

HEALTH MATTERS



FAB LIVING

W/ REBEKAH STAR

Unlock Your Weight Loss Potential

Do you feel like your worrying yourself to death about your weight loss? About starting the right diet and staying on it? I often hear "That diet's good" or "I'm gonna go back on the ___ diet." And I have been one to say many of the 'I'm gonna lose weight' phrases too, the one thing I know for sure is: A diet does it not 'good' if you can not stay on it! That is FOR SURE! So as a result of thinking this way for years and years, it time for change! It all starts in our mind. A new book on the market, The New American Diet, reveals how some of the chemicals in our food are making us fat. If we can learn to eat a more clean diet, then huge results will follow. Here's a small glimpse into the book that informs us on diet crushers that scientists are just now finding out about. They're called betokens, nasty chemicals that act as fat-building catalysts, regardless of how often you hit the gym. Who knew? Here's a small piece of an interview with the books author, Stephen Perrine, editor at large for Men's

Health magazine.

What and where are obesogens?

"They're natural or synthetic chemicals that disrupt the way your hormones operate. For example, leptin is the hormone that tells your body it is full; fructose, an obesogen, can interfere with leptin and trick you into thinking your starving right after a big meal. Some obesogens mimic the hormone estrogen, high levels of which promote fat storage. They're in plastics used in food packaging and other consumer goods. Many pesticides are obesogens, as are steroids and antibiotics fed to or injected into animals. Obesogens also occur naturally in soy.

If we're healthy, what's there to worry about?

Obesogens make it much easier to become obese and to develop diabetes. Plus, researchers believe that some obesogens are changing the way our genes behave, causing our bodies to create not only more fat cells, but also larger ones that are more effective at storing fat. And some studies have indicated that the more obesogens a woman is exposed to during her pregnancy, the more likely her children are to be obese as adults.

How are obesogens found in water?

That water probably traveled through PVC piping and contains traces of pesticides. And hard-plastic water bottles can contain the obesogen bisphenol A (BPA),

which can leak into water. You need fluid, so the thing to do is cut down on your overall exposure.

What's left to eat?

The key is to focus not on all the foods you shouldn't eat, but rather on the 12 New American Diet superfoods. Look for sustainable fish and grass-fed, naturally raised chicken, beef, and pork that haven't been injected with hormones or antibiotics. Buy organic eggs and dairy products. Get food that comes in boxes or bags instead of BPA lined cans. In terms of produce, generally look for organic versions of fruits with edible skin like apples, peaches, or pears; those with a tough skin, like avocados, bananas, and kiwi, are fine in conventional form. When you cut out obesogens and

add in these high nutrition foods, you can lose weight while eating however much you want. People who did our program for 6 weeks lost an average of 15 pounds, just by making simple swaps.

Check out the rest of his interview by visiting menshealthmagazine.com. It's very important for us to become more conscious of what's in the food we eat. 'The New American Diet', is not just a diet, it is a change in the way you consume your food. If there is one thing we can take away from research on additives, the all have a firm stand against high fructose corn syrup. So let's take a step together in the right direction and eliminate that!

Please visit our Facebook page at 'Fab Living w/Rebekah Star' and post your questions and comments. Until next week, Live Fabulously!

Cancer Survivor Day this Sunday

Local health clinics are supporting a celebration of life for cancer survivors of all ages, their friends, families and health care providers on Sunday, June 6 from 2 p.m. to 4 p.m. at the World Forest Center in southwest Portland.

The 23rd annual national event is sponsored locally by Legacy Cancer Services, Providence Cancer Center, OHSU Knight Cancer Institute and Northwest Cancer Specialists.

Refreshments will be provided along with creative and wellness activities for all, including live music, raffle prizes, chair massages, special guest appearances and fun-filled activities for children. There is no cost to attend.

For more information, call 503-335-3500.

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