

My Best Weight Loss Pearls/Keys to YOUR Weight Loss Success
By Vicki Latham P.A.-C.

About Stress:

1. Stress causes the release of cortisol into your body. This causes you to gain weight, especially in your belly; it raises your blood sugar, and is even worse for diabetics/pre-diabetics. It also affects the function of your thyroid, decreases your bone density, affects your sleep, and makes your memory worse.
2. The best stress relievers are exercise, prayer/meditation, exercise, sleep, exercise, journaling, exercise, and talking it out with a "helpful", supportive friend. (and don't forget to exercise).

About Exercise:

1. Muscle weighs more than Fat...6x more. So you could actually lose fat, have exercised and gained the same amount of muscle mass, and actually gained weight overall. You would have lost inches, you would have noticed your clothes feeling looser but you wouldn't see any difference on the scale. (So don't let this make you discouraged!)
2. Muscle is metabolically active...fat is not. Muscle burns calories...fat just sits there. If you starve yourself, you will lose lean body tissue...muscle and bone density, and actually increase your % of overall fat/lean tissue ratio. And it will be harder to lose weight in the future, because the tissues that actually burn calories have been decreased.
3. People do not realize how much they are "carrying" around when they are carrying extra weight. I recommend that you get a back pack, or a big purse. Put a 5 lb weight in it and carry it for a day. How tired do you feel at the end of the day?
4. Diet matters of course...but exercise is the real fountain of youth. No diet can overcome a sedentary lifestyle. Exercise moves lymph fluid and improves your immune system as well as improving your cardiovascular system. It induces endorphins and makes you feel happier too.
5. Power walk everywhere you go. Walk fast enough to get short of breath...maintain that level of activity for the count of 10...then slow your walking until your breathing returns to normal...then repeat. You can usually get in at least one power walk getting from your car, through the Mall Parking lot, and into the store. Always Park far away and force yourself to walk. 20 minutes of power walking will speed up your metabolism for about 3-4 hours.
6. If you have bad knees or other physical problems, consider water aerobics, or lap swimming. But you need the water to be warm enough, and you have to work hard enough that you are not getting cold. Just splashing around in cold water won't work...in fact if you are cold, your body will not burn fat easily (it thinks it needs it to keep you warm). Biking, Spin class is actually good for people with bad knees...the peddling will strengthen your muscles around your knees and they will hurt less. But since you are not weight bearing it is actually not stressing them much. Stretching classes are also excellent, and it actually burns more calories than you'd think.
7. Over all, Dancing is the best exercise. It uses more parts of your brain than any other exercise, and is also good for risk reduction of dementia and Alzheimer's. The best dancing exercise is when you are learning something new...a new combination each time. When you do the same thing over and over like in an excessively repetitive aerobics classes, it's not as good for your muscles or your brain. Find a dance class...even ballet...it's never too late to start dancing.

About Dieting:

1. Preferred foods are: Vegetables, Lean Meat, Fish, Vegetables, Whole Fruits, Vegetables, Beans and Legumes, Nuts and Seeds, Live sprouts, Cold Pressed Oils, Cultured Dairy (did I mention vegetables?) Eat as much of it organic as you can afford. Toxins are stored in fat more than any other place...so eat everything from an animal source organic, for sure.
2. If you want a simple diet...I call it **Vicki's Simple Diet**...here it is:
 - a. Eat within 45 minutes of waking up in the morning (you must break the fast from the night before, it's best to do it with protein)
 - b. Do not go more than 3 ½ - 4 hours between eating if you are awake. (hunger is the enemy of your diet plan...not food)
 - c. Eat a total of 5 fruits and veggies (any combo of 5 and ketchup does not count) every day (this is easy to do for 2 or 3 days...after that, it gets harder, but it's the key to your diet plan)
 - d. Drink at least 8 8oz glasses of the purest water you can find every day (most of us are mildly dehydrated most of the time) When you start doing this you will urinate a lot, because our kidneys get use to how much water we drink, and adjusts our urination patterns accordingly. It takes about 4-5 days of increasing your fluids for your kidneys to adjust to the extra water...so in the beginning you will be in the bathroom a lot...but don't stop drinking...your body will be happy to make the adjustment for you, and much happier to not have to function in a dehydrated state.
 - e. Do not drink soda pop in any form, diet or regular! If you crave bubbly drinks, use naturally carbonated waters, like "Perrier" water. Mix with lemon, lime, or 1-2 oz fresh squeezed fruit juice for flavoring.
 - f. Avoid food additives described in detail below. #13
***Most people will lose 1-2 lbs a week just by doing this simple diet plan.
3. Tell yourself: "Yes, I have been good enough to eat today." People who diet a lot, over time often start feeling guilty about eating. Choose wisely what you eat...but eat. It's OK. Feeling guilty every time you eat is false guilt, and you must overcome this feeling in order to change your lifestyle. The only way you will ever lose weight and keep it off is to make healthy foods your friend.
4. Eat a diet of these: Low glycemic Carbohydrates, Lean Protein, Good Fat, and as much Fiber as you can get. Eat a minimum of High Glycemic Carbohydrates. Eat them early in the day, when you are most physically active. Eat no more than one or two servings of High Glycemic Carbohydrates daily for maximum weight loss. And eat them in the highest fiber form possible, i.e. Whole grain, high fiber bread, not White bread, whole grain brown rice, not processed white rice. Foods that are high glycemic cause your pancreas to secrete a lot of insulin. Your body cannot easily break down fat in the presence of high levels of circulating insulin.
5. The Carbohydrate list is easy: Low Glycemic Carbs are: veggies (corn is a grain...not a veggie, so it is high), whole fruit (not juice), beans/legumes, nuts and seeds, sprouts, and dairy products (cultured are best). High Glycemic Carbs are everything else (bread, pasta, potatoes, grains, sugars). To learn more about the Glycemic Index go to www.glycemicindex.com
6. Good Fat is: Cold pressed oils: Olive, Hemp seed, and Grape Seed are the best for cooking and salads. Boarge oil, flax, and pumpkin seed oil, and nut oils like: coconut oil,, and walnut oil, etc are excellent. Nuts and Seeds including chia. Nut butters. Avocado. Fish (take PURE BODY detox drops to remove the Mercury)

