

## THE HOLFORD DIET

Patrick Holford's latest book and diet program was launched in SA mid-February 2005. He gave "The Holford Diet" lectures in Cape Town, Johannesburg and Durban. Holford also hosted an exclusive 100% Health Weekend Workshop in Johannesburg and Cape Town.

This book and program is expected to rival Robert Atkins' book and program. The Atkins Diet. As dieticians, we know that this means that the weight-loss hungry consumer will either want to know more about this diet, will be following his plan, or will query the difference between this diet and other popular diets. The lectures and books will also lead to increased consumer knowledge on the Glycemic Index and Glycemic Load. A huge media and publicity plan has been put into action, and a new craze is expected to begin.

Partick Holford is the founder of the Institute of Optimum Nutrition, author of over twenty books and ranked as one of the world's leading health and nutrition experts. Patrick's new cutting edge research on the GLYCEMIC LOAD, now incorporated into the HOLFORD DIET, is set to take the world by storm....when you balance your blood sugar, you'll lose weight fast, beat your cravings and live with vibrant health and energy.

(For more information regarding the above lecture, you can e-mail us and we will forward the details to you.)

*Have a look at my article below that appeared in the Glamour Magazine August last year. I have been practicing this for years.....*

## SLIM CHANGE

**Lose weight the Healthy Ways. Because Healthy is beautiful and oh-so simple.**

Want to lose weight? And, more importantly, stay slim? Healthy Ways knows how, and we can't wait to share the secret with you.

Every woman who's ever tried to lose a few kilograms knows the seduction of a crash diet. But have any of us ever had long-term success with a fad diet? No. Because the simple truth is, if you don't eat correctly, the kilos will either stay put or relentlessly

creep back on! There is only one-way to lose weight and keep it off: Eat correctly every day and make it a way of life.

Crash diets will only slow down your metabolism and are potentially damaging to both body and state of mind.

Healthy Ways starts by boosting your self-image, because “Self-image problems are the greatest stumbling blocks to weight loss,” stresses Nelia Joubert, the owner of Healthy Ways. “Healthy Ways believes in a holistic approach, where every client is an individual.”

There are no mass ‘do’s and don’ts’ lists, no ‘one-fits-all’ eating plans and ‘must and must-nots’.

Follow the Low Glycaemic Index method, with the correct balance of carbohydrates, protein and fat. Healthy Ways makes losing weight easy with an individualized eating plan designed by a dietician to speed up your metabolism, feed your cells properly, and ensure that all hormones are working to keep you at your recommended weight.

Healthy Ways’ eating plan is practical and easy to follow – you don’t have to weigh your food or count your calories. It takes your medical history into account and helps you to learn how to prepare delicious food, even on a small budget. Finally, Nelia adds that “the correct scientific and psychological approach towards eating is necessary for success.”

So, your slimming solution is simple: don’t crash and burn with crash diets. Lose weight the healthy, effective way and stay slim for life with the Healthy Ways. And remember: “If life hands you a lemon, make lemonade!”

*\*Healthy Ways consultation fees are covered by most medical aids.*

NELIA JOUBERT, REGISTERED DIETICIAN AND OWNER OF HEALTHY WAYS, SHARES HER TOP WEIGHT-LOSS TIPS...

“Firstly, DON’T try ‘wonder’ cures and ‘instant’ crash diets; they can lead to serious physical complications such as your hair falling out or kidney damage. **My best tip for weight loss is to start by getting your blood sugar levels checked and make sure they are controlled, and that your body cells are well fed. Combine these two successfully, and you have the most basic premise of good health, which is necessary for weight loss.** And always remember this quote by Henry Ford, ‘Whether you believe you can do a thing or not, you are right.’”

*In the latest Fair Lady, there is an article that fat is not always bad, in fact you need to eat fat to get thin! You as my Healthy Ways patients already know this fact, because I always recommend the use of Hemp Seed Oil.*

*I have always trained you that eating fat, containing Omega-3, 6 and 9 fatty acids makes your body capable of burning more fat and actually helps your body to metabolise carbohydrates. That is what I mean by kick-starting you! I really want you take a new look at your eating plans and the recommendations I gave you, because everything I recommended, is there for a solid reason, for speeding up your weight loss and effective results.*

*Below is a summary regarding the advantages of using Hemp Seed Oil. I am going to put up a short summary explaining Essential Fatty Acids of the book "Fats that Heal and Fats that Kill" on the web next week.*

## **Essential Fatty Acids**

The potential contribution of the Essential Fatty Acids to human nutrition is gaining wide recognition.

What is so great about Essential Fatty Acids? (EFAs)

You need Essential Fatty Acids in your diet more than any other vitamin. Many researchers are linking Essential Fatty Acids deficiencies with a variety of degenerative diseases such as cardiovascular disease, cancer, diabetes, skin afflictions, multiple sclerosis, PMS, behavioural problems, poor wound healing, arthritis, glandular atrophy, weakened immune functions and sterility (especially males). Lack of oxygen is a key factor in degenerative diseases and Essential Fatty Acids help bring oxygen into our system EFA's serve what seems to be an unending list of vital functions in the body. Here's a sample of some of them:

Our body uses EFAs to construct membranes, create electrical potentials and move electric currents.

Their tendency to disperse gives biological systems the power to carry substances such as toxins to the surface of the skin, intestinal tract, kidneys, or lungs, where these substances can be discarded.

The chemical reactions on which life depends require a one-way movement of energy through molecules. EFAs play an important role in this function.

EFAs facilitate the recovery of fatigued muscles after exercise.

EFAs are precursors of prostaglandin's hormone-like substances that regulate many functions of cells in all tissues. EFAs are found around the hereditary material in our

chromosomes where they may play a part in maintaining chromosome stability, and may have functions in starting and stopping gene expression.

EFA's help our immune system resist and fight infections, and prevent allergies from developing.

EFA's are necessary for the development of brain and nerve cells and for healthy liver function.

As a dietary supplement, EFA is said to strengthen the immune system and therefore assists greatly in the prevention, healing and/or relieving of the following diseases and health related problems:

A: Acne, Allergies, Alcoholism, Aging, Arthritis, Aches and pains, Alzheimer's disease, Asthma, Attention deficit disorder, Atheroma, Arteriosclerosis

B: High Blood pressure, Blood Clot formation, Breast cancer, Bronchitis, Brain development (children and infants)

C: Cancers, colitis, cardiovascular diseases, Concentration difficulties, high Cholesterol, Constipation, Cellulite

D: Diabetes, Depression, Digestive track problems, Degenerative diseases, Diverticulitis

E: Eczema, Ear infection

F: Fibrosis, Chronic Fatigue

G: Gallstones, Glandular atrophy, Gout, Growth retardation (children)

H: HIV/AIDS, Hair problems (dry and brittle), Hair loss, Headaches, Hyperactivity, Hangovers, Hay Fever

I: Irritable bowel syndrome, Inflammations, Indigestion, Infertility

K: Kidney degeneration

L: Liver degeneration

M: Menopausal symptoms, Multiple Sclerosis, Muscle contractions, Metabolism problems, Miscarriage

O: Osteoporosis, Overweight

P: PMS, Phobias, Prostate problems, pulmonary embolism

S: Systemic Lupus, Skin diseases, Schizophrenia, Sinusitis, Sterility

T: Thrombotic diseases, Thrush, Thyroid problems

U: Ulcers

V: Varicose veins

W: Wound healing

**Thought of the Week:**

**“You must be the change you wish to see in the world”**

**- *Mahatma Gandhi***

**I wish you all a kiloless week!**

**Kind regards,**

**Nelia**