

Newsletter Date

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Effective Weight Loss

Why Some People Find it Difficult

So you would like to lose some weight?

You may have tried to lose weight before, and may have even been successful for a period of time—most people have.

There are two main reasons why people don't maintain their weight loss:

1) They do not change their long term eating habits i.e. they go back to their old diet.

2) The program they are following just focuses on calories and exercise, not the underlying factors that make some people more likely to put on weight than others.

Studies show that people who work with a health professional to lose weight have a much greater success rate. As it is important to

access tools that assess why you have put the weight on and more importantly have an understanding of the changes required to balance your body and help you lose fat safely, effectively and permanently.

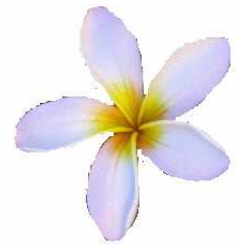
What are some of these underlying factors that make it harder to lose weight?

Scientific studies have shown what we all know, which is that some people are more prone to put on weight than others. Partly this is due to genetic inheritance from your family, which we can't change. However it is also determined by the following factors all of which can be managed.

- Stress - affects appetite and cravings and also increases fat build up around the waist.

- Toxicity - many toxins are stored in fatty tissues.
- Inflammation - can make it hard to exercise and also prevents effective fat burning.
- Low thyroid - your thyroid is like a thermostat, the lower it goes, the colder you are and the less fuel you burn (and the more you store).
- Hormones - hormone imbalances in men or women can lead to a loss of muscle and a build up of fat.
- Appetite - cravings for foods, especially fatty or sweet foods, can be a sign of an underlying imbalance which can be corrected.

You can be assessed for these factors and if they are present, natural non-toxic medicines can be used to help rebalance your system.



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The Best Way To Test Effective Weight Loss

Effective weight loss can be measured and tested by using a simple, quick and painless test called a BIA or bioimpedance analysis.

It gives an accurate reading of the WHOLE body's:

- FAT loss mass and %
- MUSCLE gain or loss



Hydration levels (how well you body is using the water you drink)

Biological (or cell) AGE; how fast are you really? This indicates at what rate your cells are aging!

It also gives other measurements that Tracey Lee can use in assessing the most effective program for you to lose the weight effectively and keep it off!

It is the most accurate test to know if what you are doing to lose weight IS WORKING!

A regular BIA test is a useful tool to creating long lasting and effective weight loss

SYDNEY CLINIC

Monday 27th November

Level 9 60 Pitt St
 Sydney

Ring for your
 appointment

Watch Your Waist!

Middle age spread? Beer gut? Many people may not think of themselves as overweight or obese but they certainly have an important warning sign with an expanding waist.

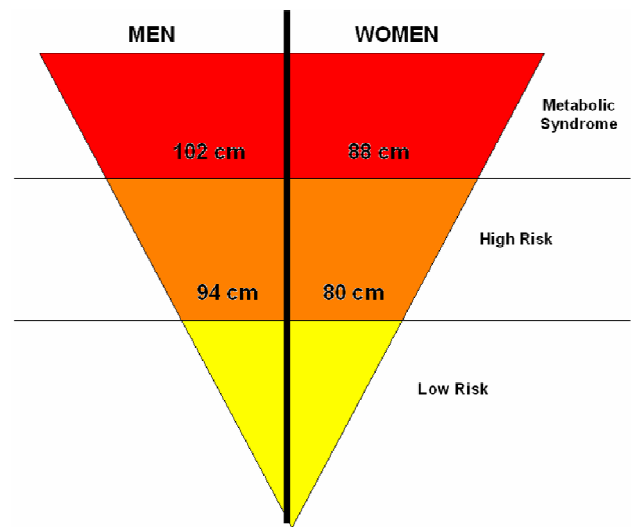
If you are putting on weight around your waist even though your arms, legs and sometimes even hips are not (increasing at the same rate) then don't simply ignore it!

Measure your waist; for women if it over 80cm? And for Men over 94cm? Then you are in the high risk category for developing a range of health problems.

It means that your body is storing 'dangerous fat'. Fat stored in the abdomen called visceral fat has a much greater impact on your overall health and welling being. Do something about it.

If you are finding it difficult to lose your waist line there may be other underlying causes for it which need to be corrected. After which it is easy to lose those cm's off your waist line.

To read more about 'metabolic syndrome' see Tracey's website www.alternative-natural-remedies.com.au



Dietary Changes for Effective FAT loss

One of the most important changes that you will need to consider is to make sure that the diet you are eating is one that favours a lean, efficient metabolism. Many researchers believe that the standard Western Diet, with its heavy reliance on grains, sugars and saturated fats is largely to blame for the vast increase in rates of obesity.

