

# *The Healing Power of Food*

## **Weight Loss**

# A lifestyle, not a diet



# A Weight-Loss Diet

- ◆ focuses on quantity of food, (eating little), not quality
- ◆ short term, to reach a goal
- ◆ aims at reaching a goal, but then you revert to your previous eating pattern
- ◆ emphasizes changing your physical appearance
- ◆ you experience hunger and deprivation

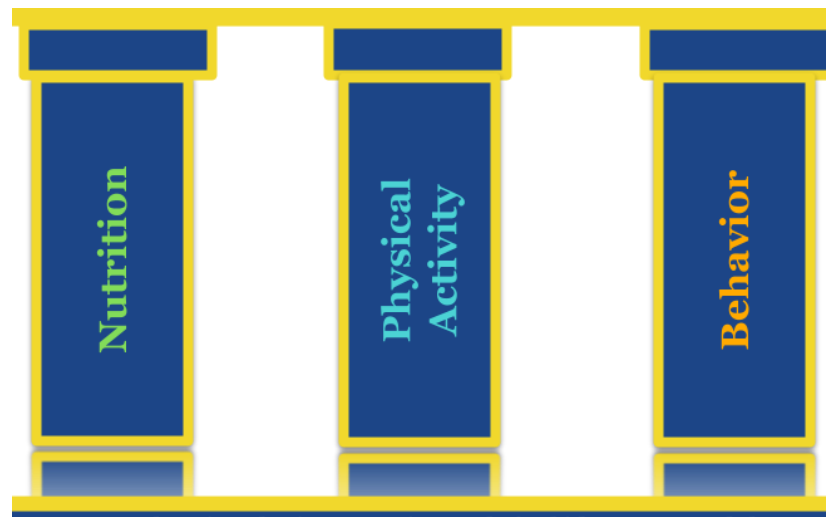
# We need a lifestyle change (contrasting with “a diet”)

## A lifestyle change

- ◆ focuses on the best nutrients
- ◆ balanced
- ◆ the goal is to change eating habits for life
- ◆ emphasizes short-term and long-term health
- ◆ Focuses on eating foods that are enjoyable and satisfy hunger, but also nutritious

# 3 pillars of weight loss

- ◆ taking control of the type of food that you eat
- ◆ regular exercise – at least 60 minutes per day
- ◆ signing up for a life-long change in habits.



# Some interesting statistics

Only about 5% of people who follow commercial diet programs actually lose weight and remain close to that weight.

For most, one-third of the weight lost during dieting is regained within one year after the person stops the program. Almost all the weight is regained after five years.

# Patience and perseverance

- ◆ It is important to be patient about losing weight, expecting to lose no more than half a kilo per week.
- ◆ Losing weight too quickly creates a yo-yo effect, and soon those kilos will be back where they came from.
- ◆ If you fail, don't give up!

# Nutrition Principles for weight-loss

- ◆ Be careful with portion size.
- ◆ Drink water **between** meals, (not with meals).
- ◆ No starchy carbohydrates, sugar or alcohol.
- ◆ Eat plenty of good quality protein and good fats (together)
- ◆ Don't eat a large meal late at night.
- ◆ Don't eat starchy carbohydrate/sugar and fat together.

# Examples of foods combining high-carbs and fat

Can you think of some more foods that combine fat with sweet or starchy carbs.

Do not eat these.



# Examples of meals combining protein and fat

But DO eat foods that combine protein and fat.



avocado with chicken



eggs with avocado & salad



Steak with green veg  
and halloumi cheese

# More tips for weight loss

- ◆ Chew food thoroughly
- ◆ Avoid toxins (the fat cells want to store them and will not let go of them – so the body resists against shedding fat cells.)
- ◆ Keep sauces to a minimum. (They usually contain hidden sugar or starchy thickeners.)
- ◆ Don't eat the same foods every day – vary your menus.
- ◆ Exercise every day – at least 30 minutes cardio and 20 minutes weight bearing.

# Are there “good” and “bad” foods?

- ◆ Some people who promote special weight-loss “diets” say that there are no “good” or “bad” foods. This is because their program is only concerned about whether the food will put on weight or not, (“calorie counting”).
- ◆ People who devise these “diets” do not consider food quality.
- ◆ They would have no problem with margarine, oils in plastic bottles and foods containing artificial sweeteners.
- ◆ From a natural health perspective, these are “bad” foods.

