

Strength & Vitality Bulletin

Volume 14 Issue 1

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The first newsletter of the year and already a pleasant autumn has arrived in the Bay of Plenty. Yesterday Kawerau had the national high of 29° and we did sweat a little. Gordon was busy getting some waste wood from his brother in law's property cut up, and he just about blew a fuse in doing so. However he comforted himself with the thought that all will be well, when that same wood will be warming the house in the winter months.

Kawerau had an enormous dumping of rain one weekend in February, in fact it was the largest amount of rain that had fallen in one day for 40 years, 400 mms to be exact! We sure are beginning to see the effects upon us of mankind's neglect of his environment. As regards our accommodation both of us are looking forward to the results obtained by having a new mains hot water cylinder installed by our landlord. It will mean we will have a shower that really performs instead of the low pressure hot water that comes out as of today.

Business is good at the moment with many repeat orders flowing in. It is delightful to hear of the improvement brought upon those who have persisted in regularly consuming the high quality supplements we provide. Although they have to be paid for each time, we believe it is an advantageous investment in one's future by those who habitually engage in this routine. The biggest payoff still lies ahead for this behaviour.

Kind regards Gordonna

WHY IS IT SO HARD TO LOSE WEIGHT?

Multiple failures contribute to depression and poor self image

As this business has progressed throughout the last two decades, one health issue that has persistently raised it's ugly head and been difficult to address is the one featured in this months edition of our newsletter. In fact we would have to admit that in this area of health matters we

Once again it comes back to **WHAT** we consume, and in most cases whenever people snack they turn to convenience food, such as what is contained in wrappers.

haven't wrought a great deal of success for those who have requested assistance for weight management problems. So the purpose of this article is to highlight why this is so, and more



Achieving positive results with weight loss is one of the most challenging health issues that exists. Women, due to child bearing and other matters related to femininity suffer more so than menfolk. However statistics in N.Z. reveal that as the men get older they catch up and it virtually evens out by age 65.

importantly to assess some of the best techniques that can ensure not only significant weight loss, but the even greater critical factor of keeping it off and maintaining it long term.

The first place to begin with our discussion is the best way to ascertain if we are enjoying a realistic weight in the first place. We consider the ratio to height and mass is still the

optimal way to determine this. Some may object and point to other methods, however we remain unconvinced and prefer the three fold scale of the long standing Body Mass Ratio (which is usually identified as BMI) which establishes 19 to 25 as normal, 25 to 30 as overweight and 30+ as obese. Allied with that is the measurement of the waist, hips, bosom and upper arms. This information all

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works to establish our overall image, and serves to determine whether we are good, bad or middling as to what is believed to be the authoritative outlook on correct weight management.

What is considered correct about the following statements?

It's not what you eat that counts but the amount you eat daily that influences our BMI.

Eating more protein in a meal rather than carbohydrates hinders weight loss because it increases our appetite.

Snacking throughout the day helps to put on weight.

Losing weight by following Atkins type diets (which

recommend high amounts of fat consumed to other items in our daily diet) leads to long term loss of weight.

Vigorous daily exercise has little effect upon a person wanting to lose weight long term and at best only results in short term shedding of weight.

The consumption of Vitamin D3 in supplement form has nothing to do with weight control, and only serves to build our immune system.

Correcting your brain chemistry with amino acids has very little impact upon food cravings.

Fat in our body which contributes to our overall appearance is all one colour.

Rapid weight loss is an important way of improving one's state of health if suffering from obesity.

A successful weight loss program focuses upon eating and reducing our daily calories.

STOP reading at this point and consider your answers carefully. Remember to **STOP!**

You carried on didn't you? Well we're not asking this for no reason, so **STOP** once more and carefully look for the common denominator in all those previous statements. Once you've worked out what the similarity is between all these statements then proceed onwards. See you at the next subheading.

What is the common denominator about the previous 10 statements?

Well you got it right first time, and we commend you for working out that all of those statements are false. Yes that's right: Every one of those statements are false and some are grossly misleading. And with this information we can therefore proceed to elaborate on why it's so hard to lose weight in the first place. And with being able to determine why those 10 statements are incorrect, then surely if we do the opposite we must make some sort of progress in achieving long term weight loss. And the importance of achieving long term weight control is demonstrated by the fact that

Taken from Various Sources
Including Natural News



ACTIVE HEALTH SERVICES PRESENTS

Health News in brief from around the Globe

Since 1970 Americans have increased their consumption of high fructose corn syrup by 8,853%. The reason for this is due to corn being subsidised. Even corn products themselves has increased by 198%. Low fat milk in America is accompanied by sweeteners such as chocolate which has led to a 129% increase. Consumption of chicken is up by 112% and is neck and neck with beef as being the most popular meat. Turkey is up by 102% mainly because it is low in vitamins and cholesterol. Added fats and oils are up by 67% mainly due to the popularity of processed foods.

