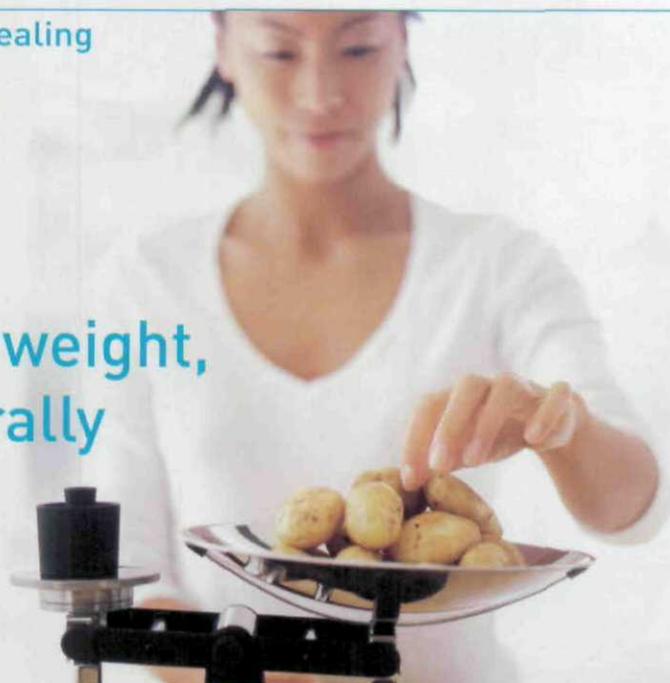


# alive files

holistic healing

## Lose weight, naturally



A growing number of health professionals are working towards individually-tailored weight loss treatments in an attempt to tackle the obesity epidemic.

The “non-dieting” holistic approach to weight loss is more successful in the long term than a merely calorie-restricted diet, according to the results of a 10-week randomized trial published last year in *Asia Pacific Journal of Clinical Nutrition*.

An article published in *Holistic Nurse Practitioner* in 2003—“Attaining Successful Weight Loss with an Ideal Macronutrient Balance”—acknowledged that successful weight loss requires personalized diets with differing macronutrient (protein, fats, and carbs) profiles, physical activities, and behavioural modifications. The nurses expressed the need to work with their patients to tailor a fat-burning program to suit them.

The holistic approach to weight

loss has been receiving increased acceptance within the orthodox medical community. Study results published in 2001 in *Archives of Internal Medicine* concluded that the weight loss benefits of overall lifestyle and attitudinal modifications are far greater than the “pamphlet, pep talk, and pill” many doctors give their overweight patients. In the study, minor weight loss was recorded for patients under a doctor’s care, but when overweight people attended group sessions aimed at changing eating and exercise patterns, kept a daily record of food intake and exercise, and ate a specifically tailored low-calorie diet, the outcome was much more successful.

These studies suggest that when given relevant information and ongoing help to make lifestyle changes, the chances of losing weight and keeping it off are greatly improved.



## Enhancing memory

Lost your keys? Forgotten your neighbour’s name? As we age, many of us become more forgetful. In fact, studies show that memory impairment affects the majority of people over 40.

The memory relies on the neuromodulatory effects of acetylcholine (ACh), a neurotransmitter that ferries information from cell to cell within the brain. People with impaired memory show a depletion of ACh and decreased neurons or nerve cell connections in selected brain regions.

There are various strategies for improving memory and mental alertness. Supplementing your diet with products rich in memory-enhancing phytochemicals, such as ginseng-derived ginsenosides, is one useful approach. Ginsenosides have been shown in scientific studies to improve mental sharpness and enhance memory by increasing ACh synthesis and increasing the growth of new synaptic connections between neurons. It also acts as an antioxidant, protecting neurons from damage.

More holistic healing information on page 56

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