

Creating A New You in the New Year

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It is true that you are what you eat. To lose more weight this year stop eating fat storing foods and eat fat burning foods. An efficiently working metabolism helps with weight loss.

Having an efficient metabolism means correctly digesting foods, and burning stored body fat for fuel. Food digestion requires the proper combination of digestive enzymes produced by the stomach, liver and pancreas. Failure to digest efficiently results in the undigested food being stored as unwanted body fat. Personalized testing can determine the exact nutrients needed for efficient digestion.

All carbohydrates consumed become sugar, which is fat storing. Plus, sugar is hidden in all processed and man-made foods. Fruits, vegetables and all grains are natural carbohydrates. Your body converts natural, processed and man-made carbohydrates like potatoes, corn, rice, oats, pop, fries, chips, breads, pasta, cakes, candies, juices and cookies into sugar. Eating more sugar and/or carbohydrates than your body needs causes unwanted weight.

Your body needs 80-100 grams of carbohydrates daily for fuel, not the 300-600 commonly consumed. Carbohydrates are the kindling to the fire. The body burns them quickly and then burns the slower burning fuel, fat. The body cannot burn stored fat when excess carbohydrates are eaten. Instead, the excess is stored around your waist, hips and thighs.

Protein is a fat burning food that increases your metabolism, helps with weight loss, and builds muscle tissue. Protein is broken down into amino acids that make up your body. Avoiding protein or not eating protein can increase weight. Protein from both animal and plant sources can provide energy and stabilize blood sugar.

Eating fat does not make you fat. It actually increases weight loss. Insufficient good fat in your diet from fish oil, chia or flax seeds can cause low energy, poor concentration, dry skin and unwanted weight. Eating the wrong fat, or following a low fat diet deprives the body of needed essential fatty acids.

A healthy body is composed of 25% fat. Your body uses this fat in all cell membranes, and in nerve and brain cells. The fat found around the abdomen and thighs is caused by the consumption of bad fats and excess sugars, not essential fatty acids. To lose weight, eat good fat, protein and eliminate excessive sugars from your diet.

The key to weight loss is a balanced diet of protein, vegetables, fruits and good fats, and drinking ½ your body weight in ounces of healthy living water. Combining good food choices with a simple exercise program, and healthy water can result in weight loss. There is help to end the frustration from failed New Year's weight loss programs.