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Greetings!

There is no doubt about it. Even for "the health-conscious", weight-loss after 40, 50, and beyond is an uphill battle.

Suddenly our old tried-and-true pound-shedding methods, like cutting out sugar, doing a cleanse, or working out more, just don't move the scale like they used to.

In this month's newsletter, **Milly shares her personal story of weight-loss-after 50 and how she finally got the scale to budge** through a specific eating program popular in South Africa.

We'll also share **which supplements are worth investing in for weight loss**, along with loads of info and resources on how you can *finally* drop those pesky pounds after 40.

And be sure to scroll down for our **"Attitude of Health" section, where we share a very special Prayer from Milly's late mother** about what really matters in life when you hit 95.

Finally, our apologies for the technical difficulties we've encountered on our website of late. We have finally locked out the hackers and everything is back to normal.

Enjoy the newsletter and Happy New Year!

Message from Milly: How I finally lost my after-50 weight

Weight-loss is apparently the #1 resolution that people make year after year.



And I can relate.

I have been battling my "50 plus" weight for a number of years now, and **the only thing that I've found to be reasonably successful, is the ketogenic diet**, which is very similar to what in South Africa they call "Banting" (more on this coming up).

When traveling to other countries, it becomes obvious that Americans are among the heaviest people the globe over.

There are probably countless reasons for this, from the [quality of our food \(Dr. Stephanie Seneff's presentation on GMOs/glyphosphates is probably the most informative video clip that I've seen this year\)](#), to the number of drive-through restaurants we have, to the amount of food we eat per serving.

To say nothing of the underlying stress people live under on a daily basis.

All these factors have a huge impact. **But I think our biggest issue is that we have been trained to believe that foods rich in essential fatty acids are bad.**

Tim Noakes, a professor of exercise and sports sciences at the University of Cape Town in South Africa and co-author of "The Real Meal Revolution", and his nutritional research are having an amazing impact on people's weight, health, and ailments the world over.

We'll have more information on Professor Noakes' program (AKA: "Banting") in our "Heal Thyself" section below.

It turns out, those essential fatty acids that we've been trained to believe are bad for us are indeed "essential".

What I loved about following the advice of Tim Noakes, is unlike what customarily happens when I've visited my family over the festive season, **this time I didn't gain any weight and I really didn't have to restrict myself as much as I thought I would.**

I still have a long way to go. And no, I don't think one way of eating suits everyone or every situation (I've worked in this business long enough to learn that).

But I *can* say that my personal experience has been nothing but positive and I look forward to continuing and making this way of eating my new norm.

These days, thanks to more research and people taking personal responsibility for their health, it seems all things are being made new.

And certainly in the field of nutrition (both mainstream and holistic) what has been considered "standard healthy eating" is very much up for review.

Explore below to learn a little more about "Banting" and the Ketogenic diet. I hope it will be as helpful and weight-changing for you as it has been for me (and it's not as hard as you think!).

Blessings to all,
-Milly

Ancient Wisdom Modern Medicine

Supplements that safely support normal weight

Mainstream weight-loss supplements are controversial for their efficacy and safety for good reason...which is why we don't recommend them.

Supplements cannot replace proper eating habits, exercise, and good individualized nutrition.

However, we do whole-heartedly recommend the following whole-foods supplements that support good nutrition and dieting.

These specific nutritionals help your body break down toxins (stored in fat), support normal metabolism, and can help curb cravings.



Nordic ProOmega DXtra: a fish oil concentrate formulated to supply Omega-3 fatty acids with additional vitamin D3.

These nutrients support cardiovascular health, metabolism, overall immunity, and healthy levels of calcium.

With all we know about the importance of essential fatty acids, this supplement is a cornerstone to any successful weight-loss or nutrition program.

Catalyst-7: plant-based digestive enzymes help your body naturally absorb, utilize, and break down proteins, fats, and carbs while reducing bloating and supporting normal elimination.

Enzyme supplementation can be particularly beneficial for those over 40, as your enzyme reserves typically tend to dwindle as you reach your late 30s.



