

Eating Enough

Has it ever occurred to you that you do not eat enough? Many people who have problems with food and weight problems do not eat enough and that sound surprising doesn’t it?

They are eating enough junk, that’s for sure, but not enough proper real fresh food cooked from scratch.

Many of the clients who come to see me because they want to lose weight report feeling vaguely unwell most of the time. When I ask them what they eat I’m not surprised. Their diet consists of convenience food, processed food, takeaways and unhealthy snacks. They are often mystified as to why they are overweight.

“I eat hardly anything,” they say to me. And they are telling the truth. No fibre, not nearly enough minerals, next to no vitamins, insufficient protein and a lack of healthy fats and omega oils.

With all the junk food and rubbish around, and with our increasingly hectic lifestyles these are easy habits to fall into. If you recognise yourself in this description, then ask yourself:

* Do you get headaches?
* do you often feel fatigued?
* is your skin dull?
* do you want to sleep in the afternoon?
* is your mood low?

If you have been to a GP and he or she can find no obvious medical cause then there is a real likelihood that your poor eating habits are spoiling life for you. If you eat more good food starting today, then you will soon feel better.

So I would encourage you to eat more so you can lose weight. Yes, that is what I said. Eat regularly, fill up on good food and you will get in balance.

If you have fallen into bad habits, or perhaps you have never eaten properly, you may find it difficult to eat a lot in one session. So I am suggesting a programme which allows you to eat 4 or 5 small meals a day. You can choose the order in which you eat and which of the choices you eat

Make sure you drink 2 litres of water a day. Drink tea and coffee in moderation with skim milk. (if you have any health issues then consult your GP before starting)

Check in next week and I will give you this eating plan which will reset your habits once and for all.

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