



# Wellness Update January 2013

## by Susan Hanly - Naturopath

### Shake Your Weight Off In 2013

#### New Year, New You!

New Year's resolutions involve setting new goals and making plans for the year ahead. Maintaining a healthy weight is a common goal for us all. If you find that your Christmas indulgences have settled on your hips, or you have been carrying excess weight for some time now, it is time to find your motivation for change. Set yourself the goal of a fantastic new you in the New Year.



to follow dietary program will help to keep you feeling full, decrease your appetite and limit those sweet cravings in order to facilitate successful weight loss.

#### Look Good, Feel Great

Losing extra body fat with the Shake It Professional Weight Management Program not only brings the benefit of looking good and feeling great, but can also help improve your energy levels, reduce your risk of developing many chronic diseases and encourage healthy ageing. It can also be a very rewarding and empowering experience.

#### Benefits of Regular Support

Keeping motivated and staying on track with your weight loss goals can be difficult to do on your own. Regular visits to your Healthcare Practitioner can often be the key to success in fat loss and feeling great. I can provide professional advice to overcome your obstacles to weight loss. As well as the support and guidance you will receive, I will monitor your weight loss progress (using Bioimpedance Analysis i.e. testing your muscle and fat mass) until you achieve your goals and even help celebrate your successes.

#### Six Easy Steps to Looking and Feeling Great

The Shake It Professional Weight Management Program uses a low carbohydrate, moderate protein approach to food intake, which promotes steady and consistent weight loss. The six simple steps of Shake It are:

1. Consume two healthy meals per day consisting of a palm size portion of protein and three

*Talk to me today about how you can shed those unwanted kilos holding you back from health and happiness.*

#### Myth Busting Fads...

If you are overweight or carrying a few extra kilos, you may already have tried those "fad diets" advertised in magazines and on the internet. However, many of these diets can leave you feeling hungry and slow down your metabolism, making you more likely to suffer from rebound weight gain. This is because these diets frequently focus on low fat foods which are often higher in sugar or carbohydrates and low in protein. You may register weight loss on the scales, but be losing valuable muscle rather than fat. It is important to ensure good muscle mass is maintained during weight loss, as this will promote healthy metabolism and enable you to keep the fat off long term without that rebound. The Shake It Professional Weight Management Program can help you successfully lose fat while maintaining muscle. This convenient and simple

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handfuls of allowable vegetables. One handful of vegetables may be replaced by an allowable portion of fruit each day.

2. A high protein meal replacement once per day in the form of a shake, soup or bar.
3. Include two low carbohydrate protein snacks per day.
4. Incorporate healthy oils as a part of your daily diet.
5. Aim for 40 minutes of moderate intensity exercise four times per week, or as recommended by your Practitioner.
6. Measure your ketones using Ketostix™ twice daily. Ketones appear in your urine if you are burning fat. By measuring ketone levels every day, you can monitor your fat burning in real time!

### **Move It to Lose It**

Exercise is an integral part of any type of weight loss program. It has a beneficial impact on appetite, and provides long-term health benefits. Under my guidance, aim for or build up to 40 minutes of moderate intensity exercise, where you are puffing but can still talk, at least four days per week. Activities can include a combination of aerobic and anaerobic exercise such as:

- Walking
- Yoga/Pilates
- Swimming
- Weight bearing exercises

### **Don't Wait For Weight Loss - Do It Now!**

Achieving and maintaining a healthy weight is important for your overall health and is one of the best steps you can take in preventing many chronic health conditions. With the Shake It Professional Weight Management Program and the support of your Practitioner, achieving and maintaining a healthy weight is easy! Now is the best time to start tackling your weight loss goals.

Shake It - so you can be your happiest and healthiest in 2013.

*Take the first step towards health and vitality for the New Year. Ask me about the Shake It Professional Weight Management Program today!*

### **Or consider a detox!!!**

Maybe you would like to consider a detox after your indulgences of the Christmas and New year holiday season.

I am talking about a proper detox program I run here at the clinic. I do not suggest you do a Health Food Shop detox as these will often just give you diarrhoea for 3 days and call it detoxing – I call it purging.

The detox I do here is a structured sensible program that gives you no discomfort or side effects and you feel great at the end of it. It can improve your immune system and energy levels, settle wind and bloating, regulate your bowel, reduce inflammation and generally enhance your wellbeing. I monitor your progress via the Hemaview blood test (finger prick of your blood I look at under the microscope here in the clinic so you can also see how you are progressing). It is very motivating.

Having your gut working properly will only enhance the success of your weight loss endeavours.

*So call me today and start the New Year on a really healthy, energetic path that will improve your vitality and sense of wellbeing.*

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