

Are You Feeling *Pressure* to Lose *Weight*?

Are you struggling to get into your jeans? Do you have a closet full of clothes that are too snug? If so, you are not alone. According to the CDC, 67% of women are size 14 or greater.

Weight control is an ongoing issue for so many women, especially around perimenopause and menopause when the decrease in estrogen causes a redistribution of fat to the belly, making menopot and belly fat an almost universal complaint.

And even when people are comfortable in their own skin at whatever weight they may be, being overweight or obese is not just about looks. Those extra pounds increase the risk of diabetes, high blood pres-



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sure, heart disease, joint problems, and cancer to name just a few.

So what can you do about this ever present challenge?

According to Barbara Schwartz, the CEO of Accu Weight-Loss, “The first step is to really know your genuine goal and where it fits in the priorities of your life. Why do you really want to lose this weight? Or, stated another way, what would it mean to you if you didn’t lose the weight?”

Her company’s approach to helping people with weight loss has three components:

1. Acupressure using beads that apply pressure on the ear lobe
2. Balanced nutrition and
3. Chi Gong (Qigong) breath

She explains the process in detail in the podcast below. And it’s not just about what you eat; it’s also about what you drink.

According to Barbara, “The brain doesn’t know the difference between hunger and thirst. So if your body is thirsty, it’s going to start screaming, ‘Starving! Famished! Ravenous!’ You’re going to get a growling belly. Those are commonly signs that you’re mildly dehydrated, and water and electrolytes may be your answer, versus food.”

To make it easier to stay well hydrated, use bathroom size cups (3 oz or 5 oz) to do a shot of water every hour you’re awake.

Since some people don’t like to drink water, she offers a “Quick Tip” to make it easier to stay well hydrated, “Use bathroom size cups (3 oz or 5 oz) to do a shot of water every hour you’re awake. You’ll be drinking, depending on the size of the cup, between 48 and to 64 ounces of water a day, just by doing little shots.”

“it’s a nice, simple way to introduce water into your diet. It’s not painful, because it’s not a lot of water. And, that small amount of water doesn’t make you run to the bathroom. We actually get better hydration from small amounts sipped over a long period of time taken in small amounts than guzzling a whole bottle.”

There’s a lot to consider when it comes to weight control. To listen to the full podcast with Barbara Schwartz, [Click Here](#).