

Natural Healing Express Weekly

Column Volume 18 Weight Loss

Last week I asked folks to enlighten me on the topics they would like to see discussed in future articles. Boy oh boy did I receive some great requests. Here are a few of the top mentions: Diabetes Recovery, Stress Management, Arthritis Reduction, Pain Management, Depression Recovery, Cancer Prevention, Athletic Performance and Sexual Prowess Assistance. On the top of the list, by a wide margin, is Weight Loss.

So, we're going with it. Weight Loss and Healing-focused Eating Habits will be the focus of an 8 week series with a few sprinkles of the other categories in between. We are even going to offer a class to the first twenty people that would like to sign up, so get in touch with us if you want to be part of this. We will be meeting at the Lena location on Wednesday nights from 6:00-7:15pm. Today, we'll talk about our thoughts and protocols on Weight Loss, followed by details about the class.

Firstly, there is no quick fix. If you are one of those people who are wanting to shed twenty pounds for a date next Tuesday night, this is not going to work for you and I simply can't endorse that abuse of the body. We all know the don't's here, right? Don't take thirty capsules of the latest over-marketed craze and expect to be a size four by tomorrow morning, (unless you are already a size four). Don't expect to save Hostess from bankruptcy by eating thirty boxes of treats, go to one workout and think your body will instantly recover; and Don't set yourself up for failure by having unrealistic expectations. Remember the old saying, How do you eat an elephant? One bite at a time. Well, we plan to eat or paradoxically "un-eat" the proverbial elephant systematically and assuredly.

Our plan is this. Number one, we plan to assist in controlling blood sugar. When blood sugar is out of control, either direction, your body will attempt to overcompensate. In one extreme, the blood sugar level will cause the body to crave food, often resulting in overeating and snacking. In the class, our first step is to test each participants' nutrient level finding out strengths and weaknesses according to that person's own Bio-Individuality. This element alone should prove to be of assistance to diabetics.

Secondly, we will enlist support in controlling hunger and cravings. Most of the time, the biggest weight gain is due to those extras, especially sweets and junk food. We will utilize a product from Bell Lifestyles that will become your best friend in reducing hunger and cravings while helping to prevent overeating. This "assistant" will help you to adjust to new eating habits over the 8 week class. Think of it as Mommy's little helper as you transition your eating behavioral patterns.

Third, we will introduce several principles from the "eat clean diet" by Tosca Reno. This method of dieting consists of learning how to cook and consume what is wonderful for the body based on fun and easy foods. We will be cooking recipes and demonstrating techniques during the class.

Fourth, we will be promoting some exercise, again depending on Bio-Individuality. Even walking is better than doing nothing. And we have some other ideas for fitness that you may not have thought of.

And finally, as we launch this class and our future articles, we will be maintaining our loyalty to the whole life principle which believes one is made up of the following aspects: Behavioral, Physical, Intellectual, Emotional and Spiritual. It is our belief that all aspects need to be operating well for the body to be operating well. From time to time as we go on this journey, we will have experts in these areas lending their experience to our class and to our discussions.

Although we will be sharing our protocols and recipes with our readers, the class will be closed and sacred, meaning what happens in the class stays in the class. And, for this particular class, and this may sound like a hair club for men commercial, I will also be participating right along with you. As one of my not so subtle friends mentioned to me the other day, “no one wants to go to a fat nutritionist”. Ouch. And of course, I suggested that when I am skinny again, she will still be asnot.

Please stop by or call us for costs and details of the class. As always, we welcome your questions and comments.

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