

## - Weight loss

## Eat clean to lose weight

Processed and refined food might make a tempting snack but they don't do you any favours, says

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ARE YOU TRYING to lose stubborn weight and keep it off while continually indulging in a diet of processed refined foods? Not going to happen.



If we want to avoid weight loss resistance — the inability to take weight off no matter what diet we entertain — we must also avoid toxic buildup in our body.

So, what can we use to keep our systems clean and non-toxic?

Food, proper food, real food and physical activity. Pretty simple, yet so many still don't get it.

Foods that have been processed and refined cause the opposite effect; they contribute to the toxicity of our bodies.

That means, chemicals, fancy packaging, pasteurisation, refining and processing, everything not part of our original “human” diet should be eliminated or kept to minimum consumption. After all, none of these oddly worded “ingredients” were even around or intended for human consumption when mankind first appeared. It's obvious, then, that they are not needed or intended for human growth or longevity. What they offer is immediate sensual satisfaction while they silently attack and damage our internal organs and systems. Not a good trade-off.

What was around at the time was the diet of our ancestors.

This healthy, natural diet included wild meats and seafood, fresh vegetables, fruits, nuts, ancient grains and seeds.

Whether you are trying to lose excess weight or just get healthier, it's time to swap out your non-nutrient food choices, for real ones.

Here are some basic rules to use food as your weapon in the battle against weight loss resistance:

☐Stick with the basics: A lifestyle to keep you clean and non-toxic starts with clean, natural food. Avoid all processed or refined foods. Focus should always be on eating nutrient-dense foods first, which are

naturally lower in calories. ☐Cook your food properly to retain nutrients: Keep cooking temperatures as low as possible and avoid using a microwave. Foods that have become toxic from high heat and have had their nutrients destroyed by the microwave are of no use to us.

☐Eat some raw foods each day: Vegetables, nuts, seeds, coconut and fruit when eaten raw are more beneficial than their cooked counterparts.

☐Eat organic as often as possible: Eating to combat weight loss resistance means consuming clean and natural food. ☐Eat local: Food that is close to its source has travelled the least amount of time and distance and retains more health-building nutrients and antioxidants, the main purpose for consuming foods!

☐Consume organic and free-range grass-fed meat whenever possible: Many animals have been farmed in a non-humane "cruel" way that is simply not acceptable to most of us. Plus, non-organic meat can contain dangerous and toxic chemicals that mess with our fat-burning/fat-storing hormones.

This switch is not a temporary fix. It is a permanent lifestyle habit change from processed foods to nutrient-dense foods. It's not another diet programme either; consider it the standard of food quality we need to establish a healthy lifestyle for ourselves.

Eating is about discovering and learning how to fuel our body effectively and properly in a way we can personally enjoy; one that works for us that is sustainable for the long haul.

It means getting back into the kitchen and cooking from scratch again, an activity that seems to be a forgotten necessity of life. That's the only way health will be fully restored, and body weight bought back under control.

When we make this "switch" from unnatural to natural, we shift from unhealthy to healthy. So give it go, try eating the nutrient-dense way and watch the magic happen to both your weight and your health.