

# HEALTH AND WELLNESS

Winter 2022

## Your guide to health and well-being

Holistic Skin Care Tips

Body Care and CBD Products

Tai Chi

Kickstart a Wellness Routine



A Special Supplement to **The Port Townsend & Jefferson County Leader** January 26, 2022





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By Michael Gillman. Photo courtesy of Michael Gillman.

When I am asked what Tai Chi is, I am reminded of the story of three blind men who, never having encountered an elephant, are asked to describe what it is. One touches the trunk and says, "An elephant is like a large snake." Another touches a leg, and says, "No, an elephant is like a tree." Another, touching the flank says, "No, an elephant is like a wall."

They are all correct, yet their individual answer is incomplete due to their not having all the information necessary to make an informed decision.

Talking about Tai Chi is much like the elephant problem. Tai Chi is a very complex art, with three main branches that go back hundreds, if not thousands of years into Chinese history. If you ask someone who is interested in martial arts, he might respond that Tai Chi is definitely an effective self-defense system. If a person is on a spiritual path, he would probably respond saying it is a mediative art. And if someone who is involved with health and wellness was asked, he might answer it is a physical culture/healing practice.

All are correct, yet Tai Chi cannot and should not, be limited to to one field of study. All of the roots are of equal importance and make Tai Chi one of the most popular physical activities in the world.

The first root is Martial Arts. People have always needed to defend themselves, whether from animals or other humans. China is and was, a very crowded place. Many martial arts evolved. It wasn't until the introduction of guns that hand to hand combat became useless and Tai Chi evolved into an exercise system.

The oldest root, going back thousands of years is Traditional Chinese Medicine (TCM) or the health and rejuvenation aspect. The Chinese have been using exercise to maintain wellness, cure disease, and strengthen the body for thousands of years.

TCM theory is based on the idea of balance. Overall fitness and well-being is not just an absence of disease. Wellness is a balance between the physical, emotional, and the mental/spiritual.

The third root is the philosophical/spiritual. The principles of Buddhism, Confucianism, and especially Daoism, all with their ideas of balance of internal energy (Yin and Yang) make Tai Chi special. More on that on another occasion.

#### What sort of health benefits to expect

As the body is strengthened and rooted, blood pressure is stabilized. The arteries and veins open as inner tension is reduced, improving circulation, taking much stress off of the heart. Increased circulation also improves vision and hearing. Because circulation improves, the lymph system improves, so colds, flu, and other viral and bacterial invasions are lessened or eliminated. Joints are exercised without the damaging effects of heavy impact. Bones are strengthened because the slow, relaxed movements are done in a semi-squatting stance, and the weight is placed on one leg at a time. Breathing is slow, relaxed, and controlled so the lungs can clear and function at their maximum. The mind is focused at all times on the here and now, eliminating internal chatter and distractions. Posture is improved by strengthening and aligning the spine, thus eliminating many back problems. One becomes present and able to see the here and now.

When I first started practice I was quite depressed. I was out of balance, with most of my energy going to my head. I had no inner peace. Because Tai Chi works with balancing the energy centers (belly-physical, heart-emotions, head-mental) it wasn't long before I started to strengthen the body, calm and relax my emotions, and find a quiet place for my mind. The more I practiced, the more I discovered my true self. And because I was feeling so much better, it made me want to practice more which made me feel better – on and on.



Michael Gilman is one of the best known and widely respected Tai Chi instructors in America. Since moving to Port Townsend in 1981, besides regular adult classes, he has been offering free classes to all high school age people. In 1991, he built a specially designed Tai Chi studio on the corner of Cherry and L St. where he conducted classes, did workshops, and did teacher training. He has certified teachers world wide including Port Townsend residents Stephanie Morrell, John Considine, Susan Leinbach, and Joyce Wilkerson.

Since the start of the pandemic, the Tai Chi group has moved to Chetzemoka Park. They meet four mornings a week: Monday, Wednesday, Friday, and Saturday. From 9 to 10 am is exercise and Qigong. 10 to 11 am is learn and practice Yang Style Tai Chi. All are welcome and there is no fee.

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# Her goal is to make you GLOW

By Leslie Kelly. Photo courtesy of Connie Segal.

