

# 7 Steps to Losing Weight

*Without  
Feeling  
You're on  
a Diet*



# IT ALL BEGINS IN THE GUT

## You cannot reach any better health goal without better digestion

Your body is designed to:

- Break down the food you eat into usable parts
- Absorb and assimilate the nutrients in that food
- Send them off to do their jobs
- Get rid of anything you don't need

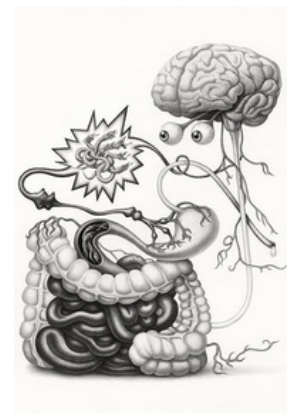
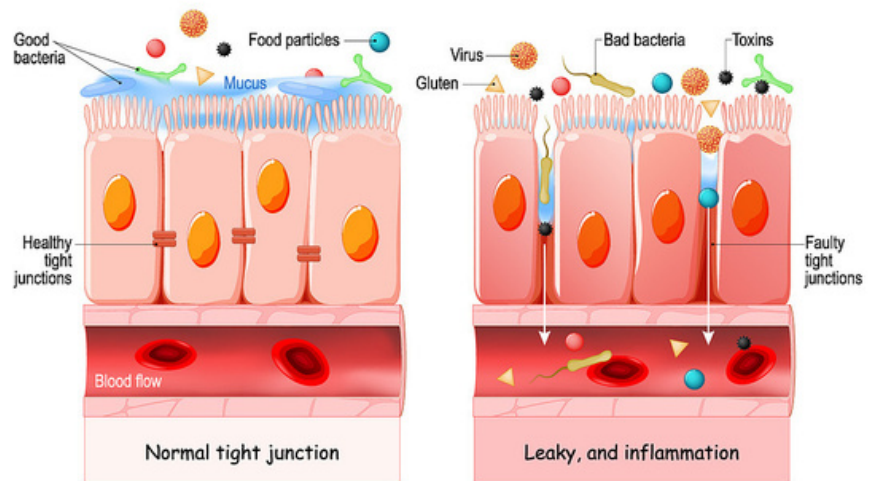
**Glutamine** to repair, restore & replenish gut microbiome

**Enzymes** to help digestive system break down nutrients

**Pre & Probiotics** to support healthy microbiome & feed the "good" bacteria to keep the "bad" bacteria in check - balance is key

**Consider a quarterly digestive tune-up**

For more information, go to [www.micheleroot.com](http://www.micheleroot.com)



# NUTRIENT BALANCING ACT

A balanced diet is a holistic blend of essential nutrients such as carbohydrates, proteins, fibers, fats, and vitamins & minerals.

Here are a few benefits of consuming a variety of nutrients:

- Balances blood sugar & insulin levels
- We need all nutrients - healthy fats, carbohydrates and quality protein at each eating occasion
- Protein provides the building blocks of the body, and not just for muscle. Every cell, from bone to skin to hair, contains protein.
- Carbs fuel your body, especially your central nervous system and brain, and protect against disease.
- Healthy fats in your diet can help balance blood sugar, decrease risk of heart disease and type 2 diabetes, and improve brain function. Our brain is 60% fat.
- 70% of our immune system resides in the gut - the best way to promote overall immunity is to eat a well-balanced and varied diet

*Consider a Rainbow of Nutrients for your Body*



# REDUCE THE AMOUNT OF ADDED SUGAR (PROCESSED)

## *Crowd Out*

Going cold turkey from all sweets may lead to feelings of failure and disappointment. Know your limits and find healthier alternatives to satisfy sweet tooth.

## *Reduce Artificial Sweeteners*

Artificial sweeteners are many times sweeter than sugar and our bodies don't know how to process them. PLUS they can **cause** cravings.

There are countless reasons to eliminate added sugar from your diet.

- saps your health,
- contributes to a growing waistline,
- leaves you feeling tired, moody, and blah,
- and it fills your body with empty calories that can make you feel like you're riding a blood sugar roller coaster.

And that roller coaster has the potential to end up in calamity, as too much sugar can lead you down the track headed for disease.

