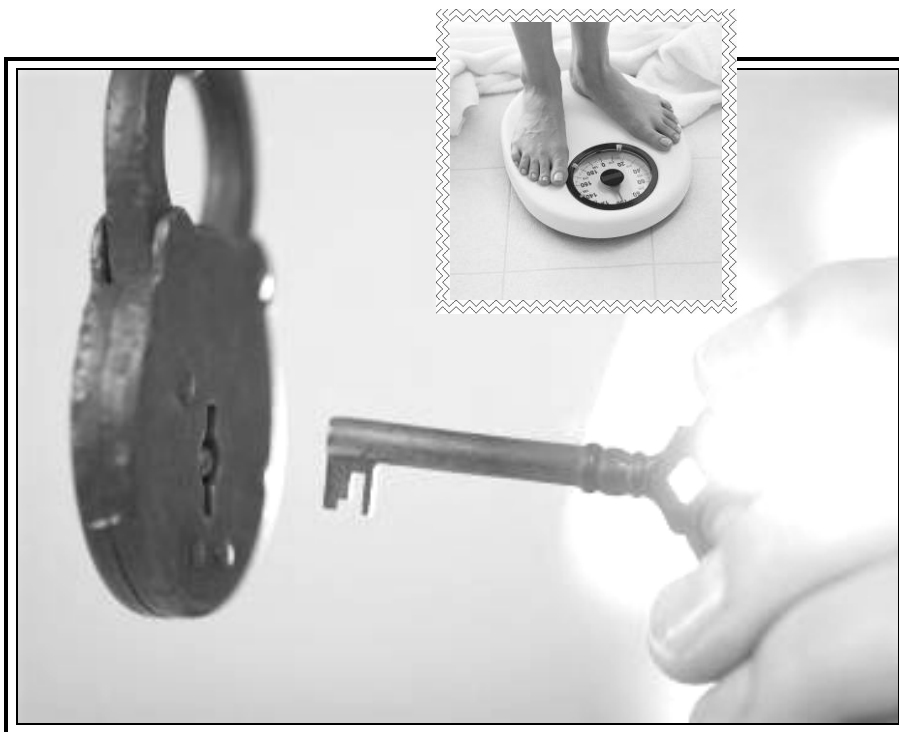


5 Keys for Successful Weight Loss



People Helping People Live Healthier Lives through Natural Healing
DavesHealingNotes.com

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A Few Words on Obesity

Obesity is a national challenge for the health of America. While our economy is growing so is our girth. This is because food companies much like drug companies are pandering to what we think we need rather than what is healthy for us. The food additives and processing become addictive, where we come to crave them. They are only working to increase our addictions to fats, salt and sugars with focus groups where they find what makes people eat more and what their desires and tastes are so they can sell more "product." Isn't the American way wonderful?

Economic concerns of food companies were more important than anything else. Now the weight of health concerns is starting to turn the tide of focusing on how to help people lose weight and be healthier. A recent article in the news stated that fast food companies, almost across the board, are lying about the amount of calories, fat and sugar in their foods by almost 10 % and other



food companies' labels are understated by almost 20%.

The cost of obesity will run you 25% more in healthcare costs; it shortens your lifespan with heart and cardiovascular problems, high cholesterol problems, and unknown social costs that may even be more impactful to the human soul.

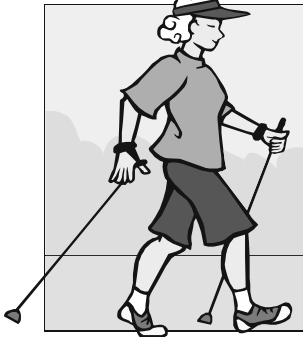
There are many causes of obesity: refined foods, excess sugar in the diet, poor sleep, skipping meals, emotional eating, stress, endocrine problems, thyroid problems, and not exercising enough.

