Losing Weight Naturally

Dear Center,

It has become an epidemic of no small proportions! No I am not talking about a mosquito borne illness such as Malaria. That was stamped out years ago. Not talking about cholera either, an infection of non-potable water usually found in third world countries. I am talking about obesity, caused by the actual leading cause of death in the United States—poor nutrition and inactivity. What is at the far end of the fork is killing Americans—over 500,000 of us annually. It is setting us up for diabetes, heart disease, hypertension, stroke and even cancer. Two thirds of Americans are...
overweight, and one third are obese. The epidemic of obesity can be reversed and more easily than you think. In this issue, you'll find some great resources that will help you lose weight and achieve lasting results. Here's to a new you in 2012!

All the best,

The NEWSTART® Lifestyle Club Team

Featured Video

You Can Lose Weight without Starving
By Jim Brackett

There are many weight loss programs available. How do you know which one to choose? The truth is, you don’t need to diet to lose weight. Learn how you can lose weight, feel satisfied, and never look at a scale again. Learn why pills and miracle foods do not work, and why foods are not fattening. Understand the relationship between calories, pounds, exercise, and your basal metabolic rate. You can begin today to lose weight.

Have a health concern?
Ask one of our NEWSTART® Lifestyle Club health professionals.

Upcoming Events

March 4
Total Health Fair
Ceres, CA

March 10
Temperance: Everything Depends on the Right Action of Our Willpower
Fort Worth, TX

March 25
Fresh Air: The Healing Effects of Oxygen and Fresh Air
Fort Worth, TX

April 14
Rest is Critical to a Good Memory, Longevity, Happiness and Salvation
Fort Worth, TX

April 28
Trust in God: The Health Benefits of Nurturing True Dependence on God
Fort Worth, TX

Featured Product
today and feel satisfied after every meal.

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Featured Article

Going Raw? What About the Health Benefits?
By David DeRose

Since the majority of Americans are overweight, eating low-calorie raw plant foods can be a powerful weight reduction strategy.

For example, in Weimar’s NEWSTART® program, we typically encourage our overweight guests to load up at the salad bar before thinking about cooked entrees.

However, this apparent benefit may be a liability for thinner individuals. Chowing down on lettuce, kale, spinach, broccoli, and cauliflower may provide a good supply of phytochemicals, but it can also lead to difficulty maintaining weight for
the leaner ones among us.

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Featured Recipe

Potato Chowder

1. Steam 1 cup frozen hash brown potatoes until tender.
2. Meanwhile in bottom of steamer cook a few tiny carrots and some dried onions.
3. When potatoes are done, process in blender with plain unsweetened soy milk.
4. Combine with carrots, onions and frozen peas and corn.
5. Season to taste with celery salt, and parsley or dill.
6. Heat until steamy.

Makes 2 servings.
Going Raw? What About the Health Benefits?

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However, this apparent benefit may be a liability for thinner individuals. Chowing down on lettuce, kale, spinach, broccoli, and cauliflower may provide a good supply of phytochemicals, but it can also lead to difficulty maintaining weight for the leaner ones among us.

On the other hand, some raw plant foods are extremely calorically dense, and can actually make weight reduction more difficult. Try loading up on seeds, nuts, nut butters, olives and avocados—and you may find that your encounters with the bathroom scale less than encouraging.

Nutrient Issues
Many assume that cooking renders a food less nutritious. However, nutritional science reveals the issue is much more complex than most lay people realize. It is true that certain vitamins and nutrients are “heat-labile” and thus their amounts in food are decreased by cooking. However, cooking food actually increases the body’s ability to utilize other nutrients. For example you’ll typically get more vitamin C and sulphorphane (an anticancer nutrient) from raw as opposed to cooked broccoli, and you’ll get more of the phytochemical lutein if you eat your spinach raw. On the other hand, when it comes to iron, studies have shown that cooking generally helps you get significantly greater iron absorption from the vast majority of vegetables. You’ll also get markedly more anticancer lycopene by eating cooked tomatoes as opposed to raw ones. Bread baked with yeast helps inactivate an anti-nutrient, phytic acid, which in turn helps you get more zinc and calcium from the grain.

What about enzymes in our food?
Raw food advocates often tout the superiority of their approach when it comes to “live enzymes,” claiming that cooking destroys these health-giving constituents. Unfortunately, enzymes are proteins, all of which are denatured and rendered inactive in the acid environment of the healthy stomach. For this reason there is no benefit in this department when it comes to the raw food regimen.

Conclusion