# So-called “weight-loss” foods: Beware of “no added sugar”

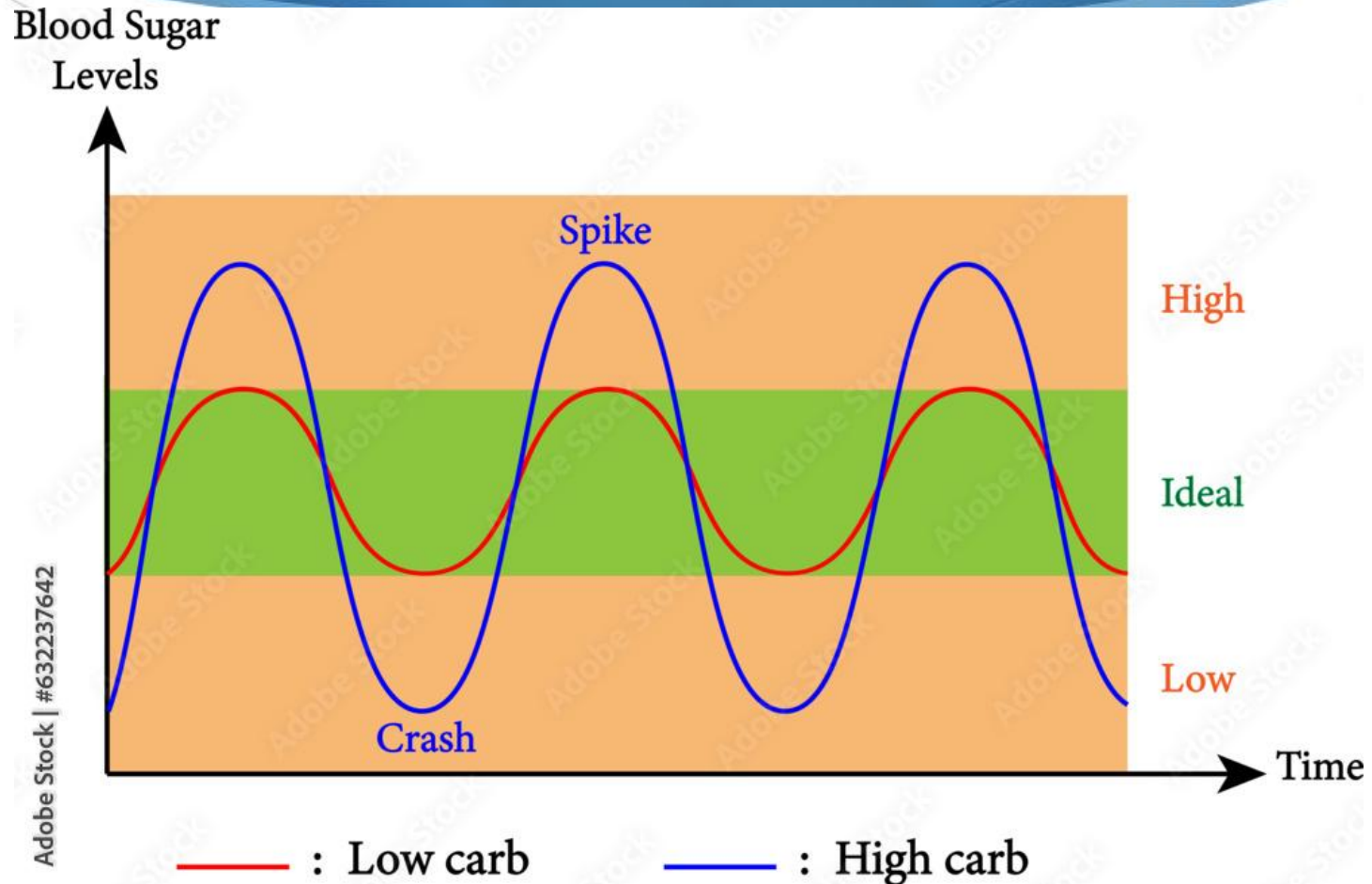


## Long-term Use of Artificial Sweeteners Increases Risk Of Weight Gain

Individual's metabolism is affected by artificial or non-nutritive sweeteners

Artificial sweeteners increase the risk of diabetes, high blood pressure and heart disease

# How to avoid the glucose spikes



# Eat foods with a low Glycemic Index

- ◆ Glycemic Index is a system that gives foods a score from 0 to 100, based on how quickly it raises blood sugar.
- ◆ A food with a low Glycemic Index would score under 50. A food with a high Glycemic Index would get a score of above 70.
- ◆ High GI foods burn quickly and cause swings in the blood sugar levels. Low GI foods burn slowly and keep you going for longer.

