

The best way to lose weight is to make sure you eat well

It may seem ironic, but the best way to lose weight (and keep it off) is to eat. Starvation diets never work. Here's why:

- People who significantly reduce calories find that their weight loss stalls. When they start eating again their weight increases, often above their start weight.
- When calories are significantly reduced, our bodies adapt and go into what nutritionists call "starvation mode". Metabolism slows down as a safety mechanism, and the body retains any and all sources of energy that it can — particularly fat.



KIRAN BASRA

It's no surprise that most successful weight loss and maintenance programs involve a well-balanced selection of foods from all food groups with a modest reduction of calories so the body still needs to draw on its fat stores as a source of energy. When choosing a program, look for the following elements:

- Portion control: Human appetite is elastic—the more food we receive, the more we eat. Great food with smaller portions is the right approach.
- Food plans incorporating all food

groups: Healthy weight loss is the only sustainable weight loss. Your body needs vitamins and nutrients from proteins, fats and carbohydrates.

- Three meals a day, and never more than six hours between meals. Healthy snacks between meals are great as well.
- Your metabolism is a true biological clock — it depends on calories at regular intervals.

Herbal Magic programs consist of well-balanced food plans with grocery-store bought food, based on modest calorie reduction and appropriate natural products to stop cravings, increase metabolism and reduce appetite. Our Personal Health Coaches will support you through this process and are with you every step of the way.

—Kiran Basra is a registered pharmacist, a graduate of the University of Toronto and has obtained her doctorate in pharmacy. Basra has served as a lecturer to students of pharmacy and pharmaceutical technology; she has also spoken on variety of topics at women's shows and to healthcare professionals and corporations.

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