

ASK CHRISTINE

CHRISTINE MANNING BS, RNCP
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QUESTION:

Can you give me a couple of healthy guidelines that are easy to add into my busy lifestyle?

ANSWER:

Here are my top "Tips and Bits" for the month:

- Start your day with fresh lemon juice in water to help with cleanses your palate, promoting digestive enzymes and helps cleanse kidneys and liver.
- Eat whole foods as much as possible.
- Eat fresh fruits and vegetables as much as possible since they are filled with vitamins, minerals and fibre.
- Eat whole grains such as brown rice instead of white rice.
- Eat protein at each meal and choose leans sources of chicken, turkey or fish, legumes, and raw nuts and seeds.
- Reduce red meat consumption.
- Choose legumes such as beans for fibre and protein.
- Avoid processed foods.
- Avoid sugar.
- Avoid caffeine and alcohol.
- Avoid eating after 8:00 pm to give the body a rest!

U Weight Loss® focuses on the individual and not only educates our clients on the proper quality, quantity, ratio and timing of carbohydrates, proteins and fats, but also understands our client's individual needs. U Weight Loss® is here to support you every step of the way and provides you with endless amount of healthy recipes with no calorie counting, no points, just RESULTS!

I invite you to come in to U Weight Loss® Woodbridge for a **FREE Healthy Weight Analysis** and **FREE Detox & Cleanse**. Call **905.264.7773** to book your appointment today and learn how you can improve your health! We look forward to educating you!

Best of health,
Christine Manning