

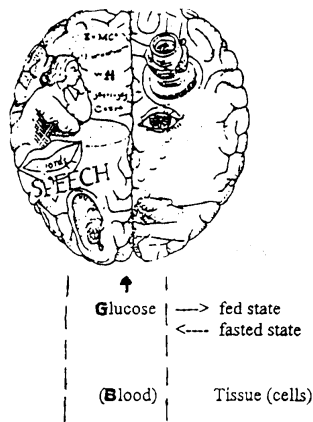
## Nutri-West presents: Wise Choices for Beating Holiday Weight Gain

By Dr. Lynn Toohey



I just heard on the news that Americans spend 35 BILLION dollars on weight loss aids, but that the only thing that is getting lighter for sure is the American wallet. Then there's the holiday season, which has a reputation for making visions of sugarplums dance in your head, not to mention the fudge, the cakes, and the cookies. The average American consumes more than 80 pounds of sugar a year (about 30 tsp. a day), and sometimes a larger percentage of this is consumed during December! Some people moan that just looking at cheesecake makes them fat, which actually has some truth to it – scientists have discovered that the sight of food can stimulate insulin production, which favors fat deposition. What's a person to do to get through the holidays unscathed? Understanding the toll that the holidays can take on major organ systems, like the **pancreas** (makes insulin), the **adrenals** (stress glands) and the **thyroid** (regulates metabolic rate) can really help. Nutritional deficiencies and other factors can cause imbalances in these systems. By planning ahead and being educated about balancing organ systems, holiday binge eating can be avoided.

### Pancreas support:



Eating sugary foods and simple carbohydrates (that break down into sugar) kick in an insulin response from the pancreas that eventually lowers the blood sugar further. Continual consumption of sugar is going to beat up the pancreas. **Controlling eating habits has a lot less to do with will power than it does with blood sugar.** When blood sugar drops, the brain, which depends on sugar, or glucose, for its fuel, demands immediate satisfaction. The body signals that it is ravenously hungry, and food intake must increase. Balancing blood sugar and preventing this “dip” helps to create a feeling of fullness and well being, as opposed to a feeling that you need more and more sweets to calm the craving.

Proper eating habits and exercise will help regulate blood sugar. **Fasting is not a good idea!** It will only lower the blood sugar and trigger overeating. **Protein** does not have the same insulin response of simple carbohydrates, and can help balance blood sugar. Protein elicits the hormone glucagon, which is the opposing hormone of insulin. Also, when people cut down on carbohydrates, one of the things that happens is that people who are sensitive to wheat and dairy (a large proportion of people!) wind up

eliminating a big source of their allergies. **Food allergies** alone can **cause** inflammation and **weight gain**.

Nutritional supplements can help. **Chromium** is part of the glucose tolerance factor and helps to regulate blood sugar. The **B vitamins** also help glucose tolerance, and they are cofactors for our energy cycle. **Pancreatic glandular support** can also be helpful. **Zinc** is a component of energy enzyme, helps regulate energy production from glucose, and is important in normal insulin function. **Alpha Lipoic acid** increases insulin sensitivity.

Utilizing liquid **protein shakes** can be beneficial on several levels. The protein balances the insulin response, plus substituting a shake for high fat, sugary choices can cut down on caloric intake. Additionally, studies have shown that the calories consumed in liquid form satiate better and calm the appetite more than the same amount of calories taken in solid form.



*Suggested Nutri-West products for pancreas/blood sugar support:*

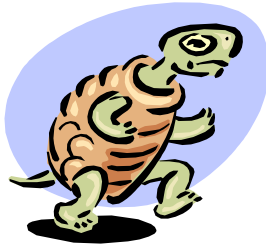
*Glyco-lyph; Pan-lyph chelate; Total alpha lipoic acid, Hi-Pro soy powder, Amino-all*

### Adrenal Support:

Holiday stress wears out the adrenal glands, which in turn decreases the ability to handle stress. Cortisol levels skyrocket, and cortisol is a fat deposition hormone. Avoid the temptation to induce a false sense of energy with caffeine-laden drinks – caffeine is to the adrenals what sugar is to the pancreas: it only makes the situation worse and weakens the gland. Stress, and turning to “comfort foods” can add up to increased pounds over the holidays. Be kind to your adrenals. Budget stress relief, and practice good dietary and exercise habits. Supplementation support can be helpful. Adrenal nutrition includes the **B vitamins (especially pantothenic acid), Siberian ginseng, grapeseed extract, tyrosine and adrenal glandulars. Vitamin C** is an anti-stress vitamin: the adrenals contain a higher percentage of vitamin C than any organ in the body.

*Suggested Nutri-West products for adrenal support: DSF (De-stress formula), DSF herbal or Adreno plus tincture; Pro-cortisol balance*

### Thyroid Support:



**The thyroid gland controls the basal metabolic rate for almost every cell in the body.** Low activity of the thyroid can be responsible for a low rate of burning calories. There are many things that can drain the thyroid, especially mercury release from dental amalgams. Mercury interferes with key thyroid enzymes and upsets the balance of this key endocrine gland. Nutritional support includes **thyroid glandular, B vitamins, tyrosine, and iodine.** Minerals, such as **calcium, manganese and zinc** promote thyroid health and hormone production. Sea greens, such as **kelp**, are an excellent source of iodine, which the thyroid needs to make hormones.

***Suggested Nutri-West products for thyroid support: Total thyroid, T-lyph 3, or Thyro plus***

The endocrine system has a profound effect on weight balance. These three endocrine organs discussed here need to be balanced for proper weight control. When metabolic corrections are made, it has an effect of balancing weight. Pay attention to these areas over the holidays (and all the time!) for optimal results in beating weight gain.