Vital keys for weight control

Simple solutions

To prevent further weight gain and to stimulate body fat reduction simply:

• avoid weight gain triggers

• support optimal health

More specifically:

• Insulin management

• Stress reduction and support

• Satisfying appetite

• Extra factors

Insulin management

Insulin is the primary fat storing hormone

Blood insulin levels must be maintained within certain parameters

Carbohydrate rich foods provide the greatest stimulus for insulin release

The greater the degree of overweight and insulin resistance the greater the need to curtail carbohydrate rich foods

Carbohydrate restriction

Due to their insulin boosting potential the following foods should be significantly moderated or completely restricted:

Starchy foods:
Wheat, barley, rye, oats, spelt and other grains
Bread, bagels, pitta, crumpets, baguettes, rolls, pizza etc.
Pastries, croissants, buns etc.
Pasta of all varieties
Breakfast cereals and cereal bars
White and brown rice
Potatoes, French fries & crisps
Sweet potatoes and yams

Sugar and syrups:
White, brown, Demerara, muscovado, unrefined and icing sugars
Golden syrup, honey, maple syrup, agave syrup or other syrup varieties

Processed foods

MUST also reduce sugar-rich processed foods, including:

Confectionery
Milk chocolate
Ice creams
Sweet desserts
Soft drinks
Commercial fruit juices
Low fat, sweetened yoghurts

Artificially sweetened products are not a suitable replacement – avoid aspartame, saccharin, sucralose and acesulfame K
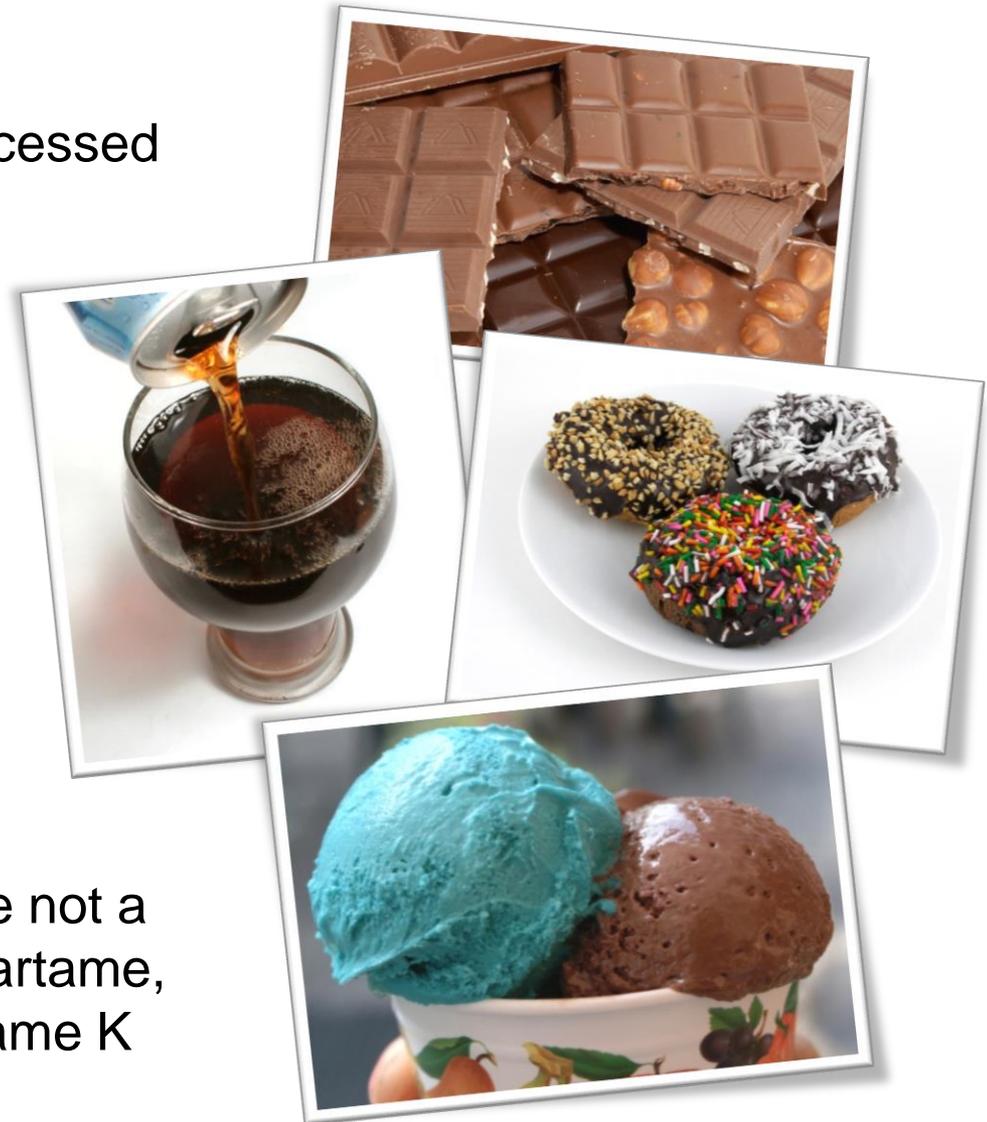
'Free to eat' carbohydrates

