

Natural Healing Express Weekly

Column Volume 25 Weigh Loss Program Week Four

This week our educational topic was REVVING UP YOUR METABOLISM. Although some people are doing really well and having great success with their weight loss, a few people are still challenged.

Unfortunately, this can be the case more often than not. While the blood sugar seems to be balancing, the weight loss is not coming along as quickly as one would like. When this occurs, we need to look towards metabolism, after all what we are attempting to accomplish by balancing the blood sugar is to affect the cortisol and for lack of a more complicated medical term, “flip” its switch. This is done by speeding up metabolism.

In the class we discussed that accelerating your metabolism comes down to recognizing and addressing your “weak shots” and making them better. For you golfers out there, you’ll recognize our theory. Some of us can hit the long ball, others are great putters and some have a middle game that keeps everything on par. When playing our best round, we learn we can usually rely on our “good shots” or our strengths, our middle game stays the same, but where we get shaky on putting it all together is our “weak shots” or the places where we need to improve. The weak shots seem to be the make it or break it portion of a good round versus a poor one. In other words, finding the weakest link in our “game” and concentrating on making it better which in turn makes our overall round even stronger. Get it?

Good Shots stay good, bad shots get better = improved, more consistent game. With this theory in mind, our class was assigned homework to simply identify their weakest shot regarding the 7 simple keys to REVVING UP METABOLISM. Once you know which one indicates your bio-individuality, then you can read on as to how to make it better, thus improving your overall function.

Here are the categories or “secrets” since everyone seem to be into cloak and dagger terms these days.

1. GET MORE SLEEP. Yes, you. MORE SLEEP. At least 7-8 hours a night. So for those of you having trouble with this concept, come in and see us. We have several useful options to help, but a word to the wise, if you are watching TV or reading or having some sort of animated conversation within a half hour to an hour before bedtime, you’ll have a tendency to have a broken sleep pattern. A nice hot bath and a chamomile tea do wonders. And for you hyper folks out there that say you only need 3-4 hours’ sleep, ah, ya, right, it’s gonna catch up to you before you know it. Sleep is when your body repairs itself.
2. WAKE UP EARLIER – Personally, I hate this one as I am permanently programmed to honkytonk time, but the reason for waking a tish earlier is two fold – Reason One to EAT BREAKFAST, this is the single most important factor in increasing metabolism, and it’s the first opportunity of the day to jumpstart metabolism. A great question was asked during class, how long after waking should we eat? Answer; please try to consume something within the first hour and at the bare minimum within two hours. Anything after that --- well, that would be called lunch. Secondly, a little exercise during this time doesn’t hurt.

3. GET ACTIVE – Yes, move it. (shout out to the folks at Fitness on Main in Lena, and Todd our field trip tour guide) Just three, ten –fifteen minutes cardiovascular session a week make a HUGE difference. Try it
4. EAT ALL DAY – Remember 5-6 mini meals keep the metabolism flying. Healthy snacks are a must.
5. RAISE A GLASS – I thought this would be my personal favorite, but wine apparently has nothing to do with this. WATER, WATER, WATER. Six to Eight Glasses a day.
6. EAT SPICY FOODS – Eating spicy food increases body temperature and body temperature raises metabolism which helps to burn fat. Now, think this through, if you are one of the folks that have huge acid reflux issues, this one should drop down your list. Use Common sense here. We are not of the no pain, no gain theory on this one. However, come into Natural Healing Express and learn about how to help handle the acid reflux. It is a symptom.
7. COUNT ON VITAMINS AND MINERALS, especially calcium. All essential minerals help to boost metabolism, and calcium boosts basal metabolic rate assisting with weight loss.

So, woo hoo, there are the “secrets’. Find your weak area and seek to improve. YOU CAN DO THIS. One question this week was how to eat well when dining out. I am thinking we need a whole column on that topic alone, but the key here is always looking to incorporate the EAT CLEAN principles. Simply check for the appropriate items on the menu. Secondly, moderation, moderation, moderation. Watch that portion size. Last week I had the sheer pleasure of stopping by the Holy Mackerel in Elizabeth. On their menu, it is easy to find a great fish that falls within the Eat Clean guidelines. That’s half the battle. The salmon served with vegetables was out of this world. Their service was fantastic coupled with a very cozy atmosphere, however, I have no idea who put either the red wine or the cheesecake on my table but of course I felt obligated to consume it. Ok, maybe my inner sugar voice came out.

Here’s the Eat Clean recipe of the week. Enjoy.

Roast Stuffed Pork Tenderloin or Turkey (Serves 8)

1/2 cup cooked broccoli, chopped	2 pork tenderloins or 1 turkey breast
2 tablespoons finely chopped parsley	1 tablespoon fresh cracked pepper
3/4 cup breadcrumbs	1 teaspoon dried sage
1/3 cup chopped apples	1 teaspoon dried rosemary
3 tablespoons chicken stock	1 teaspoon dried thyme

In a medium bowl, combine broccoli, parsley, bread crumbs, chopped apples and chicken stock. Mix well and set aside.

Place pork tenderloins or turkey breast on cutting board and butterfly them (cut in half lengthwise almost all the way through but not quite. Spoon the stuffing into each of the pieces of meat and push it down a little. You may not use all of the stuffing. Fold one side over the other and tie with kitchen twine, starting at the end of the tenderloin or turkey breast and moving to the other end. Sprinkle with dried herbs, cracked pepper and some sea salt. Place in a shallow casserole dish. For pork, bake in a preheated 350 degree oven for about 30 minutes or until a meat thermometer reads 160 degrees. Turkey will require more time and the thermometer should read 165 when it's done. Remove meat from oven and cover with foil. Let stand for 5 minutes. The pork is good served with unsweetened applesauce.

Nutritional Value:

Calories: 229	Total carbs: 14 g	Sodium: 87 mg
Calories from fat: 63	Fiber: 1 g	Sugars: 1 g
Fat: 7 g	Protein: 26 g	

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ENJOY YOUR WEEK.