We can overcome this obesity problem by addressing five specific areas of our lives. The following are the 5 Keys for Successful Weight Loss:



1-Move More – Exercise

Exercise is essential for weight loss. Using your muscles sends a message to the brain to increase your metabolism. Also, lean muscle burns fat (even while you are resting). You've seen those people on the "Biggest Loser" lose a lot of weight. Remember, they are working out 7 hours a day! Sometimes that is what's necessary when you are hundreds of pounds overweight, but for most of us it's not necessary.



In reality, it takes moderate exercise (and moderate reduction of calories) to lose weight – Energy in, Energy out. Perhaps the best method is taking the moderate approach over a long period of time. This will give you more permanent results, while keeping yourself from feeling deprived. There are so many ways to use your muscles and different types of exercise. Whatever kind of exercise you participate in, it must fit into your lifestyle.

What To Do

Ideally 1 hour of exercise a day, 6 days a week, is best to lose weight consistently; working half an hour with weights and the other half hour in cardio training. This is not always practical. Find the kind of exercise that fits your lifestyle and schedule.

For those of you who haven't moved much in the past several years, start moving your body by walking. Several studies have shown that **10 minutes of moderate walking provides 4 hours of double fat burning** (or what we call doubling your metabolism), not to mention it oxygenates your body to help you have a clearer mind and better stress relief. If a person did this morning, noon, and evening it would provide 12 hours of double fat burning!



2-Give Your Body the Right Nutrition

One of the biggest challenges to weight loss is how we eat. I have countless women complain of eating less and less calories and not losing any weight. It may be simpler than you think to reduce your calorie intake; it's as simple as reducing refined foods, eating more fruits, vegetables, and whole grains. The goal is to substitute more nutritious foods that fill and satisfy. Reducing your calories, by 200 to 300 a day, may not sound like a lot, but it results in up to a pound a week. If you realize the implications, that is up to 50 pounds a year!

Skipping meals causes the body to go into starvation mode. A drastic reduction in calories also causes the body to go into a starvation mode and may even increase your weight. Do not skip meals.

When blood sugar drops, it triggers the body's craving for sugars as an immediate source of energy. Upon eating sugars or other carbohydrates, the body produces and releases insulin which helps the body to convert it into energy. When too many carbohydrates are taken in and aren't needed for energy, they are stored as fat, usually around the belly. Insulin resistance happens when too much insulin is released into the blood to metabolize excess carbohydrates, turning it into fat. Carbohydrates are substances that break down easily into sugar in the body.

The Nutrition Your Body Needs:

Protein is important to help you keep from losing muscle mass while increasing weight loss. Using protein feeds your brain and satisfies your cravings, which helps you reduce your intake of calories because you are not feeling hungry all the time. It is great because it doesn't affect your blood sugar levels (doesn't spike insulin), so it won't contribute to insulin resistance. Eating protein also helps to reduce depression and anxiety.

Eat lots of protein, especially at breakfast, to set yourself up to reduce cravings and set your metabolism correctly for the whole day. A great way to start your day is to eat a three-egg omelet or some other protein rich food such as turkey bacon, or chicken sausage. You can add meat or veggies to the omelet. Keep carbohydrates to a minimum.

For those people on-the-run, a whey protein shake is just the thing to have. Glucostable Protein can be mixed up in seconds; it tastes great, has 5 grams of fiber, and most of your vitamins and minerals included, as well as enzymes.

Vegetables contain lots of fiber, which contributes to weight loss, lowered cholesterol and improved heart health. How can you go wrong? Raw vegetables also cause you to chew; taking your time eating so that you feel fuller faster. They make great snacks in between meals. While containing carbohydrates, the fiber in vegetables helps it to break down slower and normally does not create an excess insulin response. Vegetables are also known to prevent cancer. Eat 5 to 7 servings (1/2 cup each) a day.

Fruits are also rich in fiber, especially when eaten raw. An apple a day is even richer in fiber, anti-oxidants and other nutrients than most other fruits. Fruit is best eaten before meals to fill you up and reduce cravings. The only fruits I recommend to eat between meals are blueberries, blackberries or raspberries as they are low glycemic and



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won't trigger insulin resistance. Beware of fruit juices as they are extremely high in sugar and will increase blood sugar. They are best drunk diluted and slowly with meals.

