

March Newsletter

National Nutrition Month



March 2019

March is National Nutrition Month. As spring is just around the corner and the season is beginning to change, it may be time to think about making some changes in our approach to diet and nutrition.

Like anything, we get out what we put in, and unfortunately there are many not so great choices to be made. We all lead busy lives, and making good dietary choices becomes difficult due to lifestyle and convenience .

Fast food & pre-packaged processed food is certainly an easier choice, but when we really look at the poor nutritional value, high number of empty calories and harmful chemicals its pretty easy to see that long term consistent consumption leads to weight gain and subsequent health problems ie diabetes, high cholesterol and heart disease.

Improved health must start with diet. Changing your diet is as much a mind set as anything. It comes down to making good choices. Eating healthier is admittedly more difficult, but the outcome far out weighs the sacrifice in how much better one can feel with more energy and less pain as most of our diets create inflammation in our bodies.

So what is the answer? To start with, try to really just look at how many calories are consumed daily- you will be surprised!!! Calories that you may have been unaware of, ie Starbucks, juice, pop, to name a few and those are just drinks. Opt for more water in place of those high calorie drinks.

Next take a look at food consumption. It is amazing the number of calories there are in fast and processed foods. Once you actually see the numbers, you next need to make a choice to make some changes. Opt for lower glycemc (sugar) foods like green vegetables and fruits. Consume lean proteins 93% or better like chicken, turkey, beef and fish. Preparation of proteins is important as well. Opt for baked or grilled instead of fried. Limit bread consumption and high fat dairy foods which can be inflammatory to the body. Choose good fats like nuts, but also be mindful of the high calories they contain.

At the end of the day it comes down to choices and change. Without change ...there will be no change. We all know the definition of insanity- doing the same thing over and over but expecting a different outcome. Without doubt, health takes work. I take health seriously, and am willing to help. If you are ready to change your path, I am here! We have a wonderful program in Chirothin that is a healthy way to lose weight and gives you the tools to keep it off long-term. Many people lives have changed over the past 2 years and I couldn't be happier for them!! Give me a call for a FREE consultation at 724-223-0590

Have questions? Shoot me an email wink-chiro@comcast.net

Check out our website drwinkonline.com



DOCTOR SUPERVISED
CHIROTIN
WEIGHT LOSS PROGRAM

 Like us on
Facebook