



The Spinal Column

Navigating the Weight Battlefield

By Irene Wells B.Sc., R.N.C.P.

Uh-Oh! New Year's resolution time?! Have you (like so many others) committed to losing 10, 20, or more pounds? Instead of picking a number of pounds to lose this year, why not commit to a lifestyle change that will produce a permanent, healthy transformation?

If you haven't got the time for nutrition, then you had better make time for disease!

Effective weight loss cannot occur until you identify the reason for the weight gain, and correct the imbalances that you may have.

How can an RNCP help me?

A registered Nutritional Consulting Practitioner (RNCP) is a professional trained in Holistic Nutrition and complementary therapies. RNCP's focus on educating the public about the benefits of a sound nutritional and supplement program in concert with a healthier lifestyle. Their goal is to empower and to encourage people to achieve optimum health and energy, by recommending customized nutritional and lifestyle approaches.

A commitment to start today:

- Do you need to lose weight? Check your BMI (Body Mass Index), a health risk indicator associated with being over or underweight: Divide your weight (lbs) by your height (in inches squared.) Multiply the answer by 705 = BMI.

A BMI between 18-25 is normal; 25-29.9 is overweight; >30 is obese.

- Make a list of foods that you would normally eat in any given week, including take-out and snacks.
- From your list: circle foods that you crave.
- From your list: circle foods that are processed, prepared, or take-out. Do you eat these foods more than 5 times per week?
- Identify and avoid foods with refined (white) sugar.
- Identify and avoid foods high in saturated fat: red meat, take-out, processed and snacks/packages foods and most dairy.
- Eliminate allergens— like dairy, soy, wheat, citrus,

- tomatoes, peanuts, pork and corn for at least 3 weeks.
- Ensure adequate rest and moderate exercise— at least 30 min./day.
- Did you know that why you choose a certain food to eat, at a certain time, is just as important as what food you choose? Sound daunting? It is not hard to do when you consult with a professional like an RNCP to guide you through an individualized program... at your own pace!

Dieting is not the answer!

Just using the word “diet” stresses people out—implying “caloric restriction” and deprivation.

I love food! It was put on this earth to nurture us, and we should enjoy it!

Thus, I will educate you about how and what you must eat, instead of how many calories you should count!

Lifestyle change is the answer!

Addressing each of the following is equally important:

- Food consumption (quality & quantity);
- Symptoms of bodily imbalance, including nutritional requirements of certain organs... that are not being met &/or nutritional deficiencies due to poor food choices;
- Emotional factors that may be preventing you from achieving your goals—relationships, dependencies, anger, fear, sadness... our psyche imparts powerful influences on our physical body—evidence: stress and blood pressure connection.

Dairy & weight loss—Weight a minute!

Many recent studies have found that a diet rich in calcium (from dairy sources, as opposed to supplements) help people reduce body fat.

Special Points of Interest:

- Commit to a lifestyle change.
- Correct imbalances that you have.
- Make wise food choices

However, it is very interesting that these studies do not include other sources of calcium—from vegetarian sources. Every one of the studies that I have seen, including those published in the Journal of The American Medical Association, and various Nutrition Journals are biased because the studies are supported by and financed by the dairy boards in the jurisdiction where the study was based! I have these documents on file, for any who wish to view them.

A great reference for vegetarians or those who do not consume dairy is: “Becoming Vegetarian” by Brenda Davis, RD. It has wonderful information about calcium absorption and alternate sources of calcium.

About the Author:



Irene received her Bachelor of Science Degree in 1996, specializing in biochemistry and nutrition. After obtaining an honours diploma in holistic nutrition, Irene founded Wellness Wizards Ltd where she offers comprehensive nutritional counseling for athletes and the general public. To Irene, every client presents a new challenge and an opportunity for learning and growth—in body, mind and spirit.

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre
 Bramalea City Centre – Inside GoodLife Fitness
 Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
 Tues. and Thurs.: 10:00 am - 9:00 pm
 Fri.: 9:30 am - 7:00 pm
 Sat.: 9:30 am - 2:30 pm
 Sun.: Closed

In GreatHands Chiropractic & Wellness Centre
 Inside Oshawa Centre Mall
 C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. - Thurs.: 9:00 am - 7:30 pm
 Fri.: 9:00 am - 7:00 pm
 Sat.: 9:00 am - 5:00 pm
 Sun.: Closed