



**SEVEN
WEIGHT LOSS
MYTHS EVEN
YOUR DOCTOR
MAY BELIEVE**

(But You Don't Have To!)

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Cut through weight loss confusion and end your frustration!

There is so much confusing information about losing weight that I want to cut through some of the major myths out there and give you a simple path to weight loss that ACTUALLY WORKS.

I'm certified as a homeopath, nutritional therapy practitioner and metabolic balance® coach. I work with people who have tried all kinds of diets only to end up frustrated and confused because the diet didn't work, or because they felt like they were starving and miserable, or because the weight just came right back.

Why do so many diet plans end in failure? Because they treat everyone the same.



You are unique

You have your own unique nutritional requirements and your own individual metabolism. When you identify exactly what your body needs, you can eat the right foods for you, in the right amounts for your body and you CAN lose weight AND keep it off.

How do I figure out the right foods for you? I use the metabolic balance® system, a scientifically proven European program that uses a simple blood draw to identify your metabolic and nutritional needs. You receive a personalized food plan listing the best foods for you, selected from a database of thousands of foods to give you exactly what your body and metabolism need – along with some easy-to-follow lifestyle guidelines.

Real food!

No pills, shakes, injections or artificial meal replacements – just real, healthy food that you buy at the grocery store.

You get ten personal coaching sessions to help you with support, guidance and advice. And you benefit from my many years of experience helping hundreds of people with natural healing and holistic nutrition.

Lose weight - for good!

Read the myths, discover where you've been misled, and then find out more about how I can help you to lose weight and regain your health.

Deborah

Myth #1: A calorie is a calorie

Reality: Your body doesn't treat all calories the same



This is not the same...

Your body deals with calories differently, depending on whether they come from carbohydrates, fats or protein. Two items of food with identical calorie counts can be digested in totally different ways. 100 calories of carbs will have a different effect on your body than 100 calories of protein, or 100 calories of fat. And the quality of food that you eat can have a huge impact.

A meal containing high quality protein and healthy fat is satisfying – you won't feel hungry for a long time. Soon after a sugary snack containing the same number of calories, you'll feel hungry and tired and need to eat again.

... as this



Processed foods, like baked goods made from white flour and sugar, contain few nutrients, so they are empty calories. Natural, whole foods, like fresh fruits and vegetables, contain vitamins, minerals, fiber and other goodies that your body needs.

Plus, we are all different in how fast and how efficiently our bodies process the food we eat - and even the time of day when we eat can have an impact. Calorie-counting diets don't take this into account at all.

Myth #2: To weigh less, exercise more

Reality: More exercise doesn't help you lose weight, it just makes you hungry

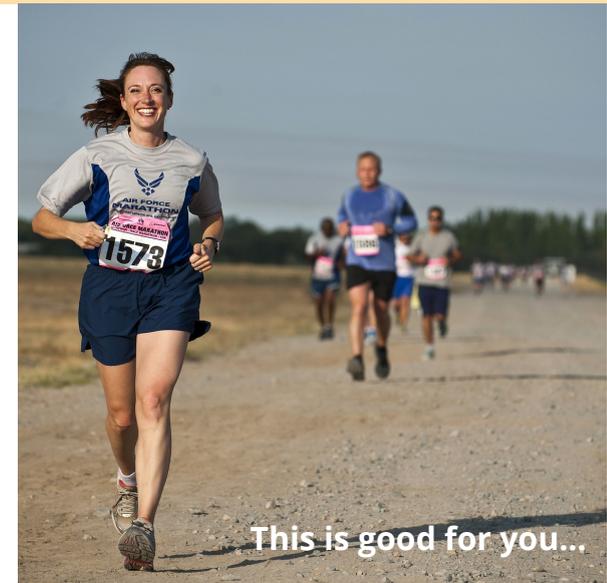
It sounds like it makes sense – if you burn more calories than you eat, you will lose weight. So, if you do a ton of exercise, you will burn more calories, and so you should drop a few pounds.

But – how do you feel after you've been for a long walk, done an exercise class or just got home from the gym? You may not feel hungry right away, as exercise can blunt appetite. But later on, you're likely to start feeling peckish. At that point, if you raid the fridge, you will probably end up eating more calories than you used up ("It's okay – I just worked out") which kind of ruins the plan.

Your body is really clever at adjusting how many calories it needs according to how active you are. If you exercise a lot, it makes you feel hungry, so you eat more to make up for the calories you just burned. It's really hard to overcome this biological drive.

