



BEST BEST

Weight Loss

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Newsletter May '12

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Courage is the discovery that you may not win and still trying when you know you can lose.

How to Accept Your New Body After Dramatic Natural Weight Loss

You've lost the weight, you finally hit your goal, and now you have a brand new set of problems to face. That's life, apparently. Now that the pounds are gone, you are dealing with foreign emotions and relationship problems that you never expected to come your way as a reward for your hard work. Those who lose weight naturally are often discouraged to find that they, too, must deal with many of the issues that weight loss surgery candidates do. The truth is, that pot of gold at the end of the diet rainbow does hold a few surprises, but a little preparation and honesty can help you face this new set of challenges. Accepting your body after dramatic natural weight loss is a process, so take the following tips to heart.

First, come to grips with the realization that some of your closest friends and family may have thought you "weren't good enough" before you lost the weight. You may have started on your dietary journey for you and you alone, but at the end there will be no shortage of those jumping to take some of the credit for your efforts. You'll also hear comments about how you "finally" decided to lose the weight, and they'll sting. You might have believed that your weight was only an issue for you, but there will be those who are grateful that going out with you will now make them look even better. As such, they'll start coming around a lot more, and even those who loved everything about you before your weight loss may begin treating you in a friendlier light. It's cruel, and it's not right, but it's a fact. Prepare yourself ahead of time.

Next, learn to cope with your newfound "ugly duckling" syndrome, which most individuals inevitably experience even after finding themselves with a brand new body. While the outside says "I'm hot," the inside is still saying "I need to make some changes." This is common and understandable, but it can also lead to unhealthy extreme weight loss habits such as binging, over exercising, or even self inflicted starvation. Enjoy your new look, and stop trying to find faults that are no

longer there. No, really. It's ok. You can calm down now.

Next, learn to accept that no one's body is perfect after extreme weight loss. While you might have thought you'd end up looking like Halle Berry, it's more probable that you still have several months, and perhaps even years, of further toning to do. Sagging skin is a trademark of dramatic natural weight loss. However, toning is the easy part. It's essential that you work with a fitness professional at your local gym, or even your doctor, to find a toning workout that targets your trouble spots as soon as possible. The weight loss was the first part of your journey, and toning will be a lighter, more relaxed finish to the grueling process. Not only that, but you'll also benefit from increased flexibility and an even leaner look in the end.

Next, be prepared for the hormonal and emotional changes that can occur after weight loss. Libido can go up, spikes in emotional outbursts may be seen, and loneliness can creep its way in. These changes are normally temporary and are to be expected as the body adjusts itself, but do see a doctor if things do not go back to normal as soon as you would have liked. On that note, a few counseling sessions to get your emotions in check would be a great idea, as well. You owe it to yourself to work things out in order to fully enjoy your new body as soon as possible.

Finally, start focusing on what is left of the ordeal that caused you to gain weight in the first place. That's right, you do still have to deal with those demons you thought you left behind. While perseverance through a strict diet and exercise plan can get you to your goal weight, not coming to grips with the problems that caused you to overeat in the beginning is a textbook relapse symptom. Most of us overeat and abuse our bodies to deal with pain, anger, resentment, stress, anxiety, or fear. Finding healthier ways to handle those problems will help you keep the weight off for good, making your total body self-acceptance plan a one-time ordeal.

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Nothing taste as good as thin feels!!



Judge each day not by the harvest you reap, but by the seeds you have gathered.

If you are eating 2 apples a day, please stop. This is not good for you the reason being they are loaded with carbohydrates, thus affecting insulin, which triggers hunger and the weight loss is not that great. If you don't have 2 different fruit then only 1 apple a day.

If you have sugar problems avoid the fruit like pineapples and pawpaw, both are high in sugar.

Only have your allowance of fruit and Provitas per day not more, it's not a safe cheat.



"Be careful — sometimes it's a green lollipop and sometimes it's a brussels sprout!"

Most of us think losing weight is about how we eat – maybe it's more about how we think

HOW TO THINK LIKE A THIN PERSON

► **Learn to tell the difference between hunger and the desire to eat**, suggests Dr Judith Beck, a cognitive therapist and author of *The Beck Diet Solution* (Oxmoor House). You can then make better decisions about when it is appropriate to eat; you do not need to eat every time you get the urge! Start by listening to your body, and paying attention to how your stomach feels before and after meals. Can you recognize genuine tummy-rumbling hunger?

