MY WEIGHT LOSS JOURNEY

"The toughest part of a diet isn't watching what you eat. It's watching what other people eat"

My name is Seamus and I am 38 years old. I plan on making this column my new home away from home. I am writing this so I have somewhere to go to record my progress as I try to lose weight. And hopefully in the process I might be able to help someone else lose unwanted weight. I haven't been over weight my whole life. It kind of snuck up on me over the past 10 years. There was a time in my life when I received my daily intake from fast food restaurants. I was in a sales position and on the road most of the time. I would have the burger, fries and coke combo from a different fast food joint every day. I was much younger then and blessed with a decent metabolism so I did not see much negative effect from all of the unhealthy eating.

And only this year have I realised that I am gone past the stage where I can just walk into a department store and pick up a shirt or trouser just because I like the design or colour. I have to make do with what they have in my size which is normally two to three choices. The end result is I hate going shopping because it only makes me feel crap.

I have tried almost everything I can think of to lose weight and have failed each time. My last attempt was with Weight Watchers and it just didn't work for me. I couldn't keep counting the points and going to the meetings so when I stopped so too did the trying. In fact since I stopped going to weight watchers in February I have gained 2 stone. In my mind I put down gaining the 2 stone to finally kicking a 40 a day cigarette habit since January.

After finally getting rid of the coffin nails and proving to myself that I do have willpower, I feel more motivated now than I ever did with my other attempts to lose the weight. So I am trying to build a habit of eating right and keeping busy so that starts to feel natural for me to be eating the right foods and keeping away from foods that don't agree with me.

This is where NuTron Advanced, Kathryn Duffy and Liz O Malley come in.

Nutron Advanced uses the Alcat test to identify reactions to over 200 foods, chemicals and other substances associated with inflammation that are linked to chronic health problems like migraines, aching joints, fatigue, gastrointestinal disorders, eczema, hyperactivity/ADD, asthma and even obesity.

Their goal is to provide clients with accurate, timely and dependable test results and nutritional support services.

Some general guides

- Replace sugary desserts with a simple piece of fruit.
- Eat slowly and enjoy each mouthful
- Eat larger meals early in the day and smaller at night
- Go for variety and moderation.
- Eat at least 3 meals per day.
- Avoid the obvious soft drinks/junk/fast/deep fried foods.

It is not so much a diet but a list of foods that do and don't agree with a person. To find out what foods do and don't agree with you a simple blood test was carried out on me in their clinic in Castlebar. After ten days I went back to Liz O Malley for the results and she had a chart which identified which foods I had a mild intolerance to, a moderate intolerance to and a severe intolerance to. Then there is a green list which is completely ok for me to stick to. See attached chart. The test also showed up that there was a Candida Albicans in my system.

So basically the whole idea is eat the food that agrees with your system and stay away from ones that can make you bloated and tired. Liz explained that initially I might have headaches and suffer constipation and in general feel lousy in myself. She also told me to ring her each day and let her know how I was feeling, which was a great help to get me over the 1st few days. Another suggestion given to me was to clear out all the cupboards at home and start again as most of what was in them was canned, packeted, junk or processed. No eating after 7pm was another major factor which is going to help me on my journey. This I think will be the hardest thing to do. For instance how many times has one felt peckish at 9pm or so and went and made a nice cheese toastie or maybe even a pepperoni pizza?

I have given Kathryn and Liz my word that I will give NuTron Advanced my 100% till June 1st and see where it brings us. I must say I'm feeling very positive and excited and for once I believe it will work and I will reach my goal of 15 stone.

Each fortnight I will report on how I'm doing and hopefully all fingers crossed I might motivate one of you to shed those unwanted pounds too.

