
slow weight loss

Posted by Raw gardener - 2007/12/21 16:59

Can anyone advise me? I have been 100% raw for a fortnight tomorrow and have only lost 3lbs! My starting weight was nearly 19 stone. I feel very disheartened, although I feel healthier and have more energy. Has ANYONE had this experience. Everywhere I read on the Web, people have had dramatic weight loss, and I am wondering whether to perservere?

Would appreciate any comments. :
Raw Gardener

Re:slow weight loss

Posted by karennd - 2007/12/21 23:04

I have some ideas.

- 1) Are you hungry in the morning? If not, then wait until you are truly hungry or noon, whichever is earlier, to eat. If you are hungry in the morning, then listen to your body and eat - maybe a fruit smoothie. The same is true all day, eat only when hungry.
- 2) Are you grazing all day? Some new raw foodists make the mistake of grazing all day. Our body needs time to digest the previous meal or snack. Try to wait a minimum of 2 hours between meals/snacks.
- 3) Are you overdoing it on nuts? Try to limit yourself to one or 2 handful of nuts a day and 1 avocado a day. If you are already eating less than this, don't increase it. Presoaking nuts usually improves the digestion of them. I think the black, ripe, squishy avocados are easier to digest also.
- 4) Are you getting any exercise? 10 minutes of jumping on a mini-trampoline or 30 minutes of walking 5 days out of 7 should help.
- 5) Eat more of the simpler raw foods and save the gourmet raw foods for an occasional treat.

Karen Knowler has an article on weight loss here
http://karenknowler.typepad.com/living_in_the_raw/2007/04/reader_question.html.

Other than that, I would suggest buying Angela Stokes book "How to go Raw for Weight Loss", that should help tremendously.

Good luck and keep at it, it works!

Re:slow weight loss

Posted by Raw gardener - 2007/12/22 02:29

Many thanks for reply. I am hungry pretty much ALL the time actually, and especially so first thing in the morning and last things at night. I will take on board what you said about the nuts, and I am going to make sure I only have a handful a day.

Raw Gardener

Re:slow weight loss

Posted by karennd - 2007/12/24 00:01

I can totally relate. Raw food is so much lighter than cooked food and that lighter feeling can make us feel so-o-o hungry at first!

Have you found something that fills you up at breakfast yet? Some people do fruit smoothies with some young coconut meat and milk in it, some do green smoothies with an avocado in it, and I have heard some people eat huge salads for breakfast. Maybe eat a raw bar last thing at night for a satisfying treat. Or at first, I would have a banana dipped in raw

cocoa nibs for my dessert every night. It was very satisfying at the time.

You might need a couple handfuls of presoaked nuts everyday at first and an avocado. But try to fill yourself up at each meal or snack so you will be able to wait at least 2 hours before the next meal or snack.

Good luck and let us know how you are doing! Remember that high raw is perfectly acceptable at first and also sprouted grains can be helpful to fill you up. There are even raw oat groats that you can soak in hot water overnight for raw oatmeal in the morning.

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Re:slow weight loss

Posted by robin.r@juno.com - 2007/12/25 04:05

I feel the same way in the mornings. What I found helps is to start right off by drinking a few cups of fresh warm water with at least half a lemon squeezed into it. I set my kitchen timer for 15min, then I have my fiber (psyllium and/or flax meal), wait another 15-20min, and then have some solid food. I find it really puts my hunger at ease and paces my eating why speeds up my digestion. I hope this helps.

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Re:slow weight loss

Posted by Raw gardener - 2008/01/13 17:27

Hi everyone,
I just want to say thank you for all the tips and advice. My weight dramatically started to come off after I stopped having an cacao/caffiene. I was still having some green tea which has a trace. Literally 5lbs came off straight away and exactly one month since I started 100% raw I have lost 1stone 1lb. I am losing at a rate of 3lbs a week now, and feel fantastic!
Love and blessings
Raw gardener

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Re:slow weight loss

Posted by karennd - 2008/04/09 01:40

Your last post showed you are making awesome progress, but it has been awhile since we have heard from you. How are you doing? I hope you are still enjoying great progress in releasing weight.

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Re:slow weight loss

Posted by SeoulKiwi - 2008/09/08 10:21

so good you worked out what was holding you back! How are you getting on now?

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Re:slow weight loss

Posted by wongk222 - 2010/07/08 03:04

i just tell you that why you take nutrition supplements for your health. it is beneficial for our health rather than any allopathic medicine. nutrition is not any medicine it is our food which we will not take because of our hectic and busy life we are not able to take care of our health and take care of our diet properly. that's why there is lack of problem and lack of injures in our body. so for proper diet and for proper health we should gave proper nutrition for our body. While it is important to maintain a healthy weight, most people have trouble staying healthy on a weight-loss diet. Often, important nutrients such as iron, protein, and vitamins are left out along with other foods, making us more vulnerable to disease. To make up for lost nutrients, there are several nutritional diet vitamin supplements available. lojas suplementos

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Re:slow weight loss

Posted by banku111 - 2010/08/01 13:54

5 lbs a week is possible, but it is the maximum of what a person should and can loose healthily. If I was you I would aim for 20 lbs, but not be too disappointed if you loose more like 10-15.

For diet, I think Happyjello pretty much covers everything I would want to say on that subject - however, I'd pay extra attention to portion control - compare your food intake to someone you know who is healthy and slim and use their portions as a guideline. As a general rule though I'd half your intake of carbs and meat and double your intake of fresh vegetables.

Also, as suggested, having an "anti diet" day once a week is a good idea (it keeps the cravings at bay), but as your goal is quite high I wouldn't go nuts on that day, perhaps keep it to one "crazy" meal on that day, or have a piece of your fav cheesecake, whatever, my point is choose your vice, don't eat all of them!

As you want to loose quite a lot of weight in a relatively short amount of time, I'd work out, you don't need to go to the gym, you can powerwalk or buy a fitness DVD. If you don't work out at the moment I'd build it up, start with 3x a week 30-45 mins (incl. warming up and cooling down) in week 1 and 2. Then move up to 4x a week in week 3 and 5x a week in week 4.

If you do work out already, maybe step it up a little and change your routine to really get your body working.

And my last piece of advice - if you have an off day, don't stress out about it, just get back on the wagon the next day. And if you are having an off day or are feeling tired and don't feel like working out, try to do something, like maybe go for a walk for half an hour, quite often you feel much better after and you don't have to feel guilty about not doing anything.

Good luck!

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