



Active Nutrition

Newsletter January 2014



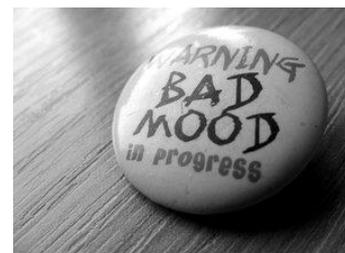
Detox

The world of the weight loss industry is littered with “instant-fix” products, fad diets and detox pills/tonics all luring in the unsuspecting people who find losing a few kilos really hard. Well let’s face it, losing weight is hard work and does not happen overnight, as much as we might want it to! But what is the cost to your health when you try these pills, “tonics” and nutrition-low diets and what happens once you stop?

If you listen to those selling the products you could be persuaded into thinking that this is the magical solution, but the truth is that very few products are supported with good scientific research.

The downside of detox products and diet pills -some or all of these may apply:

- Full of chemicals
- Processed products with dubious origins
- Are diuretics that fool us into believing we are losing weight when in fact we are losing fluids
- Are not supported with healthy diet advice
- Often require you to restrict certain food types (often actual health-giving foods)
- Require you to restrict water intake
- Do not support the product with advice on increased exercise
- Affects your mood and lowers your energy levels
- Bad breath and skin break-out



Once you come off the diet pills or detox often any weight loss is quickly put back on and often you will put on more weight than you lost – the body’s answer to ensuring that it is prepared for the next period of “starvation”!

The after effects – again some or all of these may occur:

- Weight gain
- Slower metabolism
- Liver and or kidney damage – depending on products and foods consumed

My stance on diet pills and detox programmes:

Not all detox programmes will have negative results, but diet pills should be banned. I support healthy ways to detox and /or lose weight. Forget spending your hard-earned



dollars on expensive products - you are better off to invest it in purchasing more vegetables, fruit, lean proteins and wholegrain foods; as well as supporting your detox with drinking plenty of water and engaging in more exercise. The best is a change of diet for natural whole-foods and leaving out caffeine (yes all that coffee and energy drinks), alcohol and all processed foods including take-aways. Engaging in your favourite exercise will boost your energy levels, lose you a few

kilos and have you looking great. This way you will have all the nutrients to support recovery, build better bodies and eradicate the free radicals that have been causing damage to your body and health.



My Article From 10th January 201

To Detox or not to detox – that is the question

Having survived the festive season's blowout I am happy to be at the other side and grateful we do not live in the times of our ancestors when there were twelve days of feasting and drinking. That kind of calorie blowout would require a good few months hard work to regain the waist line and health. Often these excesses were treated by either bloodletting or fasting, neither of which are a healthy option. But are they any less harmful than many of the detox programmes promoted these days?

Suddenly my post box is full of advertising blurb about diets and detox programmes. I tend to read these to see if there is any chance of truth. A few have possibilities but most have ridiculous claims such as detox and lose a kilo a day by taking their capsules whilst still eating your favourite meals or their, very expensive, meal substitutes that will detox your body whilst you lose weight on a minimal diet.

Our bodies are designed to remove toxins through the liver and immune system and it makes no sense to limit the necessary supportive nutrients that allow these natural functions, nor does it make sense to flood the body with more chemicals or processed products to do the job that whole foods can do more naturally, less harmfully and at a fraction of the price.

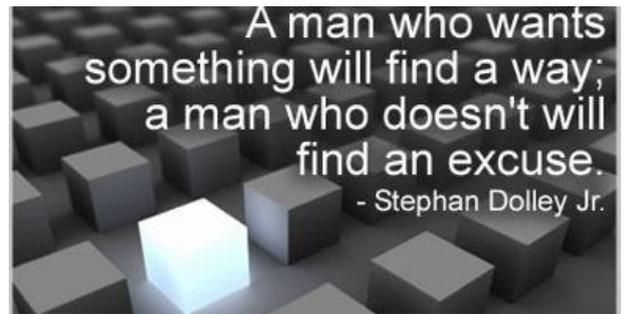
Eliminating all processed foods, high fat foods, alcohol and increasing water, fruit, vegetables, wholegrains and lean proteins in the correct volumes can be the best detox you can give yourself





Would you like further information?

Please feel free to contact me about any item in this newsletter or to book an appointment for a full nutrition consultation. I am based in Tauranga. However, if you do not live in the Tauranga area this is not a problem with nutrition consultations as I am able to consult via Skype, internet or by telephone. There are no barriers to good information.



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Recipe of the Month

Fish & Avocado Salsa (serves 2)



Quick, simple recipe for those long summer evenings

2 x 120g Fish fillets (fresh – firm white)
½ red onion, finely diced
½ cup sweet corn, defrosted
¼ cup cucumber, deseeded and diced
1 tsp. lemon juice
2 medium kumara, scrubbed

½ avocado, diced
1 red capsicum, diced
1 tomato, diced
1 tbsp. parsley, chopped
1 small red chilli, finely sliced
Rice bran spray

Combine all vegetable ingredients (not kumara) in a bowl to make salsa and set aside.

Bake kumera

Heat non-stick pan until hot, then lightly spray the fish fillets with oil and lightly sprinkle with salt and pepper.

Place fillets in hot pan and cook on heat for about 2 minutes or until crisp (depends on thickness of fish)

Turn fish over and cook until crisp, about 2 minutes. Check to see that the fish is cooked (not over cooked)

Serve with salsa and a baked kumera



Diana