

Natural Help 4...

Maintaining Healthy Weight



Maintaining Healthy Weight

The body requires long-term harmony and support and in order to lose weight successfully, there are a few [weight loss tips](#) and simple steps that need to be incorporated into your lifestyle:

- A healthy, balanced diet
- Regular exercise
- A positive and healthy mental approach to food
- Understanding and acknowledging the underlying causes of unhealthy eating habits

By incorporating healthy eating habits and exercise into your life, you will **improve not only your weight, but also your overall physical and mental health**. Being overweight can cause numerous health problems such as diabetes, high blood pressure, heart disease, arthritis and respiratory disease to name but a few.

How Do I Know if I am Overweight?

Most commonly a ratio or measurement known as the body mass index (BMI) is used as a guide to **determine your body weight in relation to your height**, and will establish whether you fall into the underweight, healthy, overweight or obese category.

A normal BMI range for men and women is between 18.5 and 24.9, while overweight is defined as a BMI of 25 to 29.9, and obesity is defined as a BMI equal to or more than 30.

Body mass index is determined by dividing your weight in kilograms by your height in meters squared and multiplying by 100. It can also be calculated by dividing your weight in pounds by your height in inches squared and multiplying by 705.

Problems Associated with Weight Loss

There is nothing more frustrating (or unhealthy) than yo-yo dieting: losing a few pounds here and there, only to gain them again—and sometimes even more! Millions of people **battle with their weight daily** and resort to various fad diets, diet pills, and [weight loss](#) programs in the hope of a quick solution.

Unfortunately, **a quick 'solution' is not the answer** to keeping those pounds off in the long term. The best [weight loss tips](#) advocate healthy food and exercise

**Sign up for our
Email Newsletter
for Even More
Natural Health
Information!**



[Click Here >>](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

and discourage fad or crash diets that produce initial water loss and short term loss of weight that very often upsets the delicate balance of your body's metabolism.

More often than not, **people resort to appetite suppressants** to lose weight or harsh stimulants with added caffeine or other stimulants to boost their metabolism. While these types of [weight loss supplements](#) may suppress the urge to eat or increase the amount of fat burned, they are extremely detrimental to your health and can affect all body systems, especially the heart.

These [weight loss supplements](#) often promise dramatic [weight loss](#) and the perfect body with minimal effort. Unfortunately, **unnatural weight loss supplements have some serious side effects** including fatigue, agitation, shivers, dry mouth, diarrhea, depression, insomnia, altered metabolism and even anorexia.

Losing Weight the Natural Way

Losing weight is a slow, gradual process and requires a combination of healthy eating, balanced nutrition and exercise. Try not to place unrealistic expectations on yourself and be prepared for setbacks. If you falter, do not be too hard on yourself and commit to starting afresh the next day.

There are also many [natural weight loss supplements available that are effective in helping you to achieve your goal weight](#) and support a healthy metabolism naturally. Herbal and homeopathic remedies are gentle on the body's system, helping to create the conditions necessary for weight stabilization and balance.

These [natural weight loss supplements also promote overall physical, mental and emotional health](#). Herbs such as Fucus vesiculosus, Gallium aperiene, Taraxacum officinalis, Glycorrhiza glabra, and Erythrea centaurium can help to boost the metabolism, improve liver and digestive functioning and keep the weight off. Another helpful herb is Garcinia cambogia that has been used for centuries in Ayurvedic medicine as a natural appetite suppressant.

Changes to Your Diet

The best [weight loss tips](#) include exercising and eating healthily. This will not only help you to lose weight but will also prevent other health problems, increase energy levels and strengthen the immune system. Make a few changes to your diet with these suggestions:

- Include a wide variety of food from all food groups – bread and cereals, vegetables, fruit, milk and dairy, and meat, fish or legumes
- Lower your calorie intake by reducing carbohydrates and sugar.
- Eat smaller portions of food (mini meals) more frequently throughout the day to keep your metabolism up
- Eat lots of fresh fruit and vegetables
- Drink at least eight glasses of water a day to cleanse your body's system
- Reduce your intake of foods that have a high fat, sugar and salt content
- Limit your intake of alcohol and saturated dietary fats
- Avoid yo-yo and crash dieting



NativeRemedies
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!



Proven, Safe,
100% Natural Herbal and
Homeopathic Remedies
for You and Your Family

[CLICK HERE](#)

Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Additional Tips on Effective Weight Loss

Gain Support from Family, Friends or a Support Group

In order to remain committed to your goal, enlist the help of your family, friends and co-workers. Encourage them to eat with you by introducing them to healthier food choices. Remember that positive reinforcement is a key factor and involving others will help you to maintain your weight.

Plan your Meals in Advance

Set a menu for yourself by planning each meal ahead of time. This requires dedication by making a list of preferred meals such as grilled chicken breast and steamed veggies or broiled salmon with brown and green beans for dinner. Preparing your lunches and snacks for work also helps to ward off temptation and keep you on track.

Regular Exercise and Physical Activity

Incorporating exercise and physical activity into your [weight loss](#) program is very important when trying to lose weight. Exercise helps to burn calories and fat and prevents muscle loss. Lots of people hate gyms, and if you are one of them, try any kind of physical activity that you enjoy. There are many ways to increase activity levels such as brisk walking, dancing, swimming, aerobics, cycling or playing team sports. Try to get at least 30 minutes of exercise a day to improve your health – take the stairs at work, walk the dog, or exercise while watching television.

Monitor your Progress Weekly

Record your weight from the day you begin your [weight loss](#) program and watch your progress develop. You may want to write your weekly measurements in a journal which will also motivate you to reach your goals. When you have made progress, celebrate your success by rewarding yourself.

