form so one gets the nutrients one needs to regulate appetite.

Love and Peas

Love and Peas is a protein powder made from yellow split peas. It's a great source of protein for a quick meal replacement drink for people who have trouble with soy or whey protein. Love and Peas also contains a whole food complex that contains enzymes for improved digestion and assimilation, antioxidants, fiber and other whole food nutrients.

NutriBurn

This is a lactose-free whey protein which can aid building muscle and burning fat. It contains enzymes to aid digestion and assimilation, conjugated linoleic acid (CLA) to enhance the buildup of lean muscle mass, prebiotic fiber for intestinal health and green tea and L-carnitine to boost energy and fat burn. Calcium caseinate offers a sustained release of amino acids that may also help curb appetite. Nutri-Burn comes in both chocolate and vanilla flavoring.

Cleansing

It is often helpful to do a cleanse at the beginning of any weight loss program because fat stores toxins. Also, it's not uncommon for five to ten pounds of excess weight to be due to fluid retention from inflammation. A good cleanse flushes this excess fluid (often resulting in the rapid loss of 5-15 pounds) and helps the body get rid of toxins, making it easier to lose weight.



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Additional Help and Information

Losing weight is easier when you have someone to coach you and make you accountable for sticking with your program. Talk to the person who gave you this newsletter for additional help and information. Their contact information should be found at the top of page four. You can also consult some of the following sources:

Eat Fat, Lose Fat by Sally Fallon and Mary Enig

Fat Management by Daniel B. Mowrey

Change Your Brain, Change Your Body by Daniel G. Amen

The Zone Diet by Barry Sears

Don't Give Up!

Trying to lose weight can be frustrating, but it's not impossible

With the right program, you will not only lose weight and keep it off, but you will improve your health at the same time



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Dieter's Cleanse

Dieter's Cleanse contains Bowel Detox to tonify the colon, the herbal laxative LBS II and the liver formulas Enviro-Detox and Liver Cleanse Formula. These formulas improve liver function, increase lymphatic drainage and help the kidneys flush excess fluid from the system.

This cleanse also contains herbs to balance the glands and support normal metabolism. Master Gland Formula contains herbs that support all the body's glands and helps balance glandular function. Chromium helps balance blood sugar levels and SF supports the body's ability to burn fat.

Dieter's Cleanse will work best if taken with a fiber supplement, such as **Psyllium Hulls Combination** and lots of water. Taking fiber and drinking water is helpful for losing weight in general

because it provides a feeling of fullness and reduces appetite as well as helping to remove toxins from the body that are released as fat cells break down.

Additional Weight Loss Aids

Here are some other products a person might find useful in their weight loss program. **Nature's Hoodia** contains herbs that can help curb appetite to control excess hunger. **Nature's Cortisol** can reduce the output of stress hormones that may be causing weight gain. **Cellu-Smooth** can be used internally along with topical application of **Cellu-Tone** to help break up cellulite.

For assistance in designing your weight loss program and selecting the products that will be most helpful to you, talk to the person who gave you this newsletter. They can supply you with additional help and information.