



healing with nutrition

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Why do we need to worry about excessive weight?

Obesity is not just a cosmetic problem. It's a health hazard. This is because obesity has been linked to several serious medical conditions such as heart disease and stroke, high blood pressure, diabetes, cancer, gallbladder disease, osteoarthritis, Alzheimers and dementia.

The prevalence of obesity and overweight are increasing and have become an epidemic worldwide. Obesity has detrimental influences on all systems, including reproductive health. The **prevalence of obesity** in infertile women is **high**, and it is well known that there is an association between obesity and infertility. The mechanism is complex and multifactorial.

Lets look at the facts:

Being obese and overweight are significantly associated with:

- Menstrual dysfunction and lack of ovulation
- Decreased pregnancy rates
- hormone disruption: insulin, leptin, androgens (testosterone - PCOS)
- Increased risk of miscarriage
- Increased risk of pregnancy complications such as gestational diabetes, hypertension and premature labour.
- poor pregnancy outcomes, and impaired fetal well being
- negative outcomes for patients undergoing in vitro fertilization (IVF) due to the poor oocyte (egg cell) quality, as well as the lower preimplantation rate and uterine receptivity
- premature labour (before 37weeks) and increased risk of stillbirth. Also higher risk of neural tube defects like spina bifida
- overweight men also have been shown to be a risk factor for a prolonged time to achieve pregnancy. It is shown in a study that weight loss of these men significantly increased total sperm count and percentage of sperm with normal morphology.

The risk of infertility has been shown to be threefold higher in obese than in non-obese women, and several studies have demonstrated that the obese females need longer time to achieve pregnancy.

Available data suggest that the weight loss equal to 5%–10% of the body weight may definitely improve the fertility rate.

Weight loss has beneficial effects on the reproductive outcomes in these patients.

What influences weight?

- **Food you eat: Macronutrient intake** (proteins, carbohydrate and fats) - they need to be in appropriate proportions. **Micronutrient intake:** vitamins and minerals are very important as they responsible for all metabolic functions and processes
- **Lifestyle** - alcohol and smoking
- **Genetics** - You can put your genes on a diet and program them for weight loss and health.
- **Environment** - toxic environment = toxic body. Clean up your environment (cleaning products, self care products, household products, EMF). Toxins will get stored in the fat tissue. EMF (Electromagnetic Field) is also a toxin even if you can't see it, feel it or taste it. It has been linked to many problems.
- **Hormones:** stress hormones: adrenalin and cortisol, thyroid hormones and oestrogen and progesterone, insulin, leptin.
- **Digestive function** and health of our gut: candida, digestive enzymes and food intolerances play a role.
- **Stress:** psychological or emotional. Stress increases cravings and insulin
- **Mood**
- **Sleep** - disorders of circadian behaviour and sleep are associated with increased hunger, decreased glucose and lipid metabolism and broad changes in the the hormonal signals involved in satiety." "Sleep restriction results in an insulin - resistant state in human adipocytes. Sleep may be an important regulator of energy metabolism in peripheral tissues."
- **Exercise** habits will influence your metabolism, fat burning capacity, your hormones and feelings
- **Relationships** have direct impact on our emotions and happiness which will influence what we eat, how we feel and what we think. We need to feel supported, loved and cared for
- **Traumas and unexpressed emotions**
- **Mindset**

The mantra of the government and food industry is that people should eat less, choose a "balanced diet", and exercise more. How's that working out for you?

Weight problem is not as simple as calories in and calories out. Because

Calories are not created equal! It is a bit more complicated than that.

Big companies intentionally manipulate our food to create cravings and addiction (by adding sugar, salt and fat). The industry refers to those of you who buy a lot of their products as **heavy users!** They know their products are addictive. **Now, you know it too!**

If you really want to be healthy then stop relying on the government and their regulations or big food companies. They hire "**craving experts**" to ensure that it's customers will become addicted to their products. Don't be fooled!