**Connie Segal is the kind of person who likes to work with her hands.** A potter, a massage therapist, a yoga teacher and now an esthetician, her hands have always been a part of her trade.

Segal is the owner of Glow Natural Skin Care in Port Townsend. The natural skin care company has been around since 2006.

"I love working with my hands," she said. "I have an art background and I taught art in Oakland to students in grades K to 12, and pottery to homeschool and Junior High students in Austin, TX."

She also had a pottery studio in Berkeley. She went to school and became a licensed massage therapist.

After she met and married her husband they moved to Austin, Texas where she worked as a massage therapist at a resort.

"It was then, that I figured out I liked working with the face and head and neck," Segal said. "So, I decided to go to esthetics school and become a licensed esthetician."

By that time, she was ready to leave the heat and (her husband) of Austin and return to the West Coast.

She went looking for a new place and happened on to Port Townsend. "As soon as I rolled into town, I knew I was home," she said. "The Victorian homes and the interest in arts and music, the farmers market and the Co-op. Port Townsend just seemed like a good place to hang my shingle."

In 2006, Segal shared a studio with another esthetician, and while she became

established, she also taught yoga at Room to Move.

"I felt I had the skills to run a business, and in a town liked Port Townsend which is full of entrepreneurs, I felt I could make a living," she said. "But it still took a long time to build up enough clients."

In 2014, she was ready to have her own business and opened Glow Natural Skin Care. For a while she had a private line of skin care products and opted to use others, she found to be good.

"One of the issues was that I could only package my line in plastic bottles," she said. "Part of my mission is to care for the planet and reduce waste. So, I opted for products that are sourced in glass."

The majority of her clients are women in their 30s to their 70s.

"I do see teens once in a while," she said. "Often the older women want to

have a treatment and the younger women sometimes just come in to purchase products."

She offers facials from \$65 to \$125. She also offers waxing, and brow and lash tinting.

A medium-priced facial is the "Rosie Glow," which includes a 60-minute treatment with steam, cleanse, exfoliant, mask, toner, moisturizer, deep pore cleansing, and a face, scalp, neck, and shoulder, arm, and hand massage.

Permanent cosmetics, massage therapy and body exfoliation are available at Glow from Nicole Stevens, Analicia Pedersen, Alyssa Grassi, and Kachelle Buckner, who contract for space at Segal's business.

A former colleague, Melodee Hansen, is returning to work at Glow after spending time in Portland. In addition to skin care, Hansen performs a hair removal process called sugaring.

A client of Segal's considers her facials a way to feel renewed.

"It is such a treat to get facials from Connie," said Kim Nunes "Not only does she have in-depth skincare and massage knowledge, but she always is also learning new techniques. I am a 'frequent flyer' and after each visit my face and body feel deliciously renewed."

Her younger clients come in for natural organic skin care products (This kinda says something similar earlier in the article), while her older clients are looking for anti-aging creams, she said.

"My emphasis is on organic products," she said. "We don't use or sell anything with artificial ingredients."

Skin is the largest organ of the human body, she said.

"We like to say, don't put anything on your skin that you wouldn't put in your mouth," said Segal.

Raspberry leaf and carrot are two of the organic oils used in products she has. These oils are high in antioxidants. Some have natural skin protections, too.

Segal sees her business as a gift that women and men can give themselves.

"What we offer is a place to come and get nurtured," Segal said. "We want you to have a relaxing experience and walk out renewed and refreshed."

"It's a good place to get a tune up for the body, mind and spirit," Segal said.



Glow Natural Skin Care emphasizes the use of organic products.

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A healing hemp salve made by the Fay Farm with organic ingredients. Inset: Stacy Anderson uses a distiller to create organic herbal salves, lotions, and muscle rubs.



## Local family farm makes products to help with skin conditions and pain

*By Leslie Kelly. Photo courtesy of the Fay Farm.*

When Stacy Anderson couldn't find anything that brought her daughter relief for her eczema and psoriasis, she made something. That product – Healing Hemp Salve – was the beginning of a business that now provides organic herbal salves, lotions, and muscle rubs.

