



# Body Weight



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The weight-loss industry has made many people lots of money over a long period of time. Unfortunately, there is NO magic potion for weight loss!! To be healthy and in shape must become a priority in your life. To PLAN, BUY and PREPARE your food are needed to get results. **Lifestyle is the key!**

**REMIND YOURSELF that you eat to nourish your body!** Like a car needs fuel, you need food.

The same food that makes us fat makes us sick. Refined carbs (cake and bread), sugar (sweets, chocolate, cooldrinks and juice) and saturated fats (deep fried food like chips, viennas, chicken) are all bad for our bodies. This is "party food", for celebrations and not for everyday consumption.

**You will never lose weight if you don't stop eating these foods on a daily basis.**

**The combination of fat with sugar** in mouthwatering foods such as cakes and chocolates alter brain chemistry, disrupts your appetite, and makes you overeat. Swap some of the saturated fats in your diet (sausages, chips, cakes) for unsaturated fats (avocados, nuts and seeds, cold pressed oils, biltong) Healthy fat and protein help you feel satisfied.

## What to keep in mind

-  When **hormones** are out of balance it encourages the accumulation of fat. Check your hormone levels.
-  Manage your stress by controlling what's controllable and letting go of what you cannot control. Stress causes the body to produce more cortisol, which can impair your ability to lose weight.
-  Food cannot jump into your mouth. **YOU ARE IN CONTROL OF YOUR BODY.** It cannot do anything without your consent. Change your thinking and take back control.
-  **ADDICTIONS** are a real problem. **Sugar addiction** is probably the most common. Remember that **SUGAR IS 8 X MORE ADDICTIVE THAN COCAINE.** Replace refined toxic sugar with nutritious fruit for the whole family! Have a bowl of fruit available for snacking AND don't have any sweets and cold drinks in the house! If it is not there, you can't eat it. This has been my saving grace for years! Comfort food will only comfort you for the moment but make you pick up weight in the long run. Get ways to deal with your emotions. (Counselling, meditation, exercise etc.)
-  **Lack of sleep** can increase levels of the hunger hormone ghrelin, which, in turn, will increase hunger and appetite. This makes overeating more likely. Remember, you heal when you sleep.
-  **EXERCISE!!! We are mostly overweight and under-muscled.** We were made to move. Celebrate your body by doing exercises that you love. (walking, jogging, gym, trampoline, swimming, skipping etc.)
-  A big "no-no" when it gets to weight problems is **alcohol.** It is high in calories and has no nutritional value. The body treats alcohol as a toxin and channels all its energy into getting rid of it. So, while your body is burning the calories in alcohol, it won't be burning carbs, fats, or protein.

- 🌱 We die without water. It is vital for sustaining life. When you are properly hydrated your body stores less water. As soon as dehydration sets in your body responds by retaining fluids. This can lead to puffiness, bloating and discomfort. Dehydration can cause you to eat more. Water can help break down fat and burn calories.
- 🌱 We suggest a parasite and candida cleanse before you start your weight loss programme.

**If you eat healthily and exercise, but still gain weight or can't lose weight, something is wrong. GET HELP and get to the root of your problem.**

The shift starts within. **The work** is in your mind (change your thinking). **The healing** in your heart (forgive, accept). **The power** is love and joy. **The goal** is freedom. Without this, it is a path of torture. Choose a path of wonder, excitement, healing, and growth! Shift your thinking from weight loss to being healthy and happy and embrace the journey!

***Don't give up what you want most, for what you want now!***

**You are worth eating healthy food  
having Good people around you  
of Love  
of HAPPINESS 😊**

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Please note: This information is to arouse interest and awareness. Do your own research and empower yourself.