For millions of years, humans ate a diet that was largely comprised of fresh fruit,

vegetables and lean protein sources such as red meat, fish and poultry. It is only the last several hundred years that we have consumed significant amounts of sugars and refined grains, and less protein-containing foods. These foods have a very high Glycaemic Index, which means they cause a large amount of sugar to enter the blood stream at once. This creates hormonal changes, affects energy levels and appe-

tite, all of which combines to increase fat storage.

For effective weight loss I commonly recommend a diet which reduces the amount of sugar and other carbohydrates consumed. This has been shown to be an effective way to losing weight and rebalancing your metabolism

The Ketosystem and The Wellness Zone

An effective program for losing excess fat is the Ketosystem, which has been shown to effectively reduce fat and also control excess appetite. This is achieved through the use of a special protein supplement, which when taken once or twice a day provides essential amino acids that help to manage craving and support healthy muscle levels. (see over on nutritional support)

By reducing carbohydrate intake, the Ketosystem forces the body to burn fat as a fuel. During this phase you test your urine daily for the presence of

chemicals called ketones, which indicate that you are burning fat as a fuel and successfully losing weight.

The Wellness zone that is recommended doesn't only focus on fat loss but also contains an ongoing program for weight management. It is a moderately low carbohydrate program that will allow you to maintain a healthy weight and metabolism for life.

Different people will require one or both programs for varying lengths of time.

If you are looking for a weight loss program that is scientifically based and has a track record of long-term results, discuss what your options are with Tracey Lee

For more information on Ketosystem visit website <http://www.ketosystem.com.au/>

Exercise

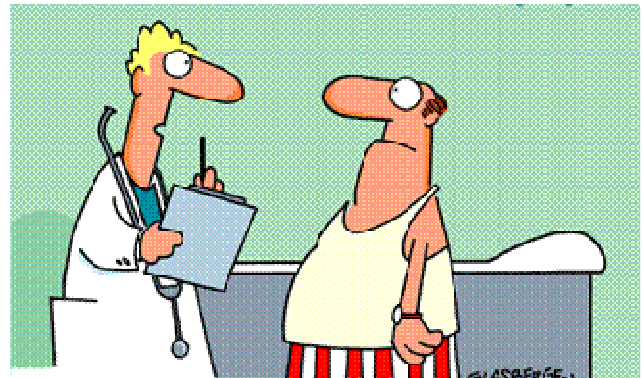
Another key difference between modern lifestyles and those of our lean hunter-gather ancestors is the amount of physical activity that we are required to do.

While our ancestors were forced to walk, run, lift, carry and physically work everyday, we have invented machines that do all of this for us, requiring us to do very little physical activity if we choose not to.

This means that we must choose to do 45 to 60 minutes of moderate physical activity just about every day to achieve

and maintain a healthy weight.

If you can build this into your day, it is easier to achieve. Walking or riding a bike to work, going to the gym at lunchtime, going for a swim or playing golf on the weekend can all help. Some people find joining a team motivates them, as they feel a stronger incentive to turn up.



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Nutritional Support For Effective Weight Loss

There are a number of nutrients that can aid in effective weight loss. Not everyone will need all of these and it is best to have it individually assessed.

Whey protein powder: provides essential protein for muscle maintenance and growth, strongly reduces appetite and food cravings. It is important to use 100% whey protein isolate without all the ‘fillers and artificial sweeteners’ Remember Tracey Lee Whey Protein is the highest quality and the best price.

Soy protein - a vegetarian source of protein, which is also very good for supporting a healthy heart and circulation.

Essential fatty acids - fish oils, flaxseed and sesame are sources of ‘good’ fats, which stimulate fat burning, reduces cholesterol and help normalize elevated blood pressure.

Cinnamon - scientific research has shown that this spice is very effective for normalizing blood sugar and insulin levels, which helps to improve energy and reduce craving for sweets and carbohydrates.

Calapo - an extract of sweet potato, which has been used for many years as a treatment for Type 2 diabetes and other blood sugar problems in Japan and other countries.

Chromium - an essential mineral which regulates blood sugar levels and has been shown to increase fat loss.

Phaseolus - a bean extract which inhibits starch digestion making it useful for those times when you can't control what you will be eating.



Tracey Lee's Whey Protein Powder is 100% whey isolate, tastes great, has no additives and provides high quality protein and helps to significantly reduce appetite and food cravings.

At \$47.50 for 1 kg it is by far the best priced quality product on the market.

