

Getting back on track

If your weight loss is slowing down here are a few things you need to know.

1. Insulin control- when you are trying to lose weight insulin is not your friend. Carbohydrates should be limited to 50g per day and quality of carbs is very important. Pastas, grains, and cereals aren't quality carbs despite what modern advertising says. Just because it's Kashi doesn't mean it's healthy. Stick to vegetables and limit fruit due to the high insulin response.
2. Iodine- most of our diets are deficient in this mineral. Twenty years ago food companies used to add iodine to various foods but due to cost they stopped. Fluoride, Bromide, and Chlorine have been replaced as additives to food and water. These halogens move into the thyroid and displace natural iodine. Iodine is important to the function of the thyroid coupled with L-tyrosine and other nutrients, these two work to produce T3 and T4 thyroid hormones. These hormones help our body turn calories into energy. Natural sources of Iodine in the diet are shellfish and iodized salt.
3. L-tyrosine- combines with Iodine to produce hormones that metabolize energy from calories
4. Selenium- naturally occurring trace mineral with strong antioxidant properties. This mineral helps stimulate the thyroid.
5. Hypocaloric- meaning a low number of dietary calories. When insulin is absent and caloric intake is low, free fatty acids will be released and fat loss will occur. Just being hypocaloric and eating crap isn't good for the muscles, solid protein, fats and some carbohydrates post workout works best.

The body burns fat through the process of Lipolysis. Lipolysis is the breakdown of fat stored in cells. In this process free fatty acids are released in the bloodstream and circulate through the body. Lipolysis is the breakdown of stored triglycerides and esterification is the opposite. Esterification is the process where triglycerides are formed and stored in the body. We can avoid this process by not eating excessive calories at any one time and not overstimulating insulin by eating too many junk carbohydrates.