



THE "WEIGHT LOSS" DIET

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As many as one woman in 20 will have eating habits which give cause for concern. Diets such as low-carb, low-fat, zone, cabbage soup and other celebrity diets, have become popular amongst many people trying to lose weight. However, it is common knowledge that such diets do not give a long lasting result to restore a healthy weight. Put simply: they do not work!

Aiming to lose weight by reducing our food intake or restricting calories reduces the intake of vital nutrients, resulting in poor health and putting our own bodies at risk. The body starts to give messages such as tiredness, stress, depression, anxiety, digestive disorders and food sensitivities, that soon become common complaints. In addition, poor nutrition can also contribute to the development of serious conditions, and even cancer.

Restoring a proper balance of body, mind and emotions, promotes well-being inside and out. This fascinating field is what is known as "Naturopathy". Naturopathy includes methods such as Nutritional Therapy or Naturopathic Nutrition; a theory of health using food, and its elements, as medicines. Naturopathy is based on treating the person as a "whole being", composed of body mind and soul, looking for deficiencies which are specific to each individual.

Consulting a Naturopathic Nutritionist normally takes about an hour. During this time you will be asked questions about your diet and lifestyle. Once all of the information is gathered, a plan is formulated providing all the necessary vitamins and minerals in quantities to meet your individual needs. This includes an adequate intake of calories, protein, fat and carbohydrates, and a wide variety of foods. Moreover, a Naturopathic plan involves regular exercise, reducing stress, improving digestion and enhancing the immune system.

Naturopathic Nutrition uses tools such as juicing, a delicious way to take essential nutrients from fruits and vegetables, which are a major source of vitamins, minerals and fibre. Juicing is an excellent way to get these important nutrients into our bodies as juices are easier to absorb and digest. Juicing also helps to remove waste and toxins, boost the immune system and energy levels, and provide cancer fighting antioxidants.

Vegetables such as cabbage, kale, beetroot, spinach, wheatgrass and even garlic, can be added to fruit juices. You will be fascinated to discover the taste of a colourful delicious drink, full of a variety of important nutrients, ready to be absorbed by the body.

As a general rule to healthy eating, you should eat plenty of fruits and vegetables, or make fresh juices, eat a variety of foods including carbohydrates, proteins and healthy fats. Avoid big meals, and instead eat smaller portions more often. It is vital that you drink plenty of water.

If you would like to find out more about Naturopathic Nutrition please contact Nutri-Info, or visit www.nutri-info.com

Nutri-Info provides Naturopathic Nutrition information, Consultancy and a Health Shop. For Naturopathic Nutrition Eating Plans and Consultancy please call 01342 714 797 or e-mail: nutrition@nutri-info.com

Want to lose weight?

Weight loss from dieting is temporary and unhealthy!

Dieting causes an obsession of body image, weight and low self-esteem!

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T: 01342 714797

(Evening line 7pm - 10pm
Monday to Friday)

There are no miracle diets or products!

Nutrition Consultancy:
With Nutri-Info you learn how to stop dieting and still lose weight!



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