

A Naturopathic Approach to Weight Loss

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-Water 1L/100 lbs of body weight/day i.e. 1.5L or six 8oz glasses for someone weighing 150 lbs. Source should be reverse osmosis, distilled, spring or water which is non-chlorinated, and not exposed to pesticides/herbicides from farms or golf courses. Weight loss will be dramatically slowed if you are dehydrated and toxicity will increase.

-Avoid or limit high glycemic index foods such as: sugar including juices with glucose-fructose, bananas, dried fruit, alcohol, grain based foods such as bread, baked goods, pasta, crackers, cereal, rice etc.and starchy vegetables such as corn, potatoes, and carrots
These foods raise blood sugar quickly which causes insulin to surge which in turn promotes fat production for storage as a means of decreasing blood sugar. **A diet which is low in calories yet high in the above foods is usually far less effective for weight loss than a diet twice as high in calories, yet low in high glycemic index foods.** In fact I do not recommend counting calories and do recommend focusing on content.

-Avoid margarine, hydrogenated oils and deep fried foods, and allergenic foods such as wheat, cow dairy, oranges, peanuts, corn, and strawberries. Soy, while very nutritious may be problematic for some, as well. These foods can cause fluid retention, bloating, constipation, malabsorption which can all contribute to weight gain.
What do you eat? Poultry, fish, meat, eggs, nuts, seeds, beans, fruit and veggies.

-Check your thyroid function by taking your oral temp on waking for 4 mornings in a row (week of period if applicable). Normal temp is 98.6F/37C and anything lower than 97.8F/36.3C on average is significant. Lower temperature indicates a slower metabolism. T100x is a thyroid support formula. Tyrosine, iodine, vitamin A, B6 and zinc are the most important nutrients for thyroid hormone production. For individuals on thyroid hormone replacement therapy such as Synthroid, or Eltroxin need to pinpoint their optimal dosage through their own experience, blood tests, temperature and communication with their Medical Doctor. Zinc is needed for the conversion of their medication into its active form. Zinc deficiency is common. Other issues are drug interactions such as estrogen replacement which interferes with thyroid hormone metabolism.

-Making sure your intake of vitamins A, Bs, C, D, E, calcium, chromium, iron, magnesium, selenium, zinc, and essential fatty acids is optimal for converting stored body fat into useable energy. Booster cables are useless if your car is out of gas, just as are most of the weight loss enhancers without the body's basic nutritional requirements. The easiest and most complete way of ensuring optimal nutrition is by taking an excellent quality multi such as **Trophic Complete Multiple Supplement** 1 capsule with each meal, **Trophic magnesium** 2 tabs with b'fast and **Trophic calcium** 2-3 tabs with your evening meal (if you go dairy free and are not into soy or rice milk, or goat products), Vitamin D 1000i.u., **Trophic Kelp** 2 tablets 2x/day /day with meals and **Trophic Fish Oil Concentrate 2:1** 1tsp with a meal. Or simplify with **OPTI ii,iv,vi** 2-3 tabs 2x with meals, Vitamin D 1000i.u., Trophic Kelp 2 tablets 2x/day with meals, and Fish Oil.

- CLAone, Leans+, Abs+,Citrimax or Fucosin can speed things up.

- Reduce STRESS/Anxiety as it changes hormones so as to promote fat storage.

-Pilates is my favorite to increase strength, flexibility and to shape your muscles and add 30 minutes of sweat producing cardio 3x/week.

-Our far infrared Solo sauna helps you detox and 200-600 calories in 30 minutes!