Many carbohydrate foods are still very beneficial for health and can provide valuable vitamins and minerals, including:

Vegetables:
Green leafy vegetables e.g. spinach, lettuce, kale, bok choi, collard
Brassicas e.g. cauliflower, broccoli, cabbage, swede, turnip, Brussels sprouts
Onions, leeks, peppers, celery, mushrooms, peas, courgettes
Tomatoes, cucumbers, radishes, pickles, olives etc.

Fruits:
Avocado, grapefruit, melons, cantaloupe, papaya, peaches, apricots, lemons and limes
Berries of all varieties

NB. Reduce and moderate high sugar fruits. The 'Sweet 7' includes: dates, grapes, bananas, mangoes, apples, pears, and plums

Stressful lifestyle patterns

7.00am

6.30am

8.15am

11.00am

2.30pm

6.30pm

9.30pm

Nutrient support for stress

These measures should be introduced gradually and targets sets to achieve compliance

- food quality is an absolute must!

- proteins / fats and moderate carbohydrates should be eaten at every meal and every snack (if snacks are needed)

- introduce breakfast and gradually improve the quality and quantity until an appropriate meal is being consumed

- Include foods sources where possible or supplement with vitamin C, B5, B6, magnesium and zinc
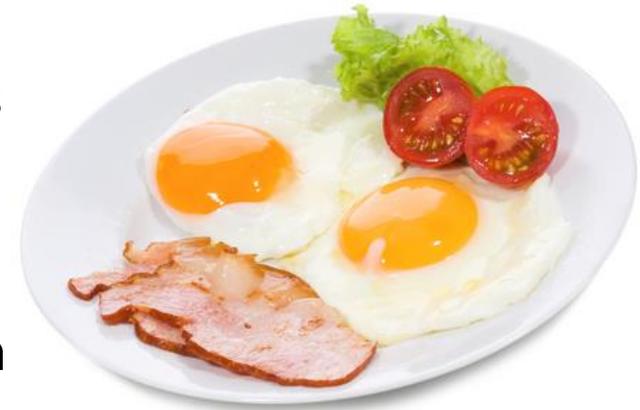
Stress reduction

Steps should be taken to try and reduce unnecessary stressors

- take time out to eat to engage parasympathetic responses that aid relaxation and digestion

- seek to get to sleep before 10.30-11pm

- try not to over schedule personal or family life

- plan in some personal, restorative time each day

- minimise negative coping strategies such as alcohol consumption

Stress techniques

Create a stress journal - record daily stressors, related feelings and coping mechanisms – seek for positive patterns

Identify primary stressors and create a plan to overcome and adapt, including positive coping strategies

Engage is restorative activities such as yoga, Pilates, Tai Chi, breathing techniques, low intensity activity, countryside or beach walks etc.