The company, The Fay Farm, is located in Port Townsend and its products can be purchased nationwide.

The Fay Farm first came to be when Stacy and her five daughters moved from California to Whidbey Island in 2004. She bought a farm, and her children named it.

"We were a blended family," Anderson said. "The kids all had different last names. They took the initials from their last names and came up with Fay."

On Whidbey, the family had about five acres and raised dairy goats, honeybees and grew most of the herbs for their products.

"We really didn't set out to be a business," Anderson said. "I left Silicon Valley because I didn't want to spend the rest of my days sitting in cubicles. This all happened very naturally when I began to research and came up with the salve that helped my daughter.

"In managing health plans (previously in California), I saw such a need for herbal remedies instead of pharmaceuticals that have side effects," she said. "I made the Healing Hemp Salve for my daughter in an effort to not use steroid creams."

She began selling the products at farmers markets and at Pike Place Market in Seattle and found other people needed relief from skin conditions.

Anderson said she chose to use hemp oil because it has properties that help regenerate healthy skin cells. She added home grown herbs and avocado oil.

As The Fay Farm became known, customers asked her about pain relieving lotions.

"A lot of people would stop by our booth at a farmers market as ask for something for pain," she said. "That led to the creation of our muscle rub and lotions."

In 2014, Fay Farm began adding CBD (Cannabidiol) to their pain-relieving products. CBD does not cause a high but is an active ingredient in marijuana and has been shown

to help with chronic pain, according to HarvardHealth.com.

In 2019, Anderson and her daughters moved to Port Townsend and re-created The Fay Farm to be a beekeeping and honey-producing farm, but still making the products they are known for.

Both lines, the Healing Hemp line and the CBD pain reducing line are made, packaged and shipped from the farm in Port Townsend, using formulations Anderson came up with.

"We found the perfect location here," Anderson said. "A cozy home with a separate production floor and office for packing and shipping."

The farm's new products contain its raw, medicinal honey and they are "wildcrafting many of the herbs that we use in our products."

Among the products they make are muscle rubs, lotions, liquid and bar soap made with goat milk and coconut milk, shampoos, conditioners, deodorant, hand sanitizer, lip balms, bath bombs and their own creation, shower steamers.

"We're excited about the shower steamers," she said. "They are like bath bombs, only you use them in the shower. You place them on the shower floor and they begin to fizz and release essential oils. They come with different essential oils and some are good for headaches, some for colds, and some just to make the shower smell good."

The Fay Farm sold its products at the Port Townsend Farmers Market this past July to December. Products will soon be available at the Port Townsend Co-op. They can also be purchased online at the company's website, [thefayfarm.com](http://thefayfarm.com).

Anderson is proud of the fact that before any product is made, she thoroughly researches all ingredients being used. Most are sourced locally and all are certified organic.

"Everything you put on your skin eventually is processed by your liver and kidneys," she said. "Five percent of most mixtures are essential oils. That is considered damaging to the liver and kidneys. Our essential oils use just one half of one percent and are much healthier."

She added that they never use fragrance oils because they are synthetic and not natural.

Loyal customer Susi Watson said "Stacy is truly an alchemist. She transforms organic natural compounds into healing, aromatic balms.

"I often use The Fay Farm CBD Warming Muscle Rub and the lotion; both significantly reduce muscle strains. For my dry gardening hands, I find the Organic Healing Hemp Lotion luxurious and rejuvenating."

Watson said since Fay Farm products are tested at an independent lab, she has confidence that she's getting "the highest quality (products) and they're made right here in Port Townsend."

Another fan, Kim Kelleher learned of The Fay Farm when she attended a Hemp Expo in Colorado.

"The climate here is extremely dry and my skin and hair suffer significantly from it," Kelleher said. "My skin used to literally hurt after showering and subsequently throughout the day.

"That was, until I used The Fay Farm products. Not only are the soaps gentle and cleansing, but they hydrate my skin completely."

She said the lotions are equally hydrating and do not leave her skin feeling greasy or sticky.

"Because of the effectiveness of these products, I began using their CBD lotions and rubs," she said. "The CBD Serenity is wonderfully calming and the CBD Rejuvenating Magnesium lotion soothes my joints and other painful areas."

