

Healthy Weight Loss – A Personal Success Story

Robina based Naturopath Jan Saxon, purchased a massage table 8 years ago when working in a gym. This table easily accommodated large, muscular body builders, yet now she finds some young women can't lie on the table with their arms by their sides! We asked Jan some of her insights into healthy weight loss and some of the tips she recommends to get your gastrointestinal-tract in top shape.

*Jan has also been working with one of our supporters Mannatech, utilising a product called **OsoLean™**. Jan's organisation works with many clients who have carried substantial excess weight for a long time and need to take strong steps to get in control of their weight and improve their lives.*

Following some insights from Jan is a profile on Mick Gawalski highlighting how you can utilise good weight loss products, a good diet and exercise to transform your life.

Jan: Unfortunately over the past decade we seem to have lost the art of preparing and eating healthy foods. Serving sizes have become larger. Our lives have become extremely busy and stressful, thus we tend to head for the quickest method when it comes to eating. We eat out for breakfast, lunch and dinner far more often than we would have 10 years ago. It's leading to serious obesity problems in this country and all over the western world.

Here are some great ideas for laying a foundation for healthy weight loss:

1: ALKALISE: Begin your day with a warm glass of lemon juice and water. This helps to alkalise your body and clean your internal digestive system. It's a great kick-start to the day.

2: PROTEIN: Most people think they eat a healthy diet, but in fact don't eat anywhere enough protein. Protein intake is something we need to increase as we get older as protein helps us retain lean muscle mass – more muscle mass means less chances of bone fractures and makes maintaining fitness much easier. Every 10 years we lose approx 10% of our bone density and lean muscle mass causing us to have a more aged appearance. A female needs approx 90gm of protein a day and a man should try to include 110gm in his daily diet to receive optimal benefit. I don't personally consider most commercial cereals or toast a good way to start a day, there are exceptions, but we really need something more 'substantial' than that for breakfast. People who end up with cravings mid morning and afternoon do not have enough protein in their diet and this often starts from the first meal of the day.

Additionally, and it's almost universally endorsed now, you are much better off eating 4-5 smaller meals in a day than 3 large meals. It eliminates the impulse to snack on that donut because you're hungry from the large gap between meals, and helps manage blood sugar levels (cravings) much better.

3: BOWEL CLEANSE: Give your bowels a flush-out with a heaped dessert spoon of ingestible Epsom salts (magnesium sulphate) in a glass of watered down juice (not orange) or water and make sure you stay home, close to the toilet. Drink plenty of filtered water while doing this cleanse (**Warning – DO NOT carry out this cleanse if you suffer from any bowel or stomach disorder, or are pregnant without first consulting you GP**). We can carry 6 Kg or more of unwanted waste matter in our bowels and we wonder why we have trouble keeping our stomachs flat. Parasites and worms breed in that stored unwanted faecal matter causing bloating and gas and this is where bowels disorders begin. It is best to have 2 to 3 bowel movements a day. If this isn't happening then you need to contact a naturopath or dietician to help fix the problem.



5. DETOXING: There are a number of different ways to detox and one system I use the most is an 80 day supply of 'heavy metal' detoxing powder. Speak to your naturopath or health food store as to which product they specifically recommend. This product is used to remove heavy metals from the body that store in fat cells often making it very hard to lose weight. Anywhere on the body where the skin cannot be pinched together is usually where fat cells are stored, often the tops of our legs, arms, stomach and buttocks. Detoxing helps to bind and pull those heavy metals through the body allowing the good metals to move in and assist with the elimination of waste from the body. Detox patches will also assist with the elimination of toxins.

Mick Gawalski Healthy Weight Loss Story

Ever since I was 6, I battled with being overweight!

At 49, I currently weigh the same as when I was a teenager – only I'm much taller now! That gives you an idea of how overweight I was. When you're overweight, and have been for a long time, you can, and often do, bury your head in the sand about the medical implications. Despite this seeming ambivalence about my weight, I never enjoyed being photographed, avoided mirrors, and clothes were just something I wore to keep myself covered from the elements.

After reading and hearing so many reports about diabetes, stroke, and heart disease, I decided to face up to a few facts. I wanted to live a long and healthy life, and decided it was time to become the person I'd always wanted to be.

I'd witnessed many of my friends of my age starting to get unwell with heart problems, diabetes etc and decided that I didn't want to be like them.

I'd tried all types of diets with only very limited success. With most diets, as soon as I lost the weight, I started to put it all on again as soon as I stopped – this is a common scenario in most diets.

In 2008, when I first started using OsoLean™, at just 172cm tall, I weighed 105kg. In 12 months I lost 35kg!

My weight is currently 70 KG which I have maintained using OsoLean™, a good diet and regular exercise. My intention is to recommence a further fat loss routine soon and reduce my weight to about 65 to 67 KG.

To give you an idea on how I lost all my weight this was my fat loss routine over 12 months.

Breakfast

To start: 2 scoops of OsoLean™ with Mannatech's 5 core products: PhytoMatrix – plant-based multivitamin and mineral supplement; Plus, Ambrotose Complex; AO and Essential Source Omega 3 Fish Oil.

Food choices included: hard-boiled egg, mushrooms, baked beans, fresh fruit, morning cereals of some kind, and yogurts.

Mid-morning

1 Accelerator™ with 4 Manna bears and some Almonds.

Lunch

Lunch was my main meal of the day. I ate mostly stir fry, various meats, chicken, pork, fish, salads and vegetables.

I usually had around a ¼ plate meat and ¾ plate of vegies or salad, with some wholemeal or multi-grain bread.

1 glass of lemonade or fruit juice.

Mid-afternoon

1 or 2 pieces of fruit and a small handful of nuts.

Dinner

To start: 2 scoops of OsoLean™ and 1 serving of GlycoSlim® with 5 core products and 2-3 capsules of fish oil.

Because I needed to lose a substantial amount of weight I initially used for 5 to 7 days a week a meal replacement. This is really important to note, I needed to lose a substantial amount of weight as it had become an overall health risk. I had to take more drastic steps than perhaps someone with a smaller amount of excess weight would normally undertake.

In the weight maintenance phase at dinner I consume very similar food combinations to what I would eat for lunch, but a smaller serve.

Occasional Treats

Because I was very strict about my food intake and stuck to healthy and nutritious choices, I allowed myself several 'treats' during the week. Sometimes a very small packet of chips, a biscuit or a few scoops of low-fat ice-cream or a couple of lollies.

Water

I also drank around 2 litres of water a day.

The all important exercise!

A variety of activities for at least 30 to 45 minutes, 4-6 days per week.

	Before	After
Waist	123cm	86cm
BP	145/95	120/70
BMI	36	24
Shirt neck size	45	37
Weight	105kg	70kg

So how do I feel these days? My energy levels are totally different now and I have so much more zing in my walk! I sleep so much better, I think more clearly and I admit I'm now proud of my reflection in the mirror.



I enjoy fashion, and the pleasure in being able to wear things well. Clothes have become fun, not just necessity! My overall self confidence is much higher, and I now enjoy my life as it should be enjoyed.

I can walk for as long as I want, I now even enjoy dancing and not just hiding in the middle of the dance floor! I am proud of being in my body, and I enjoy the compliments that I look good.

I now know that I am on the path to a healthy and longer and happy life.

Jan Saxon ND is a Robina, QLD, based naturopath and can be contacted for more info at jansaxon@bigpond.com or go to www.robinaaturaltherapies.com.au

For more information on the OsoLean™ Plan go to www.mannatechosolean.com