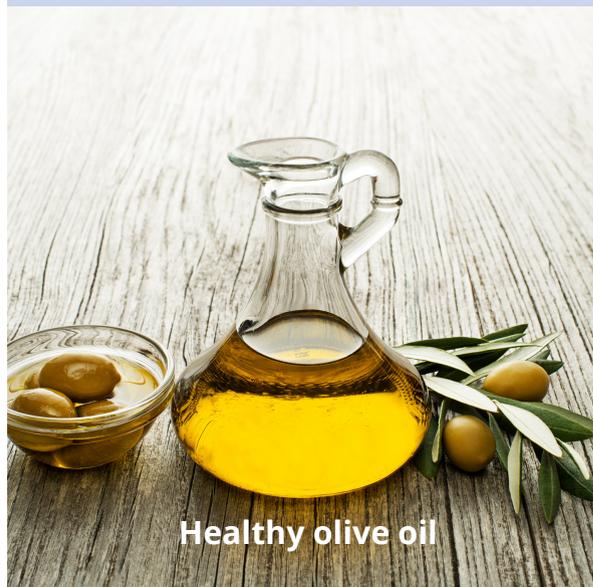
A 2006 study showed that even long-distance runners gain weight over the years, unless they run longer and longer distances.

This doesn't mean that you should turn into a couch potato – exercise has huge benefits for your health. But it won't have a significant impact on your weight.



Myth #3: Eating fat makes you fat

Reality: Your body needs dietary fat and it's not the culprit in weight gain



Healthy olive oil



Enjoy!

The idea that eating fat makes you fat comes from the “calories in, calories out” theory of weight loss. This says that if the number of calories you eat is less than the number of calories your body uses, you will lose weight.

Carbohydrates and protein both contain four calories per gram, while fat contains nine. So, it seems logical that cutting out fat from your diet will help you lose weight. But your body deals with proteins, carbs and fats in different ways.

When you eat carbs, your body turns them into glucose, which enters your blood stream. Then insulin is produced, which allows the glucose to get into your cells so it can produce energy. But insulin also tells your body to store any excess blood sugar as fat. And it stops your body burning stored fat. As long as your insulin levels are high, you can't lose weight.

Eating healthy fats does not cause insulin release, so it doesn't lead to weight gain. It actually helps your body to burn stored fat.

Healthy fats make you feel full, so you eat less, they help you absorb certain vitamins, your body uses them to make hormones, and – they make food taste good!

Myth #4: Carbs make you fat

Reality: It's the type of carbs that matters

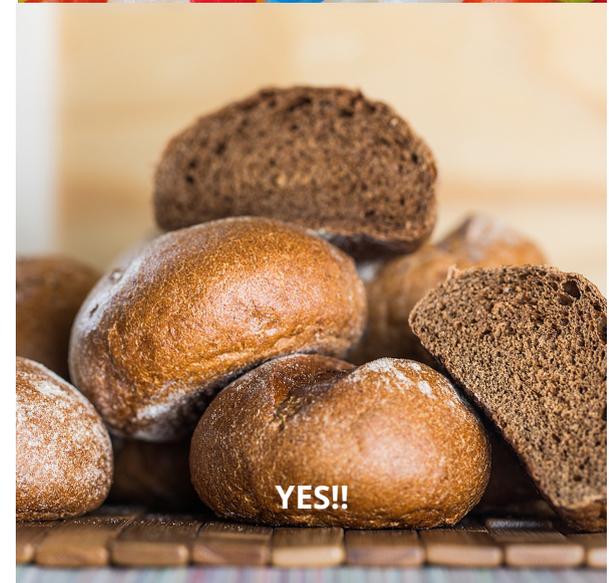
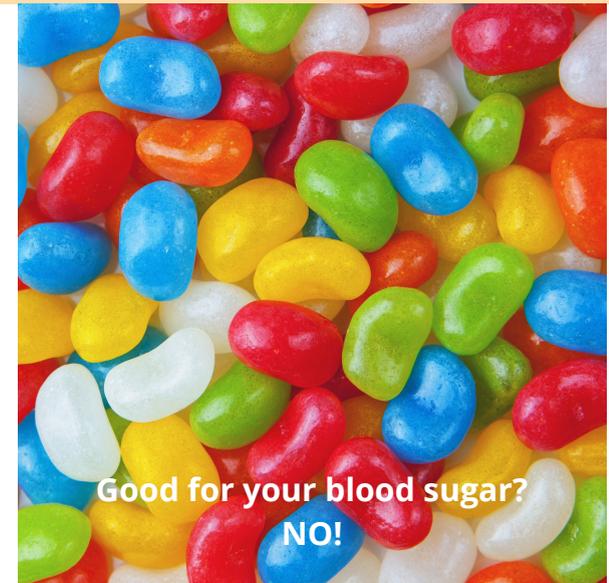
Your body needs some carbs, but too much, or the wrong type of carbs can lead to weight gain. Here's why.

