

# Skeltons Chemists

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## Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

## Your FREE Healthy Living Leaflet for January 2022

1. How quickly can I lose weight?
2. Why?
3. Is this true?
4. Where do I find this research?
5. How long should I stay on 800 calories a day?
6. What if I feel hungry?
7. What do I do once the 12 weeks are up?
8. Can I eat anything I want in the 5 days?
9. What should I eat on those days?
10. Can I ever eat cake and biscuits again?



New Year...  
New Lifestyle

Answers on the bottom of page two

### The quickest way to lose weight

Have you tried losing weight for years and though you might have been successful for a period, you quickly put it back on? What's worse, is that it is then even harder to lose it. Well, this might be the answer for you. It is based on Dr. Michael Mosley's book called the Fast800 diet.

Traditionally we have been told that if you lose weight quickly i.e. more than the government guidelines of 1-2lb per week, you will put it back on quickly, but Mosley has researched this by speaking to experts from all over the world and they say this is not the case. If you lose the weight quickly, you are no more likely to put it



on quickly then if you lose it slowly.

If you want to know more about this research, go to the back of the Fast800 book, or visit [Fast800.com](http://Fast800.com) where he lists all the papers that have been published supporting the ideas he puts forward on the subject. The book also contains some very tasty, filling, and calorie-counted recipes which will stop you feeling hungry.

If you do find you miss sandwiches, pasta and rice there are new products around that are low calorie, low carb, high protein and high fibre that really fill you up but keep you in the 800 range like Bare Naked noodles, spaghetti and rice, "Carbzone Lowcarb protein tortillas" and "Keetolife low- carb loaf".

## So how do I start?

The first thing you should do is be clear about your goals – how much do you want to lose and by when? Then measure your weight, waist and resting heart rate, ideally first thing in the morning before drinking or eating anything.

Keep a record of your results

Clear out your cupboards of junk food.

Willpower is very overrated and relying on it is why so many diets fail. There is a lot of truth behind the saying “out of sight, out of mind”.

Foods you should give away are:

- Most breakfast cereals
- Sugary cakes, biscuits and sweets
- Chocolate unless it has over 70% cocoa content
- Snacks including breakfast/snack bars, crisps and dried fruit
- Ready made meals and tinned soups
- Breads, flatbreads and crackers
- Sweet tropical fruit
- Juices, cordials, smoothies and sugary soft drinks
- Alcohol

You should then restock with the food that will be useful for the recipes in the Fast800 book:

- ♦ A large bottle of olive oil
- ♦ A variety of vegetables
- ♦ Lower sugar fruit like berries, apples and pears
- ♦ Full fat dairy products
- ♦ Unsalted and unsweetened nuts and seeds



- ♦ Wholegrains – brown rice, quinoa or pearl barley
- ♦ Eggs
- ♦ Oily fish
- ♦ Beans and lentils
- ♦ Fizzy water and herbal teas

## What next?

You then need to decide whether you want to start with the Very Fast 800 (800 calories per day for 12 weeks) or the new 5:2. This depends on your motivation and how much weight you want to lose. The advantage of the Very Fast 800 is that your weight loss will be dramatic which can be very motivating. However, it is probably best to try it out for two weeks and then reassess if you can stick to it.

If you decide it is too hard, or you have completed the 12 weeks, you can move onto the 5:2 where you eat a Mediterranean style diet for five days of the week and do 800 calories for the other two. On the Mediterranean diet:

- \* You reduce sugars and starchy foods
- \* Increase natural healthy fats
- \* Have decent amounts of protein
- \* Eat plenty of green and coloured vegetables
- \* Swap to whole grains and pulses
- \* Avoid snacking between meals or late-night grazing
- \* Drink healthily

This diet is more than just a diet. It's about developing a set of habits and making permanent changes to your lifestyle. You can still have the occasional treat but no more than one portion two or three times a week.

The other great thing about this diet is that the research shows it will reduce the chances of you becoming diabetic, with all the complications that can bring, getting high blood pressure and having heart disease.

**For more information on this or any other health related condition have a chat with one of our trained team today.**

Answers: Q1, The government recommends 1-2lbs per week. Q2, Because they believe you are more likely to keep it off. Q3, No, the latest research suggests that sticking to 800 calories a day is just as effective. Q4, In Michael Mosley's book Fast800 or on his website fast800.com. Q5, That depends on how much weight you want to lose but Mosley recommends 12 weeks. Q6, There are some good recipes designed by Dr Claire Bailey and Justine Patterson that are both filling and nutritious. Q7, You can move to the 5:2 diet which involves doing 800 calories a day just twice a week. Q8, No, not if you want to maintain your weight loss. Q9, A Mediterranean style diet. Q10, Yes but no more than one portion 2-3 times a week.