

Eat Healthy & Stay Slim



Did you know that as we age, our metabolism slows down? This means that we burn calories at a slower rate. It's true that metabolism is linked to weight but, contrary to common belief, a slow metabolism is rarely the cause of excess weight gain. Although your metabolism influences your body's basic energy needs, it's your food and beverage intake and your physical activity that ultimately determine how much you weigh.

Yaffa Zhav, CEO of Yaffa Zhav Skin Care Centre has done research on how to keep healthy without using strict diets or having surgery. It's as simple as eating fresh and healthy ingredients combined with daily physical activity. This could be as simple as playing sport, walking to the store, or walking the dog.

Try the following for 4 weeks and see the difference!

NO CARBOHYDRATES ✘

- NO Bread, Biscuits, Cake, Pasta, Potatoes, Rice or Noodles
- NO Sugar, Sweet Drinks or foods containing high sugar content

EAT ✔

- 150g of protein per day for example red meat, fish, chicken or turkey with the fat removed, grilled or baked – eat during the day instead of at night
- At least 2 serves of vegetables per day, baked or steamed
- 2 Fruits per day – eat until lunch time, not at night
- Eggs – 1 per day
- Avocado – ¼ per day
- 1 tbsp of olive oil per day
- Make homemade soup, for example; chicken soup or vegetable soup
- Raw mixed salads
- Low fat ricotta cheese only
- Sprinkle Sesame Seeds on salads and vegetables – they are full of calcium, magnesium, copper, vitamin B1, zinc and dietary fibre.

DRINK ✔

- ½ - 2L of Water per day.
- Herbal Tea or squeeze ½ lemon in warm water and drink every morning.
- Skim Milk only with Coffee & Tea, Do not add sugar

EXERCISE ✔

- 30 minutes of gentle exercise 4 times a week such as; Bike Riding, Gym Work Out, Walking or any exercise that you like.

4 Weeks Later

Continue to eat the healthy way. Refrain from drinking alcohol during the week. 1-2 Glasses on the weekend only. Avoid mixing alcoholic drinks with soft drinks and juice containing sugar.

You can introduce 2 days a week

- 1 serve of carbohydrates.
- 1 serve of sugar

EXAMPLE:

Monday – 1 Slice of bread OR small serve of rice/noodles/pasta - eat before 2pm

Thursday – 1 Piece of Cake or 2 Biscuits

Make sure you leave at least a 2 day gap in between.

Vitamin Supplements

Yaffa recommends visiting a Naturopath so that they can check to see if your body needs any extra supplements. Yaffa recommends the following supplements to be taken on a daily basis;

- ½ Teaspoon Vitamin C Powder
- 1 Teaspoon of Trace Mineral
- 1 Capsule of Krill Oil 1000mg
- 2-3 Drops of Vitamin D

Yaffa Recommends:

- Use fresh not frozen fruit and vegetables that are Australian made and local where possible. Eat lots of green vegetables.
- Do not buy frozen meals, make it yourself and then freeze if desired.
- Don't eat food containing MSG
- Buy Meat and Fish that are free of hormones, colours and preservatives
- When eating carbohydrates choose brown rice, wholemeal bread and foods that are low in sugar
- If you have a medical condition please consult your doctor

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