Fats feed the brain and provide protection for organs and other tissues. It has been shown that fats actually improve weight loss. They don't trigger insulin resistance (belly fat). Now is the time to substitute unhealthy fats (canola oil, rancid fats and roasted nuts) for better choices. Use coconut oil, olive, borage, fish and flax oils. Beware of low fat products (dairy especially). Remember, foods in their normal state help to normalize the body shape, while processed foods (out of their norm) may cause weight gain. Just don't go overboard on full fat yogurt.

Grains are mainly carbohydrates. It's best to eat whole grains with meals. Using refined flours increases blood sugar levels (refining means taking all the nutrition and fiber out, which means giving you carbohydrates without nutrition thereby increasing insulin resistance. Refined products include cookies, cakes, crackers, pastas and many baking products. Whole grain breads and cereals can be used in moderation.

Fiber in raw fruits and veggies can fill you up and satisfy you. Other supplements to add more fiber to your diet include psyllium husk and flax. These may be added to your morning shake or at any other time. Increasing fiber may be helpful for snacks in between meals with such things as raw veggies, apples and the like. It can help reduce insulin problems while improving cholesterol, heart and prostate health. Americans notoriously consume insufficient amounts of fiber and pay for it with heart and colon problems.

What To Do

Eat three medium meals a day for your best chance to lose weight. A protein-rich breakfast is the best meal of the day. Coffee and donuts just won't cut it! Your body also needs an empty stomach between meals to burn fat. If you are snacking all the time, that may cause insulin resistance. Insulin resistance is when there is too much sugar in the blood, increasing insulin production, especially between meals. The excess insulin produces fat around the stomach area. See more about insulin resistance at <http://daveshealingnotes.com/articles/insulin-resistance.html>.

For those who need a snack between meals, it is acceptable to enjoy food that is less than 200 calories. Prepare these snacks ahead of time so you have the right kind of snack ready. The following is a list of the right kinds of foods that won't trigger excess insulin production. Calories vary by weight or amount; just remember to keep it under 200 calories.

Snack options:

Nuts

Raw unsalted nuts, unroasted almond butter (no bread)

Fruits

Blueberries, Blackberries, Raspberries

Vegetables

Raw vegetables, salad greens, avocados

Dairy

Plain Yogurt sweetened with stevia (whole fat)

Eggs

Omelet or boiled eggs

Meats

Most meat, except beef or pork (harder to digest, roasted chicken)

Protein

Whey protein shakes (Glucostable Protein)
Protein bar

I Have Cravings

"I have cravings," you say? First, cravings are caused by the body's lack of proper nutrition. Cravings are also caused by hormonal issues such as estrogen excess from birth control pills or endocrine imbalances which create chemical excesses or deficiencies.

What To Do

Use Homeopathics for food cravings in a 6x, 6c, 30x, or 30c potency a couple of times a day for your particular food craving. It can work effectively if it fits your life situation or personality (constitution).

Homeopathics for Food Cravings

Alcohol

Nux vomica – food sits like a rock; liver problems; irritable and angry, temper.

Beer

Kali bichromicum – may have yellow green mucus problems such as sinusitis; a stickler for details.

Butter and fat

Pulsatilla – changeable symptoms and mood; fear of abandonment; hormonal problems; weepy or whiny, clingy.

Carbo veg – digestive problems with gas and bloating; person doesn't like to hear bad news.

Mercurius vivus – temperature sensitive, narrow range of temperature is comfortable; changeable moods.

Cakes and pastries

Carbo veg - digestive problems with gas and bloating; person doesn't like to hear bad news.

Carbonated drinks

Kali carb - picky person with a sense of duty.

Phosphoric acid - when there has been a sadness that affects them; includes mental exhaustion.

Coffee

Coffea cruda - when there is an overactive mind.

Eggs

Sulphur - person is warm, puts feet out of covers at night; extrovert, philosopher.