NuTron advanced / ALCAT WORLDWIDE

Food Report

Patient: Seamus Casey Test Date: 28.10.2010

Doctor/Clinic: Duffy

Severe Intolerance	Moderate Intolerance	Mild Intolerance
APPLE	BRAZIL NUT	BAY LEAF
ARTICHOKE	CARAWAY	BEEF
HALIBUT	CORIANDER	BLACK PEPPER
NECTARINE	CRAYFISH	BLUEBERRY
	CUMIN	BUCKWHEAT
	CURRY	COTTONSEED
	FRUCTOSE	CRANBERRY
	LEEK	EGGPLANT / AUBERGIN
	LIVER (BEEF)	FENNEL
	MACKEREL	FLOUNDER
	OKRA	GINGER
	PEACH	GRAPEFRUIT
	RYE	HOPS
	SCALLOP	JALAPENO PEPPER
	SOYBEAN	KIDNEY BEAN
	STRAWBERRY	LIME
	SWISS CHARD	MACADAMIA
	TARRAGON	MILLET
	VANILLA	MUSSELS
	WATERCRESS	PARSNIP
		PHEASANT
		PINE NUT
		PINEAPPLE
		PSYLLIUM
		QUINOA
		ROMAINE LETTUCE
		SAFFRON
		SHEEP'S MILK
		SPELT
		SQUASH
		TAPIOCA
		VENISON
		ZUCCHINI / COURGETT

You have a medium reaction to Candida Albicans. We recommend also avoiding these foods (if listed)

BAKER'S YEAST, BEET SUGAR, BREWER'S YEAST, CANE SUGAR, HONEY, MALT, MAPLE SUGAR, MUSHROOM

You have no reaction to Gluten or Gliadin.

You have no reaction to Casein or Whey.

The ALCAT Test will NOT identify acute, immediate food allergies.

If you have immediate food allergies please continue to AVOID those foods, even though they may not appear on your ALCAT Test results.

No Intolerance

Vegetables

ACORN SQUASH, ASPARAGUS, BEETROOT, BLACK-EYED PEAS, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROT, CAULIFLOWER, CELERY, CHICK PEA, CUCUMBER, ENDIVE, FAVA BEAN, GREEN PEA, GREEN PEPPER, KALE, LENTIL BEAN, LETTUCE, LIMA BEAN, MUNG BEAN, NAVY BEAN, ONION, PINTO BEAN, PUMPKIN, RADISH, RHUBARB, SPINACH, STRING BEAN, SWEET POTATO, TOMATO, TURNIP, WHITE POTATO

Fruit

APRICOT, AVOCADO, BANANA, BLACK CURRANT, BLACKBERRY, CANTALOUPE, CHERRY, DATE, FIG, GRAPE, HONEYDEW (MELON), KIWI, LEMON, MANGO, ORANGE, PAPAYA, PEAR, PLUM, POMEGRANATE, RASPBERRY, WATERMELON

Meat

CHICKEN, DUCK, LAMB, PORK, QUAIL, TURKEY, VEAL

Dairy products

COW'S MILK, EGG WHITE, EGG YOLK, GOAT'S MILK

Seafood

ANCHOVY, BASS, CATFISH, CLAM, COD, CRAB, HADDOCK, HERRING, LOBSTER, OYSTER, SALMON, SARDINE, SHRIMP, SNAPPER, SOLE, SQUID, SWORDFISH, TILAPIA, TROUT, TUNA

Grains

BARLEY, CORN, FLAXSEED, OAT, RICE, WHEAT

Herbs and Spices

ANISE SEED, BASIL, CARDAMOM, CAYENNE PEPPER, CHILLI PEPPER, CINNAMON, CLOVE, DILL, GARLIC, KELP, MINT, MUSTARD, NUTMEG, OREGANO, PAPRIKA, PARSLEY, ROSEMARY, SAGE, THYME, TURMERIC

Nuts / Oils and Misc. Foods

ALMOND, CAROB, CASHEW, CHAMOMILE, COCOA, COCONUT, COFFEE, HAZELNUT, LIQUORICE, OLIVE, PEANUT, PECAN, PISTACHIO, SAFFLOWER, SESAME, SUNFLOWER, TEA, WALNUT

My exercise regime

My exercise regime will be simple enough for the first couple of weeks. Each session will last about 20 or 30 minutes, three times a week. This program will get me fit.