In a 2008 study published in the *New England Journal* in which more than 300 subjects were

examined who either tried a low fat or low carb diet and the Mediterranean style diet which is high in fats. Those on the low fat diet lost the least amount of weight compared to the other two.

Time magazine reports that a recent report from WHO estimates that 9 out of 10 people live in areas with excessive air pollution. It is considered that Oxford Street in London is the "most polluted street in the world" as respects nitrogen dioxide.

In a study of 496,488 women diagnosed with invasive breast cancer in one breast, the survival rates in 2002 and 2012 were exactly the same: 59%. These had undergone lumpectomy, whereas those who had a single mastectomy had rates of 37% and 28% respectively. However for

those who underwent a double mastectomy had a dismal 4% and 13% survival rate.

A report in the *American Journal of Epidemiology* found that for elderly women who exercised less than 40 minutes per day, those who spent 10 or more hours sedentary had cells that aged 8 years more on average than those less sedentary. Women who met exercise recommendations did not have the same association.

A 2016 study found that people who are happily married are much more likely to report exercising often compared to those who are not enjoying marriage.

In a study published in early January of this year by the journal *Nature*

Medicine found that age related chronic inflammation is the primary driver of cardiovascular disease and increased mortality rates. What is interesting however, is the finding that coffee drinkers seem to live longer than those who don't drink the beverage. Dr David Furman the study's lead author said "its also well known that caffeine intake is associated with longevity. Many studies have shown this association. We've found a possible reason for why this may be so." The team doing the research found that older study participants showcased a much higher activity level of a gene that is associated with a specific inflammatory protein. Those who drank more coffee had a less active gene.

New Zealand has the 3rd highest rate of obesity in the world!

So what's wrong with the first statement?

When so many would consider calorie counting critical to doing the job of relieving one's heaviness, it seems obvious that the amount we eat is correlated to being unhappily overweight in the first place. And that is undeniable, however it is not the major or basic reason why some many struggle with correct weight control. Far, far more important is that of the **type or makeup** of the food we consume, than the previously mentioned **amount**.

Evidence of this fact can be established by countries that consume the same amount of calories as in other parts of the world and yet have little or no obesity problems with their citizens. (Kilocalories per day in America 3750; N.Z. 2810; Japan 2800 and Ghana 2900. Yet the obesity rate for these countries is America 36.5%; N.Z. 29%; Japan 3.6% and Ghana 10.9%) Notice that the connection between the amount of food consumed and obesity rates does not relate to each other; although only 4 countries were chosen for this exercise you will find the pattern remains basically the same throughout the whole world) Although taking into consideration different lifestyles and living conditions could account for some variation - it does not explain why there is such a huge difference between the 4 countries used in this discussion. So for emphasis we say once again: it's not how much you eat (comes into the equation) but its **WHAT** you eat that is the dominant reason why we put on weight in the first place. And the main culprit? Sugary foods and refined

Figures recently released show New Zealand is suffering what has been called an obesity epidemic.

A recent national health survey shows nearly one in three of the population are overweight.

The small island nation is now in the top three fattest countries behind the US and Mexico, where 36.5% and 32% respectively of the population are obese. New Zealand's rate is just below 29%.

Figures show one in 10 children between two and 14 years – 79,000 children – qualify for that description.

Rates of obesity are highest in the 45-65 age group and the figures among New Zealand's Maori and Pasifika population peaked at 46% and 67% respectively.

Source: Kate Shuttleworth, Auckland as reported in The Guardian Newspaper International Edition February 2017.

carbohydrates. As our blood sugar rises upon consuming food the body produces insulin to assist in the digestive process. Any excess sugar levels gets immediately converted into fat (its like the squirrel putting away nuts for another day, and using them for when nuts are hard to obtain in the wintertime), however unlike the squirrel we don't seem to get around to using the stored fat for energy purposes and continue to consume food at the same rate all year round. This explanation also helps us to understand why diabetics always have problems with their weight, and gets to the point that they only have to look at food and on goes the kilos. Paddy Fahy owner of Nature's Sunshine N.Z states emphatically "We do not need to consume sweetness in any form." and he further comments that White Sugar has been given the title "pure white and deadly." Americans consume 126.4 grams of sugar daily; New Zealanders 82.9 grams and Japanese 56.7 grams. (note: 4 grams of sugar equals 1 teaspoon) Compare this with the daily consumption of 31 grams per day in England during the 1850's. Around