Stress-less lifestyle patterns

premier
TRAINING INTERNATIONAL

7.00am

6.30am

8.15am

12.30pm

2.30pm

6.30pm

9.00pm
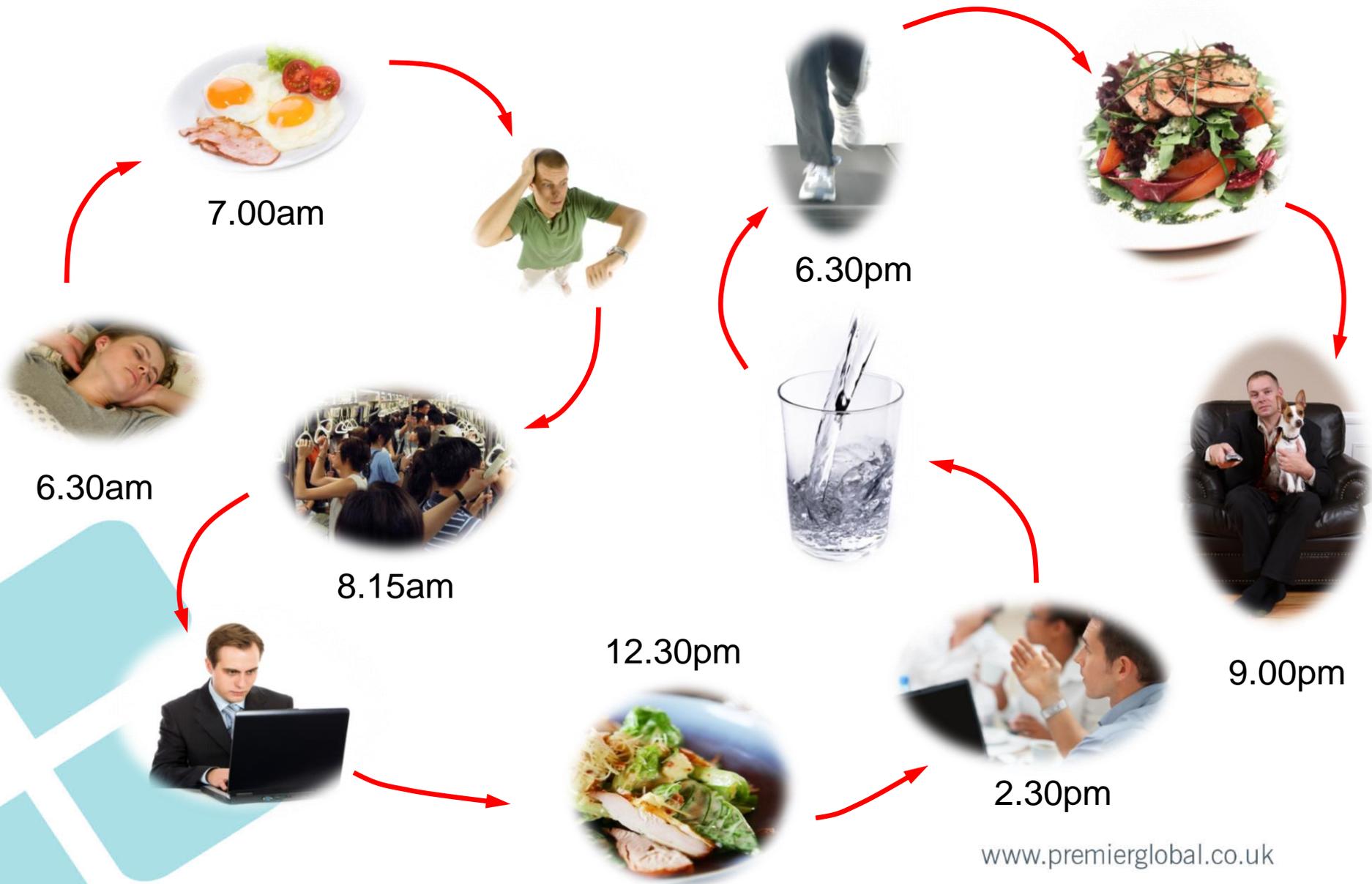
Satisfying appetite

Hunger pangs and cravings are a real threat to adherence for many diets

Words like 'suppressing', 'fighting', 'tackling' and 'curbing' hunger are not helpful in restoring health

