

# Natural Health News



We are pleased to announce that we have begun offering the Ultra Lite Weight Loss for Life program. Ultra Lite was developed by a naturopathic doctor in Australia and has become very popular there; it was recently voted the #1 weight loss program by Slimming Magazine. SOMA Acupuncture & Natural Health Clinic is one of the first clinics in the US to offer it. Over 500,000 people have successfully lost weight with this natural, safe and effective program.

Ultra Lite is a doctor-supervised fat-loss program done in 5-week segments. It includes a structured diet of real foods eaten in a specific balance of carbohydrates, fats, and proteins. You will burn fat, preserve lean muscle, learn about food allergies and understand how to eat so a healthy diet supports your long-term health, instead of destroying it. When you follow

the program, you won't even feel hungry, and the average weight loss is 3 - 5 pounds per week!

Once you have achieved your goal, we will provide ongoing support to help you optimize your health. By working with one of our naturopathic doctors, your body's weak links will be assessed and strengthened to help you maintain the weight loss over time.

#### **Why Lose Weight?**

The obesity epidemic has been in the news a lot lately. You have probably heard that two-thirds of US adults are overweight, and sadly, it's a growing concern for children, too. Being overweight increases the risk of many chronic diseases and health conditions, including heart disease, diabetes, and cancer. By contrast, maintaining a healthy weight can reduce these risks and help you live a longer, healthier life.

#### **You're Invited ...**

Want to know how Ultra Lite can help you? Free presentations at SOMA Acupuncture:

**Monday, January 16, 7 pm**

**Wednesday, Feb. 1, 7 pm**

**Call 415-643-6600 to RSVP  
or find out about future  
presentation dates**

#### **Other Events ...**

**Wednesday, Feb. 15, 7:00 p.m.**

Dr. Day at Whole Foods (Franklin)  
Topic: Get on Track for Healthy  
Weight Loss



**Saturday, March 11, 3:30 p.m.**

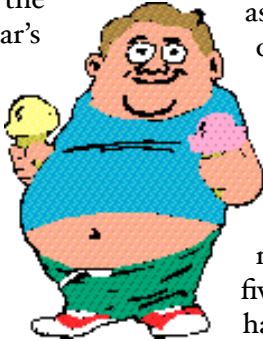
Dr. Hangee-Bauer will present at a  
Starfish event. Topic: Natural  
Approaches to Allergies. Location  
to be announced.

At SOMA Acupuncture & Natural Health Clinic, we are excited to offer Ultra Lite for the additional structure, support and motivation that many people need to successfully lose weight and keep it off. To learn more about Ultra Lite, come to one of our informational talks or call for more information. RSVP 415-643-6600.

*Amy Day, ND*

# Weight Loss Tips for a Healthy New Year

After the holidays, most people find themselves carrying around a few extra pounds and thinking about how to trim them. Surely, some of the most familiar New Year's resolutions are to start exercising, eat better and lose weight. Here are some practical and effective recommendations to support you in losing weight healthfully.



## Exercise

You have to move in order to burn extra calories! Regular physical activity not only assists in weight loss, it also contributes to healthy bones and muscles, supports heart health and helps to relieve stress. Moderate physical activity, such as 30 minutes of brisk walking five or more times a week, has many health benefits. Even activities such as household chores, gardening, and walking to your errands can be great ways to include exercise in your day.

## Eat Smarter

Think of weight loss as changing your diet rather than going on a diet. Take some time to consider how your food choices affect you. Everything you take into your body will make a difference, so making wise choices will help you live a healthier life.

As much as possible, choose high-fiber, high-nutrient whole foods such as vegetables, fruit, nuts, seeds, and whole grains. Maintain protein intake in order to preserve lean muscle mass which is critical in encouraging the body to burn fat. Eat small frequent meals to help balance blood sugars and provide you with energy throughout the day.

## Other Factors

You may also have underlying health conditions that are preventing your body

from working optimally. Stress, hormone imbalances, thyroid problems, and insulin resistance can contribute to difficulty in losing weight. Our doctors can help to uncover and address these issues so that your metabolism can function properly. We look forward to helping you get 2006 off to a great start!

*Amy Day, ND*

## Everyday Tips

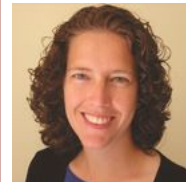
- Eat three meals a day, starting with a good breakfast.
- Fill half of your plate with vegetables for lunch and dinner.
- Include protein or fat with your carbs in order to slow down absorption.
- Before you eat, drink a full glass of water so your stomach doesn't feel as empty. Drink a total of 10 glasses of water per day.
- When dining out, share a dish or plan on taking home leftovers.
- Slow down and focus when you eat rather than driving, reading or watching TV.
- Chew each bite until it is nearly liquid and really savor the flavor.
- Decrease your portion sizes and only get seconds if you are truly still hungry.

## SOMA Acupuncture & Natural Health Clinic



Founded clinic in 1989. Integrates naturopathic medicine and acupuncture.

Carl Hangee-Bauer, ND, LAc



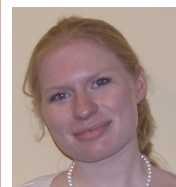
Naturopathic doctor specializing in women's health.

Amy Day, ND



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