



**“I WILL NEVER DIET AGAIN” SHOULD BE YOUR NEW YEARS RESOLUTION!**

Do you feel like you've tried every diet on the market? Do you feel deprived while on a diet, lose some weight, only to gain it all back plus some? There is no reason to feel that you've failed. The diets you followed set you on a path guaranteed to end in futility. You are not alone. New diets are appearing all the time and yet Americans are heavier than ever before. According to the National Center for Health Statistics, almost one third of the adults over 20 years of age are now considered to be obese. 30% of children and young adults between the ages of 6 and 19 are either overweight or closely at risk of being overweight according to the Journal of the American Medical Association, Volume 288, Number 14.

**We need a better way!** A way of living that is enjoyable and easy and therefore one that you will want to stick with the rest of your life. A lifestyle modification that focuses on what you eat rather than on how much you eat, one that does not restrict complex carbohydrates, and one that also promotes optimum health, is the way to finally achieve success at balancing your weight naturally and living the healthy and vibrant life you deserve.

When you put to use in your life this comprehensive guide to balancing your weight naturally, **you will never need to diet again.** By following these ideas to living a healthy and vibrant life, there will be no need to continue to participate in the never ending yo-yo diet routine. With these ideas and concepts, you will be able to enjoy an abundance of fulfilling foods and practice sound strategies for living your life that will make it all so simple and enjoyable.

***Get ready for one of the most comprehensive articles on natural weight balancing! I've spent countless hours gathering and summarizing all of the best and latest concepts to help you feel and look your best.***

**1) Get plenty of good quality sleep.**

Some people diet and exercise to great extremes but still find it difficult to lose weight. They focus so much on the quality and types of food that they eat and on exercise (both of which are extremely important), but they don't take the quality and quantity of their sleep into consideration. Sleep is such an important aspect to good health but we take it for granted in this society. By making sleep a priority, your body and brain chemistry (including your metabolism and insulin levels) are better balanced. You start your day energized, which will prevent you from grabbing unhealthy food choices that will cause additional blood sugar and emotional swings.

Recent research links the lack of sleep to obesity, diabetes, and other health concerns from common ailments all the way to even cancer. In a U.S. News & World Report article titled “Sleeplessness in America” by Susan Brink, how the lack of sufficient sleep reduces a person's chance for a healthy life is highlighted. When you sleep, your body has an opportunity to rejuvenate your nervous system while it heals and repairs your body through a process of cleansing and detoxifying. All of this is



critical for maintaining a healthy and balanced weight. In an article by Dr. Ritamarie Loscalzo titled “Lack of Sufficient Sleep Makes You Fat”, we learn how hanging on to unwanted pounds and belly fat are related to disrupted sleep patterns. Here’s what happens:

- a. Insufficient sleep decreases your serotonin and dopamine production which leads to cravings for sugary foods in a futile effort to increase these hormones.
- b. A lack of sleep increases your ghrelin, which is a hormone that makes you feel hungry, and decreases your leptin, which helps you feel full and satisfied after eating. Without the proper balance of these two hormones, you will have cravings for unhealthy foods and continued hunger, even after eating.
- c. Growth hormones, which enable you to burn fat and build muscle, are diminished with a lack of sleep.
- d. And finally, not achieving enough quality rest will increase your stress hormone, cortisol, which increases blood sugar and insulin and leads to belly fat.

If good quality sleep eludes you, be sure to see my previous article which includes tips on how to improve your sleep habits. [Click here](#) to read my top tips on how to improve your sleep habits.

- 2) **Choose whole plant foods, such as fruits, vegetables, whole grains, beans, peas, nuts, and seeds, to fill your day with great tasting meals.** By avoiding high fat zero fiber foods such as dairy and meat and the chemicals in highly processed packaged foods, you nourish your body with the nutrients you need for balanced weight. I’ve seen the statistic several times that states that American’s spend 90% of their grocery money on processed/packaged foods. It’s no wonder that the majority of the American population is overweight.

Processed packaged foods tend to be higher in fat, calories and sodium and typically lack the fiber that is found in whole foods. Learn to read labels and be sure to avoid hydrogenated fats, high fructose corn syrup and even other added natural sugars, and certainly avoid artificial sweeteners, colorings and preservatives. Please see my note below for natural zero calorie sweeteners. Consume a diet rich with whole vegetables and other plants based foods which are naturally high in fiber, low in fat, and rich with all the nutrients you need for great health.