A **Better Added-Sugar Budget** equals 8 grams or 2 tsp a day.



# SLOW DOWN

Have you noticed that you seem to be in a hurry - moving from one thing to the next without much of a break (or a breath) in between?

The next time you eat, notice where you're at, what you're eating, and how quickly you're done.



Pay attention to the food, how it tastes in your mouth - do you notice the sweetness, bitterness, saltiness, or sourness of the food? Do you even pay attention to your food?

## FIVE STEPS TO SLOWING DOWN & HOW IT HELPS

*Most of the time, our body is not ready to digest the food we're about to partake in. If it's not ready, you're not going to provide it with the nutrients it needs & you just may be holding onto that weight.*

- ❁ Sit down at a designated eating area - table or counter
- ❁ Remove all distractions (no phone, tv, etc)
- ❁ Take a pause before eating to say a Blessing (Grace) or to show gratitude for the food.
- ❁ Chew, Chew, Chew - think of your teeth & tongue as a high-speed blender, helping your food to digest easily & effortlessly
- ❁ Turn on calming background music & allow your body to do its thing

# Eat smaller portions more often

Mini-meals can aid in satisfying the appetite, stabilizing blood sugar levels, and providing nutrients to the body throughout the day. Smaller, more frequent meals in your daily eating patterns also can aid in a more efficient metabolism compared to a slower metabolism when meals are skipped. An efficient metabolism allows your body to use carbohydrates, protein and fat to fuel your body.

Make it a habit to eat breakfast daily within one to two hours after you wake up, then eat again every three to four hours, for a total of five to six meals per day. These meals should be comprised of mini-meals to moderate-sized meals, & snacks.

***Benefits of eating small, frequent meals:*** When our body gets fewer calories at a time, they are utilized better and not stored as fat. Also, because the body is feeling reassured with a regular intake of calories and nutrients, it sees no reason to store body fat.

Eating smaller, frequent meals spaced throughout the day helps us digest better – because we’re putting small, manageable quantities of food into the body bit by bit. It’s easier for our gut to process and absorb vitamins and minerals from our foods when we eat smaller quantities more frequently.

# Sleep to Satisfy Appetite Hormones

Getting at least 7-8 hours of restful sleep each night helps your body in so many ways – including optimizing your metabolism!

Even though it looks like we're doing nothing when we're sleeping, our body is actually busy recovering, repairing, and resetting for tomorrow.

When it doesn't get the sleep it needs, your hormones can get thrown into disarray, leading to excess hunger, fat storage, and more!

## **Some sleep tips to set yourself up for sleep success:**

- *Schedule at least 7-8 hours for sleep a day.*
- *Include time for a relaxing evening wind-down regimen.*
- *Don't eat too close to bedtime as it can affect your sleep.*
- *Alcohol and caffeine can interfere with falling asleep, staying asleep, and sleep quality.*
- *Make sure your environment supports sleep: comfy bed, the right temperature, quiet, dark, etc.*

A study done at the *University of Chicago* found that getting only 5 hours of sleep reduced the rate of fat loss by more than half! Also: researchers found that getting less sleep led to a spike in the level of ghrelin (a hormone), which affects both hunger and activity level.



# NEAT - Non-exercise activity thermogenesis

## WHY IS IT IMPORTANT?

**NEAT = NON-EXERCISE ACTIVITY THERMOGENESIS**

*AKA: ALL MOVEMENT THAT ISN'T STRUCTURED EXERCISE*



**1 HOUR OF EXERCISE = 4% OF YOUR DAY**

**NEAT** - all of the movements your body makes outside of planned exercise. It's actually a much more efficient way to fight calorie creep & a more important contributor to energy expenditure than planned exercise activities.

### Six S's of NEAT

Stance (posture)

Standing (weight-bearing, your own)

Strolling (walking)

Stairs (1 flight = 100 steps)

Samba (put on music)

Switch (doing things by hand, ie dishes)





## *Empowering Healthy Habits*

It really is possible to lose weight and not feel you're on a diet.

It's all about making a few healthy habit tweaks and listening to your body's cues. That's the best way to create results that last a lifetime.

If you're ready to empower yourself and create optimal health, schedule your complimentary chat with Michele and let's begin the journey!