

Karl R. Zimmer III

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Lose weight by eating more and being lazy

Your body has an intelligence that you may not fully understand, but once you do understand it, you can use it to reach your ideal weight with ease. Your body wants nothing more than for you to be healthy and happy. That may sound funny, but every part of your being has a natural ability to support you and continues to try to do so even when you aren't making the best choices. Your success depends on how well you listen to and understand your body's messages.

The body wants to maintain your health, so when you don't eat breakfast or when you skip lunch, your body goes into starvation mode and slows down your metabolism. You might be skipping those meals to lose weight, but your body only knows that in order to maintain its energy, it must maintain a certain amount of "fat stores" in case they are needed at some later time to chase down the next meal. In order to keep your metabolism higher, make sure you eat breakfast, the most important meal of the day. Also, eat a sensible lunch and include healthy snacks in between the three primary meals. Healthy snacks might include a handful of walnuts or almonds, a small banana or an apple, a small cup of fat free yogurt, and the like. Choose snacks that are low in sugar and fat, and stay away from anything with artificial sweeteners or high fructose corn syrup.

The key is to eat smaller meals more often. It is important to keep your total caloric intake within the appropriate level (typically within 1,600 to 2,000 total calories per day). A fun, useful reminder is, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." Also, drink plenty of water and stop eating by about 7:30 at night so that your sleep can be most productive. You don't want your body to be trying to digest food while you are lying down.

So, how does being lazy fit in? Being lazy is a bit of a misstatement, but your body also needs rest in order to operate at its optimum level. When you aren't getting enough sleep, your body will actually slow your metabolism in order to conserve energy. Imagine that your body is like a complex, electric machine with a limited amount of power per charge. Sleep is to your body like a recharge is for the battery pack of that electric machine. It needs the full charge to operate properly. If a battery pack only gets partial charges, it won't operate efficiently, and before long, it will give out altogether. To continue operating at your most efficient, get eight hours of sleep with as much of that sleep before midnight as possible. An hour of sleep before midnight is as effective as two to four hours after midnight.

Imagine: eating several small, tasty, healthy meals, sleeping soundly for eight restful hours, and losing weight. How cool is that!

About: Karl R. Zimmer III is a therapeutic hypnotist, licensed and certified by the State of Indiana. His practice, Zimmer Success Group (<http://Z-Success.com>), is in Plainfield.

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Consult your doctor before starting any exercise program or diet, especially if you have been diagnosed with diabetes or any other medical condition.

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