

FREE REPORT ON WEIGHT LOSS

Are you frustrated with losing weight? More importantly, is your health not as good as it used to be? How's your energy? Skin? Hair? Nails? Libido?

These things do not have to go downhill as we age. The body is an amazing machine, and like any machine, if you give it the things it needs to maintain optimum performance, it will continue to perform well, and if you do not, it will wear out and literally rust from the inside out.

At SHUR we work with people daily who start off unhealthy, overweight and full of symptoms that signal bigger problems if they do not change their lifestyle. There is a simple process we follow in order to help the body heal and to naturally shed excess fat as a byproduct of getting healthy. Here is the process we follow.

1. If you help cells to get healthy, the body will get healthy

The process of oxidation is what causes rust on a machine and oxidative stress, causes the body to break down. How do we combat this? With machines, we keep them clean, give them tune ups and protect them from the elements. With your body, it's a little different. Protecting against oxidative stress, means using nature's anti-oxidants to repair the damage it causes, and to prevent further damage. It also means reducing or eliminating oxidative stress wherever possible.

What causes oxidative stress?

Stress, poor food choices, lack of nutrients, medications, excessive exercise, lack of exercise, daily activity, toxins in the environment, food and cleaning products as well as skin products. Many of these items cannot be avoided and many can. Those that can be avoided, should.

Not to get too technical but oxidative stress causes free radical damage. So, what does that mean? Your body is comprised of over 100 trillion cells that have their own life and death cycle. Healthy cells= healthy body. Free radicals are cells that lack an electron, so they start zinging around like a pinball inside your body trying to stabilize by stealing electrons from other cells, which just leaves those cells unstable. Unstable cells = disease.

Antioxidants to the rescue. Antioxidants naturally carry around extra electrons, that they

can donate to these unstable cells to calm them down again. Did you know that a sugary high glycemic meal, like pizza, causes so much oxidative stress that your arteries will spasm for about five hours? If you, however, eat the same meal, and also ingest a handful of antioxidants, the arterial spasms will cease relatively quickly. The lesson here is not to eat garbage and follow it up with antioxidants. It is to first avoid the garbage. Second, take lots of antioxidants so when you do have the garbage meal, or breathe in toxins or ingest pesticides or go swimming in chlorine, or bathe in fluoridated water, your body has a defense mechanism to protect your cells.

We develop a customized vitamin regimen for each person we work with based on their unique symptoms and family history (which usually provides clues as to what nutrients could be lacking.)

At the very least, everyone should take a multivitamin that is manufactured according to GMP of the pharmaceutical industry. You know the old saying, garbage in, garbage out? The same is true with your vitamins. Your cells need nutrients in order to achieve and maintain health. You wouldn't buy cheap parts for a Ferrari, don't do it with your body either. Choose the best fuel (vitamins and food) in order to keep your body performing optimally.

2. Water water everywhere

Your body is comprised of 70% water, the more dehydrated you get, the fatter you get. Yup, obese people are dehydrated. In fact, the more weight you gain, the less water goes in your cells. So, one crucial key to cellular health and weight loss is water. Drink 50% of your bodyweight in oz daily. So, if you weigh 200 lbs, you would drink 100 oz.

Add 16 oz for every 8 oz cup of coffee you drink, every 8 oz soda you have, and every alcoholic beverage you have (5 oz wine, 10 oz beer and 1.5 oz alcohol). Caffeine and alcohol, as well as carbonated beverages and sugar, are dehydrating to the body. You need to replenish the water they steal.

3. Limit toxins and liver loaders

There are 1.5 million chemicals in our lives that did not exist 30 years ago, about 60,000 of those we come into contact with daily. Through the air we breathe, the food we eat, the products we put on our skin and hair, and the chemical we use to clean, we are bombarded with toxins. Your liver has to take these fat soluble toxins and either convert them to water soluble toxins that can be eliminated, or store them as fat. Your liver is what converts fat to energy for you, so we want it doing lots of that, and it cannot if it is busy with toxins. So, if you want to lose fat, lose the toxins!

At SHUR, we start all of our clients on a liver cleanse, which means eliminating liver loaders and adding in foods and nutrients to support a healthy liver. The foods we eliminate initially are gluten (wheat products), soy, corn, sugar (of all kinds including artificial sweeteners), dairy, peanuts, caffeine, CAFO raised animal products and eggs. We also try to identify toxins in the home that are endocrine disruptors or create a tax on the liver.

We then create a meal plan and 3 week plan to help clients to have a blend of satisfying foods, and convenient meals that adhere to this new lifestyle. After 3 weeks, we try reintroducing these foods, to see which ones are tolerable, and which ones are not. Keep in mind that the aforementioned items are inflammatory and they are also highly processed, and likely GMO, and in the case of dairy are usually laden with drugs and antibiotics. Because of this, even if a body can tolerate a food, does not mean you should consume it weekly or even monthly.

There are plenty of ways to satisfy tastebuds without creating an inflammatory response. During the cleanse, and after, we teach clients how to do that.

If you are a do it yourselfer, Paleo seems to offer the closest meal options, you will just need to substitute for eggs and dairy, and you will also want to avoid honey, maple syrups and other sweeteners during the cleanse. Afterwards, you can test these items and if they do not cause discomfort, (headaches, bloating, gas, abdominal discomfort, constipation, weight gain, etc.), then you can use them sparingly.