According to Donna Gates, the author of “The Body Ecology Diet”, fiber from natural whole plant foods help you to feel full and to eliminate things that your body is trying to rid itself of, especially when you start losing weight, such as toxins and excess estrogen. Dr. Neal Barnard speaks often on the livers’ ability to clean your blood of excess fat, cholesterol, hormones and toxins. **You must have fiber in your diet, which only comes from whole plant foods**, in order for the work your liver is doing to be effective.

According to Marie Sarvard, MD, when you eat foods that are high in fiber (again whole plant foods); the delivery of glucose (blood sugar) into the bloodstream is slowed. “That means less insulin is released, and with lower insulin release comes lower visceral (belly) fat storage.”



According to Sarvard, “in a study of more than 2900 adults, those who ate the most fiber weighed less and had lower insulin levels and slimmer waistlines, than those who ate the least”.

This is why my clients who decide to go on a whole foods vegan diet for at least 30 days, usually for the purpose of improving their health or for resolving a specific health challenge, always report back that they are thrilled about the way their weight naturally balanced and their body image improved.

**Many natural whole plant foods also contain chromium**, which is an essential trace mineral that many believe help to properly metabolize protein, carbs, fat and increases insulin sensitivity for balancing blood sugar. Some good sources are romaine lettuce, onions, tomatoes, whole grains and potatoes. Many people who are relying on processed foods as a big part of their diet are lacking in chromium because the food processing methods remove this and other important nutrients.

**Be sure to include colorful and tasty foods like blueberries into your diet.** Not only are blueberries absolutely delicious, they are packed with antioxidants that had been found in a University of Michigan Cardiovascular Center research study to reduce belly fat and to help prevent diabetes. Visit my web site at <http://www.janetmckee.com/books.php> to see my recipe book titled “Fabulous Recipes for Vibrant Health” for blueberry smoothie ideas and the most amazing, perfectly healthy blueberry pie, as well as over 100 other healthy and delicious meal ideas.

And don’t just limit yourself to blueberries. **Enjoy a wide variety of colorful fruits and vegetables as they contain flavonoids**, which are antioxidant-like compounds found in fruits and veggies, chocolate (yes chocolate!) and tea. These have been found to help fight belly fat by improving your metabolic profile, according to a 14 year Real Age study. Don’t eat sugary chocolate; choose healthy chocolate treats without the added sugar as found in my recipe book, “Fabulous Recipes for Vibrant Health” at <http://www.janetmckee.com/books.php>.

This includes colorful fruits such as red grapes which are a great source of resveratrol, a natural substance found in fruits, especially the skin of red grapes. One positive human trial, documented, by Elliott, PJ; Jirousek, M (2008), showed the potential for high doses of resveratrol to significantly lower blood sugar. Also, according to a Dr. Walker, “it appears that resveratrol replicates calorie restriction by activating certain DNA repair enzymes”. Munching on a bowl of fresh red grapes will also satisfy any sweet tooth craving. Blueberries, mulberries and even dark cocoa powder are other lesser sources of resveratrol. Be sure to see the note below on further information about resveratrol.



**Don't be afraid of good carbs (from true whole grains) as these have been found to assist with weight loss.** According to Dr. Andrew Weil, replacing refined high-glycemic carbs such as white flour, sugar and refined grains, with unrefined low-glycemic choices, such as steel cut oats, brown rice, quinoa, millet, buckwheat and barley, you will avoid the spikes in blood sugar and therefore the creation of belly fat that the refined alternatives cause. In a study published in the January 2008 issue of "The American Journal of Clinical Nutrition", 50 obese men and women were followed for 12 weeks, and those that ate whole grains instead of refined grains lost more belly fat.

