

# 10 HEALTHY TIPS

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TO REDUCE WEIGHT NATURALLY



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## CHEW YOUR FOOD WELL.

Digestion begins in the mouth. By chewing your food well, your body will assimilate the nutrients better and you will also slow down your eating. It takes about twenty minutes for the brain to receive the message from the stomach that it is full. By slowing down, you will feel full and satisfied with less food. Try chewing each bite for a count of ten or leave your silverware on your plate between bites.



## EAT FRESH FOODS.

Avoid products with lots of sugars and/or a long list of hard-to-pronounce ingredients. These products are highly processed, lack the nutrients your body needs and are often loaded with empty calories.



## EAT ATTENTIVELY.

Turn off the television, computer and other devices. Put your food on your plate, set the table, sit down and savor the food you are eating without distractions.



## DRINK WATER.

Most people are chronically dehydrated. We often confuse thirst with hunger. If you feel hungry between meals, drink one or two large glasses of water, and then check to see if you are really hungry.

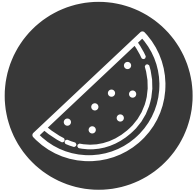
The grandmothers' saying: "if you're hungry, eat an apple, if you don't want an apple you're not really hungry."



## ELIMINATE LIQUID CALORIES.

Soft drinks, bottled coffees and teas, packaged fruit juices, isotonic drinks; they contain a lot of sugar. One of the easiest ways to lose weight is to eliminate all sugary drinks. Try juices that mix fruit and vegetables and have them made in front of you on the spot. They balance blood sugar and add fiber to your diet. Pure tea and coffee in moderation is also a good option to avoid dehydration.

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## EAT A DIET BASED MOSTLY ON "LIVING" FOODS.

Fruits, vegetables, seeds, nuts, grains, vegetable oils usually have less fat and calories and more fiber than meat, dairy and processed foods. They provide essential nutrients and minerals that promote weight loss.



## DO NOT SKIP BREAKFAST.

Eating breakfast sets the tone for the entire day and jump-starts your metabolism first thing in the morning. As the word says it, you are breaking your fast (Break - Fast). Skipping breakfast causes blood sugar levels to drop, which affects energy, mood and cravings. Your body naturally needs less food as the day progresses and bedtime approaches.



## ADD SWEET VEGETABLES TO YOUR DIET.

Sweet vegetables, such as carrots, onions, turnips, squash and sweet potatoes, naturally satisfy sugar cravings and calm the nervous and digestive systems.



## START DRINKING SMOOTHIES OR JUICES.

Combining vegetable juices mixed with fresh fruits and smoothies, with a light diet based on "living foods" is a great way to gently cleanse the body and jump-start weight loss.

Try drinking a low-sugar green juice every day for thirty days and notice the difference in your energy and weight. (spinach, apple, lemon and celery is a great combo!)



## IDENTIFY ALLERGIES.

One of the most common obstacles to weight loss is unidentified allergies. If you think you suffer from an intolerance or allergy to any food or group of foods; test for common allergies such as gluten, soy and dairy, or simply go on an elimination diet: no trigger food for thirty days, then reintroduce it gradually and note any reactions.