

## Safe, Easy and Permanent Weight Loss Tips

This is part 3 of a series of tips to help you lose weight safely and KEEP IT OFF PERMANENTLY! Where we are so far: Part 1 was to fix your gut by taking a high-quality probiotic. Part 2 was to drastically reduce sugar and carbohydrate consumption to reduce insulin resistance, eat 'one ingredient foods' such as organic meats, vegetables and fruits, and concentrate on eating foods higher in fiber. Don't think of this as a 'diet', you need to think of this as a 'Lifestyle change' to get healthy and STAY healthy.

Some other Keys to Safe and Simple Weight Loss. Research has shown consistently that fat in general does not make you fat! Your body needs fat to function normally. There are 'good' fats and 'bad' fats. The key is to avoid the bad ones, which include;

- Partially hydrogenated fats
- Mono- and Poly-unsaturated fats
- Trans-fats – You should have been avoiding these all along

Trans-fats are created when fats that are not fully hydrogenated (saturated) are heated during cooking. Trans fats cause significant inflammation in the body, which can aggravate any existing conditions caused by inflammation, such as arthritis. New research has shown that trans –fats can impair cognitive brain functions as well.

Trans-fats raise LDL (bad) cholesterol, lower HDL (good) cholesterol, and raise triglycerides (bad blood fats), and can contribute to metabolic syndrome and insulin resistance. The FDA has now basically mandated labelling of trans-fats on all processed foods (which if you read part 2, you know you should be eliminating from your diet already!)

What else should you do to avoid trans-fats? Avoid using fats and oils that convert to trans-fats when heated, such as any oil that is partially hydrogenated, (which

includes margarine and most vegetable oils.) This goes against some current thinking but is being shown to be the healthiest alternative for overall health.

Which fats and oils should you use? Oils that are primarily naturally saturated, such as coconut or Palm kernel oil are best for cooking. The following illustrates various oils and their best uses:

- Cooking at any temperature;
  - Coconut or Palm oil
- Cooking at low or medium temperature;
  - Coconut , Palm or Olive oil
  - Do not cook at high temps with Olive oil as it tends to oxidize – oxidized fats cause the LDL to stick to arterial walls as plaque buildup
- Olive and peanut oil can be used as a salad dressing – ALL other oils should be avoided

Saturated fat, such as found in coconut and palm oil, does not cause heart disease, clogged arteries, type II diabetes, or high cholesterol. Heart disease and Type II diabetes have INCREASED since saturated fat has been reduced in our diets; so clearly, saturated fat is not the cause of these issues

Saturated fat actually raises HDL and increases the size of LDL particles, causing them to be less 'sticky' on arterial walls. Saturated fat is also necessary for our bodies to absorb fat-soluble vitamins in our food, such as Vitamins A, E, D and K, which are all vital to our overall health.

Saturated fat is needed for cellular integrity, slows the absorption of sugar from the digestive system, makes foods taste better, and when combined in a low-carb (read low sugar) diet, actually help you lose weight FASTER than a low-fat diet. Who wouldn't want a diet with bacon, eggs, cheese, meat and butter? Mmmmmmm!

BUT...(there's always a but!) The key is a sensible, healthy diet, that emphasizes protein, healthy fats, vegetables and fruits. Calories count! Fat has more calories than carbs by weight, so by reducing portions, calories are reduced. Fats help fill you up so you will eat less. Eat slowly, chew your food well, and give your system time to realize you are full. It can take up to 20 minutes for the signal to reach your brain, so be patient and take your time.

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