



Weekly Tip:

Since announcing our long-awaited for pregnancy I have had quite a few people comment to me about now being able to eat everything and anything I want.

While in theory that seems true and I have to admit I have given into a few naughty cravings, the reality is that while pregnant and breastfeeding, women need to be more diligent than ever about what and how much they consume.

Pregnancy requires only an additional 300 calories per day and a women should gain no more than 25-35 pounds through the entire 3 trimesters. These calories should come from nutrient-dense foods and not just pickles and ice-cream. While breastfeeding moms actually need more calories—500 extra per day and must stay hydrated at all times.

Eating for two? Nope just eating healthy for both of us!

Treat Treats as Treats!

After last week's newsletter I received a few emails and comments from readers that were quite surprised that I would condone a lifestyle that would include the consumption of alcohol. A couple were upset but most were pleasantly surprised!

The truth of the matter is, I don't condone or condemn anything as part of a healthy, balanced lifestyle - that is as long as its consumption is just that—balanced and in moderation.

If my clients were to come to me for weight loss help and the first thing I gave them was a list of things that they could never eat or drink again, my client list would be non-existent. We are not children, we don't need to be told what we can't do and I certainly don't want anyone to feel ashamed of anything that they do choose to eat or drink. There is enough emotional turmoil involved in weight issues without them being added to by the professionals that are supposed to be there to help.

I believe that my job is a that of an educator and a position of guidance when it comes to lifestyle changes. I only hope to teach my clients how and why to make proper choices based on their

individual goals and guide them towards living with balance and moderation in order to achieve a happy and healthy balance.

Could you imagine a life without chocolate? Wine? A summer without beer or the occasional wiener roast? Never eating dessert again or skipping the dainty tray at a Christmas party? Yeah, me neither. I strongly believe that life is for living and living with depravation is not the path to happiness.

So how can we all have our cake, wine, beer, hot dogs and dainties and eat them too? It is like I said—balance and moderation. It is about understanding how our metabolism works and about enjoying the treats of life as exactly that—treats. Occasional, indulgent treats, not as the staples of the diets I see come to me for help every day. THAT is what it is all about, making healthy, wise and educated choices about what we eat and drink 90% of the time and enjoying our indulgences 10%,

The problem is that too many do the opposite which is how we get in trouble to begin with. Too often I hear, "I have tried everything and I eat properly but I just can't lose any weight."

This is where I in my not-so-subtle way tend to throw the bullshit flag.

If you and your family eat healthy, well balanced diets 90% of the time. The majority of your calories coming from vegetables and whole grains and the other 10% of the time you choose to have sweets or fast food and receive adequate amounts of aerobic exercise every week, I promise you—you would never need to seek the help of a weight loss counselor like myself.

Healthy well-balanced lifestyles with occasional indulgences do not lead to obesity. Our bodies are well oiled machines and they can absorb occasional naughty foods and drinks when they are running the way they should. It is when the naughtiness outweighs (literally) the goodness that our bodies become unbalanced.

An unbalanced life leads to an unbalance body and an unbalanced body leads to obesity and disease. Being healthy is NOT about deprivation and should never be looked at that way. You don't have to give up the things you love in order to lose weight, you just have to treat treats as treats!

Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!
Straight from Michelle's kitchen!

ASPARAGUS AVOCADO WRAPS

- 4 asparagus
- 1 ripe avocado, pitted and peeled
- 1 Tbsp. lime juice
- 1 garlic clove, minced
- 1 1/2 cups cooked, cold brown long grain rice
- 3 Tbsp. plain, non-fat yogurt
- 3 whole wheat tortillas, 10" in diameter
- 1/3 cup cilantro
- 2 Tbsp. chopped red onion



In microwave or steamer, steam asparagus for 6–8 minutes until tender. Remove the asparagus and immediately rinse in cold water to stop the cooking. Drain thoroughly.

In a small bowl, mash the avocado, lime juice, and garlic into a coarse puree. In another small bowl, stir together the rice and yogurt to mix well. Heat a dry large frying pan over medium heat. One at a time, heat the tortillas in the hot pan until softened, about 20 seconds per side. Lay the tortillas flat on a clean work surface. Spread the avocado mixture equally among the tortillas. Top each with an equal amount of the rice mixture, asparagus, cilantro and onion. Fold in both sides and the bottom of each tortilla over the filling, then roll to close. If made in advance, cover with plastic wrap and refrigerate for up to 1 hour. Return to room temperature before serving. To serve, cut each wrap in half crosswise.

Michelle's Blog:

www.butterflyconsultations.com/blog

8 glasses a day?

Summer is a time we all treasure, especially after a long cold winter like the ones we have been experiencing lately. Enjoying the sun and basking in the heat while it is here is a National pastime.

The one thing about the heat though is its ability to increase the speed of dehydration in the human body. Think of a flower in your garden and how wilted it looks after a day in the sun. Your body is just like that of the flower—it needs constant hydration and is drained in the heat.

Dehydration can lead to many issues including heat stroke, dizziness, fainting and more serious long-term diseases BUT did you know that it can also affect your metabolism and inhibit your body from burning fat and calories? It is true. One more great reason to keep that water bottle handy.

Just like getting enough sleep—getting enough fluid helps your body work the way it was meant to—think of the radiator in your car. Without that constant flow of fluid throughout your engine, you can't get very far, your car won't run well or for long.

Your body is designed to run like a machine with many different systems depending upon each other—when one of them is not functioning, it will slow down and even stop others from working at all. Hydration is like that. Very system in your body is dependent upon proper fluid balance. So the question is—are you drinking enough throughout that day?

I know we have all heard the saying that we need to drink 8 glasses of water a day and while that may be a great rule of thumb, it isn't always true. We get fluids from so many things we eat and drink and our fluid balance and requirements fluctuate throughout the day depending upon our activity levels, body heat and metabolism.

If you really want to be sure that you are drinking enough throughout the day, the answer is clear—literally - and can be found in your toilet! Seriously—you can check for yourself to make sure you are drinking enough every time you urinate.

Is your urine clear and the palest of yellow or even just tinted a bit gold? If it is you are doing just fine and are drinking what you should. If your urine is dark or bright yellow then chances are you need more fluid so head straight from the bathroom to the kitchen and get yourself a nice cold drink before heading back outside—just don't forget to wash your hands! This is also a great tool to make sure your children and infants are getting enough to drink throughout the day.

You must also remember that what you drink also matters—water is always best BUT caffeine can dehydrate you so be wary of soda, coffee, teas and those nasty energy drinks!