

Essential Oils and Weight Management



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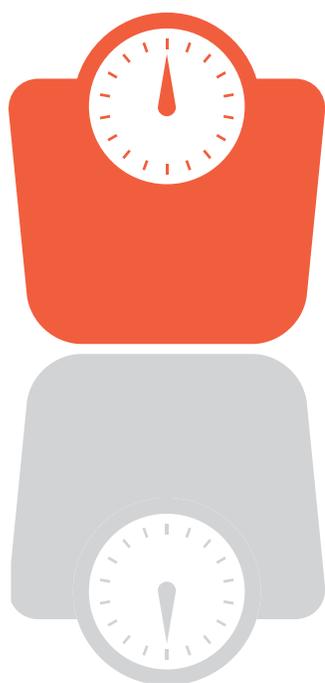
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CHAPTER

The importance of weight management

There are countless factors that contribute to a healthy body. As humans, we must manage things like nutrition, sleep and rest, stressors on the body and mind, toxins, and more in order to maintain optimal health. In addition to the daily demands that come with caring for our bodies, we must deal with health issues, genetics, and the effects of aging—problems that are largely out of our control. The good news is, although there are dozens of factors that can influence our health, we still have a great deal of control over how our bodies feel, function, and look.

Part of cultivating and maintaining a healthy body is the ability to sustain a healthy weight. As it turns out, our ability to maintain a healthy weight has many implications for other areas of the body and our overall health.

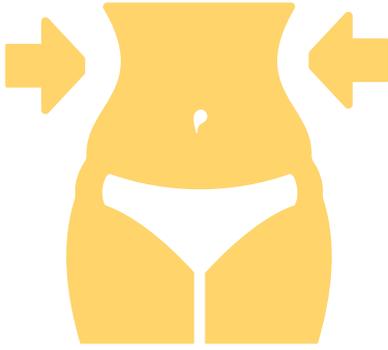


Carrying extra weight

Sometimes, poor weight management habits can lead to being overweight—a widespread health concern in our modern world. This is frequently an issue among adults and children alike, especially in countries where large portions, heavily processed foods, and sedentary lifestyles are common.

Each body type or body composition is a bit different. Our body composition is the percentages of muscle, water, bone, and fat that make up our body. Body composition has major bearing on our overall health and can influence the function of all the body’s systems. When our body composition contains excess weight in the form of fat, it can diminish certain aspects of our health and lower the ability of some body systems to function as they should.

Despite the negative connotation associated with the word “fat,” it is actually necessary for our bodies to store some fat. However, when our bodies store



too much fat, it can throw other areas of the body out of order. Our bodies are constantly working—using hormones, genetic regulations, and other mechanisms—to maintain a certain range of body weight, known as our set point. Many of our daily habits can cause our set weight point to fluctuate up or down, depending on how we treat our body.

When it comes to reaching a healthy weight, the most effective solutions simply require us to focus on the basics: exercise and healthy eating.

Weight management: the basics

Amidst our busy, demanding schedules, it feels impossible to eat perfectly and follow an exercise routine 100 percent of the time. We know that we should eat healthy and exercise, but we often don't take the time to think about how our food intake and physical activity truly makes us feel.

When we exercise, we aren't just improving our physical health and fitness, but we also provide our bodies with an abundance of benefits like the ability to promote better sleep, combat stress, elevate our cognitive function, lower our propensity for craving unhealthy foods, and, of course, weight loss.

Likewise, proper nutrition has many underlying benefits that we might not think of. When we eat healthily, we can help defend the body against health issues; improve our mood; build stronger muscles, bones, and teeth; promote heart health and brain function; and even promote a longer life. A healthy diet will allow us to manage our weight properly, but with so many other accompanying benefits, there are countless reasons to adopt this habit.



