

Natural Healing Express Weekly

Column Volume 21 Weigh Loss Pre Class Considerations Part Three

First, let's do a one paragraph re-cap of last week's column in case you missed it so you can get caught up. We are going to begin a weight loss class. Our "in-house" class will consist of 20 members. We will commence on Wednesday, February 8th for 8 consecutive weeks. The class will meet at the Natural Whole Life Institute located at the Natural Healing Express in Lena from 6:00pm to 7:15pm. The first ten to fifteen minutes of class will be greetings, OPTIONAL weigh ins and information pick up, so if you can't make it until 6:15pm, don't NOT take the class, we'll work with you. Call us at 815 990 8732. If you can't take the class, our future articles here will discuss the protocols of the class, but please stop by and get the necessary supplements. They are now available at both our Freeport and Lena locations.

The supplements purpose is three fold, we will strive to balance blood sugar to assist in regulating cortisol, we will utilize a method to assist with cravings and we will be providing a time released super nutrient to ensure the body is receiving at least some great nutrition. In addition we will be introducing the Eat Clean Diet by Tosca Reno as part of the class. The Eat Clean Principles are as follows:

Eat 5 – 6 small meals everyday

Eat every 2 to3 hours

Combine lean Protein and complex carbs at every meal

Consume adequate healthy fats each day

Drink at least 2 liters, or 8 cups, of water every day

Never miss a meal, ESPECIALLY breakfast

Reduce/Avoid over processed food, refined foods ESPECIALLY white flour and sugar

Avoid Chemicals, preservatives and artificial sugar (I feel an aspartame rant coming on)

Avoid Saturated and Trans fats

Avoid Sugar loaded colas and juices

Avoid/Reduce Alcohol – unfortunately, this is just another form of sugar

Avoid all calorie dense foods that contain little or no nutritional value

Depend on fresh fruits and vegetables for fiber, vitamins and enzymes

Stick to proper portion size, no more super sizing.

Now, I realize this list may look intimidating, long and not very fun, so we are agreeing to do our best to follow these principles and make them only one part of our entire class. We will do so according to each

person's Bio-Individuality discussing strengths and weakness. We all have them for we are human. Our goal is simply to make clients MINDFUL of these principles, not police them. However, if we can't come to some sort of plan and commitment that one can reasonably fulfill for a lifetime, then we aren't really making a permanent change which moves us away from the desired result. So, our goals are to educate, empower and make our butts smaller in a healthy way.

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

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