

HEALTH TIDBITS-2006
Volume 8
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GREETINGS EVERYONE!

I want to start this newsletter with comments/advice/motivation for those of you who have tried or who are currently trying to lose weight and experiencing frustration.

What has prompted me to focus on this topic is that my daughter and 20 of her friends started a weight loss contest in January. They are experiencing varying degrees of success/failure in their progress.

One of the problems is they lumped the men in the contest with the women. Not a good idea, because as a rule, men lose weight more easily. In spite of that, there is always the question in the back of our minds of “why some people lose weight with seemingly less effort and suffering”. There is no simple answer because there are so many variables. I will discuss a few in the hopes that it will help you understand your body’s chemistry a little better and spark your motivation. Some of this material has been stolen from an essay written by my son Max for my daughter’s weight loss group. So I have to give him credit so I’m not accused of plagiarizing. (I had to use spell check on that one).

BODY WEIGHT FLUCTUATES

Our weight not only fluctuates from day to day, but throughout the day. That is why I tell people who are starting a weight loss program not to weigh themselves daily. Take your chest, waist, abdomen, hip and thigh measurements at the beginning of your

program, and then don’t check your weight or measurements again for at least two weeks to 30 days. If you must check your weight more often, then make sure you use the same scale, at the same time of day, preferably in the morning prior to eating. Often you may find that you might lose inches even if you haven’t lost any weight especially if you are exercising regularly.

Food in the digestive tract, constipation, hormone cycles, water retention and dehydration, glycogen loading, all affect your weight throughout the day. That could cause a variance of between 3-5 lbs depending how much total weight you need to lose. Don’t forget there is a difference in how much space fat takes up vs. lean muscle in the body.

DO WE HAVE TO TALK ABOUT THE COLON AGAIN?

YUP! In fact some of you might be surprised just how much “weight” you are carrying around in your digestive tract and colon. Partially digested food (especially meat), feces and old and decaying fecal matter encrusted in your colon walls can add up to 10 lbs or more – along with 2lbs of living bacteria.

The bacteria are needed and are there for a reason – to complete the final step in digestion and breakdown of fiber. This “friendly flora” also helps maintain a healthy balance by crowding out harmful pathogens such as parasites, and yeast.

I’ve discussed in a previous newsletter the need to do colon cleanses and gave you a bunch of suggestions. If you are feeling bloated and distended, then a cleanse is in order. It will speed the process and help you “unload” a host of toxins at the same time that you

Ok – cutting you off for now – I will be in Tallahassee on Monday, Tuesday and Wednesday next week. Still have some appointments available. I won't be teaching a class this time as I want to do some other health related things while I am up there. As usual I will be seeing people at Changes on Timberlane Rd. .Debi Kiernan is always so wonderful at hosting me there – providing me a comfortable and always cheerful work environment. She is an angel. Please write me back and let me know what is going on with you and what you need from me.

Thanks for all the support

GIANT HUGS –
CANDACE