Gastric bypass won't fix it either because the problem of sugar addiction will carry on.

Artificial sweeteners are not the answer either. What's the problem?

- **Artificial sweeteners** are hundreds to thousands of times **sweeter** than regular sugar, activating our genetically programmed preference for sweetness more than any other substance.
- Artificial sweeteners **trick** your metabolism into thinking sugar is on it's way. This causes your body to pump out insulin, the fat storing hormone, which leads to **more belly fat**.
- Artificial sweeteners confuse and slow down your metabolism, so you burn fewer calories every day. They **make you hungrier** and cause you to **crave even more sugar** and starchy carbs, such as bread and pasta.
- In animal studies, the rats that consumed artificial sweeteners ate more food, their metabolic fire or thermogenesis slowed down, and they put on **14% more body fat** in just 2 weeks - even if they ate fewer total calories than the rats that ate regular sugar-sweetened food.

So what is the problem with sugar and processed carbohydrates?

Lets compare calories from fizzy drinks and broccoli.

Is 1000cal from broccoli and 1000cal from coke the same? Why do we get obsessed with calories?

Fizzy drinks or **high sugar** intake will create glucose spike in your blood which will create high **insulin**. High insulin will:

- Contribute to increase appetite (blocks appetite-control hormone leptin so the brain never gets the message "I'm full")
- increase belly fat
- Increase inflammation - which is linked to weight gain, painful periods, PCOS, heavy periods, endometriosis, poor egg and sperm quality and many more diseases.
- raise triglycerides
- Raise bad cholesterol
- raise blood pressure
- lower testosterone in men
- contribute to infertility in women
- fizzy drinks are derived of fibre, vitamins, minerals or phytonutrients to help you process the calories you are consuming.
- speeds up aging process

The sugar will trigger our brains's reward centre, making you **crave more sugar**.

The fructose makes things worse. It goes right to your liver where it starts manufacturing fat. Which triggers more insulin resistance and causes chronically elevated blood insulin levels, driving your body to store everything you eat as dangerous belly fat. You also get fatty liver which generates more inflammation which causes more weight gain and diabetes - diabetes and obesity.

Fructose doesn't send informational feedback to the brain, signalling that a load of calories hit the body. **Fructose is the most fattening carbohydrate!**

Although it is a fruit sugar, you shouldn't worry about fructose by eating fruit. I am referring to powdered fructose which is sold in shops.

Also be wary of natural sugar substitutes such as stevia or xylitol. Remember it's the sweet taste which will trigger your body to react in a certain way.

On the other hand consuming **same amount** of calories from **broccoli** or other greens will:

- not cause sugar spike in blood
- will not increase insulin
- you will absorb fewer calories because of high fibre content
- high intake of nutrients to lower the risk of chronic diseases
- you don't gain weight because your stomach distends telling you "You are Full!"
- brain reward centre is not triggered which kills your sugar cravings
- your liver is not affected
- your ageing process is slowed

So it's the **Quality of the calories that count not the quantity!**

Solution: So how do we balance blood sugar level?

1. Eat regular meals. 3 main meals plus 1 snack if needed.
2. Have protein with every meal - important to start a meal with protein. Protein will slow down the release of sugar into the blood.
3. Avoid sugar and high carbohydrate meals. Eat sugary snacks only occasionally and after a meal. Have fruit with a handful of nuts. Avoid simple carbohydrates (white flour).

Agents that modify insulin responsiveness at the cellular level are: chromium, lipoic acid, magnesium and CoQ10, antioxidants (Vitamin C and E) omega 3 fatty acids, vanadium.

B vitamins might be needed to balance blood sugar level.

Contact qualified practitioner to choose supplements right for you which work.

Out with the bad and in with the good! Whole, fresh and real foods!

A single diet that can help anyone lose weight does not exist! Everyone is different and might have different needs.

