

## NATUROPATHIC NEWSLETTER

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### Weight loss tips



There is no "magic bullet" for weight loss. Individuals who want to lose weight should employ a balanced lifestyle approach.

As people strive to manage their weight and health, consumers have been bombarded with the latest "miracle" weight-loss supplements and diet programs. Many of these options offer a quick fix promise, as opposed to a bal-

anced, healthy approach to long-term well-being. This leads to unrealistic expectations from diet supplements and programs. Three of the most notable red flags in weight management are: "effortless", "overnight", and "dramatic". A program that promises rapid results is designed for temporary loss of water weight, which can lead to yo-yo dieting and the risk of serious disease.

For a more balanced approach to weight loss consider the FirstLine Therapy program. This

program is designed to decrease fat and maintain lean tissue. It incorporates:

- ◇ Low Glycemic Index
- ◇ Dietary plan
- ◇ Exercise
- ◇ Medical food

You will receive a handy binder to teach you how to improve your health with stress management techniques and great recipes. Also, we will assess your body composition and then monitor your progress with the BIA (see below).

### Bio-impedance Analysis (BIA)

Bio-impedance analysis (BIA) is a reliable method to assess body composition and monitor health goals. Body composition is the measurement of body fat in relation to lean body mass. A normal balance of fat is associated with good health and longevity. Ex-

cess fat in relation to lean body mass, a condition known as altered body composition, can greatly increase your risks for heart disease, diabetes, and more. BIA is a simple procedure that can be performed right in our office, in minutes. This analyzer

calculates your tissue and fluid compartments, using an undetectable electric current passed through pads placed on one hand and foot. BIA also serves to measure your progress as you work to improve your health. Contact us for more information.

These popular weight loss supplements can aid in loss of body fat, but you should always start with changing your lifestyle first.

- FIBRE
- PROTEIN
- WATER
- GREEN TEA
- CLA (CONJUGATED LINOLEIC ACID)
- ACUPUNCTURE

### Principles of Naturopathic Medicine

- FIRST, DO NO HARM
- IDENTIFY AND TREAT THE CAUSE
- TREAT THE WHOLE PERSON
- SUPPORT THE HEALING POWER OF THE BODY
- DOCTOR AS TEACHER
- EMPHASIZE PREVENTION

**SOLUBLE FIBER**

**HELPS TO  
REDUCE  
UNHEALTHY  
CHOLESTEROL,  
PROMOTES  
WEIGHT LOSS  
AND AN  
INCREASED LEVEL  
OF SATIETY.**

**In the News: Soluble fiber for weight loss**

Consuming soluble fiber such as beta-glucan, pectin, and glucomannan, which is found in oats and barley, is well-known as a proven and effective way to reduce unhealthy cholesterol. However, a recent study has reminded us that it is more important now than ever for weight loss. A

Spanish study involving 200 overweight or obese subjects who received 8-12 grams of mixed fiber daily or a placebo, for 16 weeks showed a loss of more than 10 lbs versus 1.8 lbs on placebo. Furthermore, the subjects consuming fiber also saw their LDL (bad) cholesterol drop at a rate five

times more than those in the placebo group. Finally, the subjects consuming fiber reported an increased level of satiety after eating, something that is not noted for their counterparts in the placebo group.



**This is a well balanced meal to promote fat loss and build muscle.**

**Chicken Salad - Serves 6, (a FirstLine Therapy recipe)**

**Ingredients:**

- ◇ 3-4 boneless chicken breasts
- ◇ 2 cups chicken broth
- ◇ 1 large yellow pepper, diced
- ◇ 1 pint cherry tomatoes
- ◇ 1 cup frozen baby peas, thawed
- ◇ 1 1/2 cup hummus

- ◇ Salt and pepper to taste

**Directions:** If not using leftover chicken, preheat oven to 350 degrees. Arrange chicken in a single layer in a shallow ovenproof pan and add broth to cover. Cover pan and bake about 30 minutes. Remove from oven and cool in broth to room temperature. Cut

diagonally into bite size pieces. In a large bowl, combine ingredients and toss well. Serve on top of mixed greens.

**Servings:** 1 protein, 1.5 legume, unlimited leafy vegetables.

**316 calories:** 17 g (21%) carbohydrates, 32 g (41%) protein, 14 g (38%) fat.

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- ◇ FirstLine Therapy is a medically supervised eating plan to promote fat loss and build muscle tissue. This program involves therapeutic lifestyle changes, a medical food, and medical support. For more information, contact us by email.

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