

Confused about Weight Loss?

Weight loss seems to have become so complicated and confusing. It used to just be about eating fewer calories than you burn – but even that wasn't clear cut! Who actually knows how many calories they burn in a day? Does anyone but the expert know what your basic metabolic rate is? In fact – what on earth is a metabolic rate? My point exactly!

Then we were told we should avoid fat and eat anything low fat or fat free. Food manufacturers jumped on this bandwagon and created a whole range of these low fat foods but what we didn't realise is that they were compensating for taste by adding sugar, sweeteners, salt, MSG or other additives which we are now finding out can be far worse than the fat itself!

We seem to have swung to the opposite side of the pendulum with the rise of the Atkins' diet. If it was high in protein and fat then it was on the menu. "Avoid carbs – carbs are evil"! Then there are those who swear by a vegetarian or vegan diet or low GL, fasting, juicing, high-intensity exercise, low intensity exercise, honey and cinnamon, celebrity diets, and the list goes on and on. What are we to believe?

Then we see the headlines about the increasing rates of obesity around the world, so much so that it has been classed as an epidemic. A new phrase has popped up 'diabesity' – coined to encompass the close relationship between diabetes and obesity.

Are you concerned about this at all? You probably feel that it is a shame and somebody ought to do something about it – but the problem seems too big for anyone to solve. Perhaps you say,

"It's all a bit overwhelming really. I don't know where to start."

"I wish there was a magic pill I could take that would make the fat melt off."

"If I can just eat healthily, even if I am overweight, then perhaps my chances of getting diabetes, dementia, heart disease or cancer will be slim."

"I have successfully lost weight in the past but as soon as I stop the diet the weight just floods back on, and more!"

"It's so hard – I really can't put myself through another diet."

"I am happy with my body. This is who I am!"

"I'm young – I'll worry about all that when I'm older."

"I don't have time to fuss with food."

"When my children are old enough – perhaps I'll try then."

"Nothing can help me."

"I have a hormone problem."

"I'm too big or too sick to exercise."

“I can’t diet whilst I’m on this medication.”

“I don’t diet – diets are just gimmicks!”

Amongst all the confusing information out there, there is a healthy eating plan that is right for you and will help you achieve your goals. I emphasise ‘healthy eating plan’ – not a fad diet that will make you ill. The reason that one way of eating works for one person but not the next is that we are all created differently. Some of us need more protein, others need more carbohydrates, some need more fat, and still others need a larger proportion of the lesser known micronutrients (vitamins, minerals and phytonutrients). Unfortunately, modern living has complicated matters for us and it has become harder and harder to know what is right for us. Our judgment is clouded by the huge amount of information at our fingertips.

“So what do I do?”

To cut through all the jargon, time and expense of trial and error and to be reassured that you are on the right track, I would highly recommend seeing an expert such as a naturopath or a nutritional therapist, particularly one that specialises in weight loss. Instead of just giving you a one-size-fits all approach to weight loss, they will create and coach you through a program that is right for you and your lifestyle. They will also be able to recommend supplements that will optimise your weight loss and health, whilst at the same time taking into consideration any health conditions you may have or medication that you are on so they can help optimise your health at the same time. At the end you should achieve your ideal weight, feel great and know how to eat and maintain your weight for the rest of your life.

Before signing up – ask your expert plenty of questions to make sure they are the right person to help you as all practitioners will differ in their approach. Also be aware that it will take time and effort on your part so being mentally prepared and motivated for change is key.

Whatever weight you have to lose and whatever health conditions you may be struggling with, the important decision to get professional help is a lifetime investment in the healthy version of you. It is well worth it!

I believe in you. You can do it!