7. Fiber comes in many forms: Insoluble (cleans the colon, and keeps you regular) Soluble (heals the colon, lowers cholesterol and triglycerides, helps you to lose weight, and lowers blood sugar) Plant Sterols (lowers cholesterol by 20%) Find a Fiber that has all 3 types of fiber. If fiber is new to you...start slow, increase until you are having 1 or 2 excellent bowel movements a day.
8. Get a sign that says "kitchen closed" and hang it on your refrigerator door as soon as you have finished your evening meal. Turn off the light and don't go back.
9. Rinse your mouth, or brush your teeth after eating, especially if you've eaten a carbohydrate. Enzymes activated in your mouth are stimulated, especially with carbohydrates, and encourage you to want to eat more.
10. It is appropriate for you to be hungry every 3 ½- 4 hours. Do not delay eating after this point. If you do, your brain (which uses 20% of your glucose) will be running out of sugar, and will start craving quick sugar (high glycemic) carbohydrates. Your will power will be gone, because your brain will tell you..."eat that cookie, or you will die". Your brain must have sugar/glucose to function, and your body digests food in this order: High Glycemic Carbs (cookies), Low Glycemic Carbs (veggies), Protein, Fat, and Fiber. The more Fat and Fiber you eat...the longer you will stay feeling full.
11. Hot drinks are excellent to stop hunger. Find some herbal teas you like and drink them when you have that feeling of "I just need something to eat", but you know you are not really hungry (and you have eaten in the past 3 ½-4 hours...if it's been longer...go eat something).
12. Fat is not the enemy...just bad fat. Animals mostly make one kind of fat: Saturated Fat (this is the type of fat that raises your bad cholesterol). Plants and Fish make Unsaturated Fat (the good kind that lowers your bad cholesterol and raises your good cholesterol). Remember...you do not want to be saturated with Fat (Saturated fat is unhealthy fat.) You must have FAT in your diet. All your hormones are made from fat, and many metabolic processes require fat. So if you do not eat healthy fats...your body will make fat for you...and we are animals, so what kind of fat do we make? Unhealthy fat...the fat that makes your tummy big, and raises your bad cholesterol putting you at risk for heart disease and other health problems.
13. Food additives: These are the top NO-NO's that will totally sabotage your diet plan. That is because they increase insulin resistance. Insulin is the key that opens the doors of your cells so glucose can come inside your cells to feed them so they can make energy. You have to get glucose inside your brain cells to think, and your other cells to live and function. Low blood sugar is just as dangerous as high blood sugar...in fact you are more likely to die suddenly of hypoglycemia (low blood sugar), than you are of hyperglycemia. If your cells do not respond to insulin, because they have become resistant to it...your pancreas will produce more and more to try to overcome this resistance and get the glucose inside your cells. When your pancreas wears out after years of over production of insulin, we call you a Type 2 Diabetic. If the sugar/glucose does not get into the cells...it stays outside in the blood, and you can store the extra glucose as fat. The most insidious food additives that increase insulin resistance are these: MSG, Sucralose, Aspartame, High Fructose corn syrup, Nitrosamines. MSG is Monosodium Glutamate, but goes by many, many other names; it is found in virtually all processed foods. Artificial sweeteners: Splenda; NutraSweet, found in most light or diet products. Nitrosamines come from Sodium Nitrates, and are found in processed meats. You must become an avid label reader. High glycemic carbohydrates also increase insulin resistance, because they turn to sugar so fast, the body can't get it into the cells fast enough...so again the body stores the extra glucose as fat. Always eat foods in the highest

