

WEIGHT LOSS GUIDE

Slim down responsibly and effectively using Chinese Medicine and Lifestyle.

Have you ever noticed that the Chinese are generally a good weight and tend not to suffer from obesity? This is due to a variety of lifestyle regimes that can easily be copied for effective and long lasting results. Before trying to lose weight you have to honestly answer a simple question:

DO YOU REALLY NEED TO? It is easy to get caught up by media imagery portraying unhealthily thin as an ideal. It is important that you maintain a healthy weight which includes avoiding being under-weight.

HOW TO REACH YOUR IDEAL WEIGHT STEP 1: DRINK RIGHT

- **STAY AWAY FROM SOFT DRINKS** - Also avoid too much fruit juice which is high in sugar.
- **DRINK TEA** - Tea is more hydrating than water and helps you lose excess weight. The powerful antioxidants increase your metabolism (drinking 2-3 cups helps you to burn up to 100 calories). There is also evidence that tea improves the metabolism of fat during exercise. The essential oils in tea aids digestion and the emulsification of fats.
- **HERBAL SUPPORT** - For advice on whether prescription Chinese herbal medicine could be suitable for you, speak to one of our practitioners. Visit our clinic or see the last page of this guide for contact details.



STEP 2: EAT RIGHT

Whenever you are about to put something in your mouth you should ask yourself the three 'W' questions:

WHAT?

Choosing what you eat is fundamental to a healthy weight but people still find themselves confused by diet fads and conflicting advice. You should really only remember a few simple rules:

- **EAT MORE PROTEINS AND LESS CARBS** - The Western diet eats far too much carbohydrate. Most people should restrict carb intake to about 70-100g per day. Fill yourself up on good quality vegetables (not root veggies), fish, lean meat and nuts and if you still feel hungry have a little rice at the end of the meal. This may seem strange at first but persevere and you'll find that it becomes much more natural and enjoyable.
- **EAT AS LITTLE SUGAR AS POSSIBLE** - Sugar is bad for you and promotes weight gain. It is addictive and not required for health. Get your energy from high quality medium triglyceride fats like coconut oil, nuts, butter and cheese (if you tolerate dairy).
- **AVOID PROCESSED & RESTAURANT FOOD** - These tend to be quite high in bad fats and sugar.

To really get to an ideal weight quickly and healthily you may want to investigate the ketogenic diet

WHEN?

Just as important as what you eat is when you eat and how long you take to eat.

- **INTERMITTENT FASTING** - Change your pattern of eating so that you leave at least 12 (preferably 15 hours) between dinner and your first meal of the day. This will improve health and help you burn more fat. Do not snack during the day, instead have 2 proper meals a day with at least 5 hours between. If you cannot bring yourself to miss breakfast then eat dinner at least 12 hours earlier.
- **EAT SLOWLY** - This gives you time to enjoy your food, your body to digest normally and you will eat less before you realise that you are full.

WHY?

Are you eating because you are hungry? If so, then that's fine. But if you are eating because of any other reason then you are probably overeating.

- **BECAUSE IT'S TASTY** - Of course you should enjoy your food but if you are eating because of greed and not hunger then you are overeating. Stop eating when you're 70% full.
- **BECAUSE IT MAKES ME FEEL HAPPY** - Eating should be enjoyable but eating to soothe emotional issues like depression, loneliness or simply boredom is addictive and a very common cause of weight gain. Try to deal with your issues without comfort eating.

STEP 3: EXERCISE

Doing some sort of physical activity is essential if you want to lose weight. Not only does it burn calories and body fat, it also improves tone, posture, and increases muscle mass (to accelerate the rate at which your body uses energy).

Exercise also boosts your metabolism, helps digestion and soothes any emotional issues which may lead to comfort eating. Finding the right exercise for you is what you have to concentrate on. Doing something that you really hate is pointless because you won't continue doing it. Whatever you choose, try to make yourself slightly out of breath for half an hour 5 days a week.

You do not need to join the gym. Here is a simple 15 minute workout. Be sure to warm up and cool down with some basic stretches.

5 PUSH UPS

Hands shoulder width apart, back as straight as possible. Lower body until elbow is 90 degrees and lift slowly. Start on knees if it is too difficult.

10 CRUNCHES

Arms crossed over chest and knees bent with feet on floor. Lift chest to 45 degrees from floor and return.

15 SQUATS

Arms stretched forward, bend knees to 90 degrees keeping back straight as possible. Hold and stand straight.

rest for 10 seconds

5 JUMPS

Jump up from both feet with arms reaching for the sky and when landing go into a squat before jumping.

10 LUNGES

Hands on hips, standing with feet shoulder width apart. Left foot forward and bend knee until thigh is parallel with floor. Repeat with the right foot.

15 REVERSE CRUNCHES

Lie on floor with hands by side and legs flat on floor. Keeping legs straight, lift them from your hip until they are pointing straight up and lower slowly.

repeat all exercises 2 more times

CHINESE SUPERFOODS FOR HEALTH & SLIMMING

FENNEL TOPS – The Chinese use fennel tops a lot in dumplings but you can also just sprinkle over salads or grilled fish. They are rich in fibre for a healthy digestive system and also a great natural tonic to speed up the digestive process.

CHINESE DATES – Known as DaZao, these dried fruits are amazing at nourishing the blood and tonifying your Qi energy. This will give you more 'get up and go' to prevent a sluggish metabolism and weight gain. Add to soups and stews.

TOFU – Rich in protein with virtually no carbs, this is a great food to add to your diet (but try to find non-GMO tofu).

THE BEST WEIGHT LOSS TREATMENT CHINESE MEDICINE

Ever felt frustrated that even if you don't eat very much you still don't lose weight. This is because weight is not only dependent on the simple concepts of calorie and fat intake vs exercise. Chinese Medicine is a really effective way of losing weight because it first looks at the more subtle causes of excessive weight and tailors treatment individually. There are generally 4 main causes for weight gain and each person may be suffering from a combination of these factors.

- **WEAK DIGESTIVE SYSTEM** – Acupuncture is used to tonify the digestive system and get it moving more efficiently. This will help it to absorb nutrients quickly and prevent excessive fat and dampness absorption.
- **SPLEEN QI DEFICIENCY** – In Chinese theory, the spleen is an important organ for weight control. If it is not functioning properly then it does not matter how much or little you eat, you will retain dampness and fat, and feel bloated and heavy. Weight gain will then be compounded because you will not have the energy to exercise. Acupuncture tonifies the spleen to reverse this process.
- **EXCESSIVE EATING** – The Chinese believe that most excessive eating is comfort eating. Stress, depression, anxiety and other emotional factors often lead to 'reward eating' to momentarily suppress these negative feelings. Acupuncture is renowned for its ability to properly treat these emotional disorders and therefore help regain control of excessive eating. Acupuncture is also very effective at managing food addiction and naturally stimulating hunger suppression.
- **BAD LIFESTYLE** – If anybody eats too much junk food, drinks excessive alcohol or has an unhealthy lifestyle then the body will build up heat, toxins and dampness. This will often cause weight gain and acupuncture is used to firstly clear the body of these toxins by strengthening the detox organs, removing damp and cooling the heat. This will help normalize the body and control weight.

AcuMedic Chinese Medical Clinic has an extremely effective WEIGHT LOSS PROGRAM which consists of 3 sessions and includes herbal supplements and teas. Visit **www.acumedic.com** or call **08700 100 023** to find out more.