

golf on the weekend can all help. Some people find joining a team motivates them, as they feel a stronger incentive to turn up. If you are unsure about the best type of exercise for you, discuss it with your Practitioner – they are trained to help you succeed.

EFFECTIVE WEIGHT LOSS



NUTRITIONAL SUPPORT

There are a number of nutrients that your Practitioner may recommend for you, which have been shown to support healthy weight loss.

Whey Protein – provides essential protein for muscle maintenance and growth, strongly reduces the appetite and cravings.

Soy Protein – a vegetarian source of protein, which is also very good for supporting a healthy heart and circulation.

Essential Fatty Acids – fish oil, flax seed and sesame are sources of ‘good’ fats, which stimulate fat burning, reduce cholesterol and help normalise elevated blood pressure

Cinnamon – scientific research has shown that this spice is very effective for normalising blood sugar and insulin levels, which helps to improve energy and reduce cravings for sweets and carbohydrates

Caiapo – an extract of sweet potato, which has been used for many years as a treatment for Type 2 diabetes and other blood sugar problems in Japan and other countries.

Chromium – an essential mineral which regulates blood sugar levels and has been shown to increase fat loss.

Phaseolus – a bean extract which inhibits starch digestion, making it useful for those times when you can’t control what you will be eating.

References available upon request.

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If you are looking for a weight loss program that is scientifically based and has a track record of long-term results, discuss what your options are with your Practitioner.

RECOMMENDATIONS AND TREATMENTS FOR EFFECTIVE WEIGHT LOSS



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EFFECTIVE WEIGHT LOSS

So you would like to lose some weight?

You may have tried to lose weight before, and may have even been successful for a period of time – most people have.

There are two main reasons why people don't maintain their weight loss:

- They do not change their long-term eating habits (i.e. they go back to their old diet).
- The program they are following just focuses on calories and exercise, not the underlying factors that make some people more likely to put on weight than others.

Your Practitioner is a trained health professional and has access to tools that assess the reasons why you have put on weight. More importantly, they have the scientific understanding of the changes required to balance your body and help you lose fat safely, effectively and permanently. Studies show that people who work with a health professional to lose weight have a much greater success rate – and so can you.

What are some of these underlying factors that make it harder to lose weight?

Scientific studies have shown what we all know, which is that some people are more prone to put on weight than others. Partly this is due to your genetic inheritance from your family, which we can't change.

- Inflammation – inflammation can make it hard to exercise and also prevents fat burning.
- Low thyroid – your thyroid is like a thermostat, the lower it goes, the colder you are and the less fuel you burn (and the more you store!).
- Hormones – hormone imbalances in men or women can lead to a loss of muscle and a build up of fat.
- Appetite – cravings for foods, especially fatty or sweet foods, can be a sign of an underlying imbalance which can be corrected.

You can be assessed for these factors and if they are present, your Practitioner can prescribe natural, non-toxic medicines to help rebalance your system.

DIETARY CHANGES

One of the most important changes that you will need to consider is to make sure that the diet you are eating is one that favours a lean, efficient metabolism. Many researchers believe that the standard Western Diet, with its heavy reliance on grains, sugars and saturated fats is largely to blame for the vast increase in rates of obesity.

For millions of years, humans ate a diet that was largely comprised of fresh fruit, vegetables and lean protein sources such as red meat, fish and poultry. It is only the last several hundred years that we have consumed significant amounts of sugars and refined grains, and less protein-containing foods. These foods have a very high Glycaemic Index, which means they cause a large amount of sugar to enter the bloodstream at once. This creates hormonal changes, affects energy levels and appetite, all of which combine to increase fat storage.

THE KETOSYSTEM

An effective program for losing excess fat is the KetoSystem, which has been shown to effectively reduce fat and also control excess appetite. This is achieved through the use of a special protein supplement, which when taken once or twice a day provides essential amino acids that help to manage cravings and support healthy muscle levels.

By reducing carbohydrate intake, the KetoSystem forces the body to burn fat as a fuel. Your Practitioner will ask you to test your urine daily for the presence of chemicals called ketones, which indicate that you are burning fat as a fuel and successfully losing weight.

THE WELLNESS ZONE

A crucial reason why your Practitioner recommends this program for fat loss is that it doesn't just focus on fat loss, but also contains an ongoing program for weight maintenance. This stage is called the Wellness Zone and is a moderately low carbohydrate program that will allow you to maintain a healthy weight and metabolism for life. Your Practitioner will determine which is the ideal program for you and how long you should follow it for.

EXERCISE

Another key difference between modern lifestyles and those of our lean hunter-gatherer ancestors is the amount of physical activity that we are required to do. While our ancestors were forced to walk, run, lift, carry and physically work every day, we have invented machines that do all of this for us, requiring

However it is also determined by the following factors, all of which can be managed with your Practitioner's help.

- Stress – affects appetite and cravings, also increases fat build up around the waist.
- Toxicity – many toxins are stored in fatty tissues.

Your Practitioner may recommend a diet which reduces the amount of sugar and other carbohydrates you consume. This has been shown to be an effective way of losing weight, and rebalancing your metabolism.

us to do very little physical activity if we choose not to. This means that we must choose to do 45 to 60 minutes of moderate physical activity just about every day to achieve and maintain a healthy weight.

If you can build this into your day, it is easier to achieve. Walking or riding a bike to work, going to the gym at lunchtime, going for a swim or playing

