



## Healthy4life.ca Newsletter - January 2018

Holistic nutrition includes body, mind and spirit. Articles will address each area.

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**Hello, Friends!**

### **Weight Management**

A new year, a new weight. Whether you want to lose weight or gain weight now is a fantastic time to improve your nutrition.

If you want to gain weight, choose a whole foods diet. Balance the lean protein, complex carbohydrates and healthy fats. Simply increasing calories alone does not help. Yes, you do need to increase daily caloric intake, however, you also need to build muscle mass and that requires a general increase in exercise and resistance exercises in particular. For example, if your calorie intake has been 1800 per day, you may need to increase it to 2000 per day.

If you want to lose weight, choose a whole foods diet. You need to balance the lean protein, complex carbohydrates and healthy fats all while taking into account portion control. Most Canadians eat much larger portions than the body requires to maintain a healthy weight. For example, if your calorie intake has been 2000 or 2500 per day, you may need to decrease it to 1800 or less. Consult your health care professional before undertaking any changes.

Find out if you have high blood pressure, high cholesterol, are obese based on your BMI, have pre-diabetes or diabetes, high CRP or other inflammatory markers, have gall stones, thyroid problems, etc.; basically make sure you have an annual physical and know your lab results(keep copies). This will help your doctor or holistic nutritionist guide you in the dietary changes that are best for you.

Movement and exercises help circulation, lymphatic drainage and elimination. Exercise also helps to increase range of motion, bone density, muscle mass, endurance and quality of sleep.

Managing stress reduces production of and circulating levels a cortisol, a hormone that caused tissue damage, alters metabolism and overworks your adrenal glands. Practice deep breathing, various relaxation techniques and seek counseling if you need it. Reducing stress helps your digestion and absorption of nutrients.

If you need help with weight management, consider hiring a registered holistic nutritionist for an individualized program to suit your health and goals.

## **Gut Microbiome and Mouth Microbiome**

Feed your gut and mouth microbiome quality probiotics and prebiotics from food and when necessary with supplements. Without a healthy balance of good and bad bacteria, your attempts to manage your weight will probably fail.

With 80% of your immune system in your gut, a healthy gut is important to coping with winter colds and flu. Be sure to include both soluble and insoluble fibre, resistant starch, a wide variety of fruits, vegetables and whole grains, and lots of fermented foods and beverages.

## **BMI - Body Mass Index and Waist Circumference**

BMI is a measure of your body fat based on your height and weight. There are different charts for men and women.

To manually calculate your body mass index, your weight in kg/your height in meters squared or  $BMI = \frac{kg}{m^2}$ .

There are many BMI calculators and apps on the internet in both metric and imperial.

Waist circumference indicates your level of risk for heart disease and type 2 diabetes. The risk increases in relation to your waist measurement, above 35 inches or 88.9 cm for women and 40 inches or 101.6 cm for men.

**Canadian Guidelines for Body Weight Classification in Adults**

**Be healthy 4 life,  
Cathy Ferren RHN**

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