Anderson has taken herbalist certification courses, has her herbalist certification, aromatherapy certification, has taken distillation workshops and is currently enrolled in a 3-year formulation course based the UK.

Anderson, and two of her daughters, currently work at the farm. Other daughters help out when needed. Previous to the pandemic, she had two other employees, but hasn't been able to rehire yet due to the economy.

Anderson said the women owned and operated business is successful because they are honest about their products.

"We are a small family-owned, open and conscientious business," she said. "We research everything and we stand behind our research and our products."

## 3 metrics to know if exercise is working

Obstacles are bound to appear as individuals embark on the road to getting healthier. Such obstacles come in many different forms, but one hurdle many individuals encounter is doubts about the effectiveness of their workout regimens.

Everyone would love to reap instant rewards from exercise, and immediate gratification is not necessarily elusive. For example, individuals who begin exercising may find their energy levels and attitudes have improved after their first workout. However, individuals who are exercising to lose weight may be discouraged if the scale doesn't immediately indicate they're shedding unwanted pounds. That's a significant obstacle to overcome, and it's one reason why so many health professionals urge patience and perseverance as individuals embark on their weight loss goals. Though it might not seem like much, industry professionals note that losing one to two pounds per week is a good sign that a workout routine is working.

The experts at Johns Hopkins Medicine note that weight loss is not the only way for individuals to determine if they're making progress toward their weight loss goals. The following are three additional metrics that individuals can look to as they try to chart their exercise progress.

1. Target heart rate: Before beginning an exercise regimen, individuals, especially those who have been living a sedentary lifestyle, should speak with their physicians to determine what their target heart rate should be. They can then measure their exercise progress by what they need to do to reach that progress. At the outset, individuals may not need to exercise as vigorously to reach their target rates, but as their bodies get healthier and grow more acclimated to exercise, they will need to work harder to

reach their target heart rate. This makes target heart rate a good metric by which to measure exercise progress.

2. Repetitions: Johns Hopkins Medicine notes that repetitions are another reliable metric by which to measure exercise progress. The more repetitions individuals can do without straining, the stronger their muscles are becoming.

Individuals should resist any urge to overdo it. The repetitions metric is only a useful measure of progress if individuals are capable of doing a rep without straining.

3. Body composition: This metric should come as no surprise. The more positively exercise affects the body, the more that will show in how the body looks. Johns Hopkins notes that fat loss, specifically around the waist, and muscle growth are two telltale signs that an exercise regimen is progressing.

It can be easy to obsess over results when beginning an exercise regimen. But remaining patient and persistent and utilizing certain metrics to measure progress can keep individuals on the path to getting fit.



*One hurdle many individuals encounter is doubts about the effectiveness of their workout regimens.*

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## 4 ways to kickstart a wellness routine, according to health experts

(BPT) - When it comes to leading a healthy lifestyle, it's the small decisions and changes that have a great impact on our individual wellness journeys. Wellness is not just one thing. In fact, maintaining a healthy lifestyle goes beyond just physical health and appearances, extending into areas like a person's emotional, mental, social and spiritual wellbeing. To help bring out the healthiest, happiest version of ourselves, experts recommend addressing the whole person, mind, body, spirit and all.

To help you kickstart a successful health and wellness routine rooted in a holistic approach, consider the following tips from these leading health industry experts:

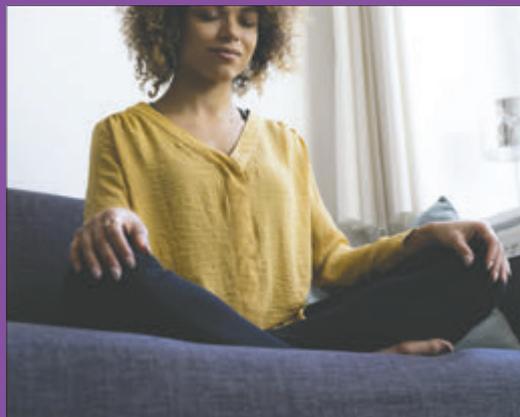
1) Practice mindfulness: Starting your day with a focus on mindfulness can contribute to easier and relaxed moments that translate into better days mentally and physically. "I wake up every morning at 6 a.m. and meditate for 15 minutes," says Kristin McGee, celebrity yoga instructor and mindfulness expert. Deep full breathing helps you anchor yourself in the present. "When we become aware of our breathing, we also calm our nervous system which helps us settle into a relaxed space and feel more awake and alive," McGee explains.