Benefits of exercise

- Promotes better sleep
- Provides an outlet for stress
- Can decrease cravings for unhealthy food

Benefits of healthy eating

- Promotes heart health
- Provides necessary nutrients to build strong muscles, bones, etc.
- Helps improve mood

Benefits of both

- Promotes weight loss
- Supports a longer life span
- Elevates cognitive function
- Can protect the body against other health issues

Obstacles to healthy weight management

When searching for healthy weight loss solutions, we are constantly bombarded by messages of extreme diets, quick fix fads, overnight results, and advice about what to eat or how to exercise. And yet, many people still struggle with their weight. Why is it so difficult to find a successful weight management program? Here are a few factors that can hold us back when trying to maintain a healthy weight:

No two people are the same

When it comes to exercise, diet, and weight management, there is no “one size fits all” solution. This is because no two bodies are exactly the same. While there are basic principles that explain how each body should function, issues such as health concerns, genetics, injuries, and more can cause one person’s body to be drastically different from another. While some weight management programs claim to be the end-all for any weight issues, there simply isn’t a single solution that will work for every person or every body type.

There are no quick fixes

Despite the enthusiastic claims of some weight management programs, we cannot suddenly become healthy overnight. Though the thought of losing weight instantly or with little to no work might be alluring, it simply isn’t plausible or sustainable. While it takes work to maintain a healthy weight, the ideas behind healthy weight management are actually quite simple. The fundamental principles of eating healthy and exercising often have proven to be more effective for healthy weight management when compared to extreme, unrealistic diet plans.

Weight management must become a way of life

Healthy weight management requires diligence in exercising, cooking and meal planning, resting, and more. A change in lifestyle and mindset is necessary to sustain healthy weight management over an extended period of time. For those who see healthy habits as a temporary means for losing weight instead of as a permanent lifestyle change, it can be difficult to lose and maintain weight consistently.

Preparing to feel good now and in the future

No matter your motivations, the benefits of maintaining a healthy weight will extend far into the future. By implementing healthy weight management practices into your lifestyle, you can help your body look and feel better today, tomorrow, and for years in the future. Whether you want to lose weight to change the way you look, give your body a better chance against health issues, or get back to activities you love, you’ll be glad that you took the necessary steps to practice healthy weight management in a safe, sustainable way.

CHAPTER

2

How can essential oils help with weight management?

We already know that there isn't a one-size-fits-all solution for weight management, so it only makes sense that essential oils can be used in a variety of ways to help with maintaining a healthy weight. As you work to manage your weight, the specific tactics you use will depend heavily on your own personal goals, your individual health status, and your preferences when it comes to eating, working out, and more.

The versatile nature of essential oils makes them easy to incorporate into your lifestyle and couple with your own specific nutrition and exercise plan. No matter your goals, health status, or preferences, there are several oils that can provide significant help on your weight management journey.

Common goals

While no two weight loss journeys will be identical, there are many common goals among those who are working to lose or maintain weight. Regardless of your end goal, if you want to practice healthy weight management, you'll likely be focusing on the following goals in some capacity:

Weight management focus points

- Promote healthy digestion
- Support/boost the metabolism
- Increase motivation and mood necessary for exercise and a healthy lifestyle
- Manage hunger cravings and avoid overeating
- Maintain a regular, sustainable exercise routine

So, how do essential oils come into play? It turns out, essential oils can be a useful part of each of these focus points, and help you achieve your weight management goals.

Digestion

Poor digestion can keep us from properly absorbing the vitamins and minerals we put into our bodies, which makes it difficult to get the nutrients we need, and can throw off our weight management goals. In addition to interfering with weight management, poor digestion can also make us uncomfortable and downright miserable, making it even more difficult to do things like exercise or be active.

Typically, eating healthy foods that are high in fiber and nutrients, and drinking adequate amounts of water, can do wonders for our digestion. However, sometimes we need a little extra help. With unique chemical compounds that can help promote healthy digestion, some essential oils can be a useful tool for aiding in the digestion process.*

By using essential oils with digestive benefits, you can help your body operate as it should, and set yourself up for better success with your weight management goals.*

Metabolism

Our metabolism, or metabolic rate, can be defined as a series of chemical reactions within the body that break down our food and turn it into energy. An individual's metabolism has a direct connection with their ability to manage weight. While the rate at which our bodies burn calories or use energy has a lot to do with genetics, there is still plenty we can do to control how our metabolism affects our weight.

