

Not All Diets Are Created The Same

With so many diets to choose from these days, no wonder people get confused as to which one to do. There is a constant bombardment of weight loss advertisements out there. Friends and family share their stories of diet successes and failures. The supermarkets promote a myriad of "diet", "fat-free", "sugar-free" and "low-carb" foods. How do you know which is the best? More importantly, how do you know which diet programs and foods are the best for YOU?

We are all familiar with the big, brand-name diets. They showcase everyone - from the average girl next door to famous celebrities - and follow their televised journey to success as a result of their diet. Consumers see that and get eager to do the same. While the weight loss is achieved, not only by eating their diet foods but as a result of consuming fewer calories, making healthier food decisions and incorporating regular exercise, the question remains the same - how many people successfully keep the weight off once they are through the program? Another question is why then do some major weight loss programs have "lifetime membership" options? It may be because the weight returns with a vengeance and their clients need to revisit them. Our clients who have tried other diet programs noticed that it was harder and harder to lose the weight the 2nd and 3rd time around. That is because of what happens to the metabolism when it is on diet focused on portion control and calorie intake, instead of a healthy program that reeducates the body's digestive system and organs so it can function properly and break down and distribute fats, carbohydrates and proteins in a proper way in order to promote a strong metabolism and maintain ideal weight.

While weight loss can be put into a fairly simple formula - calories consumed when less than calories utilized equals weight loss - in actuality the road to weight loss and good health is

more complex. First and foremost, weight loss and good health starts in the mind with a commitment - to better yourself, to invest time and effort into exercise and to make correct eating decisions. Your mental commitment to losing weight, improving yourself and bettering your life is the first step - and a must!

Once you've made that commitment, it is important to determine which program is best for you. Remember that our bodies are designed in a fascinating, complex way and no two are alike. Therefore, a diet program that works for your friends, family or co-workers may not work for you. It is important to first identify the specific needs and imbalances of your body in order to provide the correct protocol and nourishment it needs. Tickle Me Healthy LLC offers complete health assessments that can evaluate a body's specific challenges and needs in order to match the person with the best diet or health program.

Remember when the high-protein diet was introduced and many people saw significant benefits and lost weight? Later, it was learned that the overload of one particular nutrient and the lack of others was quite shocking to some. The same can be said of other "fad" and "popular" diets, which tend to fizzle out after the negative attributes of the program outweigh the positives, or when the diets just don't work. With certain diets, the fundamentals of the program are sound; however, there is something missing. For example, in a high-protein diet, reducing the intake of carbohydrates, particularly refined sugars, is a good diet choice. But if the body is not prepared to digest the significant amounts of protein and fats, or if the diet is not properly supporting with supplements

and enzymes, side-effects can and have been observed. One of the resulting issues from high-protein diets that are not of high-quality foods or not properly carried out is an over-acidity in the body that is produced



from the over-consumption of proteins as well as undigested proteins. This over-acidity can lead to other complications. On the other hand, while high-protein diets may not be suitable for some individuals, those with low blood sugar tendencies would have difficulty with vegetarian diets and require a program with higher or more equally proportioned amount of protein. This again, bringing us back to our approach to diet and wellness where we support each individual with a carefully developed, personalized strategy based on his or her own unique needs. In our holistic approach to natural health, we focus on the entire person as a whole.

One of the diet programs offered at Tickle Me Healthy LLC, while it promotes weight loss also helps reeducate the digestive system and your pancreas. This high-protein diet, created with organic, soy proteins (from the soy plant and not the controversial soy bean) helps one lose weight, eliminate toxins, promotes a healthy hormonal system and most importantly recalibrates the pancreas (which is a primary driver of digestion in the body). In addition, when a client chooses to go on our program, we support their efforts by providing personalized counseling and education, along with recommending appropriate supplements such as digestive enzymes. Enzymes are essential to the body. They not only digest the foods we eat, but also provide energy for your immune system. Tickle Me Healthy LLC has available over 30 different types of enzymes to support your body's specific needs.

It is important to know to that when food is not properly consumed and digested, the body has a harder time assimilating the nutrients and eliminating the waste. Undigested food that is not properly eliminated from the body turns into toxins and is eventually stored as fat. When the body, particularly the digestive system, is functioning optimally, then the consumed food can be digested, assimilated and eliminated properly. With a proper diet, supplementation and guidance, an environment can be created in the body where the body begins to heal itself and starts functioning like a finely-tuned performance engine - effectively burning the fuel (proteins, carbohydrates and fats) which is put into it and functioning at its peak.

Our passion at Tickle Me Healthy LLC is to work closely with our clients to understand their goals

and objectives, determine their body's specific needs and develop a custom protocol that will not only help them achieve their goals, but also to improve their overall health and quality of life. Tickle Me Healthy LLC's clients have seen significant results in weight loss, improved health and wellness and have maintained their successes for years afterwards. Remember... disease starts with your hands. It starts with what you pick up and put in your mouth!

Tickle Me Healthy LLC is also excited to announce the opening of our second location. We have partnered with Woman's Way Fitness Center - a premier health club for women - to establish a women's only office inside the fitness center. Together, we are committed to providing you exceptional service and compassionate support to help you achieve your health and fitness goals. Please stop by to visit our new office inside Woman's Way Fitness Center on 1479 Route 23, Wayne, NJ 07470.

About us... Tickle Me Healthy LLC, LLC is a natural health and wellness center that offers a variety of health services, products and programs that promote better nutritional, emotional and structural health. Our team of Certified Natural Health Professionals® work closely with clients to identify and target the root causes of problems, not just the symptoms. Our personal and compassionate approach provides the foundation and building blocks for individuals to become healthier and feel better about themselves from inside out. We are not medical doctors, we do not diagnose, treat, cure or prescribe pharmaceutical medication. But rather, we naturally help bring the body to a place of balance where it can heal itself. We have two convenient locations in Wayne, NJ and can be reached by calling (973) 305 - 8539 or emailing us at Info@TickleMeHealthy.com.