

Schüssler Express

#121



HEALTHY DIETING

Let's get one thing out of the way: Without sufficient exercise and adapted diet it doesn't work. Healthy dieting is always an interplay of multiple disciplines. A decisive factor is time. Those who are looking for a so-called Crash-Diet our out of place here.

Take at least four to eight weeks' time to approach your goals. And consider, on average it takes 60 days to change a habit or to establish a new one. Also, persevere and stick to it.

Understanding the Metabolism

A diet does not only involve how much and what you eat. But most importantly how your body absorbs and utilises food – the metabolism is crucial. It is the foundation of all vital processes in the body and makes sure that we metabolise fats and carbohydrates into energy for instance. Simply put, metabolism means all biochemic processes within our cells.

We differentiate between carbohydrate-, protein-, fat-, and mineral metabolism, depending on the substance that gets 'metabolised'. Thereby carbohydrates are segregated to simple sugar, proteins decomposed to amino acids, and fats are resolved into glycerides. The mineral metabolism involves absorption and utilisation of elements such as calcium, potassium, sodium, or magnesium, and trace elements e.g. iron, zinc, iodine, fluoride, etc.

Everybody has a differently pronounced metabolism. An active metabolism makes it easier to lose weight, a less active metabolism favours weight gain. It depends on many factors whether we have an active or less

active metabolism – some of which we can influence ourselves e.g., our diet and sporting activities.

Boost the Metabolism

Most important when dieting is to ingest less calories than one utilises. This is referred to as a negative calorie balance. To achieve this, it is helpful to boost one's metabolism. And this is best achieved by exercising, the correct foods, and adequate fluid intake.

Regular Eating

Do not skip any meals and try to eat regularly. Our body needs nutrients. If it doesn't receive those or there is a lack of nutrients over a longer period of time it shuts down and slows down the metabolism. And undesired food cravings can be triggered by irregular eating.

Protein-rich Nourishment

In order to metabolise protein-rich foods, our body needs more energy than is required by the fat-, or carbohydrate metabolism. Furthermore, protein keeps us longer satiated, as the stomach needs longer to digest. Thus, it also forestalls food cravings.

No Sugar

No surprise: Sugar is the enemy when dieting. The consumption of sweet foods increases our blood sugar level. Consequently, our pancreas releases insulin to quickly utilise the sugar. This process again causes a rapid decline of our performance and concentration, and favours food cravings.

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No Alcohol

Alcohol slows down metabolism, is loaded with calories, and the contained sugar increases your blood sugar level. In addition, it inhibits fat burning. In short: Keep your hand off of alcohol when you want to lose weight.

Drink Plenty

Drinking stimulates the metabolism. Best to drink the first glass of water upon getting up, and then during the day at least two litres of (unsweetened) fluids.

More Exercising

In today's day and age, we don't often exercise enough. Thereby sport is an excellent way to jump-start the metabolism. A mixture of power-, and endurance training is recommended; thus, you burn fat and at the same time build muscles. This increases the resting metabolic rate and with that your calorie consumption sustainably.

SCHÜSSLER-SALTS

Schüssler-Salts No. 4, No. 8, No. 9, and No. 10 also support the metabolism. The author and Schüssler expert Margit Müller-Frahling (European Institute for Schüssler Biochemistry), recommends a treatment with four well-matched salts: **No. 4 Potassium chloride 6X** – the salt for the mucous membranes, **No. 8 Sodium chloride 6X** – the salt for the fluid metabolism, **No. 9 Sodium phosphate 6X** – the salt for the acid-base balance, and **No. 10 Sodium sulphate 6X** – the salt for excretion.

Administration is simple, take six tablets of each salt during the day – either dissolve tablets in the mouth, or

water. It is recommended to continue this course of treatment for four to eight weeks.

Schüssler-Salts are available in various dosage forms: tablets, drops, globules, and creams/lotions for external use.

Successful Dieting can be a Breeze

Those who want to lose weight successfully and sustainably should know that weight cannot be lost on its own and overnight. Losing weight is work, it takes long, is often difficult, and one struggles with oneself a lot. Nasty food cravings make life difficult, and saying goodbye to some habits is also known not to be easy.

Tip: Have a Plan!

Prepare your individual nutritional protocol. This motivates and helps you to achieve your goal. Good planning is essential for the preparation of food in particular.

Make a Shopping List

Think about what you need and what you like. Make your individual shopping list and try to go shopping not more than once a week. Remember: Never go shopping when you are hungry! And impulsive buying in the supermarket is a big problem for many. With a good shopping list, you will only buy what you really need, and resist the many temptations in the supermarket.

Preparation is the Key

While at work it is often difficult to eat healthy now and then; preparation is half the battle. Prepare next day's healthy lunch already the night before. Thus, you are forearmed against the next food craving.

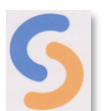
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A Sorrow Shared is a Sorrow Halved

Why not make your diet together with a partner or friend. This motivates additionally, and you are not alone with your battle against the kilos.

Testimonial

Ines, 41:

As someone, who most of their life has to battle with weight, I went through numerous diets, spent countless hours at the gym and on my bike. Mostly with moderate success. There are many reasons no doubt, but the most important are possibly my slow metabolism and food cravings. Of course, in order to lose weight less calories should be consumed than one utilises. Not a problem, I understand. But my metabolism threw a spanner in the works because it simply slowed down when eating too little calories, resulting in feeling tired, lethargic, and bad tempered. Family, friends, and colleagues at work could barely tolerate me during my dieting, which I understand.

Nowadays I luckily have a completely different understanding of my body and in hindsight I would do many things differently. Weight management requires time, has to be adjusted slowly, and demands confirmed habits in day-to-day life; there is no other way around it. Most diets focus on malnutrition which in my case caused my organism to be deficient of something and great stress. Stress again favours weight gain and at the same time reduces nutrient absorption.

From a present-day perspective, I can only say that one has to consider one's own well-being much more in order to get their kilos under control. Naturally, nothing comes from nothing, thus a healthy diet and exercise

are inevitable. But we should also pay attention what we demand from our body and how we give it energy.

I was introduced to Schüssler-Salts by a friend. She explained that the Schüssler-Salts, as always thought, cannot remedy a mineral deficiency, but instead assist the cells in a better absorption and utilisation of minerals supplied via foods. Since then, I have realised how much I benefit from the Schüssler-Salts. Salts No. 4 Potassium chloride 6X, the salt for the mucous membranes, No. 8 Sodium chloride 6X, the salt for the fluid balance, No. 9 Sodium phosphate 6X, the salt for the acid-base balance, and No. 10 Sodium sulphate 6X, the salt for excretion, have particularly helped me to bring a new momentum into my life and consequently also in my metabolism. With the combination of healthy food, more exercise, and Schüssler-Salts, I feel much better today, lose weight slowly but steadily, and am much more active than before.

Pflüger GmbH

The Clinical Science of Biochemic Therapy

– according to Dr W.H. Schüssler –

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and possibly

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