When you eat carbs (e.g. starches such as potatoes, bread, rice and pasta, as well as sugar, candy, baked goods, and fruits and vegetables) your body breaks them down into glucose, which enters your blood stream. Insulin allows the glucose to pass into your cells, to provide energy. All carbs end up as glucose, but what varies is how fast this happens, and how big the blood sugar rise is.

Eating candy is very different to eating whole grains, or fruits and vegetables. 100 calories from candy will spike your blood sugar, followed by a burst of insulin that will soon make you tired and hungry, because it ends up making your blood sugar crash.

100 calories of whole grain sourdough rye bread (also carbs) will give your blood sugar a gentle and sustained boost. It's full of fiber, minerals and B-vitamins, and will keep you satisfied for a long time.

So, you need to eat the right amounts of whole grains, fresh fruits and veggies that don't spike your blood sugar. Keeping your blood sugar stable and your insulin levels low is the key to losing weight. This is why the amount and type of carbs you eat are important.



Myth #5: Eat little and often to lose weight

Reality: You need time between meals so your body can burn fat



If you've read this far, you've probably got the idea that in order to lose weight, you need to keep your insulin levels low. Your body can't burn fat as long as the insulin levels in your blood are above a certain level.

Every time you eat, your body produces insulin to deliver glucose from your food to your cells so they can use it for energy. If you eat frequently, or eat lots of snacks between meals, then you are always making insulin in response to what you eat. This means it's very difficult to lose weight.

If you just eat three nutritious meals a day, then there is a big enough gap between them so your insulin can fall to a baseline level. That's when you can start to burn fat. If you're happy with your weight, cutting out snacks can help you maintain it.

Space your meals with 4 or 5 hours between them. In combination with eating the right foods for you, this allows insulin levels to fall so your body can burn stored fat, without you feeling hungry. So eat good nutritious meals and lose weight!

Myth #6: It just takes willpower

Reality: Eat the right foods for you in the right amounts, then you can reduce cravings and lose weight

It can be hard to overcome cravings. Sometimes willpower isn't strong enough. But what if you could be free of the cravings? It might be simpler than you think.

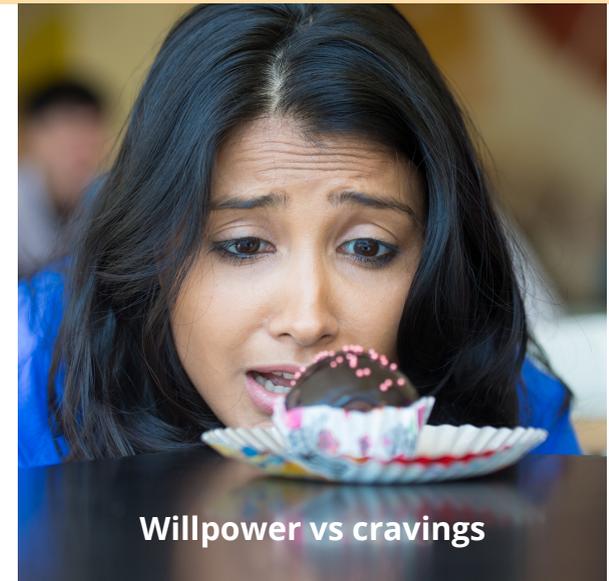
Cravings can be a sign that you're not eating the right foods for your body. When you know what foods really suit you, and how much of them to eat, cravings can reduce and even disappear.

This is because cravings for sweet things can indicate that your blood sugar and insulin levels are out of balance.

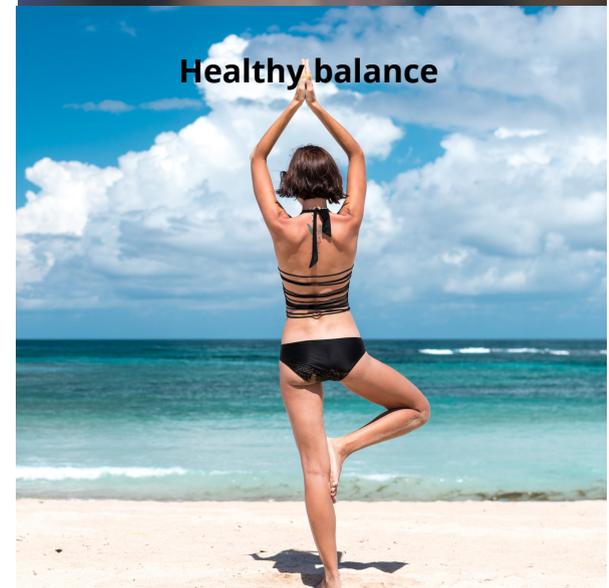
Cravings can also be caused by a lack of essential nutrients. Your body knows it needs something, so it sends signals to you to eat in the hope that this will give it what is missing. But if you don't eat what your body needs, it won't solve the problem or the cravings.

