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Newsletter

EAT MORE TO LOSE MORE

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With New Year's resolutions fresh on the mind, I hear the same question from my patients... "How can I lose weight?" As many of you have learned from past experience, weight-loss doesn't happen overnight. There is no secret pill or crash diet that works. You may shed a few pounds with a crash diet, but low and behold those pounds creep back on. So what's the solution? EAT! You have to eat to lose weight!

Before you run out to your favorite fast food chain and stuff your face, let me clarify what I mean. From the moment you get up in the morning, give your body healthy fuel. Then every 2-3 hours after that give your self a snack through lunch and dinner. Here is an example of your meals for the day:

Breakfast: 2 eggs and 1 piece of toast; Snack: apple and cheese stick; Lunch: turkey sandwich and carrots; Snack: almonds and yogurt; Dinner: Salmon, asparagus, and rice; Snack: dark chocolate squares; and *water with every meal!*

When you continually give your body nutrient rich foods it learns that it can use this food for energy and your metabolism increases and stays fuelled all day; therefore dropping pounds over time. When you don't eat all day and then come home and binge eat at dinner, you tell your body that you are starving and your body stores all of your dinner as FAT so that the next day when you starve yourself again, it will have fuel. When you starve yourself your metabolism hits rock bottom in order to conserve energy and you put on weight.

Only eating one or two big meals a day is not only bad for the waist line, but terrible for brain function, cell regeneration and growth, organ repair, etc. The human body needs fat, proteins, carbohydrates, vitamins and minerals to continually repair itself and function optimally!

I challenge you to plan ahead and start eating! I guarantee you will not only feel better but will drop pounds as well! Ask me for ideas getting started with your meals if this is a life change you are willing to make for your health.

-Dr. Amelie Biskup

"Back to Natural Health!"

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