

Learn Healthy Weight Loss Methods Now (Session 1 of 4)

Having a great holiday,
without sacrificing your waistline!

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Course Overview

Mindset

- Changing your perspective
- Self-talk
- What's your motivation?
- Know your options
- Why most people wait until after the holidays...and why it's worse to do so!

Why now?





Methods

- Awareness of what you are doing: Keep a diary
- Knowing what foods help burn fat and which help store fat:
http://www.perque.com/HSC_AcidAlkChart_7-07FINAL.pdf
- Getting in motion & staying in motion: effective exercise
- Nutritional Supplements : fat-burning support

Mechanisms

- **Biochemistry of weight loss**
- **Why some people have difficulty losing weight...and how they can overcome the difficulty**
- **Body weight verses body composition**
- **Getting your body in a fat-burning (and muscle-sparing) mode and keeping it that way**

Getting Started

1. Download the Diet and Exercise Diary to track all your meals and snacks.
2. Follow the guidelines of how to eat from this video:

http://www.youtube.com/watch?v=EtiX_hE3F_M

Getting Started

3. Exercise – Use one of the following 3-5x/week:
 - a. Hire a personal trainer
 - b. An exercise video at home (i.e: P90x, my exercise video, etc.)
4. Use one of the following detoxification aides:
 - a. Use Designs for Health Detox Packs
 - b. Daily homemade detox drink

Tools For Getting Started

1. Join the discussion forum on http://www.facebook.com/home.php?sk=group_161566677206749
2. Download, print and begin tracking your meals and exercise on the “diet and exercise diary forms”: <http://www.holistichealthbayarea.com/forms/dietexercisediary.pdf>
3. Order the Designs for Health Detox Support Packets from: <http://www.holistichealthbayarea.com/order-products/>

Next Steps

Join our next webinars each Saturday at 3 pm
Pacific Time, November 6, November 13th and
November 20th.