



5 effective health, weight and exercise tips

Knowledge is power:

Through our lives we receive feedback from our bodies letting us know whether we are treating it right. When we were young it seemed like no matter what we did, a quick recovery was possible. However, as we age our body lets us know in different ways, whether the choices we are making are positive or negative. This can be progressive weight gain, lack of energy, chronic hunger, poor sleep and stress management or illness.

I learned through the signals my body was giving me that what I was doing no longer worked. Perhaps at one time my body had the resilience to bounce back from negative health or training practices. But as I aged the results of my chronically unhealthy exercise and dietary choices reached the point where I needed to learn more and correct the downward spiral I was on.

The information within this blog post is a great baseline starting point for lifelong healthy change. Please consider the material carefully. I believe, should you adopt the modifications outlined, your body, like mine, will tell you are on the right track and the resulting rejuvenation will guide your future health, dietary and exercise decisions. Following the guidelines below will very likely result in you being able to reach your weight loss goals, if that has been something that has been eluding you, and you will feel great 😊

Tip One: Lower Carbohydrate intake

Excess, unhealthy carbohydrates are perhaps some of the most compromising dietary food sources in the Standard North American (SAD) diet. Limiting your carbohydrate food sources to healthy carbs only and controlling the amount you ingest will get you well on the way to your diet and lifestyle goals.

Ingested carbohydrates are converted into glucose by the liver where they are immediately burned for fuel or stored as glycogen. Any excess glucose is transported by insulin into the muscle and liver cells for storage as glycogen. When glycogen storage is full, the remainder is stored as fat. In the SAD diet the amount of daily ingested carbs is well above what is required for fuel.

Carbohydrate limits

In the standard diet carbohydrate amounts well exceed what would be needed to reduce excess body fat. To reach your healthy body weight goals, over all daily carbohydrate intake should be at or below 150grams/day. 100 - 150 grams/day for weight maintenance, 100 grams/day or less to reduce weight, 0 – 50 grams/day for accelerated weight loss.

Carbohydrate sources



Healthy sources of carbs in your diet are vegetables and a moderate intake of antioxidant fruit. Limiting your carb intake to mostly vegetables will help reduce overall carb intake to easily manageable numbers. Supplemental carbs can be eaten to increase carb intake to desirable levels depending on your weight management goals in the form of fruit, starchy tubers (sweet potato and yams), quinoa and wild rice. **Avoid or eliminate grains and sugars** (Tip two & three)

Tip Two: Eliminate Grains

Grains are a cheap source of calories that are easily converted into glucose. Grains contain anti-nutrients: *Lectins, Gluten, and Phytates*, that cause mild to severe health disturbances when eaten, including negative digestive, immune, and inflammatory reactions. Toxic *lectins* are the main dietary concern due to their contribution to leaky gut syndrome, whereby the intestinal walls become damaged and allow these toxic lectins, undigested waste products, to enter the bloodstream. Health conditions influenced by leaky gut are often treated with prescription drugs, which lessen the immediate discomfort but compromise long-term health without addressing the cause.

But aren't grains a dietary necessity?



There is a large body of evidence that shows the introduction of cereal grains into the human diet with the Agricultural Revolution was accompanied by a range of adverse health outcomes. Early farmers didn't grow as tall as hunter-gatherers and they were more prone to develop dental cavities, bone fractures, and other diet-related health problems. Cereal grains were not solely responsible for bringing about this decline in human health; however, they were undoubtedly a major contributing factor.

If you feel like you can't do without breads and baked goods, there are options. The internet is full of great recipes and ideas. <https://blog.paleohacks.com/paleo-bread/>

Grain flour alternatives:

- Almond flour
- Coconut flour

Tip Three: Eliminate Sugars



Sugars and sweetened beverages provide heavy doses of carbohydrate without filling you up, making them among the most objectionable elements of the modern diet.

Too much sugar can impact weight management goals

The more sugar you consume in your diet, the more likely you are to store excess body fat, and the more likely you will become addicted to additional feedings of sugar. Sugar stimulates excess insulin production, disturbs your appetite hormones, and activates the stress response in your body. Sugar gives you an immediate high followed quickly by a crash, cravings, crankiness, inflammation, and suppressed immune function. If you require additional sweetness in your food or beverages, I recommend, all-natural Stevia, which has a glycemic index of zero. It is a healthy alternative that will not negatively impact your health or weight loss goals.

Eliminating grains and sugars from your diet could be the most beneficial thing you ever do for your health!

Tip Four: Eliminate refined industrial vegetable and seed oils



It's well known that chemically altered trans and partially hydrogenated fats in processed junk foods and most fast foods, damage your cells at the DNA level immediately upon ingestion and are directly linked to hundreds of thousands of cancer deaths annually. However you must also recognize the dangers of the prevalent vegetable oils that we have been incorrectly told are healthy for decades: canola, corn, soybean, sunflower, and other vegetable oils, buttery spreads and sprays, and the many, many packaged or frozen food-like products which contain these oils.

Healthy alternatives

Having fat in your diet is critically important and in fact having a high fat diet will aid in weight loss goals. The type of fats you put into you body will impact whether your health is positively or negatively impacted.

Good Fats examples:

- Cold pressed olive oil
- Cold pressed avocado oil
- Coconut oil
- Ghee
- Grass fed butter



Tip Five: Slow down



I bet that you weren't expecting that... You were possibly expecting, work out 4-5 times a week both cardio and strength training and go as hard as you can. But the truth is chronic exercise can limit your weight management goals in a number of ways. Exercising stimulates the fight or flight hormone cortisol, which can be positive if managed through a healthy exercise program, but it can be very disruptive if you keep your body in a constant state of stress.

Chronic cardio is performing too many endurance work outs that last too long, are performed at too high intensity, and too frequent. A chronic approach to exercise will lead to poor performance, fatigue, suppressed immune function, stiffness and soreness, increased injury risk, failed weight loss efforts, and finally—burnout.

Healthy approach to exercise

Keeping your cardio efforts within your aerobic zone will ensure the least amount of stress while exercising and result in greatest amount of fat burning. The goal is to use fat for fuel during exercise not glucose. Dr. Phil Maffetone, states that drifting of your aerobic heart rate past your maximum aerobic zone during endurance efforts for even a short time will cause you to burn glucose at an accelerated rate for up to 72 hours after exercise. Keeping your heartrate within your aerobic zone will help the body to burn fat for fuel not glucose. His recommendation is simple and very effective. Your heart rate during cardio efforts should not exceed 180 minus your age. For example if you are 40 years old, your maximum heart rate during your endurance efforts would be $180 - 40$ or 140 beats per min. For most people this number is easy to reach and there needs to be care in ensuring that you do not exceed your maximum aerobic heart rate... The bottom line, Slow Down...

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