

## Being Overweight



### What does it mean to be Overweight?

The term “overweight” has come to mean anything from a couple of pounds over your ideal figure to bordering on serious **weight-related health concerns**. Being overweight is something that many people struggle with in today’s modern society, and it can be difficult to overcome.

In essence, **being overweight** comes down to eating more calories than the body expends (or burns up). If this process is prolonged, and the weight continues to climb, this can result in obesity.

Not only does being overweight come with a number of health concerns, it also has a negative impact on self-esteem and emotional well-being. In addition to this, westernized societies tend to place huge emphasis on the “ideal” body weight and this has led many people down a dangerous path of yo-yo diets and “quick-fix” methods of weight loss in pursuit of that illusive slender figure.

However, these weight loss techniques often confuse the metabolism and cause it to be sluggish and less effective. **Fluctuations in weight** are especially counter-productive for anyone **trying to lose weight**, and should be avoided! This does not mean that you are doomed to carry those extra pounds with little hope of fitting into that bikini by summer, it just means that any weight loss should be done gradually and healthily, and the best way to **help yourself if you are overweight**, is to change the destructive lifestyle habits that that perpetuate the problem.

### What are the Consequences of Being Overweight?

While the consequences of obesity are generally well documented and accepted amongst medical practitioners, for people who are considered overweight health risks are somewhat more controversial. It is however important to acknowledge that being overweight (according to the BMI) does increase the risk of those complications shared by obesity. Studies have shown that the chances of death increases between 20 and 40 percent in people classified as overweight.

If you are overweight health risks you are at risk of developing include:

- Heart disease
- High blood pressure
- Type 2 diabetes
- Elevated cholesterol levels
- Certain cancers
- Asthma

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- Snoring
- Obstructive sleep apnea
- Loss of libido
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- Depression
- Liver disease
- Reduced immune system function
- Swollen joints and fluid retention
- Muscular aches and pains
- Gout

In addition, **psychological wellbeing** is also affected and self esteem issues are often the result. If you are **overweight health risks** that affect your psychological wellbeing include depression, anxiety, guilt and poor self image.

## Are you Overweight?

The most common measurement used to determine whether you should be concerned about your weight is the **BMI (body mass index)** which calculates your body weight in relation to your height. This ratio measurement is compared to other categories clinically classified as underweight, healthy, [overweight](#) or obese, and will give you a fairly accurate idea of **whether your body weight is in the normal or excessive range.**

## How Does the Body Mass Index Test Work?

Body mass index is determined by dividing your weight in kilograms by your height in meters squared and multiplying by 100. It can also be calculated by dividing your weight in pounds by your height in inches squared and multiplying by 705.

The Body Mass Index (BMI) measurements are classified as follows:

Underweight:	BMI below 18.5
Healthy weight:	BMI between 18.5-24.9
Overweight:	BMI between 25-29.9
Obese:	BMI 30 or higher

A BMI score that is above 25, is considered [overweight](#) and your risk of weight-related health concerns increases from this point.

## What Causes you to become Overweight?

There are a number of **reasons why people become [overweight](#)** although most commonly it is the result of consuming more calories each day than the body can expend and convert into energy. Excess calories are then stored as fat and the result is weight gain.

## Causes and Factors in Weight Gain

- Genetics – Some people are genetically more likely to gain weight than others. Obesity and weight-gain tend to run in families and while this is



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

largely due to the poor family eating habits, it also points to a specific genetic link.

