

## Natural Healing Express Weekly

### Column Volume 23 Weigh Loss Program Week Two

Happy Week Two! Hopefully everyone is having a good start with our plan. We are happy to note we have two class attendees reporting losses of over five pounds. That's great news ! However if that's not you, please don't be discouraged if you are not yet having that kind of success. Again, we are all working according to our own bio-individuality and you are running your own race, not someone else's.

This week our efforts we focused on learning something about the ingredients in the supplements, discussing one proven 6 step strategy for weight loss success and utilizing group support.

First, we defined our initial goal for the supplements. We simply want to assist in balancing blood sugar. One of the core breeding grounds for obesity in our country is the detrimental effect of chronically elevated cortisol, namely its negative effect on blood sugar, muscle loss and immune suppression. Bearing in mind that blood sugar regulation is closely related to prevention of diabetes, heart disease and appetite control, it becomes easy to see what happens when blood sugar is out of control – yes, it's true, one over eats, becomes overweight and eventually obesity occurs, thus we are wanting to stop the vicious circle where it begins and that is with blood sugar regulation.

One of the key ingredients in our supplement is chromium. Chromium is an essential trace mineral that aids in glucose metabolism, insulin regulation, appetite control and cholesterol maintenance. Chromium deficiency is known to lead to glucose intolerance and insulin resistance. Since chromium helps regulate the acts of insulin, (i.e., controlling blood sugar) chromium supplements have been shown to reduce triglyceride levels, improve glucose tolerance and normalize insulin levels. This helps with appetite control - mainly those highs and lows between meals(called spikes which are perfect breeding ground for vending machines, drive thru's and 3pm candy bar snacks) and also while sleeping.

While regulating blood sugar is most definitely one of the biggest factors in helping to balance cortisol which leads to weight management, another key factor to be considered is the effects of stress. We will go into more detail on this later, but for now, just be aware that chronic stress can knock blood sugar out of whack in a New York minute. So be aware of your stress load. Find a stress release !

Also included in the supplements are prickly cactus which includes fiber and pectin; dragon blood which helps oxygenate the blood and fenugreek which again helps to regulate blood sugar and cinnamon, which among other things, helps to prevent gas. Lawyer note – If you are a diabetic, please check with your regular physician before taking the supplement.

Secondly, we went over six keys to weight loss strategies that are easy to remember and hopefully somewhat easy to implement:

1. Make a Commitment – make sure you are ready to make permanent changes for the good
2. Find Your Inner Motivation – Find out the aspects that please you and get the right kind of support – banish the energy vampires

3. Set Realistic Goals – again, you won't be a size 4 by Monday unless you are already a size 4, calculate your goals with 3 foot tosses, not the Hail Mary into the end zone

4. Enjoy Healthier Foods - EAT CLEAN, EAT CLEAN, and EAT CLEAN

5. Get Active, Stay Active – start with walking, something is better than nothing

6. Change Your Perspective – here we go

Number six I found particularly interesting because our strategy is going for long term, lifelong change. The past doesn't matter, where you were has no bearing on where you can go. Successful weight loss begins with lifestyle changes; mainly those surrounding your eating patterns and daily routine. We are looking for a gradual and committed change, not a fly by night shot in the dark. So look to support the positive, subtle and gradual changes and know are heading in the right direction. Look for group support and celebrate the wins, even if they are small. And, maybe even more helpful, clean your closet!! Release parts of your life that are no longer serving you in a positive manner. In short, dump the junk and that negative self talk. Remember that silly guy on Saturday night live? Daily Affirmations? YOU CAN DO THIS !

As usual we welcome your questions. Here is our recipe as provide by Lisa Hanson of Hanson Catering

### **Mediterranean Lasagna (Serves 8)**

1 large eggplant

4 cups marinara sauce

Salt & pepper

8 oz. whole wheat lasagna noodles

1 large red bell pepper

Olive oil for the pan

1 large green bell pepper

1 pound grated mozzarella cheese

1 medium yellow squash

15 oz ricotta cheese

1 lb. sliced fresh mushrooms

10 oz. frozen spinach, thawed and drained

1/4 cup parmesan cheese

Cut the eggplants lengthwise about 1/2 inch thick. Place in colander and sprinkle with some salt. Let stand 30-60 minutes to draw out the bitter juices. Rinse well and pat dry with paper towels. Preheat your oven broiler.

Slice the peppers and yellow squash about 1/4 inch thick. Place on foil-lined pan (you may need 2 pans) along with the eggplant and mushrooms. Broil the vegetables for 5-10 minutes until they are softened but still hold their shape. Season to taste.

Combine the ricotta cheese and spinach and set aside.

Preheat the oven to 350 degrees. Lightly oil the baking dish with the olive oil and spoon in a ladleful of marinara sauce. Top with a layer of the pasta, some of the ricotta cheese and spinach mixture, vegetables and then some mozzarella cheese. Repeat layers, ending with the marinara sauce, some vegetables and sprinkle with parmesan cheese.

Cover the dish with foil and bake for approximately 45 minutes. Remove foil and bake an additional 15 minutes more to brown the top a little. Remove from the oven and let stand for 15 minutes before serving.

*Nutritional Value:*

Calories: 554	Saturated fat: 13 g	Protein: 29 g
Total carbs: 56 g	Sodium: 1127 mg	Iron: 17% dv
Total fat: 25 g	Fiber: 12 g	Cholesterol: 77 mg
Potassium: 1236 mg	Calcium: 48% dv	Sugar: 19 g

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

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Susan Schafer or like Natural Healing Express