

Natural Healing Express Weekly

Column Volume 22 Weigh Loss Program Week One

First, congratulations to those bold souls who showed up, made commitments and began their lifelong desire to attain and maintain a healthy weight. You know who you are and Bravo! For those of you following along at home or office, congratulations to you, too! The first step may just be the hardest and several of you have already commenced. For those of you who are still considering the follow along program, it is not too late. Come in, get your supplement and start the process.

So, as promised, what we discuss in class on a personal level remains in the class according to our agreements, however, we will publish our agenda or protocol if you will, in this format. To begin, we explained in detail the Whole Life Method and how this applies to reaching our goals. Below, you will see the aspects and what is being offered according to our plan.

Behavioral – We are working with the patch in the supplement package to reduce cravings and noticing when these cravings occur. We are also being conscious of our eating patterns and noting the emotion if any associated with the pattern.

Physical – We are agreeing to begin a small fitness plan and keeping it simple for right now. Just walking more each day is all we are asking at this point. Parking further away from the office or the store is step one. We are beginning our supplement package and anticipate balancing our blood sugar levels. We are also taking a super nutrient, Spirulina to make sure our bodies are getting at least some valuable nutrition daily.

Intellectual – We are LEARNING our eating triggers and educating ourselves about the anatomy and processes of the body. We are educating ourselves about the nutritional value of the food we consume.

Emotional – We are observing and bringing into our conscious how our emotions may play a factor in our eating and overeating. We have all agreed to support each other as a group and are enlisting in finding a friend or classmate for the buddy system.

Spiritual – We are renewing or possibly beginning our relationship with God (or higher power) to strengthen our faith as we venture forward.

With those elements explained and agreed, we have begun our journey for healthy and long term weight loss. For next week we have agreed to learn more about our own Bio-Individuality by coming to Natural Healing Express for a nutrient analysis. Additional home “play” was given asking everyone to set a realistic and healthy goal for their weight bearing in mind that muscle does weigh more than fat.

At this point, we only asked for a couple of “give ups” as we call them. Numero Uno is – wanna guess? My favorite rant - Get rid of the Aspartame – diet soda, some yogurts and most gums... And one more – losing the negative self-talk. We can and will do this, stop listening to the little voice on your shoulder saying you can't.

Coupled with our class, we are utilizing the Eat Clean Diet by Miss Tosca Reno as adopted by Miss Lisa Hanson of Hanson Catering who shared samples of the following recipes. Thank you Lisa and terrific job! Also, thank you to our co facilitator Pastor Brian LeBaron who was very insightful and patient with the class as well as his fellow facilitator whose language is becoming much less “colorful”.

Here’s a great recipe and we’ll see you next week.

Call or email with questions.

Turkey Guacamole Burgers (Serves 4)

Guacamole Spread~

2 avocados

1 teaspoon garlic powder

1/2 teaspoon freshly ground black pepper

1 jalapeno, seeded and finely chopped

1/4 cup white onion, finely chopped

1/2 cup cilantro, finely chopped

Juice of 1 lime

Cut avocados in half. Remove the pits and scoop the flesh into a medium sized bowl. Add garlic powder, pepper, jalapeno, onion, cilantro and lime juice. Mix just until combined. Refrigerate for one hour.

Burgers~

2 pounds lean ground turkey

4 teaspoons ground cinnamon

1 teaspoon garlic powder

1 teaspoon freshly ground pepper

Whole grain buns

Combine turkey, cinnamon, garlic powder and black pepper to large bowl. Mix with your hands. Divide into 4 parts and make into patties. Grill or pan fry (spray with cooking spray) for 7-9 minutes or until cooked through. Serve on toasted buns with 1 tablespoon of

Guacamole
choice of vegetables.

spread and your

Nutritional Value:

Calories: 384 Total carbs: 39 g Sodium: 246 mg

Calories from fat: 65 Fiber: 8.6 g Cholesterol: 80 mg

Saturated Fat: 1.2 g Protein: 43 g

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.

Website: www.naturalhealingexpress.com Facebook: Susan Schafer or like Natural Healing Express