What foods to concentrate on?

Diet should be low glycemic, anti-inflammatory, phytonutrient rich to stabilise blood sugar and minimise insulin secreted.

What to eat:

- fibrous vegetables such as broccoli, cauliflower, asparagus, spinach, spring greens, kale, bell pepper, tomato, cucumber, celery.
- low glycemic fruits such as avocado, coconut, olives, cherries, apples and berries
- nuts and seeds, such as almonds, walnuts, macadamia nuts, hazelnuts, sunflower seeds, hemp, chia and pumpkin.

- lean protein such as grass-fed beef, organic or at least free-range poultry, wild-caught fish, organic eggs, shellfish, organic lamb and pork in moderation.
- beans and legumes such as black beans, pinto beans, white and red kidney beans, yellow and split green peas, lentils and chickpeas.
- healthy fats such as extra virgin olive oil, coconut, avocado, nuts, organic butter, wild salmon, organic eggs
- organic dairy products (if you are not sensitive to dairy) such as cream, cheese, whey and butter.
- Fermented products - kefir, yoghurt, sauerkraut, kimchi.

The **key** is to keep it **simple** and **colourful**! For the most up to date food plate please look at Alliance for Natural Health website.

<https://www.anhinternational.org/campaigns/food4health/#user-heading-3>

What to avoid:

- sweets (starburst, mars bars, m&ms, chocolate, liquorice sweets)
- packaged goods (potato chips, pretzels, cakes, cookies, biscuits, crackers, cheese curls, granola or breakfast bars,
- desert-like products such as doughnuts, waffles, pastries, cakes, pie, ice-cream, sorbet, mousse, fruit yoghurts, dairy based deserts,
- refined flour-based foods like bagels, bread, pasta, muffins, garlic breads, flat breads. It applies to gluten-free products as well.
- sweetened or naturally sweet beverages like sweet tea, sweetened coffee, fruit juices, fizzy drinks (cola, 7up, monster, energy drinks, vitamin water)

Starchy foods such as grains, potatoes, parsnips or sweeter fruits (bananas, melons, grapes, mango, dried fruit) may be eaten in small quantities but need to be balanced with adequate amount of protein and fats. It also depends on individual tolerance to sugar.

3 Best functional foods for weightloss

Ground flax seeds - help with hormone balance, high in fibre, help bowel transit, clean the bowel by absorbing toxins. Add to smoothies, porridge, or have them with natural yoghurt or stewed apples. You need 1-2 tablespoons a day.

Cinnamon - main active compound is cinnamaldehyde. Cinnamon is loaded with antioxidants. It's anti-inflammatory and may reduce risk of heart disease. It reduces levels of bad (LDL) cholesterol and triglycerides. Cinnamon lowers blood sugar level and has a powerful anti-diabetic effect. Also reduces insulin resistance.

Also helps fight various bacterial and fungal infections and HIV virus. Use the true Ceylon cinnamon not the cheaper Cassia variety. Cinnamon is the healthiest spice on the planet with highest antioxidant score. Add to porridge in the morning. Add to smoothies. Make stewed apples with coconut yoghurt and cinnamon as a desert. You need about 1 teaspoon a day.

Fermented products such as sauerkraut, kefir, coconut yoghurt. Foods that contain live active cultures (“probiotics”) help in establishing healthy gut microflora. Some research suggests that the quality of the bacteria in the gut plays a role in inflammation, body composition, and even cholesterol levels in the blood. Good health starts in the gut, especially when it comes to cardiometabolic diseases and weight loss.

Try **Intermittent Fasting** which involves going an extended period of time without food to allow blood sugar, insulin, and leptin levels to reset. During this fasting period, the primary nutrient the body uses for fuel is fat which improves metabolic efficiency and causes an up-regulation of insulin receptors on the cell membranes. One simple way of accomplishing this is to skip breakfast 1-2 days per week. Contact health care practitioner if you are diabetic or have other medical problems.