**Watch what you drink. Liquid calories may be killing the good work you are doing to eat healthy.** Everyone is focused on food and exercise to help keep weight in check, but people rarely consider what they are drinking. The sugar content in our drinks is horrendous, especially in soda and even sports drinks. Many believe this to be a contributing factor to obesity, diabetes, (even in children) and some cancers. Do not, then, substitute sugary drinks with those filled with artificial sweeteners. This may be even more detrimental to your health. Please see a recent article highlighted in Natural News from Web MD titled "If you are still using artificial sweeteners and drinking diet sodas". [Click Here to read the article.](#)

### **So, what should you drink to help keep your body at a naturally healthy weight?**

**Drink plenty of filtered or spring water** first thing in the morning and throughout the day between meals. This is also key to support your metabolism and for hydrating your body properly. Consider having some water with a squeeze of fresh lemon or lime to help keep your liver healthy. A healthy liver is critical for balanced weight and a great body image.

**Drink Green Tea!** Green tea is known for providing wonderful antioxidants to the body to help boost your immune system, and it is a natural anti-inflammatory. If this is not enough benefit to convince you to drink green tea, then consider the weight balancing benefits too. According to Dr. Andrew Weil, the main antioxidant in green tea, called catechins, "stimulates the body to help burn calories". To gain the most benefit from green tea listed above, consider including 3 – 4 cups of this wonderful drink into your diet every day.

**Try natural soda alternatives!** Yes, you will find some natural sodas at the healthfood store sweetened with Stevia, a natural zero calorie sweetener. Or, make your own by combining spring water (still or sparkling) with a bit of organic fruit juice, for a wonderfully tasty and healthful beverage. Use mostly water with a bit of juice to save on extra unneeded calories.

### **3) Skip the Sugar (but not the sweet taste)!!!!**

Some type of sugar is added to almost all processed and package foods, even the ones at the healthfood store that appear to be "healthy". Again, learn to read labels for all added sugar. It is



found even in the healthy foods such as salad dressings, whole grain cereals, and tomato sauce and on and on and on.

This does not mean you need to give up the sweet taste! Yeah! It is natural that you crave the taste of sweet and you should not deprive yourself. See my notes below on how not to deprive yourself of the tastes and textures you love and on how to include healthy desserts.

To sweeten your food and drinks, consider using some of the natural zero calorie sweeteners that are available. Stevia or Lakanto are the two I currently recommend. Stevia, or other brand names similar to this, is available at all stores. The problem with Stevia is that it is not a one-for-one sugar alternative. When you need a closer granulated sugar alternative for recipes etc, try Lakanto which is available at <http://www.janetmckee.com/foods.php>.

- 4) **Healthy Fats can make you skinny!** A key trick for balancing your weight naturally is to limit your fat intake all together. Fat, whether it is a healthy fat or unhealthy one (animal based saturated fat or trans fat), is the highest calorie food. All fat, good or bad, is 9 calories per gram. You do need some fat in your diet, however, and much of the good fat occurs naturally in whole plant based foods, such as fruits, vegetables, whole grains, legumes, nuts and seeds. Fats from whole plant foods are healthier and these foods contain no cholesterol, unlike animal foods. When you include healthy fats in your diet, they help you feel full and along with the fiber they contain, slow down the absorption of carbs.

Many are concerned over eating nuts and avocados because, even though these are healthy plant foods, they contain fat. I have heard many times that studies show that people who eat a handful of nuts each day tend to be thinner than those that don't. Well, Dr. Susan Lark recently wrote about two studies that show this same conclusion. She pointed out in a recent article that California researchers, in a study of 65 men and women who were following the same low-calorie diet, those that consumed nuts as part of the diet "shrank their waistlines nearly 50% more than the dieters who didn't eat them, despite consuming the same number of calories. Likewise, Spanish researchers found that even without increasing exercise, a diet rich with monounsaturated fatty acids (like those found in nuts and avocados) decreased the accumulation of fat."

#### **Eat your nuts!**

Nuts and seeds are good sources of protein, fiber, vitamins, minerals, and antioxidants and according to David Jenkins, MD of the University of Toronto, "nuts appear to be well suited as part of weight reducing diets.". As a matter of fact, nuts are a good food for diabetics too. In a 3-month study summarized in "Diabetes Care", August 2011, by D. J. Jenkins, a 2-ounce serving of a variety of raw nuts as a replacement for carbohydrates helped to reduce blood sugar and bad cholesterol levels in the participants.



