



# BEST Weight Loss

## Newsletter March '13

Business Opportunities: If you would like to own your own clinic, and help others become slim and healthy Please send all your particulars through to the Clinic where you joined or to us: [www.bestweightloss.co.za](http://www.bestweightloss.co.za)

Join our **FACEBOOK PAGE** and start interacting with other clients!!

Nothing taste as good as thin feels!!

Write it on your heart that every day is the best day in the year.

### CHOLESTEROL – what we need to know!

Cholesterol is a soft, waxy, fat-like substance present in the bloodstream and in all our tissues and cells. It is produced in the liver and is essential for human life. The food we eat also has a huge impact on our cholesterol levels.

The body needs only a small amount of cholesterol to function properly. Too much cholesterol in the blood can eventually lead to heart attack or stroke.

If your cholesterol levels are too high, the cholesterol will slowly build up in the inner walls of the arteries that supply oxygen to the heart and brain. Eventually it will form a thick, hard plaque that narrows the space for blood to flow through. When not enough oxygen-carrying blood reaches the heart chest pain (called angina) can result. If a blood clot forms and blocks the narrowed artery, you may suffer a heart attack or stroke.

There are different types of cholesterol, of which the most important are LDL and HDL, respectively "bad" and "good" cholesterol.

### LIPOPROTEIN

Cholesterol is carried around the body by lipoprotein. There are 2 main types:- HDL (high density lipoprotein) and LDL (low density lipoprotein)

### HDL (HIGH DENSITY LIPOPROTEIN)

- HDL cholesterol is good cholesterol
- HDL carries cholesterol back to the liver which processes it for excretion.
- Its presence decreases cholesterol deposits.

### LDL (LOW DENSITY LIPOPROTEIN)

- LDL cholesterol is bad cholesterol
- LDL carries cholesterol from the liver to the rest of the body.
- When there is too much cholesterol in the blood it can narrow the arteries.



If you have the courage to begin, you have the courage to succeed.

### ASPARAGUS

Asparagus is a member of the Lily family. Its spears grow from a crown that is planted about a foot deep in sandy soils. Under ideal conditions, an asparagus spear can grow 10" in a 24 hour period. It is one of the most nutritionally well balanced vegetables in existence. It leads neatly all produce items in the wide array of nutrients it supplies in significant amounts for a healthy diet. Asparagus is one of nature's most perfect foods.



It is:

- Very low in sodium
- Very low in sodium
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- A good source of potassium
- A source of fiber
- Contains no fat or cholesterol
- An excellent source of folacin
- A significant source of thiamin
- A significant source of vitamin B6

One of the richest sources of rutin, an antioxidant which strengthens capillary walls.

Contains glutathione, one of the most potent anti carcinogens and antioxidants found within the body. Asparagus should be eaten fresh as it will lose flavor. Store in a plastic bag in the crisper section of your refrigerator.

### ASPARAGUS OMELETTE

1 Egg  
 1 Crushed clove of Garlic  
 Spray of Olive Oil  
 Asparagus, washed and chopped – (Allowance)  
 Salt & Pepper to taste  
 Chopped Parsley – (Allowance)  
 Wash asparagus well, drain and dry. Spray pan with olive oil, add garlic and brown slightly. Add asparagus, stir, cover and simmer for 5 min. Beat together egg, salt and pepper. Pour into another pan and cook for about a min. Place asparagus onto one side of the egg mixture, fold over and serve immediately garnished with chopped parsley.

Life has no limitations, except the ones you make.

### MISTAKES WHICH SHOULD BE AVOIDED:

#### 1. Deviating from prescribed portions.

You will not lose faster if you eat less than what has been prescribed by Dr Cohen. Remember your portions have been calculated by you blood profile. If you do not eat the correct amount of "medicine" prescribed for you, you are not following your own programme.

#### 2. Eating the protein without its prescribed vegetables.

The protein (e.g. the egg) + veg Form a unit to keep the Growth Hormone stimulated.

#### 3. Using a faulty kitchen scale and getting wrong portions:

Test the scale by weighing 100ml of water .... If it does not weigh 100g on the scale, the instrument is faulty! Which means that you are not following your worked out diet!

#### 4. Not doing the follow-up blood tests as requested when 4 weeks and 12 weeks on the diet.

Some clients are under the impression that they should only do these tests when they are close to their goal weight...not true. Our Dr's needs to monitor all the patients as you proceed and has to change the diet accordingly should it be necessary.



It took more than a day to put it on. It will take more than a day to take it off. Move.