# What We Eat is Who We Become

# Biggest Loser

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We know that weight plays a HUGE roll in sleep apnea. So we have decided to challenge our patients at Nations Sleep Disorders Center, on a “Biggest Loser”.

They will learn to eat the right foods and portions. They will Exercise and make it a part of their lifestyles.

Many patients can reduce their CPAP pressures or even come off the machine all-together with some life style changes.

This will be a yearlong process. There is no fee to enter. There is a reward for the Biggest Loser who sticks with it for a year. Our staff will meet all participants at the Depot to do a Walk/Jog one Saturday each month as a group.

*Our Bodies Have to Last US a LIFETIME!*

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Nations Tid-Bits

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What do you eat?

Our Bodies have to last us a Life Time!

Don’t we all wish we ate a little healthier. The ones who eat healthy daily still say there is room for improvement. If we eat healthy we become healthy. If we eat fatting we become fat. We only have one body and a life time for it to last us.

**Did you know** that Turnip roots were a natural fat burner? Guess what neither did I. Until I started reading and learned that British Research, the root vegetable is rich in *isothiocyanates.* This activates the fat burning gene inside our muscles and liver. Helping convert stored fatty acids into energizing fuel.

A few servings a week.

**Did You Know** Kale was a natural Muscle Toner? Yep news to me too! The plant compounds in Kale *lipoic acid*

*and nitrate* soak into muscle cells and switch on the metabolic pathways that prompt Muscle to grow stronger and more toned. 1 cup of Kale a day and you can see improvements.

Do you crash in the afternoon? Well **Did you know?** Mushrooms are a natural Blood Sugar Balancer. Adding a handful to your biggest meal of the day could be your ticket to a perkier afternoon. Now with saying this if you notice that perkiness after those mushrooms, let your doctor know right away. This could be a deeper underlining health problem.

**We have a special spring surprise for all our Nations SDC patients. If you Join a Gym and attend at least 3 days a week we will give you 10% off your office visits. Ask for a printout showing, where you scan in upon arrival and if you have 3 or more visits per week. You will receive that discount off your visit with us. Gym of your choice. We are working with our patients on life style change for the *Better.***