Some will point out that CLA, or conjugated lineolic acid, has been found to help a bit with weight loss and maintaining lean muscle mass. This comes from **grass fed** beef. My concern is that beef has no fiber and the animal based saturated fats found in beef can promote inflammation in the body and chronic inflammation is associated with so many illnesses including inflammatory bowel disease, arthritis, heart disease and even cancer. One exception to this is a plant based saturated fat from **coconut oil** which actually has anti-inflammatory properties, according to Dr. Ariel Policano. Contrary to what many believe coconut oil does not increase blood cholesterol levels or contribute to heart disease or weight gain when it is consumed in moderation in a natural unrefined, non-hydrogenated form. Some believe that the medium chain fatty acids in good quality coconut oil may help to boost metabolism since it provides an immediate source of energy.

**Dr. Policano also stresses the benefits of omega-3 fatty acids in our diet for overall health and maintaining a healthy weight.** Omega 3s are found in healthy sources of foods such as flax, walnuts, chia seeds, hemp seeds and vegetarian sources that include EPA and DHA such as algae oil and marine phytoplankton (what the fish eat to gain EPA,DHA). One of the most notable benefits of omega 3 fats is that they reduce inflammation in the body. What is also interesting about omega 3, according to Dr. Policano, is that they do not make you fat like animal based saturated fats do. The omega 3 fatty acids help your body by helping your metabolism to function more effectively. Also, when you consume foods high in omega 3, such as flax and hemp, the body secretes leptin, which controls your appetite by helping you to feel more satisfied by the foods you are eating. It also “improves the body’s ability to respond to insulin”. Include several tablespoons of ground flax seed in your foods each day in order to get fiber as well as good omega 3 fats. And, hemp is an excellent source of protein with all of the essential amino acids your body needs. This is a far healthier choice for maintaining lean muscle mass than any animal protein, in my opinion.

- 5) You must eat to lose weight, which means, **do not skip meals!** So many people think that if they skip a meal, they are saving themselves from additional calories but what they are actually doing is causing their metabolism to lower and causing blood sugar and brain chemistry to become erratic. When this happens, it becomes much easier to start having uncontrollable cravings and the tendency to grab something quick and unhealthy is greater. Instead, consider what you are eating over how much. You can eat an abundance of great healthy whole plant based foods and you will feel full and satisfied without gaining weight. By eating mostly plant foods, you are cutting the fat and calories while increasing the fiber which helps you to feel full.

I’m not a fan of ongoing snacking, though. Some think that you need to eat constantly to keep your metabolism going. Allowing your body a chance to digest the previous meal, burn what you



ate and then burn a bit more (i.e. fat) and then getting hungry again may be a good thing. Don't skip meals but do give your body a chance to burn what you ate at the previous healthy meal.

- 6) Vitamin D is critical too for signaling leptin to tell the brain not to eat anymore, according to Donna Gates. **Be sure to get your vitamin D** tested, get some sun in the warm months and be sure to supplement, especially in the colder months. Watch for an upcoming article on the importance of Vitamin D and a great new way to get your blood tested from your own home.
- 7) **Watch portions only of the foods that you know are high in fat or sugar without fiber.** Again, the foods to limit include animal foods such as meat, fish, chicken and dairy, sugary foods, and other processed foods with refined grains etc... Watch your portions of the fat causing foods but eat an abundance of fresh fruits, vegetables, whole grains, beans, peas, nuts and seeds as they are whole plant foods rich with fiber and many amazing nutrients.
- 8) **Eat mindfully.** See my article on the subject. Take the time to eat slowly, give thanks for all of the beautiful abundant food, smell the aromas, chew slowly and enjoy your food to the fullest. You will feel more fulfilled by the foods you are eating which will keep you from overeating. Be sure to read my article from last fall on mindful eating by [Clicking Here!](#)
- 9) **Do not deprive yourself of tastes and textures you love.** Learn ways to satisfy them all with healthy options. Use plenty of herbs and spices to make the foods tasty and satisfying. Many spices have been found to boost your metabolism and help to balance blood sugar. Cinnamon, for example, is a wonderful natural blood sugar balancer which also tricks your taste buds into thinking the food is sweeter. This is great for satisfying a sweet tooth craving. Other spices, such as chili peppers, black pepper, and ginger, "all boost the generation of heat in the body, leading to more calories burned", according to Dr. Andrew Weil. Also, research at Purdue University found that eating large amounts of capsaicin, the compound in chili peppers that gives the spice its heat, can reduce hunger and increase energy expenditure (see the note below on thermogenesis). Include wonderful healthy and hearty soups and stews to satisfy your hunger and your craving for comfort foods. Be sure to try my mom's recipe for Vegetable Stew with Spicy Sauce and Grains for a dish the whole family will love that includes both cinnamon and hot peppers. This and many other stomach filling, heartwarming recipes can be found in my recipe book, "Fabulous Recipes for Vibrant Health" at [www.janetmckee.com](http://www.janetmckee.com).