2) Focus on immune health: What we put into our bodies is critical and incorporating ingredients to help support our immune system is just one way to help us feel our best year-round. There are many ways to help support our immune function through nutrition, including incorporating nutrient-rich foods, such as oranges, carrots, red bell peppers and spinach, into your diet. These foods contain immune-supporting vitamin C - a nutrient synonymous with immune health. "A simple way to help support the immune system is with a dietary supplement," registered dietician nutritionist Shana Minei Spence says. "In tandem with a balanced diet, I recommend the Emergen-C Immune+ dietary supplement, which is packed with high-potency vitamin C, as well as vitamin D and zinc, so it makes supporting the immune system easy and delicious."

3) Choose your joy: When you're having a busy day, it is important to not lose sight of the joys in your life. Mental health expert and self-care advocate Yasmine Cheyenne suggests creating a list of three to five things that bring you joy. "The joy list makes it easy for you to remember what brings you peace and ease, and empowers you to make those changes yourself," Yasmine notes. Some things to include in a joy list can be going for a quick walk, playing games with family, watching a show or gardening. "Even when you're having a great day, you can still turn to the joy list for a way to keep the goodness and positive vibes going," Cheyenne notes.

4) Get moving: Staying active not only has a positive effect on your body, but on your immune health and overall wellness. There are many benefits when it comes to sweating, including helping to improve focus, mood, productivity and confidence. Fitness expert and healthy habit builder Jennifer Cohen says treat movement like you would any other important meeting in your day. "Schedule exercise in your calendar or daily schedule like you would an important appointment - this helps us keep our commitment to movement," says Cohen.

Start off with these small steps and gradually increase your efforts toward building a routine that works best for you. With the above tips in mind, you will find that implementing quick and easy habits helps to make a big, lasting impact on your overall health.



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# Where does lost weight go?

Obesity is a significant threat to public health. The World Health Organization says global obesity rates have nearly tripled since 1975. There are now more than one billion overweight adults across the globe, and at least 300 million people are classified as clinically obese.

Many people want to lose weight and unhealthy fat for personal reasons or at the suggestions of their doctors. Weight loss often involves a combination of increasing exercise and decreasing calorie consumption. As excess weight starts being shed, it becomes evident that a biological process is taking place. Many people refer to it as burning calories. But fat loss is a complicated process that's spawned various misconceptions.

## Breathing to lose weight?

Many people may not know that a lot of the fat lost during weight loss efforts occurs through simple breathing. According to Live Science and a 2014 study from researchers at the University of New South Wales, the body stores excess protein or carbohydrates in a person's diet in the form of fat, specifically triglycerides, which consist elementally of hydrogen, carbon and oxygen. When people lose weight, triglycerides are breaking up into these building block elements through oxidation.

The researchers found that, during oxidation, triglycerides

are used up in a process that consumes many molecules of oxygen while producing carbon dioxide and water as waste products. The study found that, during weight loss, 84 percent of the triglyceride fat that is lost turns into carbon dioxide and leaves the

body through the lungs. The remaining water may be excreted as sweat, breath or tears, or come out in urine — water excretion is the lesser-known component of the biological process.

Researchers who authored the University of New South Wales study determined that, when 22 pounds of fat are oxidized, 18.5 pounds of it leaves the body as exhaled carbon. The amount of carbon that is lost can be increased through exercise, according to Medical News Today. By substituting one hour of moderate exercise (like jogging) for one hour of rest, a person can increase his or her metabolic rate of triglyceride usage sevenfold.

Carbon excretion also occurs during sleep, while sitting and doing daily activities. However, the amount excreted during these activities is minimal and can be offset by eating too much food. Simply breathing more and faster during regular activities is not recommended, either, as doing so increases the risk for hyperventilation.



