

FIVE KEYS TO SUCCESSFUL WEIGHT LOSS

1. Recognize that **QUALITY** not **QUANTITY** of food makes the biggest impact on health AND weight loss. The issue of calories in/calories out is not as black and white as we like to think it is. You **MAY** lose weight on a diet of coke zero, subway sandwiches and skinny cow ice cream bars. However, if that just makes you a thinner insomniac with adult acne and low libido, how has your quality of life improved? Become a hunter/gatherer, or at least eat like one: Lots of vegetables and protein, some fruit, lots of healthy fat, and no sugar.
2. Strength train! Over the last decade, researchers have made extremely compelling arguments for the benefits of weight training for women, especially for women over 40. However, the number of women who take this recommendation to heart is still quite low. Studies performed by Wayne Westcott, PhD, from the South Shore YMCA in Quincy, Massachusetts, found that the average woman who strength trains two to three times a week for two months will gain nearly two pounds of muscle and will lose 3.5 pounds of fat. Other benefits of strength training include decreasing your risk of osteoporosis, arthritis, heart disease and diabetes while also decreasing the signs and symptoms of depression.
3. Determine if supplements are necessary. Studies have shown that low vitamin D levels are prevalent in obese individuals. A study by the University of Michigan showed that vitamin D deficiency was linked with weight gain in women in California. A simple blood test is required to check for this deficiency. Other vitamin and mineral deficiencies may also be linked to weight gain. At Women's Specialty Healthcare, we offer a test called Spectracell that will test the majority of your vitamin and mineral levels to determine where or if you have deficiencies in these areas.
4. Balance your hormones. This does not just include the sex hormones such as estrogen and progesterone, although those are important. Insulin is a storage hormone that helps maintain blood sugar levels, and is arguably the most important hormone when it comes to weight loss. A healthy diet is key to the control of this hormone. A Lipid Profile Panel, which can be drawn in our office, will look at your insulin levels to determine if an issue exists. A saliva test may be needed to look at other hormones to determine their balance which can influence weight loss.
5. Take the first step towards success! There will always be a wedding, or someone's birthday or a vacation on the horizon. The time to start is now! At Women's Specialty Healthcare, we can customize a complete nutrition and exercise program for you and determine if further testing is needed for success. Begin your journey!