**Dessert too, can be part of your daily food intake.** We naturally crave foods that are sweet and satisfying. The amazing thing is that there are plenty of wonderful dessert ideas that are perfectly healthy for you with no added sugar or fat. Again, see my web site or recipe book for many great ideas. I'm not called, "the queen of healthy desserts" for nothing. In my book, I teach you how to make truly healthy milk shakes, chocolate treats, ice cream and pie with no



added sugar or fat (the ingredients in dessert that typically contribute to weight gain). Yes, you can have your cake and eat it too with my many great ideas.

- 10) **Consider eliminating wheat and gluten**, if you are still having trouble with some extra pounds and especially, if you are having any blood sugar or digestive issues. Wheat (and some other grains) contains a protein called gluten which for many, is difficult for our digestive systems to break down and assimilate. This may cause gas and bloating which will leave you feeling less than positive about your body image. Processed and refined grains, which are in almost all breads, turn to sugar rather quickly in your blood and may contribute to blood sugar imbalances as well.
- 11) **Nourish your thyroid by including sea vegetables** in your diet as they include minerals that are crucial for healthy metabolism. Sea vegetables are important for nourishing your thyroid and your adrenal glands which are very important for natural weight balancing. If you've never used sea vegetables in your cooking, please see my previous article titled "What on EARTH are SEA Vegetables" by [Clicking here!](#)

Also, be sure to read my article on nourishing your thyroid, especially if you are having difficulty balancing your weight naturally. Visit <http://www.janetmckee.com/3thyroid.pdf>.

- 12) **Please get exercise in a form that you love and enjoy.** Exercise certainly helps to tone your body and help you balance your weight naturally. It does this by helping to increase your metabolism which burns fat, along with reducing insulin and increasing leptin levels (a hormone that helps to suppress your appetite). Weight bearing exercise is just as important as cardio type. Cardiovascular type workouts help to oxygenate your blood, keep your lymph moving which aides in detoxifying your body, and has been proven to prevent health challenges such as heart disease, diabetes, and even cancer. Cellulite, many believe, is a lymph system issue. If your lymph system is stagnant and not flowing freely, cellulite may form. Rebounding, or bouncing on a mini trampoline, is a great way to keep lymph fluids flowing and will help to prevent cellulite.

Certain pure essential oils, when rubbed on the cellulite areas, have been found by some to help lessen the issue of cellulite and improve the texture of the skin. **Be sure to contact Janet Mckee at [janet@janetmckee.com](mailto:janet@janetmckee.com) or by calling (724) 417-6695 for a list of essential oils to try.**

Weight bearing exercise is specifically important too, as it helps to build lean muscle which helps to increase metabolism and burn more calories. Weight bearing exercise helps to build strong bones as well. It has been stated that for every pound of muscle you keep or add, you'll burn an extra 50 calories per day.



Exercise improves your emotional wellbeing too and helps to reduce stress from the day and keeps you better prepared to handle daily stress. Being balanced emotionally helps to prevent sudden poor food choices that may cause weight gain and health issues.

**13) What is thermogenesis and how does all of this play an important role?**

Thermogenesis is the process in which the body raises its temperature, or energy output. By increasing the thermogenesis within the body, the metabolism is raised and fat cells are then utilized as energy to support this metabolic increase. The thermogenesis process within the body can be triggered by nutrition and exercise (everything we are talking about in this article!). Thermogenesis is directly related to the metabolic rate. When the core temperature of the body is increased, the metabolism is stimulated, which ultimately causes the body to use stored fat cells to support the additional energy output. The thermogenesis process can be triggered by eating certain foods. Foods thought to promote thermogenesis more than others include hot peppers like cayenne and chili peppers, black pepper, ginger, mustard, green tea, and apple cider vinegar.