Fish and seafood

Urtica urens - also good for allergies in general

Fruit

Cinchona - digestive upsets, gas, and bloating.

Meat (usual sign of low stomach acid)

Allium sativa - also with respiratory problems

Milk

Mag carb - irritable with colon and digestive problems.

Onions and garlic

Thuja - also with warts of other growths and greenish mucus.

Oranges

Medorrhinum - addictive personality

Salt

Natrum muriaticum - also wants to be left alone; grief and sadness.

Sugar

Argentum nitricum - with fears of height, anxiety, and talking in front of groups of people.

Vegetables (craving too many)

Lycopodium - digestive problems and symptoms are worse 4 - 8 pm; liver issues.

Berberis - with kidney problems or lower back pain.

Bryonia - often with joint problems or pain upon any movement.

Wine

Zincum metallicum - with cramps or stress condition; nervous exhaustion.



3-Get Good Sleep

Sleep plays an important part in weight gain and loss. To maximize weight loss, sleep 7 ½ to 8 hours *at night*. Our body uses the sleep time to detoxify, rest, and rebuild the nervous system. People with less than seven hours of sleep may eventually find themselves with serious health problems; irregular sleep increases risks of colon and breast cancers, heart disease, diabetes and obesity. Sleep loss keeps the nervous system revved up so you can't relax completely; this affects the adrenal glands and central nervous system.



What To Do

Find a way to relax before you go to bed. Make sure your bedroom is only for sleep and sex; get the television out of there. Working night shifts or using medications may affect your sleep.

A couple of herbal combinations may work to enhance your sleep experience.

Dave's Sleep Spray contains Hawthorn berries, Melissa, Jiaogulan, Eyebright, Yarrow, and Trace Minerals to calm the mind, relax the body and nerves, and support the cardiovascular system.

Dave's Sleep Formula (capsules) contains Valerian, Eyebright, Oat straw, Melissa (Lemon balm), and Wild lettuce for calming stress, tension, nerves and mind.

See healing protocols on:

Insomnia: <http://www.daveshealingnotes.com/ailments/insomnia-natural-remedies.html>

Anxiety: <http://www.daveshealingnotes.com/ailments/anxiety-natural-remedies.html>

Stress & Exhaustion: <http://daveshealingnotes.com/ailments/stress-exhaustion-natural-remedies.html>



4-Address Emotional Issues & Stress

Emotional issues may cause the majority of weight loss problems for people. Stress and other negative emotions can alter the body's chemistry. This can stress the adrenal glands and alter cortisol levels. Cortisol, a stress hormone that is valuable in the short term to reduce your stress response, chronically will produce high insulin production which leads to putting fat around the belly. It can also alter other parts of the endocrine system that affect metabolism.

What To Do

When a person is under extreme stress, one may seek counseling for taking on too much responsibility or responsibility that's not yours: the weight of the world, unnecessary worry, a perceived struggling marriage, problems with children, or poor coping skills. There are homeopathics and herbs that can help with such issues. The following remedies may help, even if a person is taking prescription medications:

Herbs for Emotional Issues

Phytolacca (Poke root). This is used to stimulate the lymphatic system. 1 drop 3 x a day; increase each day up to 7 drops.

Dave's Mood Formula includes: Melissa (Lemon balm), Hops, Mistletoe, Bitter orange, Peppermint, and Valerian. Anxiety attacks and depression are the focus of Dave's Mood Formula, specially formulated to buoy mood and calm your mind. Lemon balm is known for its nerve calming effects, while Bitter Orange Peel (Chinese herb) boosts metabolism and helps to clear mucus from the body. This may result in increased energy and elevated mood. You may use any of these herbs separately. See my healing protocol on:

Anxiety: <http://daveshealingnotes.com/ailments/anxiety-natural-remedies.html>.