# Examples of LOW Glycemic Index scores (under 55)

Meat, chicken, fish, eggs, olive oil, coconut oil, butter - **0**

Lettuce – **10**, cheese - **10**

Tomato, Capsicum, Celery, Spinach, cabbage - **15**

Nuts – average **15**, Plain yoghurt - **15**

Carrots, raw - **20**, Egg plant – **20**,

Milk - **27**

Dried beans/legumes/lentils - **30**

Apple, (raw) - **38**, Carrots, cooked – **39**, Coconut - **45**

# MODERATE Glycemic Index scores (56 – 69)

- ◆ Banana, Basmati rice - **56**
- ◆ Mango - **56**
- ◆ Sweet potato (gold); cassava – **56**
- ◆ Oats – **56**
- ◆ Papaya - **60**
- ◆ Dried fruits - **64**
- ◆ Pineapple – **66**

# HIGH Glycemic Index scores (70 or more)

- ◆ Soft drink, fruit juice - **70**
- ◆ Wholemeal bread – **71**, Rice, (white Jasmine);
- ◆ Watermelon – **72**
- ◆ Pumpkin - **75**
- ◆ Refined breakfast cereals – **75 or more**; Biscuits, – **80**
- ◆ White potato – **75 to 95** depending on variety/cooking method
- ◆ Jelly beans – **80**
- ◆ White bread – **100** - Note that white bread is higher than sugar!

# The benefit of low GI foods

- ◆ They minimize blood sugar spikes.
- ◆ With less carbs, your body uses its own fat storage for energy.

# The benefit of protein and fat

- ◆ With less carbohydrates, protein and fat become the preferred energy sources for your body. Your body fat gets used up.
- ◆ Protein, and particularly fat, give satiety.
- ◆ That is the feeling of being full.
- ◆ They keep you going for longer and you won't get hungry so soon.

# Fat does not make you fat

- ◆ ....**IF** you eat fat with protein,
- ◆ and/or low GI carbs such as salad or low-carb vegetables
- ◆ A meal of meat and salad, or low-carb vegetables, is satisfying.
- ◆ You can add olive oil and lemon dressing.
- ◆ Meat does not have to be low fat because you are not eating it with high GI carbs.
- ◆ But fat with starchy sugary foods **WILL** make you fat.

# This is good news

Think of all the high-fat foods that you can enjoy:

butter, cream, cheese, coconut oil, fatty meat, oily fish, eggs

Examples of foods that combine protein with low-carb vegetables or salad



# Do we really need carbs?

- ◆ If carbs are designed for energy, but we can also get energy from fat, do we really need them?
- ◆ Good carbs give us extra fuel for the brain.
- ◆ Good carbs, found in coloured vegetables, are rich in vitamins and minerals.
- ◆ If you ate ONLY protein and fat for a period of time you would lose weight, but this is not sustainable. Your body would eventually suffer from vitamin & mineral deficiencies.

