

## YOUR HEALTH

# HEALTHY METABOLISM & WEIGHT LOSS

Metabolism is the process by which our bodies turn food into energy. Our body's chemistry constantly tries to balance our weight, appetite and energy levels for metabolic balance, but there are other factors that often interfere with this process.

Our bodies are designed to process whole foods like vegetables, fruits, whole grains, nuts and natural meats. These foods provide us with the nutrients to keep our metabolism balanced. Many processed foods, on the other hand, contain chemically derived ingredients that our bodies don't know how to handle, such as high-fructose corn syrup, trans fats, MSG, or artificial colours and sweeteners.

Coupled with chronic daily stress and lack of exercise, these artificial foods contribute to chronic inflammation which inhibits our body's ability to keep our metabolism balanced. This chronic inflammation ultimately leads to increased fat storage, amongst other serious health concerns. These chemical toxins that we ingest come not only just from foods, but also from the water and the polluted air we breath.

### What can you do about it?

**Nutrient-dense diet** including plenty of fibre, healthy fats and antioxidants. Also avoid foods that you may have intolerances or allergies to

since food intolerances contribute to inflammation in the body.

**Exercise** - Resistance training builds muscle and regular sustained movement supports your thyroid, lowers inflammation and improves insulin sensitivity. Aim to be active on most days; adults need a minimum of 2½ hours of exercise each week.

**Stress reduction** - Cortisol, the hormone produced when we're stressed, increases appetite and promotes inflammation, disrupting our metabolic balance and resulting in unhealthy weight gain. Reduce cortisol by relaxing with Mind-Body practices such as yoga, meditation, gentle exercise or focusing your attention on deep breathing. As well, natural medicines, called adaptogens, can support the adrenal glands, lower cortisol levels and increase your body's ability to cope with stress.

**Detoxification** - pesticides, pollutants, heavy metals and other environmental chemicals are stored in our body fat and sabotage our metabolism. We can support our body's ability to dispose of these waste products with regular sweating (from exercise, saunas or hot baths) and natural medicines that support optimal liver function.

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