Dave's Positive Mind Formula. Painful depression symptoms and anxiety are common in our society. Positive Mind is popular for creating a sense of balance. Herbs like Polygala and Albizzia bark (commonly referred to as the "peaceful, collective bark"), calm the spirit. Red Sandalwood is commonly used in Ayurveda as a tonic (total body restorative). Formula includes: Radix polygala tennifoliae, Albizzia flowers, Los Ionicerae japonica, Red sandalwood, Blue violet leaves, Lavender flowers, and Squaw vine herb. See my healing protocol on:

Depression at: <http://daveshealingnotes.com/ailments/depression-natural-remedies.html>.

Homeopathics for Emotional Issues

Argentum nitricum – sugar cravings; anxiety; fear of the future and panic attacks.

Baryta carb – big belly and chronic enlarged lymphatic glands; tend to be shy, lacking in social or intellectual skills. Also good for obese children with developmental delays.

Calc carb – slow thinking and moving; tires easily; low self esteem; worried; tendency towards osteoporosis; cold hands and feet; sweating on head at night; chronic constipation; obese, yet over works; sensitive to bad news; worse cold, wet, and movement; better warmth dry, and rest.

Capsicum – laziness, or unmotivated; plump, weak and easily offended; homesickness; burning pains of bodily orifices; acne rosacea; worse nights and movement; better warmth.

Fucus – hypothyroid conditions; helps the body to absorb iodine to support the thyroid.

Graphites – hypothyroid; phlegmatic body (cold and sluggish); depressive, fussy; unorganized; skin conditions including eczema and scarring; chronic constipation; worse cold, better warmth.

Hedra helix – hypothyroid or enlarged thyroid; heart palpitations; nervous, unhappy, apathetic.

Kali carb – overweight with an over active sense of duty; needs the company of others; worry; restless; weak back; tendency to osteoporosis, sticking pains; sweaty; worse cold and at 3 am.

Pulsatilla for hormonal problems; fat or sugar cravings; wants to be held; wants sex for fear of abandonment.

Spongia tosta – hypothyroid; helps support pancreas and digestion in general; cough; heart palpitations.

Sepia – women with an aversion to sex; feels drug out and exhausted; wants to be alone; yells and screams at everyone.

Thyroid 4c – hypothyroid condition; use Anterior pituitary 6c if this doesn't work.

Women's Weightless (Thyroid-gl, TSH, HGH, Fuc, Graph, Gels, Progest, Foll) May be useful to boost the metabolic response of women's bodies; may be used for weight loss and thyroid support.

Homeopathics for those constantly weighting themselves

Ignatia – for nervous exhaustion; sighs frequently from stress; checks weight from stress.

Pulsatilla – can't make up their minds; cries easily; wants to be held; can't eat fatty foods; changeable moods and symptoms.

Natrum muriaticum – from grief; this person weighs themselves from a sense of oversensitivity to social expectations or others' comments; wants to isolate themselves when stressed; can't cry in public.

Homeopathics for those with weight fluctuations

Calc carb – fearful, over responsible people with fear of bad news, earthy people, can't read scary books, hard and over workers; weak ankles; want to sleep in cold air.



5-Balance Your Hormones and Endocrine System

Metabolism control is one of the keys to a healthy weight loss. Keep your endocrine system healthy. FIRST of all is the **thyroid**. When it is not functioning well, there is weight gain, loss of emotion, loss of activity and motivation. The **pituitary** actually controls the thyroid and if not functioning optimally can cause the thyroid symptoms described, as well as hormonal imbalances. The **hypothalamus** controls the pituitary and thyroid. It is involved with temperature control and is one of the body's master organs.

Last but not least are the **adrenal glands** that help regulate energy production and the ability to deal with stress. It is involved with the balance of cortisol production.

The above described are parts of the HPAT (Hypothalamus, Pituitary, Adrenal, and Thyroid) endocrine system. This system is often out of whack in obese people. Fortunately there are natural ways to balance this organ system.

What To Do

Feed the thyroid with iodine from sea vegetables. A good way is Dave's Ocean Tonic. This formula harnesses the power of green foods from the sea. Science has found more than 93 vitamins, nutrients and anti-oxidants in these greens. Formula includes: Kelp, Wakame, Kombu, Dulse, Fennel, and Irish moss.