*Weight is commonly lost by expelling carbon dioxide through breathing. Moderate exercise facilitates such weight loss.*



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# How oatmeal does a body good



*Oatmeal is among the most nutrient-dense breakfast foods a person can eat.*

**M**any adults are familiar with various remedies to mitigate symptoms and shorten the duration of the common cold. A bowl of chicken soup, a little extra sleep and tea with honey can help people feel better as they confront cold symptoms like runny nose and sore throat.

Oatmeal is another popular cold remedy, but a piping hot bowl of ground oats can benefit the body even when it's not battling a cold.

## Oatmeal and gut health

Beta-glucan is a soluble fiber found in oatmeal that prevents constipation and promotes regular bowel movements. According to Amy Goodson, MS, RD, CSSD, LD, author of *The Sports Nutrition Playbook*, beta-glucan fiber has been linked to healthy gut bacteria. Healthy gut bacteria can reduce the likelihood individuals will experience issues with digestion after eating and can lower the risk for inflammation and chronic disease.

## Oatmeal and cholesterol

WebMD notes that the beta-glucan in oatmeal can help individuals lower their cholesterol. The soluble fiber in oatmeal reduces the absorption of cholesterol into the bloodstream, a property the Mayo Clinic reports can help individuals lower their levels of low-density lipoprotein (LDL), or "bad," cholesterol. It's worth nothing that many people add fiber-rich fruits and berries to their oatmeal, which can help lower cholesterol even further.

## Oatmeal and blood sugar

A review published in the journal *Nutrición Hospitalaria* in 2015 found that eating foods that contained beta-glucans could help lower blood glucose levels in people with diabetes. That makes oatmeal an especially valuable dietary choice for individuals with diabetes, many of whom also must make an effort to lower levels of LDL in their bodies.

## Oatmeal and controlling weight

A filling, healthy breakfast can help individuals avoid the kind of snacking that can contribute to unwanted weight gain. The fiber content in oatmeal helps people feel fuller longer, reducing the likelihood that they'll reach for potentially unhealthy snacks throughout the day. That can make it easier to lose weight and keep the pounds off over the long haul.

## Oatmeal and nutrients

Oatmeal is among the most nutrient-dense breakfast foods a person can eat. The United States Department of Agriculture's National Nutrient Database indicates that a 1/2 cup serving oatmeal contains 13 grams of protein, 52 grams of carbohydrates and eight grams total fiber. In addition, the USDA notes that oatmeal is a great source of beneficial minerals like magnesium and potassium.

Oatmeal is widely recognized as an effective cold remedy. However, the nutritional value of oatmeal makes it a worthy addition to individuals' diets whether they have a cold or not.

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# Some high tech ways to STOP SNORING



When climbing into bed, no one wants to endure a snore-filled night of fits and starts. Snoring may be inconvenient, but it's more than just disruptive. Snoring may indicate a serious health issue.

The American Academy of Sleep Medicine notes that snoring may be associated with obstructive sleep apnea, a serious sleep disorder and a risk factor for heart disease, diabetes, stroke, and many other health problems.

Men's Health magazine says some 90 million Americans snore, with 37 million doing so on a regular basis. Men are

more likely to snore than women. Sometimes snorers can be so loud they disturb bed mates and even those in nearby bedrooms.

People who snore, and their loved ones who deal with the cacophony each and every night, are often on the lookout for ways to alleviate snoring. Despite an abundance of innovation in recent years, anti-snoring solutions have been slow in coming. But

technology continues to evolve, and some new anti-snoring solutions have been developed.

- Track your overnight breathing. Snorers can use tracking devices to see just how well they are sleeping each night. When worn at night, devices like Fitbit™ can track breathing and will rate which levels of sleep a person reaches: deep, light or REM. It also records if a person awakens during the night, even when people do not realize their sleep was interrupted. This data can paint a clear picture of sleeping behaviors.

- Test snore ratings. Smartphone users can use an app called SnoreLab to rate snoring. The app is left running next to a bed. If it detects snoring, it will record an audio clip and rate the snoring on a scale that ranges from Quiet to Epic. The premise behind the app is that before snoring can be addressed, one must recognize that it is happening in the first place.

