



## **Food and Supplements for Weight Loss**

By Aimee Brown, LAc, MSOM

Traditional Chinese medicine has much to say about diet. Proper diet is an important component of health. All foods are categorized into temperature, from hot to cold and flavour, pungent, spicy, sweet, sour and salty. Different temperatures and flavours of food influence the body in specific ways. One should try to include all flavours and a balance of temperatures in every meal. If too much of one type of food is consumed it can create an imbalance within the body.

A diet based on whole grains, vegetables and unrefined vegetarian foods is ideal. Eliminate excess fat, such as found in meats (especially pork and eggs), cheese, nuts and oils, as well as highly processed foods like refined sugars and flours. Not only do refined foods encourage weight gain, they provide very little nutritional value. Limiting sweet, salty (pickles, soy sauce) or sour foods is also a good idea. Sweet fruits such as dried fruit, banana, coconut, figs, dates or avocado, and vegetables like zucchini, summer/winter squash, yam and sweet potato are best avoided. Avoid all dairy except for goat's milk.

Exercise helps maintain muscle and also protects the heart. Aim for 45 minutes, 5 days a week, for best results.

### **Foods that encourage weight loss:**

Legumes, especially aduki or mung beans (3 cups of aduki bean tea/day)

Grains: rye, amaranth, quinoa, and raw or roasted oats

Unrefined basmati rice

Flax seeds

1 grapefruit or lemon daily (include some of inner peel)

Any vegetable (except those listed above), especially: corn, lettuce, celery, asparagus, turnip, radish, scallion, and kohlrabi—best if only lightly cooked.

Parsley 2-3 oz/day

Avoid all sweeteners except for raw honey or stevia\*\*

### **Spices:**

Cumin, ginger, cloves, spearmint, fennel, anise, cayenne (unless you have signs of heat); Peppermint, chamomile, white pepper (ok if hot)

### **Supplements for weight loss:**

Norwegian Kelp (bladderwrack) can be found in tablets

\*Spirulina tablet or powder 1 tsp (20 grams) before or in place of meals

Bee pollen 1 tsp pr 15 grams

Apple cider vinegar 1 tsp per 1/3 cup water, 2-3 x per day

Burdock root raw or cooked

Dandelion root-tea or tincture

Chamomile or green tea

Seaweeds and micro algae

\*\*stevia is a plant from Latin America that is used as a sweetener, and can be found in liquid or powder form in health food stores. It has other health benefits including: suppression of dental bacteria, regulates blood sugars, treats mental and physical fatigue, harmonizes digestion, regulates blood pressure, and aids in weight loss.

Most important is getting enough water. You should divide your body weight in half, and that is the number of ounces the average person should consume: a 130 pound person should take in 65 ounces of water (more if they are active). Squeezing lemon, lime or grapefruit, or adding apple cider vinegar in the water not only gives it more flavour, but will encourage weight loss.

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**To schedule an appointment with Aimee, contact The Ommani Center at 262.695.5311.**

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