- 14) **Reduce stress in your life.** Stress is right up there with eating sugar, when it comes to lifestyle factors that cause erratic eating and additional belly fat. While the immediate response to stress may cause a temporary decrease in your appetite, chronic stress can lead to an increase in appetite or the tendency to grab unhealthy foods in an effort to “feel” better. According to Elissa Epel, PhD of the University of California at San Francisco, constant sources of stress activate a series of hormones within our neuroendocrine system, such as adrenalin, CRH, and cortisol. Adrenalin causes a boost in energy but the job of cortisol is to help replenish the body of nutrients after a stressful situation, and this causes our appetite to increase.

Learn to take many deep breaths throughout the day and try to learn to relax. Emotional balancing techniques are also helpful to avoid the negative impact stress may have on your physical body. Contact Janet McKee at [janet@janetmckee.com](mailto:janet@janetmckee.com) to learn ways to handle stress better and live a calmer and happier life.

- 15) **Consider trying a natural and simple cleanse or detox program.** Many believe that toxins in the cells are one key issue to hanging onto excess weight. Eating a clean and healthy diet is one way to slowly allow the cells to release toxins over time. For an extra boost, consider using a natural herbal cleanse protocol to “pull” toxins from your cells and eliminate them efficiently. Contact Janet by emailing her at [janet@janetmckee.com](mailto:janet@janetmckee.com) for recommended programs. Having a clean and healthy digestive system with a good balance of healthful bacteria will help to avoid gas and bloating and other physical concerns that make us feel fat. Consider taking a probiotic supplement or including healthy fermented vegetables which promote a healthy gut.



16) **Think positive and speak kindly to yourself and about yourself to others.** Take care of emotional needs so that you do not try to use food to feed something else that is lacking in your life. Again, see my article on mindful eat by [Clicking Here](#) to learn more about how we choose to speak to ourselves about ourselves, especially when it comes to eating. Your cells respond to what you tell them, so by all means talk to yourself in a more positive way.

**17) Consider natural supplements that may assist with weight loss.**

Supplements alone are no substitute for all of the wonderful food and lifestyle choices I discuss at length above. Many people, however, are looking for an additional remedy to boost their weight balancing efforts. Recently, Dr. Oz, who is known as America's Doctor and is the host of the Daytime Emmy Award-winning The Dr. Oz Show, featured brown seaweed from the ocean - namely fucoxanthin - that has potent powers to boost your metabolism and more, including being a "belly buster" as well as supporting a healthy liver and blood fats. On his show, Oz cited a 16-week study in which participants took 500mg of fucoxanthin each day and they burned more calories, reduced belly fat while supporting a healthy liver and healthy levels of cholesterol. If you want to see how you can rev up your metabolism with fucoxanthin, check out Dr. Oz's video at: <http://www.doctoroz.com/videos/secret-belly-busting-supplement>.

If you would like to try fucoxanthin, contact Janet McKee at [janet@janetmckee.com](mailto:janet@janetmckee.com) or by calling (724) 417-6695. This natural supplement is from a company I know and trust.

Dr. John Walker, M.D. states that additional supplements may be helpful for managing your weight naturally. In a recent article, he highlighted the benefits of resveratrol. According to Dr. Walker, "it appears that resveratrol replicates calorie restriction by activating certain DNA repair enzymes." Resveratrol is a nutrient that comes mostly from red grapes. I do recommend including organic red grapes in your diet as well as juicing them fresh. Some talk about obtaining resveratrol from red wine, but the negative impact the alcohol has on your liver can be harmful to your health overall and some studies show the rate of alcohol consumption to higher rates of cancer. If you want to gain more potent supplemental forms of resveratrol, consider trying either of two supplements I love and use myself daily, vivix or antioxidant extreme at <http://www.janetmckee.com/supplements.php>.

It is fun and easy to love your body and love your life when you are vibrant and healthy! No more excuses, start today and feel the difference.