

Vibrant *living*

YOUR GUIDE TO VIBRANT LIVING THROUGH
FITNESS AND NUTRITION

Naturopathic Weight Loss

Robin Walsh BASc, ND

This is the time of year when everyone is trying to shed a couple of pounds before spring. Some are trying the latest fad diet, and others have pulled that dusty treadmill out from the back closet. Whatever your method, I will hope to shed some light on how to lose weight Naturopathically.

1. It is important to think of weight loss as a lifestyle change instead of something that you will do for two months a year. This will create a more stable weight instead of one that continually goes up and down which is stressful on the body.
2. Cravings are usually a result of either malnutrition, an imbalance of yeast or blood sugars in the system or a mental emotional picture. Try to discover

what feeling you are having when you crave a particular food and this will help you to separate the physiological craving from the emotional one. When the system is malnourished it will continually crave food until it gets what it requires. Make sure you are including nutrient dense foods in your diet such as vegetables, fruits and whole grains. Supplements such as a multivitamin or a greens product are essential for most people in creating a proper nutrient balance in the system.

3. Stress has a negative impact on being able to lose weight. Make sure that you are taking measures to balance your stress level like deep breathing, yoga, meditation or a long bath.

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Raw Falafels

Sarah Heipel, CPT, SNS, CFC

- 1 cup fresh squeezed lemon juice
- 1 cup loosely packed parsley
- 1 cup tahini (sesame seed paste)
- 6 cups sprouted chick peas (garbanzo beans)
- 1 minced onion
- 2 Tbsp cumin
- 2 Tbsp nutritional yeast

Blend the first 3 ingredients in a blender or food processor until smooth. Add the remaining 4 ingredients and blend again until smooth and combined. Grind the sesame seeds in a spice or coffee grinder. Mix into the falafel batter.

Form into balls or patties and place on a cookie sheet. Dehydrate at 100F for 10 hours. If your oven doesn't go this low, keep the door slightly open. Flip once during drying time.

Sprouting chick peas: cover peas with water and soak for 24 hours. Rinse 2x per day until spouts are as long as the bean itself (approx 2 days). Create your falafels and enjoy all the tasty goodness!

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4. Insulin Resistance can make weight loss very difficult. If you are having trouble losing weight around your middle, have sugar cravings or low blood sugar episodes, or feel very sleepy after you eat it is important to explore the possibility of insulin resistance.
5. The thyroid gland governs metabolism as it helps the cells convert calories and oxygen into energy. If the thyroid gland is not functioning optimally, you will find it difficult to lose weight.
6. The liver is important for detoxification and fat digestion. Due to the increasing amount of toxins found in processed foods, unfiltered water, medications and environmental toxins the liver becomes overburdened and doesn't function like it should. Just like you spring clean your house, it is important for you to spring clean your body every year.
7. Symptoms such as bloating, gas, headaches, skin conditions and recurrent colds can be symptoms of food sensitivities. If you are constantly eating foods that you are sensitive to you will experience some water retention which can be another barrier to weight loss.
8. Consistency. This is really the key to improving any aspects of your health. In most cases the weight wasn't put on overnight and therefore won't come off that quickly either.

If you are having trouble losing weight, it is important to have these barriers evaluated. Weight loss requires consistency, discipline and perseverance...it will happen when the barriers to weight loss are removed and the system becomes rebalanced.

Diet and exercise are both required for weight loss, please read Sarah's tips on exercise for achieving a healthy body weight.

The Power of Focus

Sarah Heipel, CPT, NLC-1

Imagine the fitness results that you could achieve if you were so excited about each of your workouts that you never wanted to miss one.

Imagine the changes in your body if you were repulsed by the one food that you used to indulge in, or were so addicted to fresh, whole foods that they became your entire diet.

The only difference between the person who lives their life this way and someone who doesn't, is FOCUS. You can immediately change the way you feel about something just by changing the way you perceive it.

ceive it.
GIVE IT A TRY

The next time you consider skipping out on your workout, over indulging, or stopping for fast food, flip your focus just for a moment and consider what would be fantastic about doing the

opposite and what would be awful about not doing it.

