


Mindful Weight Release

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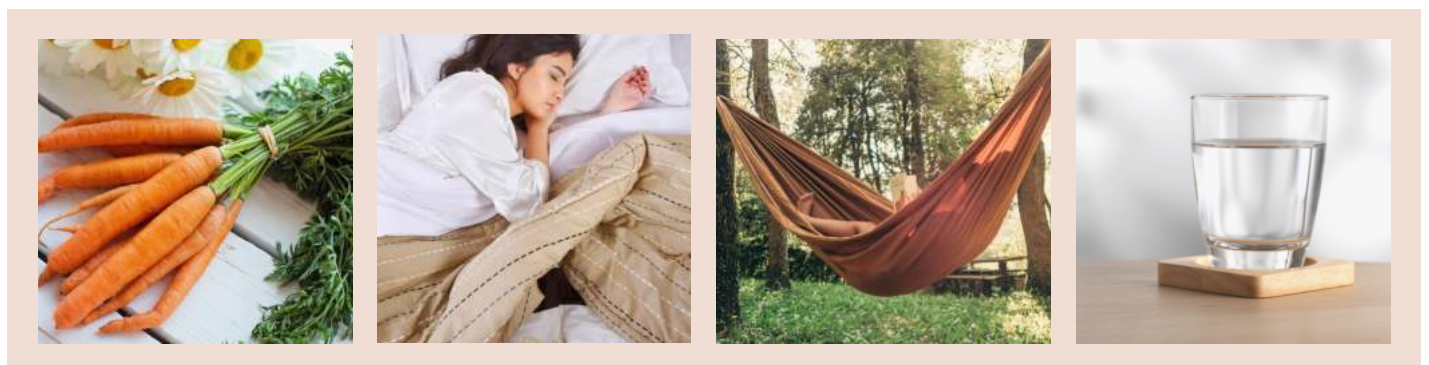
People gain unwanted weight for many reasons. While it's tempting to simply look at the food we're eating as the cause and blame willpower, the actual root cause can go much deeper. From a holistic perspective, our minds, bodies, and spirits are all intertwined. This means that the root cause of weight gain could stem from mental, emotional, physical, or spiritual imbalances.

It's as essential to discover the underlying reason as it is to know what steps to take next to support yourself fully. In this article, we outline a holistic perspective on mindfully releasing weight so that you can feel vibrant and healthy from the inside out.

Mindful Weight Release

Mindful weight release is a concept that encourages us to gracefully and consciously let go of the unwanted "weight" that we carry. Far from the number on the scale, "the weight that we carry" can be concerns stemming from our past, present, or future, negative relationships, skewed work-life balance, questioning your spirituality, and many other causes. To discover what is weighing you down, literally and figuratively, or to take steps towards better wellness, we suggest working with a health coach and a holistically minded medical team, including a therapist if needed.

The following tips are a general roadmap to help mindfully release weight.





1. Improve Digestion

Many times, your body craves what it can't digest. When this occurs, the body sends out distress signals because it perceives a lack of nutrients, leading to cravings for specific macronutrients, the proteins, carbohydrates, and fats that supply us with fuel and raw materials for cellular growth and repair.

One telltale sign that your digestion may need support is a craving despite having an adequate diet. For example, someone who consumes plenty of protein but is still always hungry for more protein-rich foods, like steak, likely needs support digesting these heavy foods. A simple way to improve digestion is to take a full-spectrum digestive enzyme with every meal. With enzymes, the body can better digest, absorb, and assimilate the foods you eat. After digestion, the nutrients entering the bloodstream travel throughout the body and alert the brain that the deficiency has been corrected, which then reduces hunger signals and cravings. The same principles are true for general overeating. When digestion is optimized, the body receives its required nutrients with less intake because it can fully utilize what is eaten. Consuming probiotic-rich foods, or supplemental probiotics, can also improve digestion. These friendly bacteria support the cells that line the digestive tract, which enhances the absorption of nutrients, and synthesize nutrients such as Vitamin K and most B Vitamins directly in the gut.

