

# KetoSlim

Your Professional Weight Loss Program

Keeping you Informed & Motivated!

- Issue No. 9



## **Did you know that certain nutrients may enhance your weight loss?**

In this newsletter we are going to look at some specific nutrients that may enhance your weight loss. If you have been on the KetoSlim program for some time, you may find your weight loss slows down a little. This is normal – everyone has times during their weight loss journey when things slow down a bit. However, if your weight loss has stopped completely, natural medicines can help get the ball rolling again. For example, carnitine combined with exercise, may help kick-start your weight loss if your weight has plateaued. The amino acid carnitine can help burn fat more effectively – it is needed for transporting fatty acids into the mitochondria (the power houses of our cells) for energy production and therefore, can help burn fat by increasing the use of fatty acids as an energy source during exercise. If you think you might benefit from some extra fat burning support, talk to your KetoSlim practitioner today!

## **KetoSlim Success Story of the Month**

Jo, 37 years, from Brisbane.

Jo has experienced an amazing 28.6 kg weight loss in just 27 weeks, and is still going strong thanks to the support of her naturopath. Jo feels that the KetoSlim program has been a blessing and has shown her how strong she can be. She used to eat lots of carbohydrate-rich foods such as cakes, biscuits, pasta and potatoes; however, with the KetoSlim system she has found that she has been able to resist the foods that she would normally have given in to. Before she started the KetoSlim program, Jo tipped the scales at 132 kg, and her energy levels were at an all-time low. She felt that she was heading down a dangerous road with regards to her health. Jo has found the KetoSlim program easy to follow and has not felt hungry or deprived of food, as she has on other programs. Her sugar and carbohydrate cravings are now non-existent, she doesn't constantly feel hungry and feels motivated to keep going with the program until she reaches her weight loss goals. Jo says, "I can't thank you enough for making this lifestyle change so easy and healthy!"

## **Exercise Tip of the Month**

If you want to do some fat burning, low impact exercise, why not try aqua aerobics? During aqua aerobics classes, an instructor stands on the deck of the swimming pool and demonstrates various arm, leg and abdominal exercises. The classes generally last between 45 and 60 minutes, and start with a warm up session, then incorporate slow cardiovascular and stretching exercises before a cool down. Participants stand in chest deep water and natural resistance from the water leads to better muscle endurance and tone, whilst also getting a cardiovascular workout. This form of exercise greatly reduces stress on joints and ligaments therefore reducing the risk of injury or pain. It is estimated that approximately 500-700 calories are burned in a 45-60 minute session.

## **KetoSlim Recipe of the Month**

### **Tasty Veggie Soup**

#### **- Ingredients**

1 tablespoon extra virgin olive oil  
1 medium leek (white part only) thinly sliced  
1 medium onion, chopped  
½ large stalk celery, chopped  
½ cup carrot, peeled & diced  
½ cup pumpkin, peeled & diced  
1 tomato, chopped  
3 cups of water with organic vegetable stock cube  
¼ cup chopped parsley  
Pinch of sea salt, ground pepper & chilli to taste

#### **- Method**

Slowly saute onion & leeks in olive oil until transparent. Add pumpkin and carrot, and saute for another few minutes. Add the remaining ingredients and simmer for 45 minutes. Allow to cool slightly. Blend all ingredients and sprinkle with additional freshly chopped herbs if desired. Serve with a protein-rich helping of chicken, fish or tofu.

Serves: 2

Total Carbohydrate Content: Approx 15 g per serve

Total Protein Content: Approx 2 g per serve (plus additional protein if adding chicken, fish or tofu)