- Metabolism - Some people have faster metabolic rates than others do. Poor dietary habits, little exercise and crash diets all slow down the metabolism and make **weight loss** difficult.
- Crash diets - When we diet or drastically reduce our intake of food, our bodies "think" that we are starving because there is a famine or lack of food available. The body then goes into crisis mode and slows down metabolism in order to conserve or make the most of the little food it is getting. The longer the 'famine' lasts, the slower your metabolism will become. Sooner or later (because we are depriving our bodies of essential nutrients) we will be forced to 'binge' or break our diet. When this happens, the body 'hangs on' to every bit of fat, carbohydrate or 'storable' food taken in, because the metabolism is still slow and the body will want to lay in 'provisions' for any future famine by storing food 'just in case'. The more we crash diet, the more our bodies become convinced that our food supplies are unreliable and the more they will therefore tend to store fat. When this happens, we will put on weight even while eating a normal, healthy diet.
- Psychological – Comfort eating is common problem that causes weight-gain. This can sometimes be due to boredom and inactivity, but is often linked to depression and low self esteem. Because food is often used as a reward or connected with a pleasurable experience, it becomes associated with good feelings and before long, food becomes akin to an emotional addiction.
- Sociocultural factors – Modern living often means a diet of fast foods and quick energy needs. This can lead to weight-gain and many people find they soon become **overweight** due to inactivity and years of eating the incorrect foods.
- Sedentary lifestyles – Lack of physical exercise is one of the leading causes of weight gain. With the introduction of computers, television, TV games and other technological advances that make life “easier”, we find that there is little necessity or even opportunity for physical exercise.
- Medical conditions – There are some medical conditions that can cause weight gain and obesity, for example: Hypothyroidism; abnormalities or injury to the hypothalamus region in the brain; Cushing's disease and polycystic ovarian syndrome (PCOS), a common hormonal disorder in women.
- Side-effects of certain medication – Some prescription medications can cause you to gain weight. Examples include: corticosteroids; certain female hormone treatments including some oral contraceptives; some antidepressants, and other psychoactive drugs, including certain antipsychotics, lithium, and antiseizure agents. **Weight gain due to medication** is usually temporary and generally does not lead to obesity proportions.
- Pregnancy – While weight gain during pregnancy is expected and essential for a healthy baby, many women struggle to lose weight after childbirth, commonly referred to as “pregnancy weight”.

## Help for those who are Overweight

There's always a new diet being flashed about in the media, the most recent magazines, and the latest celebrity-fad. However, in most cases, these diets land up costing you a fortune and the weight that is lost is quickly gained thereafter. There are however a few **successful weight loss** treatments, the most long-term of which are the more gradual and natural approaches.

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[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

## Drug Treatment

In an effort to lose weight, some people turn to prescription or over the counter medicine to **control appetite** and help them to 'starve' the extra weight off. Many of these products contain stimulants which raise heart rate and can cause anxiety and other **health problems**. Even some so-called 'natural' products contain ephedra and other harmful stimulants. Ultimately the body suffers and the lost pounds often return with a vengeance after the product is stopped.

## Psychotherapy

If you find that being [overweight](#) is linked to emotional issues, it is well advised to confront and deal with your emotions head on. Consider some form of psychotherapy to help you identify emotional triggers and come up with positive alternative ways to cope.

## Lifestyle Changes

Lifestyle changes should be the first treatment option when you **wish to lose weight**. While changing years of bad habits is not an easy thing to do, it is not as complicated as many people think, and once you adopt a healthy lifestyle, your body will feel the benefits and you may wonder how you got this far without it. Try incorporating the following tips into your daily life:

- A healthy and balanced diet that includes all food groups in moderation.
- A regular exercise routine
- A positive and healthy mental approach to food
- Identifying and dealing with emotional connections with food

The important thing to remember about a change in lifestyle is that it is a gradual process and so be patient and don't expect immediate results!

## Natural Remedies and Solutions

There are many **herbal and homeopathic remedies** can help you reach your goal weight in a healthy and effective manner. Herbs such as Garcinia cambogia, Taraxacum officinalis, Glycyrrhiza glabra, and Capsicum minimum are especially known for **boosting metabolism functioning and stimulating the digestive system**, while helping to curb food cravings.

In addition, the sea vegetable Fucus vesiculosus contains a concentrated source of minerals including iodine, which assists in the production of thyroid hormones necessary for **maintaining healthy metabolism** in all cells of the body.

Homeopathic remedies such as Kalium Phosphate, Calcium Phosphate and Calcium Fluoride also help to improve metabolism while assisting in the breakdown of dietary fat. When used regularly, these **natural ingredients** can help to assist your body in [weight loss](#) while also helping rid your body of harmful toxins. The result is a slimmer, more energetic and healthier you!

