

Helpful Hints in Weight Loss

- 1) **Alkalise your body.** Take the acid out of your body by drinking more water. Add Chlorophyll to ramp up the effects and burn more fat by lowering your acid levels. Also add a pinch of natural salt to maximise your cells water uptake
- 2) **Eat more fibre.** Especially from green veg, which also strip toxins. Get a good mix of soluble and insoluble fibre in your diet. If you feel you need more, take a quality fibre supplement that doesn't contain loads of sugar.
- 3) **Give up dairy for one month.** See how you feel. Vary your diet by getting nutrients from different sources and mild alternatives.
- 4) **Do some bang exercises?** Exercises such as squats, lunges, push-ups , dips, and chin ups burn fat and keep you strong. Also consider a walk most days.
- 5) **Add a squeeze of lemon juice to your food.** It makes you feel fuller and lower the GI (Glycaemic Index) of everything you eat.
- 6) **Drink organic coconut oil.** Put a teaspoon in warm water and drink it 20 minutes before a meal to ramp up your metabolism. It's also good to cook with, as it doesn't denature at high temperatures. It is also good for your immune system.
- 7) **Exercise every day.** Forget the 20 minutes 3 times a week.
- 8) **Sleep is the key.**
- 9) **Do one of these once a week.** Yoga, Pilates or get a massage. It will help you deal with stress as well as stretching and strengthening your body.
- 10) **Take fish oil and or flaxseed oil.** Its magic! An anti inflammatory and antioxidant it's good for your nails skin hair and elevates mood.