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# 10 TIPS FOR LASTING WEIGHTLOSS

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Permanent sustainable and lasting weightloss goes way beyond calories in versus calories out!



*Wellness Bootcamp*



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NATUROPATHIC NUTRITIONIST  
& WELLNESS COACH

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# My Top 10 Tips For Achievable Weightloss

## 1. Wholefoods Your Body Will Know What to do!

I am a big believer in picking a “diet” or food regime that fits with your individual needs. There are a million diets and food regimes that you can lose weight on, but until you work out what suits you best as an individual you may not keep the weight off as it will feel like a "diet".

Food needs to tick the boxes that are important for you, for some that could need to be quick and easy options, others may be vegetarian, others a Ketogenic program suits best. Within all healthy regimes however I believe whole natural based foods should be the premise. Your body will recognize food as food in its natural state and it will know what to with it (digest it, distribute the nutrients, pass the waste).

In general most healthy regimes will include consuming loads of vegetables, drinking plenty of water and consuming good fats and protein with most meals!



## 2. Find Your Why!

Simon Sinek brought the concept of Your Why to us all with his Ted talk and work he created around the Golden Circle, he applies this to people and business.

It is essential to find Your Why for your health and weight loss goals as well. Why? It helps with motivation!

When you know in your belly why you want to achieve something motivation will stay high and the need for will power will become less. You need to be able to feel your Why, it is your reason for wanting to lose weight and change your health, it is inspirational. Get specific. For example ; (see if you can feel this) “I want to rock my swim suit and feel comfortable at the beach as that is my happy place and I have not been going because of my weight”. Find Your Why, find your motivation/inspiration. You will need it when the going gets tough, if you have a clear vision and can feel Your Why in your belly it will be easier to stay on track to your goal.



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3. Become aware of what Emotions you are eating?  
Let's face it; we all eat our emotions, so one of my top tips is bringing awareness around this.

If food is where you are getting fulfillment and instant gratification you cannot just take that away without replacing it with something else. Where are you going to get fulfillment and instant gratification from if it isn't coming from your comfort food?

If you are looking at food to provide pleasure than you will need to gain pleasure somewhere else or find some healthier options that can fulfill this need. Not feeling deprived and having some healthy comfort foods are keys to sustainable weight-loss. If you can take a moment to stop, breathe and check in with yourself about how you are truly feeling before you open the fridge or reach for the chocolate you may recognize what you truly need. Those needs could translate to a long bath or walk on the beach or connection with a friend. Pausing for a moment to check in with ourselves and our feelings will help the cycle of emotional eating and in turn lasting weight-loss



#### 4. Check your Chemistry

There is nothing worse than working your butt off to achieve weight loss and nothing happens. Your biochemistry (the trillion chemical processes that keep your body functioning) can get in the way of fat burning and weight loss. Things like hormone imbalance, thyroid dysfunction, insulin resistance, vitamin D deficiency, irregular gut function and impaired detoxification ability are just some things within your biochemistry that keep you stagnant at the same body composition. If you find it difficult to lose weight and keep it off I suggest getting some of these parameters checked with a qualified health professional. Giving you specific strategies to improve your biochemistry and metabolism may be just what you need for lasting weight loss.



## 5. Good Guts

Treating our glorious guts or second brain as it is sometimes referred to is now a fairly mainstream concept rather than alternative medicine. If you want to achieve lasting weight loss and sometimes any weight loss at all you need to ensure that you keep your guts in good company. The bacteria in our digestive systems needs to be kept in the right ratios as some “bad” bacteria or dysbiosis will slow fat burning and could even cause cravings for sugars and starchy carbohydrates. We now appreciate that healing the gut is the centre of all healing. There are a million symptoms that could have a gut imbalance association, so for general health and sustainable weight loss it is essential to ensure you have a happy gut.

## 6. Sleep Glorious Sleep

Sleep glorious sleep! There is no getting around this one, your body needs it to function at its best it is as simple as that, aim for 7–8 hours per night. Impaired sleep, slower metabolism, slower or stagnant weight loss. Not only can sleep impair metabolism by burning fewer calories but when you're tired decision making will be harder.

Motivation will be less as you won't have the energy to move your body and you may be looking for energy or fuel and consume more food and the wrong kinds. Make sure you focus on catching some zzz's for overall weight loss and well-being.

## 7. Move Your Body

This top tip speaks for itself. We all know that movement is essential for weight loss and general health. My top tip is to move your body in a way that you LOVE! You don't have to go to the gym or a bootcamp class to lose weight, but you do need to move your body. If you love the gym and love bootcamp style classes awesome! But if walking or roller skating or trampolining is the thing for you than do that and do it frequently. Find movement that you enjoy so it is easy and fun and not a chore to do.

## 8. Balance the Pendulum Swing

Think about our choices in life as a pendulum that swings from side to side. In most cases it moves dramatically and to each extreme; For example –“I am on a diet eating really healthy, off a diet eating terribly”. It's the extreme pendulum swings that create the good vs bad mentality. I am being a wholefoods goddess versus I am being a party animal. I am exercising 7 times a week versus I put my workout clothes on and sit on the couch. The goal is to make the pendulum swing smaller, to only move the pendulum slightly. For example I ate two serves of eggs benedict for breakfast I am only having a small salad for lunch. I skipped the gym today as I was too tired and needed a rest, I will go tomorrow instead. Making the pendulum swing less helps things become achievable and without the good versus bad association. A smaller pendulum swing is a sustainable lifestyle a large extreme pendulum swing is the on again off again rollercoaster.

## 9. Keep Your Stress in Check

This top tip is so much easier said than done, but is absolutely essential. Not only will stress create an imbalance of chemicals in our bodies that can get in the way of fat burning it will also affect our choices. Like sleep, when you are feeling stressed making healthier choices or choices that are aligned with the weight loss goal you want to achieve is really hard. If you are stressed and in a rush it is often easier to grab a take away on the way home rather than cook. If your stressed you can also find you may need to numb or soothe more with food and alcohol. If you wait when your stressed your body will have a harder time digesting your food which creates additionally problems. Taking some nice long slow deep breathes can help calm us down, particularly before we eat. Evaluate your life stress and how you could balance it more to support your overall weight loss goals.

## 10. Get some Support

The last and probably one of the most important steps to lasting sustainable weight loss is support. Support from friends and family is essential to help keep you on track to achieving your goal. Getting some professional help is important too from a coach or qualified healthcare practitioner. They can hold you accountable to your goals, help decipher if your biochemistry will get in your way and create a specific plan for you that suits your individual needs so you can be set up for success!

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Cassandra is a highly qualified Naturopathic Nutritionist, specializing in helping people achieve balance and lifelong wellness. She encompasses her knowledge of nutritional medicine with emotional wellbeing coaching & kinesiology. She draws on her 15 years' experience in the wellness industry to create specialized natural health programs, workshops, retreats and offers wellness solutions to individuals and businesses. Her real life approach is practical, simple and effective. She aims to create better health for everyone through education, enhancing awareness, creating conscious eating and supporting both physical and emotional health.

Cassandra consults face to face from her home on the NSW Central Coast or via telephone or Skype, she also runs workshops & programs at various locations & creates individualized packages & programs for groups & the corporate sector. Details below to connect with her.

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