## Tips for Losing Weight and Eating Healthy



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- Drink at least 8 glasses of water a day and try beginning each meal with a glass of water. This ensures that you are getting enough fluids through out the day, and it tends to take the edge off of an active appetite.
- Cut down on the sugar! We often consume much more sugar than we are aware of on a daily basis. Try cutting out the sugar in your tea and coffee and find an aspartame-free alternative if you need to satisfy that sweet tooth.
- Watch what you cook and how you cook it. Choose baking and steaming over roasting and frying and always look for the lower fat food products. You can cook or flavor with lemon juice, herbs, garlic or ginger to your heart's content. You can also use Oriental spices like turmeric, chili, masala, etc - but no MSG! Moderate amounts of salt are OK, but don't overdo it!
- Try to have your main meal at midday, so that you have a chance to digest it. You should try avoiding food for at least 4 hours before bedtime, as once you are in bed, you have no opportunity to burn off those calories.
- Eat according to an eating plan. By planning healthy meals in advance, you will be less likely to eat unhealthily on the spur of the moment.
- It is a good idea to keep a daily record of your meals - it helps you to commit yourself and to be able to identify where things go wrong.
- If you are tempted to deviate from your eating plan, get up and DO something! Go for a walk, visit a friend, write an email, put on some music and dance - anything! But, most importantly, get away from the food that is tempting you!
- Avoid calorie-counting, food weighing and **obsessive weight watching!** These things tend to stress you out and tend to trigger emotional eating spurges.
- Try your best not to 'cheat' or 'lapse', but if you do - don't despair! Don't give up in misery and guilt. Accept that you are human; give yourself a 'pep talk' and start afresh!
- Identify free foods which can be eaten as much as you like, such as apple, raw carrot, celery sticks, raw mushrooms, and cucumber.
- Reward yourself with something other than food when you make progress with your goal weight.
- Become active and take up a physical activity that you enjoy! Learn to love exercise and see it as something you get to do for yourself, and not as a must-do chore. Even 30min a day will help to **increase your metabolism**.
- Remember to love your body, and what 'god gave you'. No one is perfect, but if you address your weight from a health point of view, success can be that much easier to achieve! Eat to live, don't live to eat

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play

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in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by



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producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**EcoSlim**<sup>™</sup> : Safely and naturally lose weight without the side effects of diet pills.

EcoSlim is a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Weight loss supplements** such as EcoSlim can especially benefit those individuals needing to consistently **support routine weight management and a healthy metabolism** without compromising health or serious side effects.

EcoSlim is effectively used as part of a total slimming program to safely support healthy metabolism, energy levels and systemic balance in the stomach and digestive system, **without harmful side effects and without stimulants.**

In combination with a healthy lifestyle and balanced diet, EcoSlim supports the healthy functioning of the digestive system, thereby helping to maintain optimum performance.

Vital organs in the body that are instrumental in **regulating weight, metabolism and energy** expenditure need systemic balance to function properly.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

**Learn more about EcoSlim**

**TeenSlim**<sup>™</sup> : For healthy weight loss, maintenance and system cleansing in teens.

TeenSlim is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts for **overweight teenagers**. TeenSlim can especially benefit adolescents by **consistently supporting routine weight management and a healthy metabolism** without compromising growth.

TeenSlim is effectively used as part of a total slimming program for **overweight teenagers** to safely support healthy metabolism and promote systemic cleansing and systemic harmony in the stomach and digestive system, **without harmful side effects and without stimulants**.

TeenSlim is formulated to assist teenagers to maintain healthy and realistic weight goals, as well as help flush-out the system, thereby **promoting healthy skin and healthy energy levels**.

Vital organs in the body that are instrumental in **regulating weight, metabolism and energy** expenditure need systemic balance to function properly.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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**JuniorSlim**<sup>™</sup> : For safe weight loss and management<sup>™</sup> in children and preteens.

**Junior is a weight loss supplement for kids.** JuniorSlim is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts for children and preteens. JuniorSlim can especially benefit those **overweight children** and preteens needing to consistently **support routine weight management and a healthy metabolism** without compromising growth and health and without serious side effects.

JuniorSlim is effectively used as part of a total slimming program to safely support healthy metabolism in **overweight children**, improve energy levels and systemic harmony in the stomach and digestive system, **without harmful side effects and without stimulants**.

In combination with a healthy lifestyle and balanced diet, JuniorSlim supports the healthy functioning of the digestive system, thereby helping to maintain optimum performance.

Vital organs in the body that are instrumental in **regulating weight, metabolism and energy** expenditure need systemic harmony to function properly.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about JuniorSlim](#)

**Slimmer's Assist**<sup>™</sup> : Assists body with metabolism, digestion and the healthy breakdown of dietary fat.

Nature offers a variety of **healthy weight loss supplements**. Triple Complex Slimmer's Assist is a combination of three, cellular-supporting tissue salts each selected for their **supportive effect on metabolism and digestion**.

This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance** in the body on a cellular level, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

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There are twelve essential tissue salts that have been identified as being essential components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet **vital role in maintaining cellular health** in all the organs and systems of the body.

**Healthy weight loss supplements** emphasize on making sure that your **digestive system and metabolism are functioning effectively**. This will also mean that you will enhance the bio-availability of all supplements, remedies and even nutrients in your diet - thereby maximizing all your slimming efforts!

And because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are **safe to use for all ages** (from infancy to old age) as well as during pregnancy!

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