

# 10 Steps to Overcoming Obesity

You Can Be the Weight You Desire by Melody Hord, Hallelujah Acres Education and Training Coordinator

## 1 Eat breakfast

Start your day with BarleyMax by Hallelujah Acres. BarleyMax is a super food that packs powerful nutrients into your body. Mid-morning, eat some fruit or a green smoothie to satisfy your hunger! Your blender could become your new best friend (see recipe on page 2).

## 2 Don't count calories

Simply replace refined high sugar foods and snacks like bagels, pizza, crackers, potato chips and pasta with nutrient-dense lush whole vegetables, fruits, beans and legumes.

## 3 No processed oils

Get your fats through whole food. For example, instead of using flax oil to get your omega-3 fatty acids (good fats), consume one to two tablespoons of ground flax seeds. Instead of oil in your salad dressing, put a hand full of nuts or seeds on top of your salad. Keep seeds and nuts to a minimum while trying to lose weight as they have a high fat content. Avoid animal products, as they are loaded with saturated fat.

## 4 Don't skip meals to save calories

An ample fresh vegetable salad relieves hunger pangs with very few calories and lots of fiber; eating lots of foods full of fiber is the key to weight loss. Vegetables, fruits, beans, and legumes are full of fiber. Fiber causes sugar to enter your bloodstream slowly, improving metabolism. When you go longer than three to four hours without food, your metabolism slows down, avoid long periods without eating. And remember, all the foods we consume through the day should be minimally processed, as close to their natural state as possible.

## 5 Exercise

Move more and work your body harder than you have in the past! Walking and the Fit 10 fitness system are the easiest exercises to assimilate into our busy lifestyles. The goal is to build muscle, because muscles burn more energy (calories) than fat. We even burn more calories while we are asleep when we increase our muscle mass. As we eliminate fat and create muscles, we not only burn more calories we also have more energy. (If you have not exercised lately, check with your doctor before you become too zealous.) Fit 10 fitness equipment kit is available online at [www.hacres.com](http://www.hacres.com) (Item #605 - \$99.00)

## 6 Keep grains to a minimum

Limit yourself to one serving of a whole grain food per day. You may choose one bowl of oatmeal, one pita pocket, or a cup of whole grain brown rice. Of course, if you eat a sandwich, you will want two slices of bread; but eating one slice of bread with your salad is also gratifying. Ezekiel bread and Hemp Sprouted Bread by French Meadow Bakery are excellent commercial brands.

## 7 Eat fruit for dessert

When you start craving something sweet, reach for plump, juicy fruit like apples, grapes, strawberries, peaches, pineapple and watermelon. Fresh fruit is best, and frozen is second best. Fruit is very cleansing and is imperative for optimum health. The next time you smell cookies baking, grab a mango or a banana—it may surprise you to learn that fruit is more satisfying once you get in the habit of choosing it over refined sugary junk food.

## 8 Drink at least two cups of freshly extracted vegetable juices daily

The best vegetables to juice are carrots, celery, spinach, and beets. Parsley and a little ginger are great to add flavor to your juice. Juicing vegetables provides loads of nutrients to your body's cellular level within minutes. Your body uses these nutrients to push out weak, poorly functioning cells (detoxification) and build strong efficient cells; detoxification helps the body to function better so it can resolve weight issues. Keep in mind that detoxification can cause temporary discomfort, including rashes, headaches, foggy headedness or flu-like symptoms. Hang in there. If you need to decrease the symptoms, reduce your juices or add a little more cooked foods to your diet.

## 9 Pack healthy snacks

As we buzz through our overscheduled lifestyles, we can suddenly find ourselves hungry. Examples of healthy snacks include carrot sticks, celery filled with a tablespoon or two of almond butter, apple slices or Vanilla Nut Goodee Bars by Hallelujah Acres; put them in baggies, lidded glass bowls or pack a cooler. You can even pack a 16 oz smoothie to go! Keep healthy snacks on hand so that you won't be tempted to consume junk food.

## 10 Give Thanks!

Above all, give thanks to the Lord. He is our strength. He is our deliverer. He is the One who gives us the determination and commitment to restore health. His omnipotence doesn't take away our responsibility, but our faith must be in Him, not in ourselves. ■

Sources:

Ron Garner, *Conscious Health*, Namaste Publishing and Beaufort Books, 2006. P. 177  
Joel Fuhrman, MD, *Eat To Live*, Little Brown and Company, 2003.  
Mark Hyman, MD, *Ultra-Metabolism*, Scribner, 2006  
Dr. Andrew Weil, Dr. Weil's Guide to Natural Healing for Women, Issue Jan. 15, 2009

Food for Thought!

People who eat as little as others but seem to gain weight in spite of this are often deficient in the digestive enzyme lipase, and the food-form minerals chromium, zinc, and selenium.

*Conscious Health*, by Ron Garner (page 177)



## Kitchen Tip: Vegan Burrito

Instead of using bread or a pita pocket for a sandwich, take a Swiss chard leaf, load it up with hummus, grated carrots, sprouts, and onions. Roll it up and eat it as a healthy burrito. ■