- fiber form possible, so it will slow down how fast they turn to glucose. Hopefully your body has time to use the calories from your food, and not have to store them as fat (weight gain).
14. Your body will not want to easily give up its fat stores if it perceives it is starving. You must eat a diet that includes all the nutrients and calories needed to meet your basic metabolic needs, or the body will begin compensation mechanisms that are not congruent with optimal health.
 15. Never eat less than 1,200 calories a day. No matter how big you are, how tall you are, this is the minimum needed to run your heart, your brain, your basic bodily functions. If your body gets use to eating less than 1,200 calories a day...when you go back to eating more calories than that, your metabolism will be so slow, you will gain back all the weight you lost very quickly. The ideal diet will be 3 meals and 1- 2 snacks. Eat at least 2/ 300-400 calorie meals, 1/ 400 calorie meal, and 2/ 100 calorie snacks a day. That is 1,200-1,400 calories a day. You will lose weight, and you will never be hungry. But choose wisely...1/4 cup of ice cream (that will probably be full of chemical additives, too) is about 300 calories...so is 3 oz of broiled chicken on a large bed of field greens with ½ Tbsp of Caesar salad dressing and 5 croutons One meal will be helpful to your diet, and give you lots of nutrients, and make you feel good...the other gives you lots of saturated fat, sugar, chemicals and a small amount of protein. It's up to you to make excellent choices every meal, every day.
 16. Write it all down; make a food diary. You will be shocked what you will learn about what you eat, when you eat, and why you are eating it...Hungry? Angry? Bored? Write it all down. How often do you eat standing up? How often do you eat thoughtlessly?

About Detoxification:

1. Fat cells that contain toxins do not want to release the fat they are holding on to. They do not want to release their toxins back into the blood stream. There is even scientific evidence that fat cells that contain toxins have a chemical signal that that makes them more difficult to be broken down. Also if they do release their stored heavy metals and toxins, they are then available to cause health problems for you.
2. Toxins in your body can affect the function of your thyroid, affecting metabolism...your production of energy by disrupting ATP function. Toxins make you feel tired. They can interfere with hormone activity; they increase your risk for many health problems, etc. Detoxification is a major key to every health issue you have. The body does a good job of detoxification, but when your body burden is too large, you need help. I recommend [Pure Body](http://www.toxin-clear.com) detoxification drops or spray, the easiest, safest, and most effective form of cellular detoxification.www.toxin-clear.com

About Nutritional supplements:

1. You have to have certain nutrients present for the breakdown of fat cells to occur. Specific B vitamins, for example, are required for this process to occur .
2. There are "Thermogenic Stimulators"...supplements that aid in the breakdown of fat, suppression of the appetite, stimulation of the metabolism. There are foods that can help you to breakdown fat more quickly, like grapefruit (but you have to check that it won't interfere with any medications you are taking).
3. Studies have shown over and over that food based nutritional supplements are superior to ones made of chemical isolates. In fact, the ones made from chemicals may be of NO VALUE AT ALL.

4. Therefore, I recommend only food based...or even better [whole food supplements](#). Your body knows what to do with nutrients it gets from food, and there are many unknown factors such as enzymes, and co-enzymes that will be working synergistically so you get more benefit than would be there from an isolated chemically manufactured nutrient alone. We take supplements because we don't always eat what we know we should, or we are busy and don't take time to stop and eat healthy foods, and our food sources may be lacking in nutritional content, or were not grown with optimal soils. So why would we choose to replace the food we didn't eat, with a chemical disguised as a nutrient. It makes more sense to choose a supplement made from concentrated, whole, organic food. See [Toxinclear.com](#) on the resource site for information on whole food supplements.

5. Purchase supplements from reliable sources. Be sure they are cGMP certified, with guaranteed potency, and free of heavy metals, artificial flavors/colors, and other chemical additives. You usually get what you pay for...and this is especially true of supplements. While price is not always an indication of quality...the cheap, mass produced, chemical derived supermarket supplements are, I believe, a waste of money, and could even be harmful.

This is just the beginning of information on this topic. To summarize my philosophy about Nutrition:

1. EAT REAL FOOD: IF NATURE MADE IT, EAT IT (IF MAN MADE IT, BE CAREFUL!)
2. MAKE FRIENDS WITH FOOD (YOU CAN'T JUST SAY NO).
3. LOVE YOUR BODY ENOUGH TO FEED IT WHAT IT NEEDS, not just what it WANTS.

Vicki Latham P.A.-C. 405-614-0079 toxinclear@gmail.com www.Toxinclear.com

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