

Eating Sensibly to Lose Weight

No Need for Cabbage Soup Diets with MaxWLX!

Losing weight is supposed to be as easy as this: take in fewer calories and expend a little more energy and the weight comes off. You understand now that those fat cells that sneaked onto your tummy and hips have been sending out too many leptin messages. With MaxWLX correcting this faulty message, you will find it's much easier to lose weight!

Get Enough ZZZZZs and H₂O

The authors of *You on a Diet*, Michael F. Roizen, M.D. and Mehmet C. Oz, M.D., report that not getting enough sleep restricts the amount of serotonin and dopamine, "feel-good" chemicals craved by the brain. So the brain messages the body to find more of these chemicals making you crave sugary foods. That's why when you're tired, you crave sweets. They advise that you "tuck yourself in early and stay slim!"

(<http://www.realage.com/ct/the-you-docs/you-on-a-diet/>)

Here's more good advice: drink water! Perfect Weight authors Jordan Ruben and Bernard Bulwer, M.D., remind us that when "your body's cells are well hydrated, you accelerate the liver's ability to convert stored fat into usable energy and help your kidneys flush out toxins." A one-year study conducted by scientists at Children's Hospital Oakland Research Institute, showed that women who simply exchanged water for the sodas they had been drinking, lost at least 3 extra pounds and some as much as 20 pounds! (Stokey, 2007)

On the "Black List"

In *You: The Owner's Manual*, doctors Roizen and Oz warn against processed foods that contain trans and saturated fats; white foods like creamed sauces, white bread, white rice and simple sugar; and products containing high-fructose corn syrup.

Not all foods are metabolized the same once they are consumed. The Glycemic Index shows foods that spike blood sugar then cause it to fall rapidly. You get a rush of energy and then a crash as blood sugar levels plummet. And that process makes you very hungry! (A complete glycemic index chart can be found on this website.)

High Glycemic Foods (70 or higher)

Avoid the following simple carbohydrates:

- Bread (white)
- Pasta
- White rice
- Refined cereals
- Baked goods

Add These Foods to Your Diet

Low glycemic foods (55 or less) include:

- Fruits
- Vegetables
- Whole grains
- Legumes

You need carbohydrates, proteins and fats in your diet. Yes, you do need fats! "Good" fats include monounsaturated fats found in olive oil and avocados. Polyunsaturated fats like the omega-3 fatty acids found in fish, and vegetable oils like safflower and sunflower, are good for you. Avoid trans fat by careful label reading. If it says "partially hydrogenated" or interesterified (the not-so-healthy trans-fat replacement) do not use.

Carbohydrates that are "complex" like multi-grain breads or brown rice are healthy alternatives to highly processed white bread or white rice.

Lean meat, chicken and fish will provide the protein you need. Some experts suggest you include 40 percent carbs, 30 percent protein and 30 percent fats as a good ratio for your diet.

Remember, there are:

- 4 calories in 1 gram of carbohydrate
- 4 calories in 1 gram of protein
- 9 calories in 1 gram of fat

Be wise in your food choices and be sure to factor in exercising!

Don't skip breakfast! Eat three meals a day with frequent low-calorie snacks to keep your metabolism humming! Eating right will work with MaxWLX get you back on track.