**Available at
Tracey Lee Naturopathic Centre
Full of Life Health Foods
Challenge Fitness & Squash**

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HEALTHY and Effective Weight Loss

Measuring your weight loss by standing on scales is NOT a good indication if you are losing FAT. The incorrect diet can lead to the lose of all important fluid and muscle.

This diagram, shows a lady who has lost weight in either a 'healthy' OR unhealthy way. The Healthy one (on left) has gained muscle and lost fat, which means she is much less likely to yo yo diet and reduces all risk factors (blood pressure, heart disease, diabetes, hormonal imbalances and even some cancers)

The lady on the right, weighs the same on the scales and may even look the same as the lady on the left but has lost muscle and hasn't lost as much FAT. This is UNHEALTHY weight loss and the lady on the right will often yo yo diet.

IF you lose your muscle mass as you lose weight you lose your body's fat burning "furnace". LESS MUSCLE = EASIER FAT GAIN.

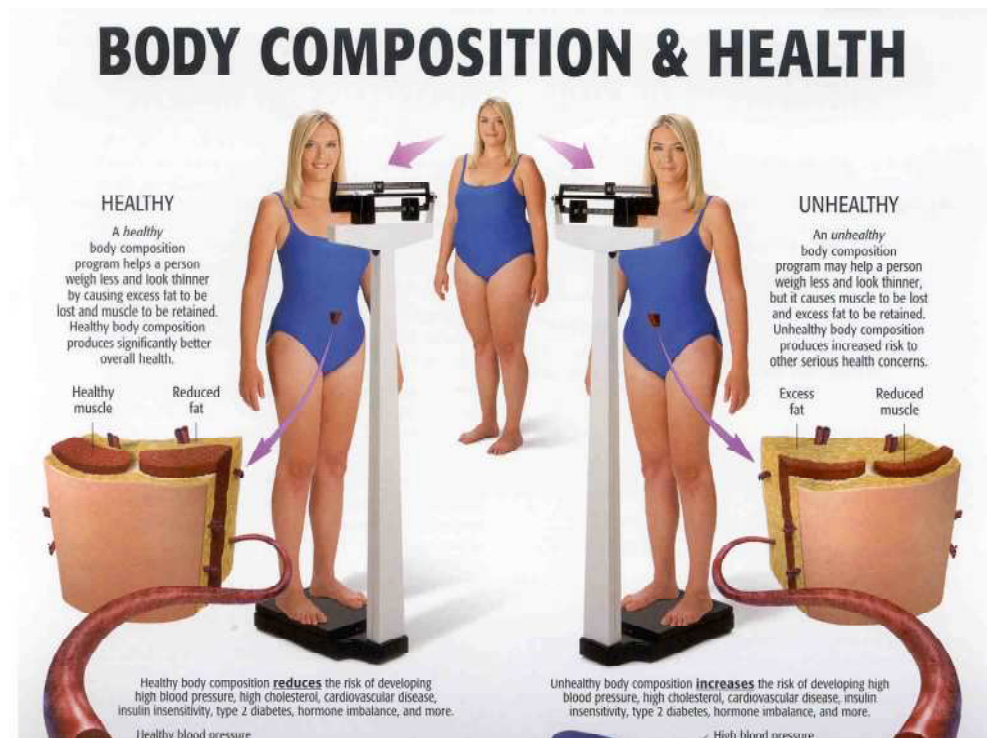
The best way to measure your healthy weight loss is by having regular BIA tests.

A BIA test will quickly and easily give you an accurate measure of your fat loss and your muscle gain.

A BIA test is a useful tool for long lasting effective weight loss.

*To Lose Weight Effectively
Tracey Lee gives individual assessments
to identify other causes that can be
'holding you back' from achieving the
body you want.*

Having regular BIA tests as you lose weight is a quick and easy way to indicate that your weight loss program is working correctly. You want to LOSE FAT and GAIN MUSCLE for long lasting effective weight loss



SAVE 20% and GET THE BODY YOU WANT

Exercise is only half of it. What you do to the 'insides' is the other half.

The two main packages Tracey recommends to lose weight is either the 'WEIGHT LOSS PACKAGE' OR 'THE DETOXIFICATION PACKAGE'

WEIGHT LOSS PACKAGE

8 WEEK

Includes all consults, 4 BIA tests and other test and weight loss supplements

Normally \$495
SAVE 20% = \$98

Package Price \$395

\$7 a day

Detoxification Package

8 week program

To ensure that your liver and bowel function are in good condition and ready to receive and breakdown the fat and toxins excreted from your system during the fat loss process
Includes all consults, tests and

detox supplements

Normal Price \$789
SAVE 20% or \$156

Package Price \$622

\$11 per day