

# *Wellness Weekly*



## *What's New*

WHY AM I  
OVERWEIGHT?

WEIGHT MANAGEMENT

WHAT TO DO: WHEN  
CRAVINGS ATTACK

Some things that we may find comforting are, eating our favorite foods, and relaxing. However, when it is done in excess, it may cause issues with our body weight.

Health and weight are closely related, so if your weight is higher than normal, there may be health issues developing.

## ***Why am I Overweight?***

Obesity and being overweight is a major issue in the United States. Being above the recommended weight recommendation may cause higher risks of further health issues.

The weight of a person is heavily dependent on the number of calories that is consumed. Of those calories, some is stored in the body, and the rest is burned. This correspondence of burned and stored calories is completely dependent on the number of one's genetic makeup, how many calories one burns while their body is resting, and their amount of overall physical activity.

The main reasoning for being overweight involves many different reasonings. Over-eating, food allergies, stress leading a sedentary lifestyle, and hereditary issues are some issues that cause problems with weight. When one eats food that they are allergic to, among many other issues, it it causes inflammation and weight gain.





## ***Weight Management***

Managing your weight is very important when it comes to the life of your health. The majority of managing your weight is remaining conscious about the foods that you eat, the duration in which you eat them, and the amount and level of physical movement you give to your body.

Here are some great ways to manage your weight:

**Count your calories** :Tracking the calories of everything can allow you to see which foods are good for your diet, and which ones aren't.

**Eat more filling foods** : When you incorporate foods that keep you feeling fuller longer into your meals, it will keep you from falling into a snacking mode.

**Meal Planning:** Planning out your meals in advance can help you from eating out, especially on those days where you may not have time to cook, or just don't feel like it.

**Stay active:** There is always opportunity to keep active. Instead of watching tv while sitting on the couch, you can stand up and walk in place.





## Follow us on:



Natural Medical Solutions  
Wellness Center



@natmedsol



Natural Medical Solutions  
Wellness Center

## ***What to Do: When Cravings Attack***

We all get little cravings from time to time. It is okay to treat yourself once in a while. When you give into these cravings too often, unfriendly fungal inhabitants, such as candida will take over your gut, thus resulting in cravings and weight gain.

There are wiser options to be considered when these cravings arise:

### **Craving something sweet?**

When a craving for something sweet takes over, that doesn't necessarily mean that you are craving sugary junk foods. Try eating one of your favorite fruits! It can be quite satisfying to your cravings, and very beneficial to your body.

### **Craving something salty?**

When cravings for salty foods are calling, try eating foods such as cottage cheese , vegetable chips, or hummus. These are all great nutritious snacking options, without the extra calories.

## Visit us at:

1130 Upper Hembree Road  
Roswell, GA 30076

(770) 674-6311

[natmedsol.com](http://natmedsol.com)