

# urban sense wellness news

herbal medicine · anti-ageing medicine · iridology · natural fertility, nutritional medicine · weight loss · botanical skin care · herbal teas

Welcome to our January edition of the **urban sense wellness newsletter**.

## Would you like to know how to lose 5kg of fat per year?

In this issue I would like to follow up with our December theme of what is driving obesity today and what can we do about it. This seems an appropriate topic to commence our newsletter with as weightloss is often a high priority on everyone's new years resolution list.

Scientists have proved for the first time that fructose, a cheap form of sugar used in thousands of food products such as fruit juice, commercial cereals and soft drinks, can damage human metabolism and is fueling the obesity crisis. Fructose, a sweetener usually derived from processed sugar and corn, can cause dangerous growth of fat cells around vital organs and is able to trigger the early stages of diabetes and heart disease.

A study of 16 volunteers on a controlled diet including high levels of fructose produced new fat cells around their heart, liver, digestive organs and waistlines in just 10 weeks. This study found that Fructose is a major contributor to; **Insulin resistance & obesity, elevated blood pressure, elevated triglycerides & LDL cholesterol, depletion of vitamins & minerals in your body, Cardiovascular disease, Cancer, Diabetes T2, Arthritis and even acne.**

Now any body who looks at the biochemistry of sugars will know that fructose like glucose does have a roll in our biochemistry. If we consumed fructose in the quantity that we were designed to (a very small amount) from whole fruits and vegetables our daily intake would be around 15gms per day. But these days with fructose added to just about every food we consume we are now estimated to consume an average intake of around 73gms per day, which adds up to approximately **5kg of excess fat gain per year every year** that you consume fructose in your diet. Fructose intake also by passes all appetite and control mechanisms that other sugars such as glucose and lactose do thereby preventing the release of Leptin and Ghrelin hormones that tell us we have had enough to eat. No wonder we are super sizing.

### So what can you do to lower your intake and your weight in 2010.

1. Avoid drinking or eating foods containing fructose—this includes all fruit juices natural and commercially produced, sports drinks and energy drinks.
2. Check breakfast cereals for sugars and avoid all that contain more sugar than 10gms per 100g serve. If you must eat cereal for breakfast best buys are; Kellogg's miniwheats/whole wheat, Sanitarium weet-bix, Kellogg's corn flakes or better still whole organic oats. Skip the fruit juice and add whole fruit.
3. Limit your intake of sweet biscuits, lollies, chocolate and ice cream to once a month as a small treat.
4. Honey and cane sugar contain a mix of glucose and fructose so avoid use.
5. For a natural sugar product use Stevia that is available in liquid and powder form from urban sense and health food stores. Stevia is calorie free and 30 times sweeter than sugar.

It will take a bit of will power, but in time you will look and feel better and more importantly you may just prevent yourself from developing a chronic health condition that will effect the rest of your life. **Most of all avoid using any products containing fructose in your children's diet.**

For more information refer to [www.sweatsurprise.com](http://www.sweatsurprise.com)

I highly recommend the book 'Sweat Poison' by David Gillespie for more detailed reading.

### Nutritional and Diet assessments;

If you are struggling to identify poor food items in your diet or need some help then book in for a dietary and nutritional assessment. Normally \$65.00, I am offering this assessment for \$50 if you book before the end of Jan 2010. If you would like a more in depth assessment, I am offering a Body cellular health assessment and Nutritional profile for \$85.00. For those of you that have tried exercise and dieting and still can not lose those extra kilos, then contact me for more details on our clinical weightloss assessment or visit our new website for more information on my **Clinical weight management program** that is under the heading of 'Wellness programs.

## Urban sense whole foods for health

This month we continue our quick, easy and healthy meal suggestions with this great recipe.

### Thai beef salad

1 serve of Sirloin steak, grilled and sliced into very thin slices

Chopped red onions equal to the amount of steak

Cilantro, chopped

Fresh mint

Scallions chopped

Olive oil

2 dried hot peppers, crushed

Juice 1 Lime

Grill the steak. Let cool and slice. Chop onions and sauté, let cool and add to steak. Chop cilantro, mint, scallions, crush hot peppers and to olive oil. Add all ingredients together, add lime juice and sprinkle with slivered almonds and serve with green salad.

### New in store items

We are now stocking the **SIGG ENVIROMENTAL WATER BOTTLES**. SIGG water bottles have been voted the world's healthiest and safest natural bottles available today. These light weight beautiful designed bottles are BPA and Phthalate free, recyclable and stylish. **1 litre \$42.00** and **600ml \$39.00**. The EcoCare range are manufactured in Switzerland and are fast becoming the most popular health and fashion item to have. Available at our online store and in clinic now.

### February Detox Challenge

As the holidays come to an end it's time to kit start your health plan with a 'detox program'. As February has been nominated the national alcohol free month its an ideal time to boast your health with a healthy eating program that will support liver detoxification and also kick start your motivation for the rest of the year. One of the best new kits available is the Heel Detox pack that is simple and easy to use. The kit contains 3 bottles of specialised homeopathic preparations that stimulate lymphatic, kidney and liver function. All you have to do is add 30dps of each preparation to 1.5litres of filtered water every day for 30 days and sip away. How easy is that? Not only are you supporting the 3 main systems that keep you healthy, you also increase your water intake to hydrate and rejuvenate your skin.

**Detox Homeopathic Kits \$75.00**

**Detox eating and lifestyle manual \$20.00**

Add an eco friendly **SIGG** water bottle **\$42.00** and receive 10% of the lot.

Hope you enjoy our latest update.

**Here's to your good health**

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