

# weight loss guide

*Slim down* responsibly and effectively using Chinese medicine and lifestyle.

Have you ever noticed that the Chinese are generally a good weight and tend not to suffer from obesity? This is due to a variety of lifestyle regimes that can easily be copied for effective and long lasting results. Before trying to lose weight you have to honestly answer a simple question: *DO YOU REALLY NEED TO?* It is easy to get caught up by media imagery portraying unhealthily thin as an ideal. It is important that you maintain a healthy weight which includes avoiding being under-weight.

## HOW TO REACH YOUR IDEAL WEIGHT

### STEP 1: DRINK RIGHT

- **STAY AWAY FROM SOFT DRINKS** - Also be wary of drinking too much fruit juice which is high in sugar.
- **DRINK TEA** - Tea is more hydrating than water and helps you lose excess weight. The powerful antioxidants increase your metabolism (drinking 2 - 3 cups helps you to burn up to 100 calories). There is also evidence that tea improves the metabolism of fat during exercise. The essential oils in tea aids digestion and the emulsification of fats.
- **DRINK SLIMMING HERBS** - The Chinese use herbs to help them lose weight. The functions of the herbs vary but generally they aid digestion, flush toxins, increase metabolism, reduce water retention and bloating. They usually have a mild laxative effect. These infusions can be very effective and are worth trying. The added benefits include improved complexion and energy levels.

#### **WHICH SLIMMING TEA IS FOR ME?**

This depends on how much weight you wish to lose and how quickly you wish to do it. You basically have 3 choices:

**WEIGHT RELEASE TEA** - Our strongest brew that will kick start your weight loss but we wouldn't advise drinking it for more than a few weeks at a time.

**ULTRA SLIM TEA** - A great weight loss infusion that is a little bit gentler and can be drunk regularly. This tea has been used by our patients for over 10 years with great results.

**PU' ERH, BLACK & OOLONG TEA** - These should be part of your daily drinking routine to help prevent weight gain and should be consumed during and after heavy meals. They have added health benefits such as lowering cholesterol and anti-ageing. The best teas to drink are Pu Erh (like **YUNNAN GREEN/BLACK TUO**), Reds (like **GOLDEN BUD**) and Dark Oolongs (like **EMPRESS OOLONG**).

#### **WHAT IS WU YI?**

There are quite a few marketing campaigns out there trying to sell you a special weight loss tea known as 'Wu Yi'. There is no such official tea type and all 'Wu Yi' tea being sold is simply oolong tea. Oolong is a good gentle way to maintain a healthy weight (especially the darker ones like **EMPRESS OOLONG**).

# STEP 2: EAT RIGHT

Whenever you are about to put something in your mouth you should ask yourself the three 'W' questions:

## WHAT?

Choosing what you eat is fundamental to a healthy weight but people still find themselves confused by diet fads and conflicting advice. You should really only remember a few simple rules:

- **EAT MORE PROTEINS AND LESS CARBS** - The Western diet eats far too much carbohydrate. Most people should restrict carb intake to about 70-100g per day while losing weight and then have about 150g after reaching ideal weight. Stay away from food that combines protein and carbs (pizza, sandwiches, pastas, risottos etc). Fill yourself up on good quality vegetables (not root veggies), fish, lean meat and nuts and if you still feel hungry have a little rice at the end of the meal. This may seem strange at first but persevere and you'll find that it becomes much more natural and enjoyable.
- **EAT LESS FATS & SUGARS** - Try to simply cut down on animal fats and cook with the minimum amount of unsaturated oils without sacrificing too much flavour. Make any sweets a once a week treat rather than a daily routine.
- **AVOID PROCESSED & RESTAURANT FOOD** - These tend to be quite high in fats and sugar.

## WHEN?

Just as important as what you eat is when you eat and how long you take to eat.

- **HAVE 3 MEALS A DAY** - Do not snack during the day, instead have 2-3 meals a day - there is mounting evidence that it is best to leave at least 5 hours between meals. Ideally, eat a good breakfast and lunch and try to have a carb free dinner.
- **DON'T EAT LATE** - As a rule you should try to have dinner before 7.30pm and not eat anything until breakfast the next day. If you are really peckish later then only eat nuts or seeds.
- **EAT SLOWLY** - This gives you time to enjoy your food, your body to digest normally and you will eat less before you realise that you are full.

## WHY?

Are you eating because you are hungry? If so, then that's fine. But if you are eating because of any other reason then you are probably overeating.