the world sugar consumption has trebled per person on a daily basis since 1900. Do you think this might explain why obesity wasn't a problem in the not so distant past as it is today? Allied with that answer is also the unpalatable fact that today we commonly eat refined carbohydrates much more than mankind did so in the Victorian era. What are refined carbohydrates? Georgia Ede M.D. on her website www.diagnosisdiet.com answers "Refined carbohydrates are forms of sugars and starches that don't exist in nature. They do come from natural whole foods, but they have been altered in some way by processing to "refine" them. Processing methods include industrial extraction, concentration, purification, and enzymatic transformation." Due to this processing many foods are stripped of their essential nutrients, including valuable fibre and the consuming of such frequently means we are eating food having little impact upon easing our hunger pains. In fact it can get so bad that our starving cells continue crying out for nutrients, even though we have partaken of food. They

persist in sending out distress signals that inform us something is wrong, and so we go in search of food to ease the problem. With what result? We eat more food and down it goes, off to be transformed into something our cells can use. However this overeating situation means that our calorie count is on the rise, and guess what? Weight control becomes problematical. It's now axiomatic that eating refined carbohydrates regularly will lead to us putting on weight due to the inability of this type of food to meet the critical prerequisite of nourishing us. Examples of this type of food are: white bread, white rice, pies, pastry, pasta, noodles, pizza's, cakes, biscuits, ice cream - with the list going on and on. It's not hard to get the picture and careful selection of our food types and combination of such remains an important feature if we want to keep our weight under control.

What's wrong about the other 9 statements?

Well lets take them one at a time, and enjoy getting an

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accurate picture of why it's so hard to lose weight.

Eating more protein in a meal rather than carbohydrates does not increase our appetite. The very word protein indicates how important it is in our daily diet. Protein means 'of primary importance' and is found in a variety of food sources. Some comes from animals such as cows, sheep, chickens and fish, but can also be derived from wheat, corn rice and beans, with the important difference that not all plant sources contain entirely the essential amino acids which goes to make up protein. In fact protein is formed by building up a combination of the 20 amino acids located in food. Of the total number of amino acids discovered, 10 are essential for a human to be able to make use of ingested protein, and the other ones also assist us to enjoy a healthy life. The partaking of liquid shakes containing high levels of protein is considered a beneficial way of assisting with appetite control. The advantage of this type of therapy is that protein drinks are quick to makeup, are very tasty and feed us well. They can be used to replace a meal and therefore are touted as one way of controlling our appetite and allowing the body to feed off accumulated fat instead of eating food, thereby leading over time to a steady weight loss.

Snacking throughout the day is considered by many people as bad for you, so most are surprised that this method can be employed in the fight to lose weight. Once again it comes back to **WHAT** we consume, and in most cases whenever people snack they turn to convenience food, such as what is contained in wrappers. Typically these products are as a result of combining refined



carbohydrates with fats and sugar. They usually taste good and are capable of providing quick energy. However the down side of all of this is the calorie count, and one needs to scrutinise carefully what is being offered by this type of produce. The best utilisation of snacking on the other hand is to go for low glycaemic foods, such as porridge, plain yoghurt, peanuts or peanut butter (without sugar) apples, kiwifruit, lentils, olives, cashew nuts, vegetables (excluding sweet corn) high fibre bread, all which go to make up a good selection and combination to enable snacking throughout the day. You need to be careful though about what you spread on bread, as we were astounded when doing our research to discover that dear old vegemite contains 24 grams of sugar for every 100 grams! The advantage of snacking over 12 hours or so, is that the body is able to easily absorb small portions of food over a protracted period of time, and there is

no experiencing of hunger pains compared to those who go on a diet in an effort to lose weight. You can control the calorie input without feeling bad over what to include or exclude, and generally the system works well, with another name known for this technique of dieting as the "grazing method" and serves to replicate what animals do throughout their day. (ever seen a fat gorilla?)

