YOUR BODY CODE OCTOBER NEWSLETTER



WELCOME TO THIS MONTH'S NEWSLETTER



Welcome to October and the season of Halloween. The leaves start to turn beautiful colors, the air is crisp and clean and it's time to celebrate All Hallows Eve where children (and adults) dress-up in costumes and go door-to-door in hopes of getting treats instead of tricks. This month we'll cover the chocolate treats and how to keep your diet in check and not suffer from "chocolate overload" and "hormone disruption."

CHOCOLATE

When you eat chocolate, your body releases endorphins, also called opiate peptides. Endorphins are responsible for the "high" produced by strenuous exercise. Endorphins also produce the sensation of sexual arousal.

When choosing chocolate, reach for the darker variety at 70% cocoa or more. This is the chocolate that is packed with all the "sexy hormone" enhancing goodies. Remember, despite some of the good things in chocolate, it should be eaten in moderation because of the high calorie content and hormone disruption.

Cocoa and chocolate fats include substances that are chemically related to the brain lipids anandamide – "ananda" means bliss. Chocolate contains around 300 known chemicals, including stimulants such as caffeine, although 1 ounce of dark chocolate contains only 30 mg of caffeine – which is equivalent to one-third cup of coffee. It also contains more phenols than a glass of red wine – phenols are antioxidants that help keep bad fats from clogging up your arteries.

So for those of you who can keep your chocolate in check with one square here and there and not over do especially on all the "junk" chocolate out there which has no health benefits just bad.... feel free to indulge once and a while.

However when addressing Health issues - such as Cancer or Chronic Joint issues, just to name a few, NO caffeine is helpful. When trying to fix a disease – no stimulant that coagulates cells should be introduced as this will not allow the body to fix and repair. Once you fix the issue – moderation is your key.

Fat cells (which will grow in abundance in excess chocolate consumption) secrete approximately 25 signaling compounds – including estrogens, resistin, leptin, adiponectin, inflammatory proteins, tumor necrosis factor-alpha, interleukin-6, growth hormone, and more – that are sending out messages that can promote or weaken dozens of deadly health conditions and negatively affect your health and hormones. High blood pressure is also associated with fat-gain, simply because the person has to push the blood through more mass.

Fat cells can manufacture a potent constrictor of blood vessels called angiotensinogen; this chemical is a major contributor to high blood pressure in overweight people. Combine this blood-constricting hormone with the inflammatory factors produced by the fat cell, and artery walls develop a build-up of the tissue that blocks blood flow, which in turn increases the risk of stroke and heart attack.

The growth hormone and estrogens produced by the fat cells also fuel cancer cells. Too much estrogen is one reason why women have a difficult time losing fat around the abdomen. Too much fat on your body will increase estrogen levels. This is because fat cells are not only involved in manufacturing estrogen via the enzyme aromatase but are also a storage site for estrogen. This is another reason why men develop testicular cancer.

All of this sets up a vicious cycle of too many fat cells manufacturing and storing too much estrogen, which creates high levels of estrogen, which maintains increased fat and larger fat cells and in turn causes hormone disruption.

HALLOWEEN HINTS

- 1) Wait until the 30th to buy your candy.
- 2) Buy candy you won't be tempted to eat.
- 3) Give out treats other than candy
- 4) Give out raisins, stickers, pens, pencils, erasers, fake tattoos, spider rings, inexpensive toys, etc..
- 5) Take the kids trick or treating so you won't have to hand out candy.
- 6) Donate your child's candy to a charity.
- 7) Buy your child's Halloween candy from them and then get rid of it.
- 8) If you plan to keep your child's candy, store it out of sight.
- 9) If it's in the house, there's a big chance you'll eat it.
- 10) Remember Halloween is for kids.

HAUNTING CALORIES

Don't let the size fool you, these sweets are packed full of calories

BITE SIZE CANDY BARS (1 OUNCE)

- Almond Joy 151 calories
- Baby Ruth 130 calories
- Mars Bar 130 calories
- Milky Way 135 calories
- 3 Musketeers 140 calories
- Snickers 135 calories

VARIOUS CANDY TYPES

- Caramels 1 piece 35 calories
- Hard candy 1 oz. 110 calories
- Hershey Kisses 6 pieces 150 calories
- Lifesavers 1 piece 10 calories
- Lollipops .5 oz 45 calories
- M & M's 1.5 oz 220 calories
- Milk Duds 1 oz 111 calories
- Reese's Peanut Butter Cups 2 pieces 184 calories
- Sugarless Gum 1 piece 10 calories

Chocolate type treats have 5 to 10 grams of fat per ounce

Calories do count when you are trying to lose body fat. Record any extra calories on your food records. If you accumulate an extra 3500 calories you will become the proud owner of 1 pound of FAT.

HEALTHY, GOOD FOR YOU, YUMMY CHOCOLATE SMOOTHIE

- 1/2 Cup Chocolate Almond Milk
- ½ Cup Pomegranate Juice
- 5 ounces Organic Baby Spinach
- 1 Medium Banana 6 inches
- 1 TBSP Organic Unsweetened Cacao Powder
- 1 TBSP Flaxseed
- 2 Cups Frozen Blueberries

Place all ingredients into a Vitamix or other Blender. Blend for 1 minute or until smooth and blended.

Makes 3 Cups at 210 calories per cup

Exchanges: 2.5 fruits, ¼ milk, ¼ fat, ½ protein

CONTACT US TODAY!

We want to help find YOUR BODY CODE! We currently have two walk-in locations in Palm Springs and Palm Desert. We also have an online program and are available throughout the world to help you with your health and wellness goals. Don't hesitate to contact us for a free consultation as we can work with you to meet any budget. www.yourbodycode.com

We also offer personalized retreats for your best Health and Wellness in the following areas:

INTENSIVE WELLNESS & FAT LOSS FAT LOSS/ ENERY AND PREVENTION: AFTER SURGERY DOWNTIME AND HEALING

To learn more about our HOLISTIC DETOX HEALTH & "RAW VEGAN" RETREAT and to sign up, visit our website: http://www.yourbodycode.com/detox or contact us at: (760) 341-BODY (2639).

YOUR BODY CODE: PERSONALIZED NUTRITION WELLNESS PROGRAM BOOK

In my career I've learned so much and worked with so many people to help them achieve their nutrition, health and weight loss goals. The book includes descriptions of vitamins, minerals and the common imbalances that could affect health and wellness. The book also contains 11, seven-day menus that address a variety of disease and health conditions along with a full colorcookbook with more than 50 'chef-tested' healthy recipes. Click here: (http://www.yourbodycode.com/book/readonline) to preview the first chapter and how you can order your copy!

Thank you for checking out our newsletter! We are in this together and want to help you with your path to health and wellness. For more information on how you can start your change, visit our website at: www.yourbodycode.com or contact me at: 1-760-341-BODY (2639)! Also we'll keep you updated with the latest specials and news! Thank you and we look forward to working with YOUR BODY CODE!!!

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