



# Wellness Update September 2015

## by Susan Hanly - Naturopath

### **Excess Weight? Shake It Off!**

As winter winds down, your thoughts may be turning to how you can get fit and improve your body composition for the warmer months ahead. This year, rather than turn to yet another 'quick fix' diet that promises you'll fit into your bikini within the month but feels impossible to do; look to your healthcare Practitioner, me, for a simple and convenient program that will provide sustainable long-term results as well as keeping you feeling physically and mentally well. The Shake It Practitioner Weight Management Program is based on a ketogenic diet that is able to do just that.

### **The Power of Ketosis!**

The Shake It Program is an easy to follow, scientifically-validated program that emphasises healthy and satisfying eating guidelines, combined with moderate exercise to promote efficient and sustainable weight loss. The program is designed to restrict sugar and other high glycaemic index (GI) carbohydrates, whilst providing you with adequate protein and healthy fats so you can achieve a state of mild 'ketosis'. This describes the metabolic state your body reaches when it preferentially burns fat as its main fuel source.

Clinical evidence has shown that a ketogenic diet not only promotes effective and sustained weight loss through improved fat burning and reduced fat storage, but it also preserves your muscle mass and can help maintain healthy blood sugar levels. By avoiding dips in blood sugar levels and maintaining a sense of fullness or satiety, a ketogenic diet can help you avoid the mental foggy and irritability often associated with weight loss diets.

### **Whey and Soy Proteins for the Win!**

Although it is possible to achieve a state of ketosis through dietary changes alone, this requires a bit of planning and organisation, which can be time consuming. With this in mind the Shake It Program recommends the use of protein shakes, soups or snack bars to substitute one meal or two snacks each day. Not only are these convenient and simple to use but they can assist you to reach your daily protein target and help keep you full until your next meal. The shake options contain a unique whey/soy protein blend that helps you maintain muscle mass, which means you are

more likely to sustain your weight loss long-term. In addition both soy and whey protein can help support healthy blood sugar levels and improved blood lipid profiles (e.g. cholesterol).

The shakes also contain fibre that will not only help fill you up but support a healthy gut and helps regulate bowel function. For those of you who may not be able to tolerate dairy I can offer a dairy-free option.

### **The Benefits of Detox During Weight Loss**

Environmental toxins, such as persistent organic pollutants (POPs), pesticide residues or toxic metals (e.g. mercury and cadmium), can all be stored in fat cells within the body and these may be released during weight loss. Once liberated, these toxins can slow down your metabolic rate, leading to feelings of sluggishness and low energy, as well as stall your weight loss progress. By supporting natural detoxification processes at regular intervals during the program, I can help you maintain your weight loss momentum and keep you feeling well and energised.

### **The Importance of a Practitioner-only Program**

The Shake It Program is only available through your qualified Practitioner, as having me monitor your progress, provide you with support and ensure you maintain a state of ketosis, leads to more effective and sustainable results. I can also assist you to set realistic goals and motivate you to achieve them while having the clinical skills to identify and address any health conditions you may have that could impact your ability to reach your goals.

Take a different approach to weight loss this year: teach your body to burn fat more efficiently, whilst supporting toxin elimination – in this way you'll remain happy and healthy whilst following the program and maintain your results long-term. Remember, I am here to help guide and motivate you every step of the way to achievable, sustainable weight loss.

*Call me today!*

## KU-RING-GAI NATUROPATHIC CLINIC

ABN 65 003 012 771

Email: [suehanly@iinet.net.au](mailto:suehanly@iinet.net.au)

[www.suehanly.com.au](http://www.suehanly.com.au)



Suite 2, 793-795 Pacific Highway Gordon. 2072 (enter from Park Ave) Ph. 9499 4244. Fax 9498 5603  
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