

YOUR ULTIMATE *weight loss* GUIDE

Out with the old and in with the new.
 BY ASHLEY KOWALEWSKI

The new year brings a fresh start to a routine—whether you're aiming to slim down, reboot your hibernating exercise routine, get your health in tip-top shape or just look your best. And beyond changing your diet and exercise habits—of course great places to start for those looking to change their lifestyle or maintain healthy habits—there are other methods to get your body whipped into shape, no matter what size you are. The benefits of losing weight for your body image, confidence and health are endless, creating a positive impact on your life across the board and preventing the risks associated with obesity, including diabetes, hypertension, high cholesterol and heart disease, to name just a few. We've tapped into the pros to find out the latest healthy lifestyle fixes—from juice cleanses to the latest surgeries and procedures—and tested out some methods to help make this your healthiest and brightest year yet.

CLEANSING YOUR BODY

Let's say you already incorporate exercise into your busy schedule and make sure to eat your greens most days of the week but just want to refresh and reboot your metabolism after the treat-laden holiday season. Start with a detoxifying juice cleanse. While there have been some opposing opinions on juice cleanses and detoxes over the years, a great place to begin is a one-day juice cleanse. **Greenhouse Juice Co.** in Toronto offers the **Standard Cleanse** (starting at \$73 per day, greenhousejuice.com), which includes six full-size bottles and two boosters that are packed with leafy greens and organ-cleaning agents, but can be more customized if you're a veteran juicer (or are brave enough to give up chewing for longer than 24 hours). Emma Knight, director of brand development at Greenhouse Juice Co., explains that "a cleanse can help you flush out the toxins that build up inside you over time, which can improve digestion." This will help keep things moving along, preventing weight gain, digestive issues and health concerns down the road. The **GLISODin Skin Nutrients line** (approximately \$300 for all three supplements, glisodinskin.com) is an alternative to juice cleanses that still aims to detoxify your body while contributing to weight loss by inhibiting fat and carbohydrate absorption, increasing metabolism and controlling appetite. Starting with the Advanced Cleansing Formula to detoxify your body, you then take the Advanced Slimming Formula and finish the program with the Advanced Lymphatic Formula, and this can be done a few times a year as needed. The bonus is that the antioxidant enzymes (such as milk thistle, antioxidant-rich berries and broccoli seed) clear your skin in the process, so you lose weight and improve your complexion all in one easy-to-follow program.



PREPARE FOR YOUR CLEANSE

When you want to begin a detox cleanse follow these tips to make it easier on your body and to get the most benefits.

1. A couple of days before, start easing off caffeine, alcohol, sugar and meat consumption to avoid drastic detox symptoms when you go on the full cleanse.
2. Schedule it during a less hectic time. Don't make big social plans and start your cleanse on the weekend. This will allow you to manage symptoms, such as aches and pains, fatigue, headaches or a runny nose.
3. Similar to how you began the cleanse, ease back into your regular diet so your digestive system doesn't go into overdrive once the detox is over.—AD

PHOTOS: THINKSTOCK



RETHINKING THE *diet*

Diet and exercise are the most effective ways to lose weight, but people often have a hard time sticking to a program and losing the weight themselves or often pursue weight loss in an unhealthy manner because they lack medical supervision.

With the **Dr. Bernstein**

Diet (\$599 for every four weeks of treatment; drbdiet.com), which has boasted success stories for over 40 years, you can expect to lose between 16 and 20 pounds per month, with a guarantee of at least 10 pounds of weight loss per month, and the program can be done for anyone looking to lose 20 to hundreds of pounds. Dr. Stanley K. Bernstein, MD, founder of the Dr. Bernstein Diet, explains that you are “on a restricted diet of normal protein and reduced carbohydrates and zero fat, and the

10
POUNDS OF
WEIGHT LOSS
PER MONTH
GUARANTEED

diet is supplemented by vitamins and minerals three times each week from the time you start to the time you reach your goal.” This is established at the beginning of the program so that you can get down to a healthy weight without any health risks or unpleasant symptoms (headaches, malnutrition, irritability and cravings) that come with unsupervised and unreliable weight loss programs. After you reach your goal weight, you go through the maintenance program, where you are given the tools to keep the weight off while maintaining your weight in a more realistic fashion with your day-to-day lifestyle. When following the maintenance program properly, weight gain is nonexistent as you lose actual fat stores during the program.

“Enjoy losing weight. Enjoy eating healthy, delicious food. Do not wait until you reach your destination to feel good. Take as much happiness and joy as you can from your weight loss journey.” —HARRY PAPAS

BE A *visionary*

When it comes to weight loss, most of the difficulty stems from staying motivated and on track when you feel like you’ve hit a plateau. Here are some tips on how to stay on track and succeed at your goals.