Organic Virgin Coconut Oil: a must-have for those practicing ketogenic or "banting" eating principles.

Virgin coconut oil is rich in medium-chain fatty acids that help you burn fat, feel full, and support normal weight and metabolic function.

It's also an excellent substitute for shortening, and makes a mean "bullet-proof" coffee when paired with grass-fed butter.

Due to its wide-spread availability we don't sell coconut oil at QHC, but recommend you look for organic, expeller-pressed, virgin or "extra virgin" coconut oil ([Tropical Traditions is a quality brand with great sales](#)).

Call, email, or stop by to order your nutritional supplements today.

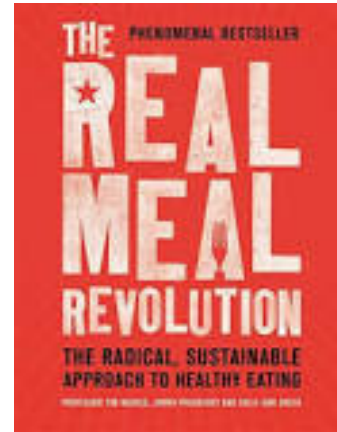
Heal Thyself and Never Stop Learning

Ketogenic Diet Info and Support

Learn Everything You Need to Know about "Banting" Here

Realmealrevolution.com, the official website of Professor Noakes' book, offers a wealth of free information, articles, tips, recipes, tools, charts, community, videos, conferences, books, etc. to get you up-to-speed on Professor Noakes' nutrition advice, ketogenic eating, and what "banting" is all about.

You can also sign up for an [online course](#) (first week is free) that takes you through all the ins and outs of implementing a successful diet plan.



[KetoDiet App](#)

A new way of eating can be a BIG adjustment (especially for us over 40, 50, and beyond).

[Make it easier on yourself and increase your success rate with this KetoDiet App.](#)

It has an easy-to-follow guide, loads of recipes, an intuitive shopping feature, an integrated blog, and more, from just \$1.99.



FREE Online Course: [The Fat Summit with Dr. Mark Hyman](#)

Mark Hyman, MD, director of the Cleveland Clinic of Functional Medicine, and author of the "The Blood Sugar Solution", and "The 10 Day Detox" is hosting a [FREE online summit: The Fat Summit](#).

Dr. Hyman will be interviewing an impressive panel of experts on why fat is NOT the enemy when it comes to weight-loss, health, and chronic disease.



His panel of experts include such famous faces as Deepak Chopra, Vani Harris (Food Babe), and Dr. Dean Ornish.

This FREE summit runs entirely online January 25-February 1st (so if you get on a day or so late you can still catch up).

The Attitude of Health

A Prayer from My Late Mother

From Milly: As many of you know I just returned from visiting my family in South Africa. While there I had the opportunity to go through some of my mother's papers (she passed away peacefully last year at the age of 95).

I found a prayer she'd written which touched me deeply, and given that it's a New Year when many people have New Year's resolutions I thought it would be appropriate to share it with you...

"Lord thou knowest better than I know myself that I am growing older and will someday be old.



Keep me from the fatal habit of **thinking that I must say something on every subject and on every occasion.**

Release me from craving to straighten out everybody's affairs - make me thoughtful but not moody, helpful, but not bossy.

With my vast store of wisdom it seems a pity not to use it all, but thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point.

Seal my lips on my aches and pains; they are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy tales of others pains, but help me to endure them with patience.

I dare not ask for improved memory, but for growing humility and lessening cocksureness when my memory seems to clash with the memory of others.

Teach me the glorious lesson that occasionally I may be mistaken, keep me reasonably sweet; I do not want to be a saint as some of them are so hard to live with - but a sour old person is one of the crowning works of the devil.

Give me the ability to see good things in unexpected places, and talent in unexpected people. And give me oh Lord, the grace to tell them so."

IF THESE TIPS WERE HELPFUL, WHY
NOT FORWARD TO A FRIEND?

[FORWARD](#)

NOT YET SIGNED UP TO RECEIVE
THIS NEWSLETTER?

[SIGN UP](#)

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