

Weight loss is a common topic for most women and is not usually thought of in a positive light. If you had a \$1 for every different diet or fad out there targeted at women for weight loss you would be a wealthy person. So which ones work? Which ones don't? How do you decipher the difference?

While there are an abundance of myths out there about losing weight. Two of the more popular ones are that all carbs are bad and that snacking is always a bad idea. Both of these are false. The best way to be successful at weight loss is to educate yourself on a form of eating that focuses on food that are low glycemic. Excellent results have been shown when people learn and follow a low glycemic diet for a consistent period of time. The following link is from the American Diabetes Association that gives some basic information about low glycemic eating:

<http://www.diabetes.org/food-and-fitness/food/planning-meals/glycemic-index-and-diabetes.html>

We have found that a low glycemic lifestyle is a realistic lifestyle to follow and the results can be achieved and maintained. The link below is a website of ours giving more details about programs on starting a low glycemic diet, from a 10 day jumpstart to actual online coaching.

<http://millner.trinityhealthweightloss.com/Default.asp>

Below are some of the results people have achieved when they follow this program:

- Weight loss
- More Energy
- Decrease in waist sizes
- Control of blood sugar
- Lowered triglycerides
- Improved cholesterol levels
- Improved insulin sensitivity
- Lowered blood pressure
- Feeling Younger!

Please contact Dr. Scott or Dr. Melissa at [millnerchiro@hotmail.com](mailto:millnerchiro@hotmail.com) for more details.