

Diets, Diets, Diets!

Which One Are *You* On?

How do we know which one to choose? What do “high protein,” “low carb” and “low fat” REALLY mean and how do we know that they will work? Well, we don’t! The word “diet” should just be banished from the English language!!! The bottom line is that we need to learn to make nutritional choices that are smarter and gradually remove the foods that could be causing us to gain or retain weight. Once our bodies have what they need to function, the cravings for foods that contain “empty calories” will be greatly reduced.

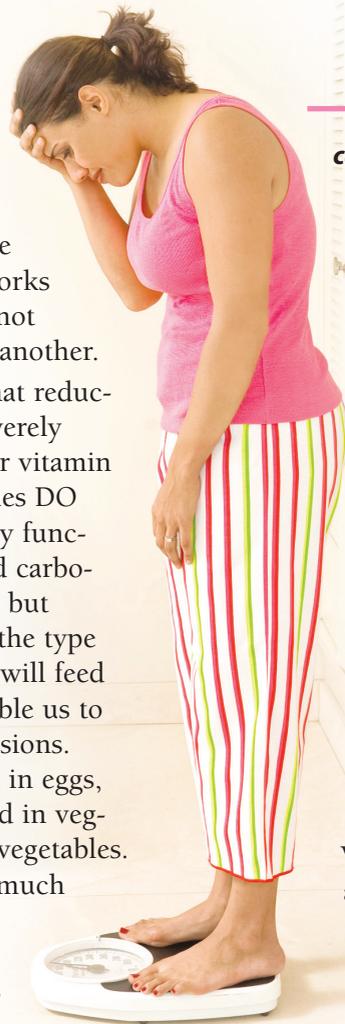
The weight-loss industry is a multi-billion yes, that’s billion with a “B.” According to the FDA, Americans spend \$60 billion on weight-loss products a year. Individuals that claim that their system of weight loss will work “guaranteed” are in the business to make money. Make no mistake that many of these individuals believe that their plan is the best and they can get results. If you have ever “failed” at a diet, take note: IT’S NOT YOUR FAULT! What these diets

do not take into account is that we are all different. What works for one person does not necessarily work for another.

We now know that reducing our fat intake severely interferes with proper vitamin absorption. Our bodies DO require fat to properly function. Our brains need carbohydrates to function, but potato chips are not the type of carbohydrate that will feed our neurons and enable us to make intelligent decisions. Protein can be found in eggs, meats of all kinds and in vegetables. That’s right, vegetables. Broccoli contains as much protein as a steak. Who would have thought? Vegetarians and people who follow a Vegan lifestyle have been on the right track all along!

For those of use that are frustrated with extra weight that we just cannot seem to get rid of, try these easy steps to get yourself started:

1) Replace one soda a day with water, tea or an unsweetened



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carbonated drink.

2) Add one vegetable a day to your lunch or dinner.

3) Add one fruit to breakfast, dinner, or as a snack.

4) Walk 3–6 blocks as a start, but if you already exercise, make sure you are active 5 times a week.

5) Breathe and relax in a peaceful place for 5–10 minutes, 3 times a week.

These are not drastic changes. They are doable for anyone. Weight loss is not just about the food we eat, but it’s also about our lives and what is going on at any given time. Stress brought

on by a new job, a divorce, as well as daily stress such as managing our children and relationships are all issues that must be dealt with in order for our bodies to release fat as we make subtle changes in our nutrition choices. We can eat all the broccoli, lettuce and carrots in the world, but if there are underlying stressors, weight management becomes that much more difficult. ■

Bonnie Young, Holistic Health Counselor, can be reached at 406-223-0894 or email BonnieYoung@BringLifeIntoBalance.com. She uses an integrative approach to inspire those who are struggling to gain balance in their lives. Call for your free 30-minute consultation. For more info, visit: BringLifeIntoBalance.com.



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