

Natural Weight Loss For Good Health and Well Being



<u>Weight loss</u> is becoming an unhealthy obsession dealing with body images, but in some cases can improve health and fitness. When weight loss is a result of eating healthy, exercising and/or taking natural weight loss supplements in contrast to synthetic prescription drugs with the risk of harmful side effects, weight loss can be effective, rewarding, and greatly improve overall health.

Extra weight, especially extra fat on a person's body, applies significantly increased stresses on the heart, joints and back. These stresses can be extremely detrimental to one's health. Healthy weight loss can reduce the risk of diabetes, cardiovascular disease, hypertension, arthritis and other health problems, as well as generally extending an otherwise average life span. Recently, the scientific root cause or explanation of obesity has been revealed as being part of one's physiology. The internal functions of an obese person are different than those of a healthy person, and cause intense hunger pains and food cravings.

Natural weight loss supplements can help counteract this constant hunger and lead to healthy weight loss. Unbalanced hormones are a common cause of weight gain, therefore taking natural hormone balancers and herbal supplements would help to create a healthy weight loss regimen. Restoring your health allows you to lose weight naturally, without excess frustration and effort. It's all about losing weight from the inside out.

Emotional issues always accompany change, especially changes in our body's e.g. natural weight loss. Weight loss affects our perception of our body image, our sense of identity i.e. who am I? And how we feel about ourselves in general. Weight loss also affects our social relationships in that there may be people in our family or social contacts that are

emotionally invested in remaining the same i.e. overweight with all that it symbolizes e.g. friendliness, non-threatening, protective, jovial, helpful, etc. Beyond our physical health, it can be said that "size matters" cognitively and emotionally to ourselves and others. Eating and food have come to symbolize being accepted, being cared for and comfort. Having the support of others in our efforts to naturally lose weight and regain our health is a huge advantage.

We have been "conditioned" to fear any kind of loss, including weight loss. Especially if what we may lose is something with which we identify i.e. use to tell us who we are.

The emotions of fear, anger, anxiety and depression affect our weight. We often tend to "stuff our feelings" or numb these emotional feelings or stress by overeating. We may even overeat, thinking that will ease the physical discomfort caused by excess weight e.g. physical pain, lack of sleep, and lack of energy caused by moderate depression. To improve our overall health and support us through the process of natural weight loss and the emotional dynamics around it, we can take advantage of natural sleep aids, natural depression relief and natural pain relief health care products.

Our weight and health is greatly dependent upon our having a healthy digestive system or metabolism. Our digestive system converts, on a cellular and muscular level, the foods we eat, eliminates toxins, and uses and stores glucose for energy. Natural enzymes trigger hunger signals and facilitate absorption of nutrition. Good digestion with the help of natural enzymes aids in the conversion of fat to muscle.

Allergy and sensitivity to food, parasites, yeast overgrowth and emotional stress are signals of digestive disruption and inflammation. Natural essential fatty acids work to reduce intestinal inflammation, decrease harmful acids, and help the liver process proteins that grow muscle, balance hormones and facilitate the elimination of toxins. Natural essential fatty acids help clear our digestive system of heavy metals, harmful bacteria, pesticides that we are increasingly encountering in our environment. Essential fatty acids along with natural fiber help us clean out the intestinal debris that harm our health and often lead to weight gain. Essential fatty acids also help our brain's neurotransmitters to function properly in order to deal with stress, emotions, and cravings that can lead to overeating and weight gain.

Natural amino acids are the building blocks that make up proteins. Next to water, protein makes up the greatest part of our body weight. Amino acids help increase metabolism, build muscle, ease moderate depression, and help burn fat. Natural antioxidants help carry more oxygen to cells and muscles to help increase energy, burn fat, build muscle and process the foods we eat.

Hormone balance is essential for natural weight loss. Our metabolism slows as we get older because of the decrease or imbalance of hormones. This contributes to weight gain. Hormone balance also helps us deal with stress that leads to weight gain. Proper hormone balance helps to decrease cravings and binge eating. There are many natural hormone balancing products available, e.g. natural progesterone, promensil, soy isoflavones, essential fatty acids and hormone balancing formulas.

Our metabolism's primary task is to nourish our brains. We need healthy neurotransmitters to help us curb craving, ease depression, and deal with stress that lead to weight gain. Balancing our natural brain chemistry has a calming effect and allows us to feel a sense of wellbeing and safety. There are many natural health care products to help balance brain chemistry, e.g. essential fatty acids, natural depression relief products, natural products to increase serotonin, and more. When our brain feels well and safe, it is prone to change our metabolism from calorie saving to calorie burning.

Our bodies were designed to move and be active. Movement requires muscle activity. Muscle activity uses the glycogen supply found in our muscles. When this glycogen supply stored in our muscles is used, our body is forced to use stored fat as an energy source. Using this stored fat through movement and exercise, results in natural weight loss. There is no reason for us to become athletes to accomplish natural weight loss. Low impact exercise like swimming, walking, etc, can be done slowly and without strain. In order to lose real weight rather than "water weight", it is important to drink extra amounts of water when exercising. Drinking more water will also help our digestive system and metabolism to use and eliminate extra weight.

Remember, the first objective, accomplished through natural weight loss, is to improve our physical and emotional health. This involves having a healthy digestive system, a healthy emotional system and a healthy nutritional system. We can build these healthy systems with natural vitamins, amino acids, antioxidants, natural digestive aid, pain relief aid, natural sleep aids, natural emotional and mood aids, essential fatty acids and many more helpful natural health care products. We need to concentrate on improving our general health, feeling good, and living well through natural weight loss, rather than constantly comparing ourselves to someone else's idea about appearance from some magazine. Physical and emotional health is primary. Appearance may be important to us, but it is secondary. Through natural weight loss, we can live well and live long.

Company Description

Weight Loss Brooklyn is a medical clinic in Brooklyn, NY that provides doctor supervised medical weight loss programs, weight loss prescriptions and weight reduction consultations.

Weight Loss Brooklyn is a weight loss clinic in Brooklyn, NY that specializes in medical weight loss. The weight loss center provides weight loss programs that help patients lose weight without being hungry. The clinic includes a licensed physician that gives each new patient a complete physical before prescribing any medications that are included in the weight reduction program.

The program includes the combination of a reduced calorie diet, monthly consultations with the doctor and supplements to control hunger and appetite. The initial consultation includes a complete physical and blood work before starting the program to lose weight. First time patients can save \$50 on the first appointment if the location is offering this discount. Call 937-684-4099 to schedule a consultation today.

Contact Details

Weight Loss Brooklyn 539 Atlantic Ave #170125 Brooklyn, NY 11217 (718) 970-7198

Website: https://sites.google.com/view/weight-loss-brooklyn-ny/ Google Site: https://sites.google.com/view/weight-loss-brooklyn-ny/

Google Folder: https://drive.google.com/drive/folders/1fOvWARQB5WNHVtN8dk9wjNU7jcLt9JXT?usp=drive_open_

Twitter: https://twitter.com/Richard83186066

Recommended Resources

https://mgyb.co/s/75kv8

https://mgyb.co/s/frNgx

https://mavb.co/s/asZRb

https://mgyb.co/s/BBDe5

https://mgvb.co/s/YofCL

https://mgyb.co/s/bjjFy

https://mgvb.co/s/Qpex9

https://mgvb.co/s/0Ljo8

https://mgyb.co/s/2MQ7c

https://mgyb.co/s/nV3Sm

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Recommended Profiles

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https://www.scribd.com/user/521651853/Margaret-Dierking

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