

Weight Loss by Helen Mawson ©

Are You Struggling To Loose Weight?

If the answer to this question is yes, you are not alone – an astonishing 50% of the population in the UK is overweight. Two in Five woman and one in six men are dissatisfied with their weight or shape and are on a permanent diet!

Health Kinesiology (HK)

HK is a holistic therapy which offers a unique approach in assisting with weight loss literally helping you to let go of the weight you no longer need. The system can identify your unique nutritional requirements, pin point specific exercise plans and deal with any “other” issues that may be holding you back.

Confusion Abounds

There are so many diets on the market at the moment that it is difficult to know what is the most appropriate for your body. The diet industry generates is a big business, mainly playing on peoples desperation and confusion around weight loss and what they should be doing to achieve it. With HK you can identify what is out of balance and work out a customised plan of action to help you achieve your goals.

All About Balance

I have found the word balance to be one of the most important when considering our diet. Balance is not about denying ourselves the occasional coffee or chocolate bar it's about eating good quality healthy foods most of the time and also what we occasionally fancy as a treat. Obviously if you are working with a specific illness or dietary requirement then this principle will vary

Back to Basics

In practice when I work with people what I come back to time and again are the basic principles of nutrition, incorporating balanced quantities of carbohydrates, proteins, fats, & vegetation and plenty of variation within these parameters. The following information highlights general guidelines for quantities of the main food groups:

15 % Protein – The 25 different amino acids which are forms of protein and literally “building blocks” for our bodies are used to make hormones, enzymes, antibodies and neurotransmitters and help transport substances around the body. Optimal protein intake for an adult is around 35 grams. Best quality protein in terms of amino acid content includes; eggs, quinoa, soya, meat, fish, beans and lentils. Meat protein sources tend to contain more saturated fats than vegetable or cereal sources and are also acid forming. Vegetable or cereal based amino acids tend to have additional health benefits and are generally better absorbed than animal protein.

70 % Carbohydrates - the main fuel for the body and come in 2 forms; fast releasing including sugar, honey, malts, refined foods, and slow releasing including whole grains, vegetables, and fresh fruits. Slow releasing or complex carbohydrates work to slow down the release of sugar providing a more sustained energy release. Fast releasing carbohydrates provide a fast burst of energy and are best kept to a minimum.

15 % Fats – There are basically 2 types of fat hard or saturated fat and soft or unsaturated fat. It is not essential or desirable to eat saturated fats. The main sources of these fats are meat and dairy. There are 2 kinds of unsaturated fats; monounsaturated fat such as olive oil and polyunsaturated fats found in nuts, seeds, and fish. Certain polyunsaturated fats called omega 3 and 6 are essential for brain, nervous system, immune system, skin and cardiovascular system function.

The following are guidelines for a healthy balanced diet:

5 servings of vegetables

2 servings of protein

2 servings of mineral rich foods

2 litres of water per day

3 servings of fruits

6 servings of complex carbohydrates

1 serving of essential fats – omega 3, 6 & 9

Other factors to consider

Allergies – when your body does not recognise a food an allergic reaction occurs, this can cause weight gain or loss

Intolerance- you may be consuming too much of a substance for your body to deal with and therefore causing your system to become toxic and overloaded

Hormonal Imbalance – Hormones are responsible for regulating metabolism, appetite control, blood sugar, reproduction and much more. If this system is out of balance problems with weight can occur

Psychological / Emotional Issues – when we are feeling bored or low we are more likely to overeat or eat the foods that are not so healthy. Stressful events or traumas from the past may be the root cause of our weight issues and may need to be resolved before we can move on.

If you would like to know more about how HK can help you let go of unwanted weight or to book a session please call: Helen Mawson 07904 457 075 or email:

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