You might focus on how good it will feel to get your body in motion, the music you might enjoy during your session, how energized and accomplished you will feel afterwards, a social interaction you might have, or how you will be one step closer to reaching your ultimate fitness goal.



You might focus on how lethargic you might feel if you don't do it, or how you might get behind in your training, or how you could be letting yourself or someone else down. The more detailed your focused vision of the experience is, the more motivated you will become.

When we focus on our goals, they become our accomplishments.

What are you focused on?

Thoughts...

Chris Richardson, CPT, NLC-1, RCC

Here's some food for thought.

If the population of the Earth was reduced to that of a small town with 100 people, it would look something like this:

- 57 Asians
- 21 Europeans
- 14 Americans (northern and southern)
- 8 Africans
- 52 women
- 48 men
- 70 colored-skinned
- 30 Caucasians
- 89 heterosexuals
- 11 homosexuals
- 6 people would own 59% of the whole world wealth and all of them will be from the United States of America
- 80 would have bad living conditions

- 70 would be uneducated
- 50 underfed
- 1 would die
- 2 would be born
- 1 would have a computer
- 1 (only one) will have higher education

When you look at the world from this point of view, you can see there is a real need for solidarity, understanding, patience and education.

Also think about the following:

- This morning, if you woke up healthy, then you are happier than the 1 million people that will not survive next week.
- If you never suffered a war, the loneliness of the jail cell, the agony of torture, or hunger, you are happier

- than 500 million people in the world.
- If you can enter into a church (mosque) without fear of jail or death, you are happier than 3 billion people in the world.
- If there is a food in your fridge, you have shoes, clothes, you have bed and a roof, you are richer than 75% of the people in the world.
- If you have bank account, money in your wallet and some coins in the money-box, you belong to the 8% of the people on the world, who are well-to-do.
- If you read this you are two times blessed because: somebody just thought of you and you don't belong to the 800 million people that cannot read.

Ask the Expert

Robin Walsh BAsC, ND

This week, Robin highlights a topic that a lot of our readers have asked about—Restless Leg Syndrome (RLS).

It's 10:00pm and you have just finished a long day at work, ran the kids to their sporting events, made dinner, did a couple of loads of laundry and took the dog for a walk. You are finally ready to unwind with a cup of hot tea and a good book, when your legs suddenly tense up and feel like they are ready for a night of salsa dancing.

This is a very common condition known as restless leg syndrome; a neurological condition characterized by sensations in your extremities. While this syndrome primarily targets the legs, the arms can be affected as well. Symptoms range from mild to unbearable and are described as twitching, tugging, tingling, pulling, burning, or even as worms crawling. The symptoms occur mainly in the evening, especially when lying down or attempting to sit still. People with this condition feel the urge to move or stretch their limbs in order to find some relief.

The cause of RLS is not completely understood but is believed to be related to the nervous system, to inflammation, or to a combination

of vitamin and mineral deficiencies. Many people find that sugar, coffee, caffeinated tea or chocolate can aggravate the condition as they can have a stimulating effect of the nervous system. Try eliminating these substances for a couple of weeks, and then reintroduce them and monitor symptoms.

To ensure that you are getting adequate doses of vitamins and minerals, it is important to take a quality multivitamin that will be well absorbed and utilized in the body. Supplementing with Calcium and Magnesium in the evening before bed can help soothe the legs, as it has calming effect on the nervous system.

In order to help control the inflammation and help with the transmission of the nerve impulses, supplement your diet with healthy fats that are found in fish, flax, nuts, seeds, and avocados.

It has been found that folic acid and iron deficiency have also been linked to RLS, however when dosing these individual vitamins it is best to work with a qualified health care practitioner. A Naturopathic Doctor can also prescribe botanicals, homeopathics or an acupuncture protocol that can help to relieve these symptoms.

TO HAVE YOUR QUESTION FEATURED IN AN
UPCOMING NEWSLETTER, SEND YOUR
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