1 **KEEP A WEIGHT LOSS DIARY** that helps you track your progress. When you start to feel discouraged, look back at what you have achieved so far to motivate yourself.

2 **DIAL IN YOUR NUTRITION.** Support your regimen with a well-balanced, nutritious diet that borrows from all food groups. Experiment with new recipes that taste good so you won’t feel deprived.

3 **SET SMALLER GOALS.** Instead of setting very large goals, break down your weight loss goals into stages. Each time you reach a goal, congratulate yourself on a job well done. That way, you’ll feel like you achieved more all the way through and you’ll honour the process.

4 **REWARD YOURSELF.** Weight loss is hard work, so when you’ve reached a new milestone, such as losing five pounds or fitting into your old pair of jeans, reward yourself with something. The reward can be anything from indulging in your favourite dessert to buying a new dress to simply celebrating with friends and loved ones. —AD



e **STAYING ACTIVE** helps shed unwanted pounds. Head to elevatemagazine.com for some fitness tips and work out motivation for the New Year!

LEARN WHAT IS OUT THERE FIRST

When it comes to non-invasives, there are many options on the market and it’s hard to decipher the difference between all of them. We have created an overview cheat sheet of some of the best options available on the market so you can learn what’s out there before you start researching independently.

Before you decide on investing in a procedure, make sure you find a reputable clinic with a skilled professional (try to find clinics where a doctor supervises the procedures) and always go in for a consultation before you purchase a set of treatments. After all, half of the battle is finding a professional you feel comfortable talking to about your weight issues. —AD

TREATMENT *cheatsheet*

TREATMENT	HOW IT WORKS	COST
CoolSculpting	Freezes fatty areas and melts them away as freezing point is higher than water.	\$750 per area per treatment.
UltraShape	Destroys fat cells with focused mechanical ultrasound rays.	Start at \$500 depending on area.
Body FX	Uses electroporation and radiofrequency to reduce fat and tighten skin at the same time.	\$2,000 to 3,000 per area.
Vanquish	Literally kills fat cells with heat and radio-frequency technology via apoptosis. No direct contact is made with the body.	\$2,800 for a series.

“Dieting is the only game where you win when you lose!” —KARL LAGERFELD

IN AND OUT OF THE CLINIC WITH *non-invasives*

For those who are looking for reliable results without the extensive downtime, the non-invasive procedures to help people lose weight and tone muscle have come a long way. Body shaping is the next big thing when it comes to non-invasive procedures, with several options available to clients. We spoke with Dr. Frank Lista, MD, FRCSC, medical director at The Plastic Surgery Clinic, who took us through some of the latest procedures. CoolSculpting is one of the leading non-invasive procedures at The Plastic Surgery Clinic, with growing popularity because there is no downtime and it’s an affordable option. For those losing that last inch or two of fat in problem areas (such as love handles, inner or outer thighs or the “bra roll”), CoolSculpting literally freezes the fatty areas you want gone and they melt away. Dr. Lista explains that the reason this technology works is because “fat freezes at a higher temperature than water, so if you apply something really cold to someone’s fat bulge, the fat cells are going to freeze but the skin won’t,” allowing you to lose inches without damaging any skin tissue. If you want to lose those last few inches on your tummy, love handles and thighs, you can also consider BTL’s Vanquish. Vanquish uses heat and radiofrequency technology to target fat cells destroying them via apoptosis while hovering over the body to shrink those pesky areas without ever actually touching you. Each treatment of Vanquish is about 30 minutes long. Other procedures that use radiofrequency include UltraShape, which destroys fat cells through “pulsed focused mechanical ultrasound,” and Body FX, which uses “electroporation and radiofrequency” to help reduce fat and tighten skin simultaneously.

GOING *under* AND ALL *the way*

When it comes to invasive plastic surgery procedures, Dr. Lista mentions that these surgeries are not necessarily the way to lose weight, but rather for people who have already lost weight and are hoping to remove excess skin. If you’re looking to go the surgery route, there are three common options.

As Dr. Lista explains, “The first option is gastric bypass [covered by OHIP], but the waiting lists are very long and the risks are significant because you’re cutting the stomach, and rearranging the bowels and rerouting your small bowel.” The alternatives are safer in comparison:

“vertical gastric banding, which is an operation that will make a ring of your stomach and staple it [so that you get fuller faster] or the safest one of all, the lap band, where a ring is placed around your stomach, that makes you lose weight because you eat less.” Though the vertical gastric banding and lap band surgeries ring in at around \$16,000 each and require significant downtime (about a week), they yield successful results and add years to your life by forcing you to change your eating habits and lifestyle. Two consequences that will change your life for the better both physically and mentally. ©

PHOTOS: THINKSTOCK