The most common types of intermittent fasting include:

- **Alternate-Day Fasting:** This entails eating only every other day. On fast days, some eat no food at all and others eat a very small amount, typically around 500 calories.
- **The Warrior Diet:** This diet involves eating only fruits and vegetables during the day and then eating one large meal at night.
- **16/8 Fasting:** For this method, you fast for 16 hours a day and limit your eating to eight hours. Most often, this simply involves not eating anything after dinner and skipping breakfast the next morning.
- **Eat-Stop-Eat:** Pick one or two days out of the week and fast for 24 hours, eating nothing from dinner one day until dinner the next day. On the other days, you should eat normally.
- **5:2 Diet:** For five days of the week, you eat normally. For the remaining two days, you should restrict your caloric intake to between 500–600 calories daily

Exercise

Here is why exercise helps:

- It makes your cells and muscles more sensitive to insulin so you don't need as much.
Less insulin=less belly fat
- It **reduces stress** hormone cortisol. Too much cortisol causes too much insulin and more belly fat, makes you crave sugar and carbs and seek comfort foods.
- Interval training can **speed up your metabolism** and burn calories all day long even while you sleep
- Strength training **builds muscle**, and muscle burns seven times as many calories as fat.
- Improves memory, learning and concentration
- Vigorous exercise is better **antidepressant** than prozac
- Protects heart and reduces your risk of heart attack and stroke
- **Reduces inflammation** (the cause of almost every disease of ageing)
- **Boosts detoxification** of environmental chemicals
- **Balances hormones** and reduces breast and other cancers
- Improves sexual function

Mindset tools to achieve successful weight loss! It's a proven formula that works and bring you closer to your goal/ to your new slimmer you.

- 1.** Start by loving you and your body as it is now! Decide and intent. Then you will put only good things into your body. Mirror work: Say I love you to your reflection in the mirror... I love my body. It will feel weird and strange at first. Do it everyday. It will get easier with time.
- 2.** Stop focusing on weight but start focusing on wellness. Forget about dieting, remove word 'diet' from your vocabulary. Stop counting calories. Remember: It's the quality of calories not the quantity that counts. You are changing your eating habits and improving your nutritional status and health because you love yourself and care about your body and respect yourself.
- 3.** Ask yourself 3 questions: - Where are you now?, Where do you want to be?, and How are you going to get there?
- 4.** Action! You can't lose weight by reading a book or getting information. Do things!
- 5.** Set small achievable goals. Do 1 thing and stick to it! It doesn't matter how small. You don't want to set yourself for failure or overwhelm yourself and not do anything. Eg Introducing 1 new meal a week or changing breakfast from carbohydrates to protein based. Or start exercising at home: do 4 jumps. If you can do 10! Fantastic. And continue until it becomes normal and natural. New habit is formed.
- 6.** Reward /celebrate your achievements however small they are. Not with a piece of cake but maybe doing something you love or getting a treatment. Or just time for yourself.
- 7.** Have a buddy - someone who supports you. Avoid talking about it to negative and not supporting your efforts. Be accountable to someone either a professional or a friend.
- 8.** No comparison to other people. Go at your own pace.
- 9.** Not everything you can do it yourself. Seek professional advice to help you on your journey. See it as an investment. It might speed up things and give you focus. Complaining of lack of funds to see a specialist? Set some money aside every week eg £2-£3. And after few weeks you will have enough. Use special offers when they come up! We still use therapists who know more and even prepared to travel. It is part of growth.

I hope that the information provided was helpful. It was provided for you by Jolanta, nutritional therapist. For more information and individual eating plan as well as testing please contact Jolanta on 07960984838 or jolanta@healingwithnutrition.

I have 11 years of experience in providing nutritional guidance suited to individual needs. I use bioresonance device to test for food reactions, deficiencies of vitamins and minerals, hidden infections or toxicity and more.