

## Permanent Weight Loss

Do you want to lose weight and keep it off forever? The following points will assist in helping you lose weight and keep it off forever.

1. **Know your metabolic type** – Knowing your metabolic type is important to know what ratio of carbohydrates, proteins and fats you should eat. Your metabolic type is based on your bloodlines and geographic location of your ancestors. Generally, those from a colder climate (poles) tend to eat more protein type foods, while those from the equator tend to eat more carbohydrate foods. Eating right for your metabolic type will not only help you lose weight but is essential for optimal health. Imagine an Aboriginal eating only fat and protein and conversely an Eskimo eating only plant based carbohydrate foods.
2. **Increase your exercise intensity** – Fat burning does not only occur at the time you workout it also occurs over the next 24-48 hours if your exercise session has been of high intensity. Resistance training is a very important part of this.
3. **Have a food plan** – As they say, if you fail to plan you plan to fail. Make the plan enjoyable and practical and incorporate many of the foods that you currently eat. Develop a 2-3 day rotation so that you are eating none of the same foods on more than one day of the rotation. This means that you eat a wide variety and ensures that you don't get bored from eating the same foods. Once this is developed, make a shopping list to ensure that you actually have available the food you have listed on your plan. And then buy it.
4. **Keep your blood sugar stable** - And limit the effect of insulin on storing blood sugar as fat. Eating meals on a regular basis according to your metabolic type is the key to this. It will also help keep your metabolism up which will burn more fat. Eating about every 3-4 hours is best for most people. Be aware that most carbohydrate i.e. Breads, cereals, biscuits, cakes, muesli bars etc will contribute to unstable insulin and lead to weight gain. Insulin is released in response to too much blood sugar from an excess of carbohydrates in the diet. The excess blood

sugar is then taken and stored as fat. Eat more vegetables to take the place of many of the carbohydrates.

5. **Drink plenty of water** - Often, the first sign of hunger is when we become thirsty. Drinking plenty of water also acts as an appetite suppressor, helps flush toxins out of our body and helps our body move much better.
6. **Keep consuming good fats** - Having fats in the diet is essential to helping with fat loss as well as maintaining optimal health. People that try to lose weight on a low fat diet will never succeed long term as it is not sustainable for a balanced diet. However, just like all foods, good fats should be taken in moderation and bad fats should be minimised. These are listed below. To find out which are the good fats call the phone number listed below.

#### Bad fats

- Trans fatty acids, (TFA's). Structurally they are closer to plastic than fat. E.g. margarine.
- Hydrogenated or partially hydrogenated oils.
- Vegetable oils.
- Fats from conventionally raised animals/fish/diary. (Toxins are also stored in animal and plant fats)
- Roasted nuts (free radical activity)

7. **Understand the relationship between food and emotions.**  
There is an inverse relationship between unstable blood sugar and emotions. To avoid emotional eating from low blood sugar, eat a diet that is low in high glycemic foods and is appropriate for your metabolic type. Recognition that you have a negative relationship between food and emotions, regardless of blood sugar level), is the first step. Behavior modification techniques or using techniques such as EFT or NLP is the next step to changing your emotional eating habits.

**8. Be consistent with your nutrition** - Make it a lifestyle rather than just another diet. Be especially focused for the first 4 weeks to establish it as a lifestyle habit. After that, follow the 90/10 rule. Be consistent most of the time and you can still have the odd treat.

To learn more or book for a free, no on obligation consultation call Robert Collier today 027-223-5039