- Smart sleep masks. The Hupros Sleep Mask is an example of a smart sleep mask. It works with a smartphone to detect snoring. Then the mask gently vibrates to encourage a person to change positions to open up airways and reduce snoring. The mask also has a nose piece that will be engaged if a change of position doesn't stop the snoring. It delivers expiratory positive airway pressure (EPAP) — allowing a wearer to breathe in through the nose, but making it hard to breathe out in the same way. This creates resistance meant to expand lung volume and reduce airway vibrations.

- Change positions. Another device that is supposed to help a person change positions to relieve snoring is the Philips SmartSleep Snoring Relief Band. It straps around a user's torso to monitor sleeping position. If snoring occurs, the device will nudge the snorer on his or her side, a position that is less likely to induce snoring.

- Go low tech. While there are many digital devices that may help alleviate snoring, one option does not require a device. A new pillow, such as a wedge pillow, can slightly elevate the head, which may promote better breathing.

Snoring is problematic for millions of people. Turning to technology may help people get the rest they need.

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# Rev Up Your Metabolism

Many start the New Year vowing to drop some pounds – but not all succeed. Underfunctioning metabolism may be to blame. Find success by adding healthy habits to improve your metabolism, not depriving yourself. If you'd like some help balancing your unique needs with tailored recommendations, we're here to help.

## Signs You Need a Boost

- Fatigue
- Struggle to lose weight - despite exercise
- Cold hands and feet
- Thinning hair
- Low libido
- Irregular periods
- Poor sleep
- Bloating, constipation and more

## - Our Top 10 Tips -

### 1. Don't Cut Calories

Skipping meals might seem like a good weight loss strategy, but your body craves a regular schedule. With low-calorie diets, skipping meals can trigger your body to conserve energy, which ultimately slows your metabolism.

### 2. Spice Up Your Meals

Certain spices have thermogenic effects. Switch on your body's heat-production system and speed metabolism as you eat. These include spicy foods like cayenne pepper, ginger, and turmeric.

### 3. Focus on B Vitamins

B vitamins help your body metabolize food. Good sources of B vitamins include fruits and vegetables such as bananas, spinach, peas, whole grains, legumes, eggs, and lean meats. Proper testing can help determine if you have any nutrient deficiencies.

### 4. Whole Foods With Protein

Heavily processed and sweetened food and drink create an inflammatory response in the body that slows digestion. They increase the production of harmful free radicals, disrupt your microbiome, lead to insulin resistance, and slow your metabolism. Choose natural foods and include protein. Protein has a higher thermogenic effect than carbohydrates or fat and prevents muscle loss.

### 5. Resistance Training

Muscle is more metabolically active than fat. Increased muscle mass raises resting metabolic rate. A resistance training workout creates an "afterburn" effect. You will continue to burn more calories after the workout is over.

### 6. Stay Hydrated

Make careful choices about what you drink. Stay hydrated with water. Coffee and tea (green and oolong) can boost your metabolic rate by as much as 5%.

### 7. Get Enough Sleep

Your tired body conserves energy. Resting metabolic rate decreases after inadequate sleep. Plus, tired you may make poor food choices. Sleep helps you balance the hunger hormone, ghrelin, and the fullness hormone, leptin.

### 8. Reduce Stress

Your body's "fight or flight" response produces cortisol. Cortisol increases appetite and insulin so you gain weight. Moderate exercise and meditation have proven results for lowering stress.

### 9. Incidental Movement

Whether you're cleaning your house, parking a bit further away from the store, using a standing desk, or taking the stairs instead of an elevator, you're helping your non-exercise activity thermogenesis (NEAT), calories burnt aside from formal workouts. NEAT often slows as we move less with age. Make a conscious effort to keep this on your radar.

### 10. Get Lab Testing

When you are looking for answers, a blood test is a great place to start. Check thyroid and sex hormones, blood sugar, leptin, insulin, and inflammatory markers. Prosper offers an affordable set of comprehensive labs. Check out our Weight Support Panel: [ProsperNaturalHealth.com/labs](http://ProsperNaturalHealth.com/labs)



Struggling to lose weight?

Maybe it's time to look deeper and see what's really going on.

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