

How to Beat Sabotage

Parties or dinners can be real obstacle courses. Remember that going off your program for just one meal could set you back for over a week in regard to weight loss. While some partners and friends are very supportive, others feel forced into looking at how inadequate their own weight loss efforts are or may even feel threatened or jealous of your lifestyle changes. Here are three tricks to beat the destroyers:

Learn to say No!

Choose to eat the foods you want. If a well meaning person tries to foist something on you, politely say you will eat in a minute and then discreetly set the offending dish aside. Better still learn how to say "no thanks". You do not owe anyone an explanation and it is important to feel secure in your own food decisions. You know what your goal is and nothing should stop you from getting there. You make your own decisions.

Be Honest

If losing weight and accomplishing your weight loss goal is really important to you, sometimes plain old truth is the best policy. Simply tell people what you are trying to do and ask for their help, or encourage them to go down the same road. Join a group or better still, encourage your friend or partner to join you.

Don't Give in to Temptation

At dinner parties it can be hard to stick to your program. If people are continuously trying to offer you alcohol or fill your plate, smile and say no thank you. At home be cautious too. If your partner or family is eating pizza, it does not mean you have to. Out of sight is out of mind. Gradually encourage your family to make healthier choices. It will make it easier for

you and be a far better choice for them.

Water Your Body

Some people are more diligent in watering their plants and keeping their pets hydrated than they are their own bodies. Remember your body is 75 percent water, you need to stay well hydrated to feel well and assist in fat loss. Water transports hormones, chemical messengers and nutrients to our vital organs. Do not wait to feel thirsty, plan to drink your 2-3 litres of water each day so you can stay healthy, avoid dehydration and maximise your fat loss.

Protein Rich Foods

Lean red meat, poultry, fish, dairy foods and eggs are excellent sources of a wide range of nutrients essential for long term health and vitality. Lean red meat (beef and veal) is the richest source of well absorbed iron, which helps move oxygen around our bodies and is essential for normal brain development and function. Red meats are also a useful source of omega-3 fats and are rich in zinc, which helps boost our immune system. Because our bodies are better able to absorb zinc and iron from meat rather than plant foods, we should include red meat in our diet 4 times a week. Fish and seafood are important sources of omega-3 fats, which help protect the heart.

Dairy foods such as low fat yoghurt and cheese are also rich in protein, vitamin B2 and calcium. Eggs contain protein, vitamins A, D and E and B group vitamins, as well as minerals iron, phosphorous and zinc. They are relatively low in saturated fat, and are also an important source of antioxidants.

Lean red meat, poultry, fish, dairy and eggs are all excellent sources of vitamin B12, a micronutrient that plays a key role in protecting our DNA and nervous system.

"Most of our obstacles would melt away if, instead of covering before them, we would make up our minds to walk boldly through them."

Diabetes and Chromium

If you want to avoid diabetes or you have an almost uncontrollable sweet tooth, add chromium in addition to a daily multivitamin. Chromium works with insulin to transport glucose into cells to generate energy. Good levels of chromium appear to reduce the amount of insulin required to maintain blood glucose levels, significantly reducing sugar and carbohydrate cravings and mood swings. Chromium also supports insulin in the role it plays in fat and protein metabolism. Research suggests that supplementing with chromium picolinate can help people lose weight, reduce fat and increase muscle mass.

Source: Nature & Health Magazine.

Recipe

Straw Mushroom Bolognese

Ingredients: Minced lean Beef, Tomato, Zucchini, Green Capsicum, 1 tsp Onion, Garlic, Basil, Parsley, Oregano, Balsamic Vinegar, Salt, Pepper and straw Mushrooms.

Method: Lightly spray olive oil onto a saucepan and over medium heat cook onions, garlic and meat until brown. Add chopped tomato, zucchini and all other ingredients except mushrooms. Add water to make a nice sauce consistency and cook for 15 minutes. Meanwhile, bring a pot of water to the boil and blanch mushrooms for a minute. When soft, drain and put on a plate. Sprinkle with black pepper and salt to taste, then spoon over meat and enjoy!



The answer to weight loss
is within you



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