► **Beat cravings** Hunger and cravings are not emergencies! You can tolerate them, says Beck. Try not to eat impulsively or to dwell on thoughts of food. Move on to other tasks and get busy.

► **Be realistic about how much you eat** Be rational and observant about your habits. A little here and a little there all adds up. "You might deliberately try not to notice what you're eating because you know you would feel bad if you really paid attention," says Beck. Eating slowly, savouring your food while you sit down at the table, in a relaxed setting (but not in front of the TV) will help you be more mindful of what's going in your mouth.

► **Food is fuel, not comfort** Fulfil your emotional needs with other things. Cari Corbet-Owen, clinical psychologist and author of *Mind over Fatter* (Oshun), believes that behaviour is only symptomatic. "When we tackle habits of thought, then the behaviour will change on its own. For example, as 'nurturers' many women feel that they are so busy giving to others that the easiest and quickest way to self-nurture is food. When we can change that overriding sense of having to nurture everyone else, and find ways to nurture ourselves in non-food related ways, our need for nurturing using food often diminishes.

"To achieve what we want losing weight we need to focus on the inner changes to be made, then the outer

changes will follow naturally. It is when we become a person who doesn't need to eat to self-nurture, that losing weight becomes just a product of changing yourself. So exterior weight loss isn't just a physical change, but much more an outward reflection of an inner transformation that has been accomplished," says Corbet-Owen.

Find soul "food" of a non-kilojoule nature, whether it's satisfaction from doing charity work, socialising and support through a book club, or mountain hikes and long walks, or finding a creative outlet by taking a painting class.

► **Do something about it** Rather than feeling hopeless and despondent when the needle on the scale tips up, do something about it. Interviews at the Yale School of Nursing in the US showed that one thing that all the successful dieters in the study (they had kept the weight off for an average of seven years) had in common was that they experienced a shift in mood once they had made a positive decision to tackle their weight. The result was more energy, a new outlook, more confidence and a greater sense of control.

Increase your activity level, do more exercise, and have confidence that you can get the number of the scale down through positive choices. Remind yourself that you have control over your eating and weight.

► **Accept limitations** Beck says: "Are you surprised to learn that most thin people restrict their eating to some degree? They sometimes eat smaller portions than they would really like, and choose healthy foods when they'd really prefer to eat something else," she says. But they accept these limitations without too much struggle dieters on the other hand are often absorbed with the unfairness of it all. Feeling hard done by can seriously derail your diet, and make you resentful. Rather embrace healthy choices as the new norm, and realise some restrictions are necessary for a worthwhile change to take place.

► **Don't revert to your old ways when you lose weight** Anyone can shed a few kilograms, the real challenge is in

keeping it off. To make the changes to your health and body shape permanent, you'll need to keep up the new positive thought patterns and continue to plan healthy meals and make better food choices for life.

Mushroom Omelet

- cooking spray
 - mushrooms such as shiitake, portobello, chanterelles, etc. or button mushrooms (or a combination of 2 or more kinds), thinly sliced (allowance)
 - minced thyme
 - minced basil
 - chopped fresh flat-leaf parsley
 - freshly ground pepper
 - egg (allowance)
 - Onion finely chopped(allowance)
 - fresh flat-leaf parsley for garnish
1. Spray a small non-stick skillet or omelet pan with cooking spray and heat over high heat for a minute.
 2. Add the mushrooms and onion; cook over high heat until the mushrooms are just cooked through, stirring often (about 3 minutes).
 3. Remove from heat and add the thyme, basil, parsley, and pepper. Keep warm.
 4. Using the same small skillet, again lightly sprayed with cooking spray, add half of the egg. Cook over medium heat, lifting the sides of the eggs to allow uncooked eggs to flow under.
 5. Once the bottom is lightly browned, carefully flip the omelet with a spatula to brown the other side.
 6. Spoon half of the mushroom mixture onto the omelet and fold in half. Transfer the omelet to a plate and keep warm (in a warm oven and covered in foil is a good way to do that).
 7. Place a sprig of parsley on each omelet (that's optional—it's just a garnish suggestion).

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"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." -

Carl Bard.