I'm going to space out these three days throughout the week to give myself a chance to rest and recover between efforts. And I'm not going to worry about how fast I'm going. Running faster can wait until my bones are stronger and my body is fitter. For now I'm focused on gradually increasing the time or distance I run.

Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

"I don't really like the idea of putting my weight on here for everyone to see, but I think it is crucial to my success in this lifestyle change. I need to learn that it doesn't matter what people may think of my weight. I am trying to get healthier and happier and that's all that matters"

Week	Date	Current Weight	Pounds -/+	Total Lost
1	12/11	22st 4lb	-	-
2	17/11	21st 10lb	8lb	8lb

Candida Albicans

Candida Albicans is a yeast overgrowth. Yeast is found in all manufactured citric acid and in most fruits; in vinegar, which is made of fermented wines, and in ciders from such fruits as grapes, pears, apples, and some herbs. Vinegar is used as a preservative for mustard, catsup, olives, mayonaise, many dressings, pickles, horseradish, spices, soy sauce, Worcestershire sauce and dried fruits. Canned or frozen fruit juices contain yeast, only hand-squeezed and fresh juices are yeast-free. Fruit and fruit products that are canned commercially have a higher yeast content than those that are canned at home. Melons (especially cantalopes) and oranges are loaded with mold and yeast on the outside skins. Fruit should be eeled, not cut into, because in the motion of cutting through the skin with a knife, the meat of the fruit is contaminated. Mushrooms and cheeses of all kinds contain or actually are specific types of molds or yeasts; for instance, Roquefort cheese contains the mold Penicillium Roqueforti. Other yeast-containing milk products are buttermilk, sour cream, cream cheese, ricotta cheese, ice creams, powdered milks and milk itself.

Week one

The 1st day of my eating healthly regime kicked off on Friday and I must say it was hard to be disciplined at first. All I thought about was eating. I suppose the hardest thing was the evening time and not eating anything after 7pm. Saturday evening I felt really lousy and had headaches for the best part of the evening but come Tuesday though I had fully adjusted to the changes and felt myself feeling a lot fresher and not as sluggish. I realised that anytime I felt a little hungry the best thing to do was get up a go for a walk around the block wihich is a mile and that seemed to do the trick. I also got the perfect kick start on Saturday morning when I stood on the scales and realised I had lost 5Lb on Friday alone. This was followed up on Sunday with a 3Lb loss. Just the stant that I needed to keep me motivated and make me feel good in myself. Monday was a 1lb up and Tuesady was 2Lb down and then today Wednesday was a 1Lb up again. So far after the 1st five days I am 8Lb lighter which I am thrilled with. After day 4 the drowsiness that used to come over me during the day didn't seem as bad.

On a typical day the first thing that I did was fill myself with 2 litres of water for the day. For breakfast I would have 2 boiled eggs with a slice of yeast free brown bread and a sugar free mug of black coffee. On another day I might have a bowl of porridge

At lunch time I'd treat myself to 2 slices of the yeast free bread filled with cucumber, lettuce and plum tomatoe. On maybe I might have a nice bowl of home made potatoe and carrot soup.

For dinner the norm would be a pork chop with two jacket potatoes, brussel sprouts and carrots. I also had a very tasty chicken stirfry on one evening. Another evening I had a delicious piece of cod with baby potatoes and green beans with a squint of lemon. In all fairness, there is a great selection of food to eat once all the junk and crap is eliminated.

I will write again on the 1st of December so till then, eat healthy.

If you have any questions relating to NuTron Advanced please visit their website at www.nutronadvanced.com or contact Liz directly at 086 8175101