The one time in fashion Atkins type diets do not work at all. (evidence of this is that the renowned Dr Atkins had a BMI of 26 at the time of his death) He went against the prevailing medical opinion of his time, by advocating high levels of protein and fat, but low levels of carbohydrates. What commonly happens following this line of reasoning, is that the weight loss comes off fast, and then the overjoyed person gets excited as to what is happening. Therefore what disappointment begins to emerge upon the rebounding

effect taking place (weight goes back up and ends up higher than when the person first began the diet) and what the individual has not appreciated who has undergone this experience, is that most of the loss occurring has been mainly muscle and water. The problem with this technique is that a heavy reliance is being placed upon only one method of treating weight gain. You can be very certain of one thing: **FAST WEIGHT LOSS IS A WASTE OF TIME.**

Here is where we get to another important weight loss strategy. Without a vigorous and regular exercise program, weight loss is almost impossible. It is true that regular and consistent exercise brings about better control of ones weight, but in contrast to the previously mentioned method, does not encourage or promote fast weight loss. This is because calories are burnt up by the exercise engaged in. If a person therefore eats discreetly in conjunction with this exercise, they will produce the scenario where they are using up more energy than they are taking in by eating food. (eating less than energy expenditure equals steady weight loss) Even if a person merely engages in walking or moderate indoor exercising they are on the path of overcoming the obstacle of lethargy produced by our modern day lifestyle. There are many advertisements featuring indoor exercise equipment, however the best one we could recommend for purchasing is a quality rebounder. It tones up the muscles nicely as well as vastly improving the condition of our blood vessels. Engaging in a daily workout on this piece of exercise equipment would be the best monetary outlay a citizen could make.

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The information about Vitamin D has simply exploded in the last decade. And here is where most people would be caught out in the statement exercise raised on page 2. In fact the latest information about this essential vitamin, is that without sufficient levels of this ingredient an individual cannot lose weight successfully at all. We can verify that with several of our clients who have improved their weight loss by introducing Vitamin D into their lives. Keep in mind that in New Zealand from April to October you will receive no vitamin D from the sun due to the acute angle at which its rays enter our beautiful country. And a lot are surprised that sitting in your home with sun streaming through the window results in zero Vitamin D absorption.

We ourselves were a little overcome with astonishment at the next link with successful weight loss strategy. Julia Ross, executive director of Recovery Systems in Mill Valley, California, says that there is often a link between overeating and the levels of key chemicals in the brain. These chemicals, which include dopamine, GABA, endorphin and serotonin are all closely linked with mood control and eating habits. Frequently a person can have one or all of the previously mentioned brain chemicals in short supply, and correcting this with supplements goes a long way to coping with food cravings. Ross believes that building up your supply of these components by means of amino acids is the first and most important step in eliminating food cravings. A lot of reason why a person has cravings initially is due to low blood sugar levels or hypoglycaemia, and she recommends taking

So many of you are asking about the newest quickest weight loss trends. I believe vitamin d is the number one ingredient in weight loss. Not only will you have much more energy with vitamin d, studies show it's easier to lose weight with higher vitamin d levels. When you have more energy it's easier to work out. I saw this in many patients and truly believe in vitamin d. I recommend checking your level every year especially in the winter when we're not getting as much sun. The best way to increase your level is by spending 10-20 minutes outdoors between 10 & 2. Once your skin reaches a certain temperature your body will start converting the energy into vitamin d, usually just went you start to turn pink. You are then at your peak absorption level and you won't continue converting vitamin d. If you can't expose a large amount of skin without sunscreen, makeup, etc during these hours you really need to supplement as there is no way to get enough through diet alone. According to Dr. Mercola the average adult needs 8,000 IU's of vitamin D3 per day in order to elevate his or her levels above 40 ng/ml — the bare minimum requirement necessary for disease prevention. Ideally, you want your levels to be above 50. Take it with your biggest meal of the day since it's fat soluble. I will continue to take it everyday as I'm fair skinned, and hope you'll check you're level if you haven't already.

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Glutamine three times a day between meals to achieve relief from this deficiency. It is of interest that Vitamin D promotes serotonin in the body which is one of the missing chemicals she is referring to.

Now we can be sure of this: very few of you have heard of brown fat, and that is understandable, due to the fact that it receives little commentary by health experts. We ourselves only know about it because of the publication that we own *Encyclopaedia of Natural Medicine* written by Michael Murray and Joseph Pizzorno. The main difference between brown fat and white is this: Most fat in our anatomy is of the latter and is made up of fat contained in one droplet. This makes it energy efficient and easily burnt off, in contrast with brown fat which have special multiple compartments which house the fat. This means that this type of fat does not produce energy efficiently, and accordingly gives off more heat when it does burn and uses up more fat in doing so. How does this relate to being overweight? Well with lean

people when they eat food the meal eaten can produce 40% increase in energy production, and this compares with overweight individuals who only get to 10%. **The food energy is stored rather than being used up** relative to the other type of person who possesses a good body shape. Associated with this problem is whether we have a fast or slow metabolism and each helps or hinders us depending on what type we are. As the saying goes “Life is so unfair.”

