



optimyz

YOUR HEALTH & FITNESS



YOUR FAT WILL SLIDE OFF

NEW GLIDERS WORKOUT

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Make 2014 Your

Year

Better Body

Better Image

Better Mind

FITNESS THE REAL WAY



How do I recover from holiday binge eating?

BY DR. JULIE T. CHEN, M.D.

I didn't exactly stick to my diet this holiday season and I feel disgusting, not to mention I gained 5 lbs. I would like to get back on track but I have an active life and busy work schedule. How can I clean out my diet without going on a drastic juice fast?

MANY people think that metabolism is only affected by exercise. That is not true. While exercise is extremely important for weight maintenance, weight loss and overall health, you also need to make changes to your diet to get your weight and eating habits back on track.

Diet is a big part of how the body functions and hence how efficient our metabolism is. Foods that are high in glycemic load (carbohydrate/sugars) are hard for our body to process and work against our weight-loss efforts.

To start this year off on the right foot by kick-starting your metabolism and losing weight, look for foods that are low in glycemic load or index. Foods that don't spike our sugar quickly then drop quickly are better for weight loss.

Also look into whether a food has higher protein fiber content. These will help with weight loss as well as keeping your energy and sugar at a stable level, so you have more energy to be active.

Some studies have found green tea to be helpful with increasing metabolism.

Epidemiological studies of green tea also suggest other health benefits including prevention of cancer and heart disease. If you want a food that helps your metabolism, why not choose one that also helps your body battle against disease.

In other studies spicy foods were seen to have a beneficial effect on metabolism. Since spices have some anti-inflammatory benefits, adding spices and giving your food a little kick will likely not only help to kick start your metabolism, but will also help your body to kick those colds and pesky illnesses.

Some weight-loss supplements can help us to lose weight, but most studies have shown that these are not all that helpful if your diet is poor. I always have patients start by cleaning up their diet because no supplement can reverse the negative effects of a monsoon of sugary and fatty processed foods. Your metabolism will not be efficient in that monsoon even with the help of a weight-loss supplement because those processed foods will be too overwhelming.

Mother Nature was very smart in how she made foods for our body. Often the foods



that are healthy also help your body be more efficient at burning the fuel; ultimately, food is meant as fuel so we can be efficient in our daily life activities.

To improve your chances of losing weight, eat an anti-inflammatory diet that is low in saturated fat and sugars but high in protein, antioxidants, and fiber through vegetables, plant-based proteins or lean, low-saturated fat animal proteins.

If you would like to do a cleanse that is more stringent, I usually recommend a vegan or vegetarian diet for a week instead of doing just a juice fast, which can leave you feeling weak. While cleanses can be helpful in getting you back on track, keep in mind that your body will be better off if you stick to a healthier, anti-inflammatory diet most of the time. If you need something to jump start this while trying to maintain a busy schedule and exercise regimen, a less aggressive whole-food cleanse might be the way to go. **Z**

While exercise is extremely important, you also need to make changes to your diet to get your weight and eating habits back on track.

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