

DAY 6

Hi All,

Well making change to your diet is not always easy, but the scales and the ketone strips should be helping. I was very motivated at this stage, when I first attempted the program. I had lost about 3 kgs and I knew I was burning fat and I had heaps of energy. Although this is the case for most people, you might be one of the few who is not feeling perfectly on track.

You may be experiencing end of first week blues so it is a good time to inform you about your set point.

In the base of everyone's brain is a small gland called the hypothalamus. This gland is responsible for hormonal control of many body functions, one of which is making sure you have enough fat to survive in case of starvation. (It works like a thermostat trying to keep your body at a certain weight range) Over time if you insult your body with too much food or a lack of exercise it eventually adjusts your required body weight up and so on. You may have noticed that while gaining weight you seemed to plateau out a few times. Your set point will kick in while you are losing weight as well, trying to get your weight stabilized. This can be a cause of cravings. Your body saying eat more or eat the wrong foods to get back to its old comfort zone. The Healthpointe program will teach you how to make your set point your friend in the long term. Don't let the nagging voices beat you, you know, the ones that say you can't, because they are wrong. You can!

To this end it is essential that you eat all the food at each meal. Don't save it for later or fall into the trap that eating less than our plan is better, big mistake! Another common mistake is eating fruit as a snack apart from a meal. This can be the start of a downward spiral as it effects your hormonal balance. All snacks must be protein based to preserve muscle tissue and send the right hormonal signal.

Another issue is cravings brought about by social events.

Ever had a social event come up or about to come up and you know the sort of food and alcohol debauchery that is going to happen? Solution!!! This morning I caught up with a friend for his birthday instead of going to his party tonight. Why you may ask? Well I knew what a nightmare of food choices would be there tonight and I didn't want to put myself in that situation. Also we have a culture of red wine drinking in that social group so I wanted to avoid that too. So, solution, a special small breakfast where I could focus on him, eat well (poached eggs on bed of rocket and baby spinach, no toast) and pay. My birthday gift. It was a great morning and I feel good about achieving my health goals too.

Let's get into solution mode.

Speak tomorrow,

Jamie