Hunger and appetite are natural physiological mechanisms that should not be ignored

Hunger, in many instances, is a message that your body needs specific nutrients
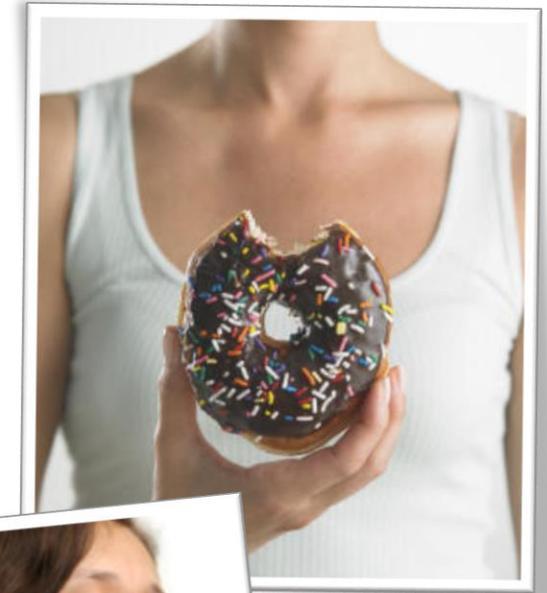
Satisfying appetite

Act early on genuine feelings of hunger

Delay inevitably leads to more intense hunger and cravings later

Food choices are more likely to deteriorate the stronger hunger becomes

Develop routine eating habits (Ghrelin response) - 3 evenly spaced meals/day

Include some carbohydrate, a good source of protein and healthy fats in every meal

Food quality

A broad variety of nutrients are required for optimal health

Nutrient deficiency will stimulate hunger and cravings

Higher quality, nourishing foods will support nutrient provision

Use the LO FAD acronym to help optimise nutrient content:

- **L**ocal produce – minimal food miles
- **O**rganic standards of production
- **F**resh food first
- **A**void processed food
- **D**iverse range of foods

Extra factors: Coconut oil

Medium chain triglycerides (MCT) are found in abundance in coconut oil (69%) with smaller amounts in butterfat and palm kernel oil

- MCT's are gentle on the digestive tract and do not need the catabolic action of bile, unlike other fats

- MCT's are readily utilised for cellular energy rather than storage

- MCT's have been shown to boost metabolic rate and increase thermogenesis

- Journal of Nutrition (2002): *'MCT's increase energy expenditure, may result in faster satiety and facilitate weight control.'*

Extra factors: Exercise intensity

Scientific research suggests that shorter high intensity exercise appears to be more effective for body fat loss

Tremblay et al (1994) compared a 15 week high intensity interval training protocol with a 20 week steady state endurance programme

Results:

High intensity – average skinfold reduction of 14mm

Steady state – average skinfold reduction of 4mm

Extra factors: Exercise intensity

Trapp et al (2008) compared a 20 minute high intensity interval programme with a 40 minute steady state regime across 15 weeks

Results:

High intensity – average fat loss of 2.4kg

Steady state – average gain in fat of 0.44kg

High intensity group also had 3 times greater improvement in fasting blood glucose and insulin compared to steady state group

Conclusion

- Rebalance hormonal factors – insulin and cortisol

- Remove addictive foods and eat to optimise satiety

- Maximise food quality and nutritional value

- Discuss weight management as a successful process in the present tense

Remember, successful weight management is a side affect of optimising health

Recommended reading:

- **The Diet Delusion** by Gary Taubes

- **The Cholesterol Con** by Malcolm Kendrick

- **Nutrition's Playground** by Ben Pratt

- **Know your Fats** by Mary Enig

- **Eat Fat Lose Fat** by Sally Fallon and Mary Enig

- **Nourishing Traditions** by Sally Fallon

- **Natural Health and Weight Loss** by Barry Groves

- **Sweet, White and Deadly** by John Yudkin

- **The Dark Side of Fat Loss** by Sean Croxton