2. Moderation

Moderation is a common theme in society, but what is enough, and how do we maintain balance when releasing weight? With family and peer influences and mainstream culture, "moderation" may not look the same from one person to another. To understand what healthy restraint is for you, start by creating a food journal. Consider how many times a day or week you eat high-caloric food, such as sweets and fried foods. Then, analyze your choices and determine if you need to cut back. It's also valuable to track your stress level along with your daily food choices to help uncover emotional eating patterns. Lastly, one of the simplest ways to moderate your dietary choices is by reducing your portion sizes.

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3. Whole Foods and Nutrition

Far from just being healthy choices, whole foods provide nutrition that is vital to our spiritual, mental, emotional, and physical health, without the negatives found in processed foods like preservatives, chemical additives, or other anti-nutrients that harm digestion and increase cravings. Whole foods, such as fruits, vegetables, whole grains, nuts, beans, and animal products, such as meat, eggs, and simple dairy products, are found in their natural state, with little to no processing. Since these foods are not refined or altered by processing, their nutrient content remains intact. For an even higher nutrient content, select whole foods that are locally or organically grown.

Proper nutrition gives our body various tools to keep us feeling well and less likely to reach for unhealthy food choices. Specific nutrients can also aid in mindfully releasing weight. For example, excess weight creates chronic inflammation, which produces free radicals and creates a vicious cycle of more inflammation and weight gain. This can also lead to hormonal imbalances and contribute to insulin resistance, increasing weight gain. Antioxidants, like Vitamin C and Carotenoids, can help reduce inflammation and support the immune system, which can be especially beneficial to those interested in releasing weight. Some great whole food choices for Vitamin C include oranges, kiwi, and broccoli. Foods such as sweet potatoes, red peppers (a source of Vitamin C), and pumpkins contain Carotenoids, which give some fruits and vegetables their orange, yellow, or red color.

Consider eating whole foods regularly to avoid blood sugar spikes and falls, which often lead to reaching for unhealthy choices. Also, drink enough water throughout the day to increase your energy levels, manage food cravings, and eat in moderation.

4. Stress Management and Visualization

Chronic stress can make your body less efficient at releasing weight. When the fight or flight system is triggered, our bodies slow down digestion and release the hormone cortisol into the bloodstream. Cortisol signals to the body to increase blood glucose levels, which then increases insulin levels. This can lead to insulin resistance if the body doesn't have a chance to recover.



Cortisol can also interrupt corticotropin-releasing hormone (CRH), which assists in controlling appetite. You may then instinctively reach for unhealthy foods to control blood sugar. Some stress management tips include taking breaks during work hours, eliminating excessive extracurriculars, getting enough sleep, and learning to say "no" to things that negatively stress you.

While this may be difficult, putting your health and well-being first and finding a balance that works for you and your family is essential. Discover what "releases" you from everyday stresses and commit to adding relaxation to your daily life.

Conclusion

Mindful weight release is more than just shedding a few pounds. It involves caring for your body from the inside out through adequate sleep and water intake, eating nutrient-dense foods, embracing stress management, practicing moderation, and improving your gut health. How we go about these lifestyle changes will likely differ, but an individualized approach is always best. To determine what may work best for you, consult your healthcare provider, a natural health practitioner, or a therapist as needed. With a goal and vision to become your healthiest self, belief in your abilities, and a support network, your mindful weight release journey can be less about the scale and more about discovering how to nurture yourself holistically.

Consider enrolling in our Certified Natural Health Professional program to learn more about natural health. This program is perfect for individuals who want to learn to care for themselves and their family's health and those who are interested in a career in natural health. Visit trinityschool.org/programs/cnhp to learn more or call 800-428-0408, option 2, to speak with an Enrollment Specialist.

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