- **BECAUSE IT'S TASTY** - Of course you should enjoy your food but if you are eating because of greed and not hunger then you are overeating. Stop eating when you're 70% full.
- **BECAUSE IT MAKES ME FEEL HAPPY** - Eating should be enjoyable but eating to soothe emotional issues like depression, loneliness or simply boredom is addictive and a very common cause of weight gain. Try to deal with your issues without comfort eating.

# STEP 3: EXERCISE

Doing some sort of physical activity is essential if you want to lose weight. Not only does it burn calories and body fat, it also improves tone, posture, and increases muscle mass (to accelerate the rate at which your body uses energy).

Exercise also boosts your metabolism, helps digestion and soothes any emotional issues which may lead to comfort eating. Finding the right exercise for you is what you have to concentrate on. Doing something that you really hate is pointless because you won't continue doing it. Whatever you choose, try to make yourself slightly out of breath for half an hour 5 days a week.

You do not need to join the gym. Here is a simple 15 minute workout. Be sure to warm up and cool down with some basic stretches.

## 5 PUSH UPS

Hands shoulder width apart, back as straight as possible. Lower body until elbow is 90 degrees and lift slowly. Start on knees instead of toes if it is too difficult.

## 10 CRUNCHES

Arms crossed over chest and knees bent with feet on floor. Lift chest to 45 degrees from floor and return.

## 15 SQUATS

Arms stretched forward, bend knees to 90 degrees keeping back straight as possible. Hold and stand straight.

**rest for 10 seconds**

## 5 JUMPS

Jump up from both feet with arms reaching for the sky and when landing go into a squat before jumping.

## 10 LUNGES

Hands on hips, standing with feet shoulder width apart. Left foot forward and bend left knee until thigh is parallel with floor. Repeat with the right foot.

## 15 REVERSE CRUNCHES

Lie on floor with hands by side and legs flat on floor. Keeping legs straight, lift them from your hip until they are pointing straight up and lower slowly.

**repeat all exercises 2 more times**

## CHINESE SUPERFOODS FOR HEALTH & SLIMMING

**FENNEL TOPS** – The Chinese use fennel tops a lot in dumplings but you can also just sprinkle over salads or grilled fish. They are rich in fibre for a healthy digestive system and also a great natural tonic to speed up the digestive process.

**CHINESE DATES** – Known as DaZao, these dried fruits are amazing at nourishing the blood and tonifying your Qi energy. This will give you more 'get up and go' to prevent a sluggish metabolism and weight gain. Add to soups and stews.

**TOFU** – Rich in protein with virtually no fat, this is a great food to add to your diet. Try not to use the deep fried tofu as that defeats the purpose, instead stir fry the pure tofu with vegetables or drop into soups and stews at the last minute.

# THE BEST WEIGHT LOSS TREATMENT

## ACUPUNCTURE

Ever felt frustrated that even if you don't eat very much you still don't lose weight. This is because weight is not only dependent on the simple concepts of calorie and fat intake vs exercise. Acupuncture is a really effective way of losing weight because it first looks at the more subtle causes of excessive weight and tailors treatment individually. There are generally 4 main causes for weight gain and each person may be suffering from a combination of these factors.

- **WEAK DIGESTIVE SYSTEM** – Acupuncture is used to tonify the digestive system and get it moving more efficiently. This will help it to absorb nutrients quickly and prevent excessive fat and dampness absorption.
- **SPLEEN QI DEFICIENCY** – In Chinese theory, the spleen is an important organ for weight control. If it is not functioning properly then it does not matter how much or little you eat, you will retain dampness and fat, and feel bloated and heavy. Weight gain will then be compounded because you will not have the energy to exercise. Acupuncture tonifies the spleen to reverse this process.
- **EXCESSIVE EATING** – The Chinese believe that most excessive eating is comfort eating. Stress, depression, anxiety and other emotional factors often lead to 'reward eating' to momentarily suppress these negative feelings. Acupuncture is renowned for its ability to properly treat these emotional disorders and therefore help regain control of excessive eating. Acupuncture is also very effective at managing food addiction and naturally stimulating hunger suppression.
- **BAD LIFESTYLE** – If anybody eats too much junk food, drinks excessive alcohol or has an unhealthy lifestyle then the body will build up heat, toxins and dampness. This will often cause weight gain and acupuncture is used to firstly clear the body of these toxins by strengthening the detox organs, removing damp and cooling the heat. This will help normalize the body and control weight.

AcuMedic Chinese Medical Clinic has an extremely effective *DETOX & WEIGHT LOSS PROGRAM* which consists of 3 sessions and includes herbal supplements and teas. Visit [www.acumedic.com](http://www.acumedic.com) or call 08700 100 023 to find out more.