Finally we reach our last point in this discussion as to why successful weight loss is so hard to achieve. You will notice with the last statement made on page 2 it was said “A successful weight loss program focuses upon eating and reducing our daily calories.” And this is where most people give up in despair after having tried so hard by counting calories (in some cases becoming paranoiac as to what they eat) and failing to achieve what they consider realistic targets. It all comes down to this: Its by following a singular approach to weight loss is the

main reason why it's so hard to achieve. Michael Murry and Joseph Pizzorno answer emphatically on page 686 of their publication “The successful program for obesity is consistent with four cornerstones of good health detailed in Part1: a positive mental attitude (affirmations are important GB) a healthy lifestyle (especially important is regular exercise) a health promoting diet, and supplementary measures. All of these components are interrelated, **and no single component is more important than the other.** (bolding by GB) Improvement in one facet (cornerstone) may be enough to result in some positive changes, but impacting all 4 components yields the greatest results.” And we cannot agree more, for frequently whenever we are asked about losing weight by enquiring prospects it has been observed that all 4 are missing in their daily lives. Please note that in recommending the product mentioned on the following page it might appear as though we are advocating this as the only way forward in dealing with weight issues. Yes it will assist, however without the other 3 components involved means that it's a big ask on the products part to do the job effectively.

This has been a big subject to discuss and even with our 5 pages there is a lot we've had to leave out. Entire books have been written on the subject, and each year brings a supposedly fruitful way of achieving weight loss by some new diet or formulation. Personally we are disgusted at some of the outrageous claims made and profiteering by unscrupulous businessmen, but as the Bible says in Ecclesiastes 9:17 “Better to heed the calm words of the wise than the shouts of the one ruling among fools.”

Product of the Month

QGH 7450 Svetol 2800 56 capsules

Retail Price: \$42.60

Good Health Svetol® 2800 contains decaffeinated Green Coffee Bean extract which has been clinically researched to support weight and body fat management through supporting healthy blood glucose levels. The active ingredient, Chlorogenic acid, works to support stable sugar levels in the blood and encourages the use of stored fat instead of carbohydrates as the preferred source of fuel. People find diet and exercise alone is not always enough and often hit a plateau in their weight management. Stable blood sugar levels can also support healthy appetite and help manage food cravings.



Green Coffee Bean – The Silver Bullet for Weight Loss

The humble coffee bean is now being hailed as an effective ingredient for weight loss.

The decaffeinated green *Robusta* coffee bean has been clinically proven to aid weight loss, and to reduce the amount of sugar in the blood stream. It achieves this through inhibiting the absorption of glucose in the intestine, thereby encouraging the body to use stored fat for energy.

Now in New Zealand, Svetol has been responsible for thousands of people around the world dropping unwanted kilos.

Dr Alvin Ibarra, a scientist and food technologist from French botanical manufacturing company, Naturex, which developed Svetol, says the green coffee bean uses a different mechanism of weight loss compared to other natural weight management pills.

“While other diet pills are based on suppressing appetite, stimulating metabolism or providing a sense of fullness through extra fibre, Svetol is unique in its ability to significantly inhibit the absorption of carbohydrates, reducing blood glucose levels and thereby encouraging the body to use stored fat for energy.”

“Svetol’s decaffeinated green coffee bean extract is unlike other weight loss pills in that it is rich in the natural active ingredient chlorogenic acid which causes the body to burn more fat for energy. Svetol is the only product in New Zealand that has a guaranteed level of 45 percent chlorogenic acid. It is also clinically proven to improve the lean to fat mass ratio and Body Mass Index (BMI).”

“Our study showed that people taking Svetol over 60 days lost an average of 5.7 percent of their body weight and had a 4 percent increase in lean to fat mass ratio. The participants followed a healthy lifestyle combining a balanced diet with exercise and achieved an average weight loss of 5kg.”

Svetol follows a patented process to guarantee minimal caffeine (less than 2 percent) and contains a high content of chlorogenic acid (>45%) which is a strong antioxidant and is known to be beneficial to overall health. Svetol is guaranteed not to contain cafestol or kahweol, found in Arabica coffee beans and other weight loss pills, which have the potential to increase cholesterol levels. A placebo controlled double blind study was carried out on 50 overweight (BMI>25) people aged 19-75 years over a period of 60 days. 30 people received 400mg Svetol daily and 20 people received a placebo. Subjects followed a low calorie diet while maintaining their levels of physical exercise. After 60 days of treatment, a mean reduction in weight of 5.7% was observed in the Svetol group corresponding to an average weight loss of 5kg. The placebo group lost only 2.9% of weight. Those taking Svetol had a 4% increase in lean to fat mass ratio, as opposed to 1.6% in the placebo group.

Take 1 capsule in the morning and 1 in the evening 20 to 30 minutes before food.