



Five Things You Can Do To Lose 5lbs in 14 days

Did you know that there are five things you can do to lose 5 lbs in 14 days? No, this isn't a gimmick or a fad; getting enough rest, exercising, eating a high fiber diet, making time for self-care and building a strong support system can help you lose weight.

1. Get enough sleep



We live in a nation of the sleep deprived; we take our work home and with the help of social media, we're always comparing our lives to others. Did you know that just losing 3 hours of sleep a night leads to increased cravings and weight gain?

Our body has two hormones; cortisol is part of the fight or flight hormone, and it helps keep us alert while melatonin helps us get to sleep. When one hormone is high, the other is low; for example, when you wake up in the morning your cortisol levels rise, and your melatonin levels will decrease.

When you are chronically stressed, stay up too late or (expose yourself to light from your smartphone in the middle of the night when you should be sleeping) it affects the levels of cortisol secreted.

Elevated cortisol levels cause disruptions in the function of appetite hormones leptin and ghrelin. Ghrelin is the hunger hormone; this hormone is usually the highest when you wake up in the morning, and it tells your body to find food to eat. Leptin is the satiety hormone, and it tells your brain that you are full and need to stop eating.

People who get enough sleep have higher levels of leptin, the satiety hormone while individuals who are sleep deprived have higher levels of ghrelin. Ghrelin and cortisol increase your cravings for junk food high in fat and sugar.

Getting at least 7 hours of sleep a night will help you balance your appetite hormones and decrease levels of cortisol. If you go to bed late, it will take at least three weeks to get your body on a new sleep schedule.

2. Manage stress



Almost everyone I speak to is experiencing some type of stress, whether its financial stress or a toxic work environment, we are surrounded by natural stressors and stressors that we have created. We all know that uncontrolled stress increases our risk of heart disease, diabetes, stroke, high blood pressure and other preventable but costly chronic diseases.

The best way to manage stress is to change the way you view stress or find productive, non-harmful ways to cope with stress. One of the easiest, most cost effective things to do is exercise. It is a natural mood booster, it decreases your risk of developing chronic

diseases, improves your quality of sleep and helps you keep the extra pounds off. Exercise does an excellent job of reducing the stress hormone cortisol and increasing other beneficial hormones.

You can start with walking with friends or if you have a dog, take your dog for a walk. Find an activity that you love to do, and it will help you stick to an exercise plan. Most people say that they don't have time for exercise, and we all know that's not true; we make time for our priorities. Make your health and exercise a priority and your body and health will thank you.

3. Eat fiber rich foods



We all know what we should eat for good health, but many of us don't eat as well as we should. It is easier to chase fads and temporary diets than it is to plan and gradually introduce healthy foods and habits.

There is good news, with a little planning you can add healthier foods (fruits, vegetables and unprocessed foods) to your current diet. Try adding a side of vegetables (fresh, frozen) or fresh fruit to your meals; eat more plant forms of protein (lentils or quinoa); lean protein, nuts and fish to your diet.

Eating fiber-rich foods help you feel fuller faster and decreases cravings for sweets and junk food. Foods like fruits and vegetables are full of soluble and insoluble fiber. Soluble fiber forms a gel when you begin to digest it, this gel binds LDL and slows the absorption of sugars in our food.

Insoluble fiber helps clean out your large intestine and promotes digestive and colon health.

4. Build a support system



People who have a strong support system bounce back from illness quicker, have a lower risk of death, lower levels of dementia and tend to stick to their long-term health goals when compared to people without one.

When we surround ourselves with like-minded people who genuinely care about and motivate us, we tend to be happier, less stressed and more optimistic. If you have ever

tried to change the way you eat or try a new exercise routine, you know the importance of a strong support system and the accountability it provides.

When we bond with other people, we secrete oxytocin a hormone that helps babies bond with their mothers. Oxytocin repairs the DNA that is damaged by cortisol.

5. Make self-care a priority



Taking time away to take care of your mental, physical and spiritual wellbeing is crucial if you want to be able to serve the people around you. Self-care can include practicing gratefulness, making your mental and emotional health a priority and avoiding toxic people and environments.

Incorporating a digital detox into your lifestyle is another important aspect of self-care, find things that help you unplug from social media and spend time with the people who are the most important to you.

Finding time to do things that you love to do and dedicate an hour or even a day to participating in this activity. Self-care has been shown to decrease cortisol levels and increase feelings of wellbeing.

Whether you go in for a massage, practice gratefulness or experience nature without technology; self-care improves your overall health.

If you are looking to lose weight the healthy way, avoid popular fads and diets and take the time to plan for better health by making time for exercise, sleep, self-care and eating and cooking healthier foods you can lose weight and keep it off.

If you know what you need to do but the thought of going at it alone sounds overwhelming, the first step is to schedule a 15-minute consultation. [Schedule your nutritional consultation NOW!](#)

The link will take you to a pre-consultation questionnaire, once you fill out the pre-consultation questionnaire, I will contact you in 24 hours (during the week) and 48 hours (weekend) to schedule the 15-minute consultation.