

Build a healthy body and lose weight

The ideal way to lose weight is slowly but surely.

Natalie is 5 feet tall and used to carry 202 lbs. She also has a heart condition, was experiencing migraines, anxiety, panic attacks, shortness of breath and wheezing. Feeling always tired she had no motivation to do anything (even if it was something fun), experienced irregular and painful menstrual cycles, swelling, bloating and, to top it off, an immense feeling of failure/low self-esteem.

Slimming diets and diet supplements were not an option for her because of her medical condition, but she was anxious to improve her health. Natalie decided to take the bull by the horns. After a little research and information gathering, she came up with her own program. Within two months she lost 42 pounds and continues to lose one to two pounds a week. All of her health issues either improved or disappeared!

What exactly is she doing? Here is what she told:

"My weight loss and increased well-being was attributed to a variety of things. My best friend was the calorie counter at www.calorie-count.com. There was an article on www.livescience.com that explained that people who were able to lose 30+ pounds and keep them off were those who calorie counted.

"I find calorie counting is incredibly easy to maintain. I can eat almost anything I like, which didn't limit me to the 'I can't have this' problem. It's all about portion control. Diet, exercise and herbal support were also key components to the weight loss. Here is the program I followed (and still do) faithfully:

Diet

I cut my calories down to as low as I could handle. I found between 700 and 850 calories/day was what I could deal with. If I felt tired, I would add 200 calories to my diet for the day.

The No's: NO soda (especially no diet soda—aspartame increases your appetite!), NO sugary drinks, NO bananas, NO fried foods (if it has been in a skillet

Staying Healthy the Natural Way



Leilah Breitler

or deep fryer, stay away)! I also cut out grains. ALL OF THEM.

Drink a minimum of 64 ounces of good water EVERY day. Your brain often mistakes thirst for hunger! A really helpful trick is to down 8 ounces of water 10 minutes before you eat. You'll be so full you'll hardly be able to eat!

I never wanted to feel starved because I would certainly stop my program. When I was really tempted to gorge food, I would make steamed broccoli and cauliflower.

Eat protein, lots of it. This will sustain your energy level, but make sure you're drinking the water and eating plenty of veggies (greens). Too much protein can clog the kidneys.

Eat several small meals daily, but do NOT eat after 6 p.m. This will keep your metabolism going and help the body avoid turning food into fat. Breakfast idea: One poached egg, one piece of Ezekiel bread (must be Ezekiel), use one-half the serving size of cream cheese on the bread and add fruit butter. There's a place in Pine called The Honey Stand. They make these wonderful "jams" called fruit butter that have no added sugar and taste oh so amazing. One tablespoon has 10 calories! It's a gourmet breakfast for less than 200 calories!

Exercise

I exercised daily, or at least five to six times per week using a cross training

method: bring your heart rate up, back down, back up, etc. Daily stretching and toning was also very important. The goal here was to burn at LEAST one-half of my food intake. At the beginning I was burning more than I was taking in; my current routine now consists of burning between 400 and 600 calories daily.

Herbal Support

Watch your energy levels. If you don't feel energized, supplement with green veggies (I took The Herb Stop's Herbal Vitamin, which contains every nutrient you need to survive, Slim & Fit capsules, and sublingual spirulina). Or just add more protein.

This is an important step. You don't want to damage your body, just whip it into shape! I also took sea veggies to speed up my thyroid (a gland responsible for metabolism).

Later on in my routine I started taking green tea capsules. This seemed to also pick up my metabolism. To control my appetite I also drank and took capsules of Slim Tea.

This program is really easy to follow if you set yourself up. I would shop at a health food store and stock up once a week on just the food I was eating that week.

If you want to learn more about building a healthy body and losing weight, please join us for a free class on Saturday, June 16, 1 p.m. to 3 p.m. Natalie will be available to answer all of your questions and share all of her weight loss secrets. Call the original Herb Stop in Pine at (928) 476-4144 to reserve your seat.

The herbs discussed in this article can be purchased at The Herb Stop located in Pine, 4004 N. Highway 87. If you have any questions, Leilah can be reached at 928-476-4144 or by e-mail at herbstop@gmail.com.

The FDA has not approved these statements. The information given is not meant to act as a prescription, medical advice or therapeutic advice. Consult your health-care professional prior to using botanicals discussed in this column.

HERB STOP

www.HerbStopOnline.com

**FREE Herb Classes
Offered at The Herb Stop
4004 N. Hwy 87
in Pine, AZ
928.476.4144**

Summer 2007 Class Schedule (1 p.m. to 3 p.m.)

June 16 - Weight loss. How to live a healthy life and lose weight while maintaining your sanity.

July 7 - Herbs for Anxiety and Panic Attacks.

August 4 - Herbs for menopause.

September 8 - Herbs and the proper diet for migraines and various headaches.

Soap Classes - A hands-on class where you learn to make your own soap from scratch. Call to schedule your class. Class size limited 1-6 people \$35.00 per batch of soap!