When you rebalance your blood sugar and insulin by cutting out snacks and eating three tasty meals a day (with healthy fats, veggies, fruit, whole grains and good quality protein) your body gets the nutrients it needs, so it doesn't need to give you cravings anymore.

Yay - freedom!



Willpower vs cravings

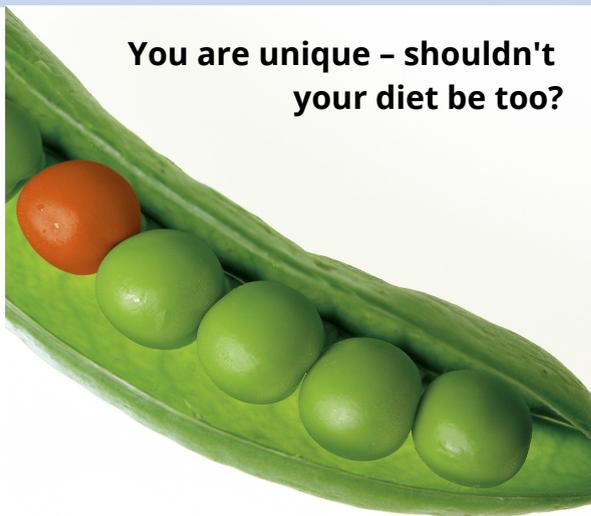


Healthy balance

Myth #7: The same diet suits everyone

Reality: Each of us is unique, and we need the right foods for our nutritional needs

You are unique - shouldn't your diet be too?



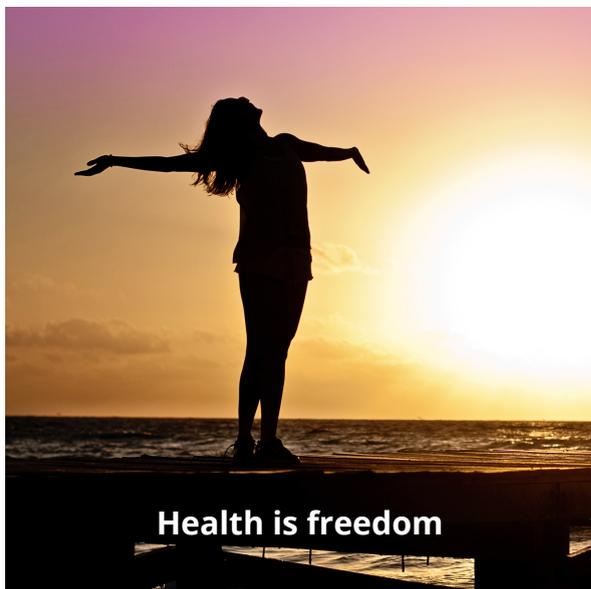
Most diets and weight loss systems assume that everyone is the same.

But we are all different, with unique metabolisms and different nutritional needs. That's why some people can eat whatever they want and never gain weight, whereas others really struggle to keep weight off.

Eating the right foods for you can help you to get to your ideal weight, balance your metabolism and improve your health. But how do you figure out what the right foods are?

Fortunately, there is an easy way to know exactly what foods suit you. It's called metabolic balance® and it can help you lose weight and keep it off.

Using a simple blood draw, the metabolic balance® system finds exactly the right foods for you from a nutritional database of thousands of items – meat, fish, dairy, fruit, vegetables, healthy carbs and more. It figures out the right balance of foods for you and gives you straightforward lifestyle guidelines to help you lose weight and get healthy.



Health is freedom

What is metabolic balance?

Metabolic balance is:

- Knowing the right foods for YOU
- Discovering real food
- Eating tasty meals
- Being free from food cravings
- Reaching your ideal weight
- Staying at your ideal weight
- Improving your health
- Feeling more energetic
- Sleeping better
- Learning to listen to what your body really needs
- Feeling good about yourself
- Liking what you see in the mirror
- Wearing clothes that make you feel good

**If you're tired of yoyo dieting,
frustrated with diets that don't work,
worried about your health,
or just plain confused about what to eat,
I can help you**

Metabolic balance® could be the best investment you'll ever make for your well-being!

Learn more in a FREE, no-obligation 15-minute discovery call.

[Schedule call](#)

Here's to your good health!

Deborah



www.rebalance-health.com

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