Herbs for the Endocrine System (HPAT axis)

Other solutions are to **use adaptogenic herbs to nourish the entire HPAT axis**. Adaptogens strengthen the adrenal glands. They include the following:

Rhodiola – used to enliven and strengthen the mind.

Eleuthero – helps prevent cold and flus.

American ginseng – used to calm the mind and nervous system.

Panax ginseng also oriental ginseng is used more for those over the age of 50.

Ashwaganda from India acts as an anti-inflammatory among other things.

Amla C – high source of natural vitamin C to strengthen the immune system.

Hormones are the key to weight loss. For some people, hormonal health may be *the* key element for weight loss. This may be more prevalent for women, but men are also affected.

Women usually are affected by estrogen imbalances. They may be caused by chemical birth control methods including the pill or other chemicals, foods, and medications that cause imbalances. These imbalances show up in brown spots on the face, increased hip and thigh fat, long eyelashes, larger breasts, red palms of hands, soft skin, and higher voice. Excess estrogen contributes to higher body fat. That is why I tell women to consider not using chemical birth control for health reasons.

What To Do

The good news for **women** is there are several herbs that can create hormonal balance that can aid in weight loss. Our top herb is **VITEX** which influences the pituitary to help the female body to lower estrogen levels and balance progesterone. This is effective for most women from menses onset to menopause and sometimes beyond. Another herb that can be effective is Lady's mantle. Women getting close to 50 years old may best be served by using MOON PHASES, an herbal formula for women in menopause and post-menopause.

Men also need hormonal balance. Men put on weight around their bellies because of insulin resistance and a lack of testosterone. The symptoms of testosterone imbalances include lack of sexual motivation or function with belly fat. Part of all of these symptoms may be from diabetes, heart, cholesterol or other medications.

Herbs for Men that promote Testosterone

Rhodiola – an adaptogen that enlivens the mind and strengthens the adrenals.

Tribulus – also encourages muscle growth, and overall stamina.

Eurycoma – especially good for sexual energy and overall health (promoted as Horny Goat weed).

Eleuthero – improves immune function, immune system protection, and strength.

Recommendations For Optimal Supplementation To Support Weight Loss

Use 1 scoop of **Glucostable** protein powder in 4 ounces of water before each meal to curb the appetite.

Use 5 sprays of **Positive Mind** between meals for emotional stability and appetite reduction.

Women over 45 use 1 dropper full of **Moon Phases** 3 times a day for hormonal and endocrine health. Women under 45, use **Vitex**. (Use either for several months.)

Men use a dropper full of both **Rhodiola** and **Eleuthero** 3 times a day for several months.

Use **Ocean Tonic** 2 capsules a day for thyroid support. If more serious hypothyroidism is occurring include **Thyroid Underactive** 2 pellets 3 x a day.

To spare muscle loss, normalize blood pressure and reduce cholesterol while increasing circulation for impotence, use 3000 mg **L-Arginine** and 2000 mg **L-lysine**. Use these at night before bed.

HCG – Two Ways

The HCG Diet has been the most popular diet in the last couple of years. It has two basic forms.

First, the most expensive version is the actual shots of the chorionic gonadotropin (an extract of pregnant women's urine). It is expensive and needs prescription from a medical doctor. It is successful; many people lose 20 pounds a session (2 weeks time).

The second method is a homeopathic extract that is taken by mouth. The diet is the same, producing similar results. You don't have to take shots and the costs are much smaller. A formula called Metabolism is very popular. Most people use this the second time around because it is very cost effective.

Metabolism Formula includes: Chorionic gonadotropin 6c HCG to regulate the hypothalamus and metabolism; Hypothalamus 5c to help normalize hypothalamus functioning; Thyroid 6c to help normal thyroid functioning; ACTH to help regulate cortisol and adrenal function; Kali lod 30c works on slow metabolism and arthritic challenges.