Eat Slowly and Enjoy your Food

Learn to eat slower by chewing every mouthful. When you eat and chew slowly, your food metabolizes faster and more efficiently and also encourages easier digestion. Many of us shove food into our mouths without appreciating the flavor, texture and aroma of the meal prepared.

Analyze the Reasons Why you Eat When you Eat

Often people who are overweight use food as a substitute to manage their emotions. This type of eating may be referred to as emotional eating, compulsive over eating or food addiction. People can use food to soothe their feelings when they are bored, stressed, lonely, angry, depressed, anxious or sometimes as a reward. Others may overeat at night, when they attend social gatherings or purely out of habit. To overcome the reasons why you are overeating, you have treat the cause first and then the symptoms. Keep a food journal to monitor your eating patterns or seek counseling to deal with your emotions.

Stay Motivated, be Patient and Remember to Persevere

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4 - Free Natural Health Ebooks](#)

Losing weight is challenging, and there will be many times when all you want to do is quit. Remaining focused and motivated is the difficult part – especially if you do not notice a change in your weight or your visits to the gym are starting to take their toll on you. The next time you feel unmotivated or feel that your efforts are all in vain, think back to why you wanted to lose weight in the first place. Remember, Rome was not built in a day, so take one day at a time and it will be worth it in the end!

Eating Out

It does not mean that because you are trying to lose weight, you have to stop eating out. When eating at restaurants, order foods that are grilled, steamed, poached, roasted or stir-fried. Also, order salad because it is low in fat, packed with vitamins and quite filling. Do not order foods that are cream based, have sauces, gravy or butter, and avoid the desserts and confectionaries.

Stick to smaller portions of food by only eating half of your meal and taking the rest home. Avoid buffets because the wide variety available is usually difficult to resist and tends to increase your portion size. If you are invited out for dinner, let friends know that you are trying to lose weight and ask that they cater to you. Alternatively, eat your mini meals throughout the day so that you are not too hungry.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the



Monthly Specials
Up to 25% Savings!

[CLICK HERE!](#)

Native Remedies
The Psychologist's Natural Choice

Proven Products. Excellent Service and Delivery

term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

EcoSlim™: Safely and naturally lose weight without the side effects of diet pills.

EcoSlim is a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Weight loss supplements** such as EcoSlim can especially benefit those individuals needing to consistently **support routine weight management and a healthy metabolism** without compromising health or serious side effects.

EcoSlim is effectively used as part of a total slimming program to safely support healthy metabolism, energy levels and systemic balance in the stomach and digestive system, **without harmful side effects and without stimulants**.

In combination with a healthy lifestyle and balanced diet, EcoSlim supports the healthy functioning of the digestive system, thereby helping to maintain optimum performance.

Vital organs in the body that are instrumental in **regulating weight, metabolism and energy** expenditure need systemic balance to function properly.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about EcoSlim](#)

TeenSlim™: For healthy [weight loss](#), maintenance and system cleansing in teens.

TeenSlim is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts for **overweight teenagers**. TeenSlim can especially benefit adolescents by **consistently supporting routine weight management and a healthy metabolism** without compromising growth.

TeenSlim is effectively used as part of a total slimming program for **overweight teenagers** to safely support healthy metabolism and promote systemic cleansing and systemic harmony in the stomach and digestive system, **without harmful side effects and without stimulants**.

TeenSlim is formulated to assist teenagers to maintain healthy and realistic weight goals, as well as help flush-out the system, thereby **promoting healthy skin and healthy energy levels**.

Vital organs in the body that are instrumental in **regulating weight**,



[Read more about the Native Remedies Full Spectrum Approach™](#)

Find More Great Health Ebooks at Remedies4.com

metabolism and energy expenditure need systemic balance to function properly.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about TeenSlim](#)

JuniorSlim™: For safe [weight loss](#) and management in children and preteens.

Junior is a [weight loss supplement](#) for kids. JuniorSlim is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts for children and preteens. JuniorSlim can especially benefit those **overweight children** and preteens needing to consistently **support routine weight management and a healthy metabolism** without compromising growth and health and without serious side effects.

JuniorSlim is effectively used as part of a total slimming program to safely support healthy metabolism in **overweight children**, improve energy levels and systemic harmony in the stomach and digestive system, **without harmful side effects and without stimulants.**

In combination with a healthy lifestyle and balanced diet, JuniorSlim supports the healthy functioning of the digestive system, thereby helping to maintain optimum performance.

Vital organs in the body that are instrumental in **regulating weight, metabolism and energy** expenditure need systemic harmony to function properly.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about JuniorSlim](#)

Slimmer's Assist™: Assists body with metabolism, digestion and the healthy breakdown of dietary fat.

Nature offers a variety of **healthy [weight loss supplements](#)**. Triple Complex Slimmer's Assist is a combination of three, cellular-supporting tissue salts each selected for their **supportive effect on metabolism and digestion.**

This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance** in the body on a cellular level, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue Salts, also called cell salts or biochemic salts, are composed of minerals

which occur naturally at a cellular level in our bodies and all organic matter on earth, such as plants, rocks and soil.

There are twelve essential tissue salts that have been identified as being essential components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet **vital role in maintaining cellular health** in all the organs and systems of the body.

Healthy weight loss supplements emphasize on making sure that your **digestive system and metabolism are functioning effectively**. This will also mean that you will enhance the bio-availability of all supplements, remedies and even nutrients in your diet - thereby maximizing all your slimming efforts!

And because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are **safe to use for all ages** (from infancy to old age) as well as during pregnancy!

[Learn more about Slimmer's Assist](#)

Read the testimonials for these quality products [here!](#)

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.