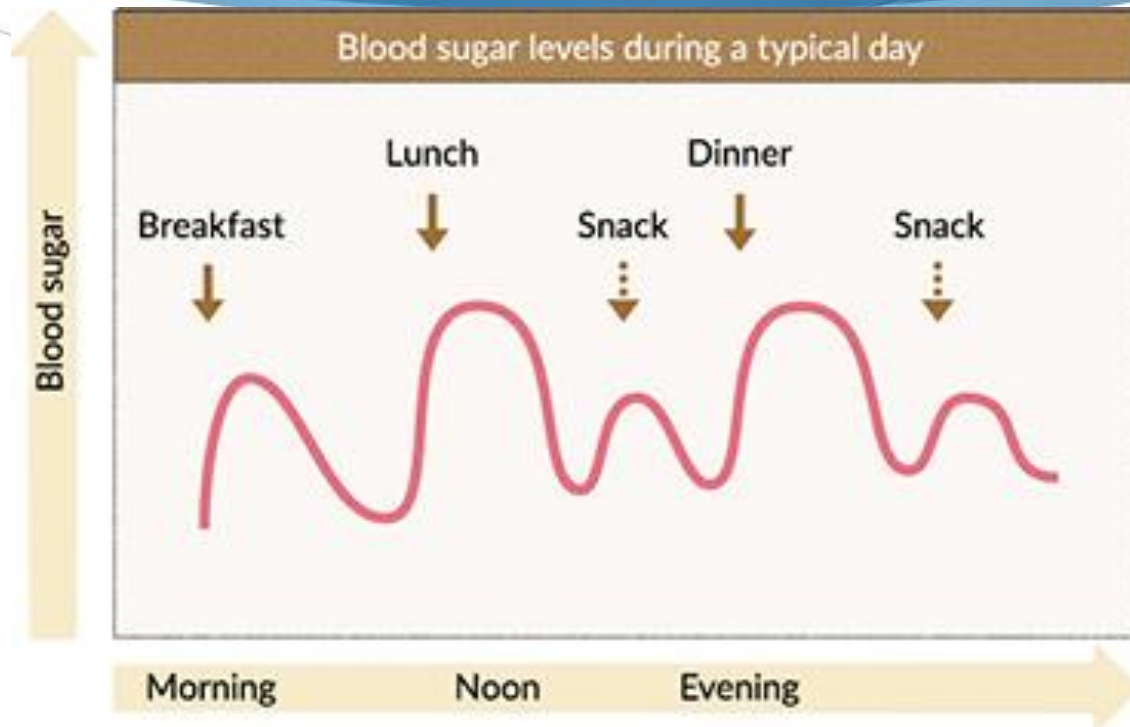
# Is it possible to eat too much fruit?

- ◆ Fruit is healthy because it is a great source of vitamins and minerals – particularly Vitamin C, and has good fibre.
- ◆ BUT most fruit is high in sugar – fructose - a natural sugar, and still high on the Glycemic Index scale.
- ◆ If you want to lose weight, keep fruit to no more than one or two pieces per day.
- ◆ Some fruits have low GI: lemons, grapefruit, berries
- ◆ God gave us fruit as a special treat, and is good for fibre, but keep it in moderation!

# Snacking

- ◆ We should allow each meal to digest fully before starting up the digestion process again. This takes about 4 – 5 hours.
- ◆ If you interrupt the digestion process with snacking, the insulin spikes will be rising and falling continually.

# Snacking



More spikes with snacking.  
Greater potential to wear out the cells of the pancreas.

# Intermittent fasting

When you are fasting, the fat stores in your body are being used up, and therefore depleted.

Everyone fasts when they sleep.

That's why breakfast is called "break-fast".

If you can extend the hours of that fast, more fat will be burned while you are not eating.

# Intermittent fasting

Examples of extending your fasting hours:

Dinner finished by 6 pm and breakfast eaten at 9 am. (15 hours of fasting)

OR skip breakfast and eat at 12 noon. (18 hours of fasting)

OR skip dinner and eat breakfast at 8 am. (19 hours of fasting)

# Finish dinner early

As a normal routine, eat your last meal early. Allow time for your meal to digest before going to bed.

Dinner should be a lighter meal than lunch.

Don't go to bed with undigested food in your stomach.

Overnight your body will be working hard at digesting that food instead of using up the stored fat.

# Drinks

**Drink plenty:** on rising and between meals

Drinking **with** meals slows down the digestion process.

How much water you need depends on body weight. The average is 2 litres.

Apart from water, herbal teas are suitable, as well as black or green tea, or pure coconut water.

Of course, no added sugar, sweet drinks or alcohol.

# Cost

Deleting processed foods will save you money.

See if you can grow your own low-carb vegetables, or do a deal with someone who grows them.

Dahl is inexpensive and still a low GI food – half protein and half carb. Chick peas are another good option.

Eggs are excellent.

# Project

Design food plans for 3 days, (3 meals per day).

Use the Glycemic Index chart to help you choose low GI foods.

Include plenty of good protein and good fats.

# End of Session

For more resources visit  
[thehealingpoweroffood.net](http://thehealingpoweroffood.net)