Regardless of your starting weight or end goals, the higher your metabolic rate, the more calories you burn per hour, and the easier it is to manage your weight. You will find that there are several essential oils that are useful for supporting a healthy metabolism.*

Motivation and mood

So much of the weight management process relates to energy and mood. When we feel sluggish or lacking in enthusiasm, it can be difficult to get moving and stick to a routine of regular exercise. Similarly, when we feel down, discouraged, or unmotivated, we might find it more challenging to stay committed to a meal plan, find the motivation to work out, and, sometimes, even care about our weight loss journey at all.

When taken internally or diffused aromatically, some essential oils can help give us the energizing boost we need before a workout or a long day of working toward our weight management goals. Other essential oils can be used to uplift, calm, energize, or soothe emotions when we need more emotional balance in our lives in order to stay on track with our goals.

Exercise



When you are working toward your weight management goals, increasing your physical activity will help to support your efforts. Not only will it be important to exercise on a regular basis, but you will also need to take care of your body after exercising, during the rest and recovery period. Along with internal and aromatic benefits, essential oils hold significant topical benefits that can be useful when exercising.

Many essential oils have warming or cooling properties that help soothe the body when applied topically. These can be applied before or after a workout to help give the body the boost it needs. Other essential oils can help create feelings of clear breathing and open airways, another useful tool during your workout. As mentioned, plenty of essential oils can be used to create an energizing or uplifting environment, which can be very useful for putting you in the right frame of mind before, during, or after exercise.

Essential oils that are useful for weight management

As you start on your weight loss journey, you will want to choose essential oils that can be useful for digestion, metabolism, motivation, exercise, and other areas. So, which oils are the best?

Take a look at the following suggestions of oils with chemical properties and characteristics that can give you an edge during weight management.



Digestion

The following essential oils are known to support healthy digestion.*

Black Pepper	Cilantro	Ginger
Cardamom	Cumin	Peppermint
Cassia	Fennel	Petitgrain



Metabolism

When used properly, these essential oils can promote a healthy metabolism.*

Bergamot	Cassia	Lime
Black Pepper	Grapefruit	Thyme



Motivation

Diffusing any of the following essential oils can help create an uplifting, energized environment for when you need a boost of enthusiasm, or need the motivation to exercise:

Cypress	Helichrysum	Tangerine
Ginger	Peppermint	Siberian Fir



Exercise

Use any of the following essential oils on the skin to help soothe the muscles before or after exercise:

Cassia[†] Lemongrass[†] Wintergreen[†]
Frankincense Peppermint[†] Ylang Ylang

When you want to promote feelings of clear breathing for exercise, inhale, diffuse, or topically apply any of the following essential oils before your workout:

Cardamom Eucalyptus[†] Tea Tree
Douglas Fir Lavender Peppermint[†]

[†]These essential oils should be diluted before topical application, especially when using on young or sensitive skin.

Other essential oils for weight management

There are some essential oils that will truly be “essential” during your weight management journey, due to their chemical makeup and unique benefits for the body. You will want to have the following oils on hand as you work toward your weight management goals.



Grapefruit

Benefits

- Can be diffused to help increase motivation while dieting or trying to lose weight.
- Can be taken internally to help support a healthy metabolism.*
- Helps uplift mood.



Lime

Benefits

- Supports healthy weight management.*
- Supports a healthy metabolism.*
- When taken internally, may support healthy blood sugar and cholesterol levels already in the normal range.*



Thyme

Benefits

- When taken internally, may contribute to better overall health in conjunction with a better diet and exercise regimen.*
- Cleansing to the gastrointestinal tract and the digestive system.*
- May help support healthy metabolism and weight management.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



DigestZen[®]

Includes: Peppermint, Ginger, Coriander, Fennel

Benefits

- Provides a healthy, natural, and gentle way to soothe an upset stomach.*
- Helps maintain a healthy gastrointestinal tract.*
- Useful for maintaining a healthy digestive system.*



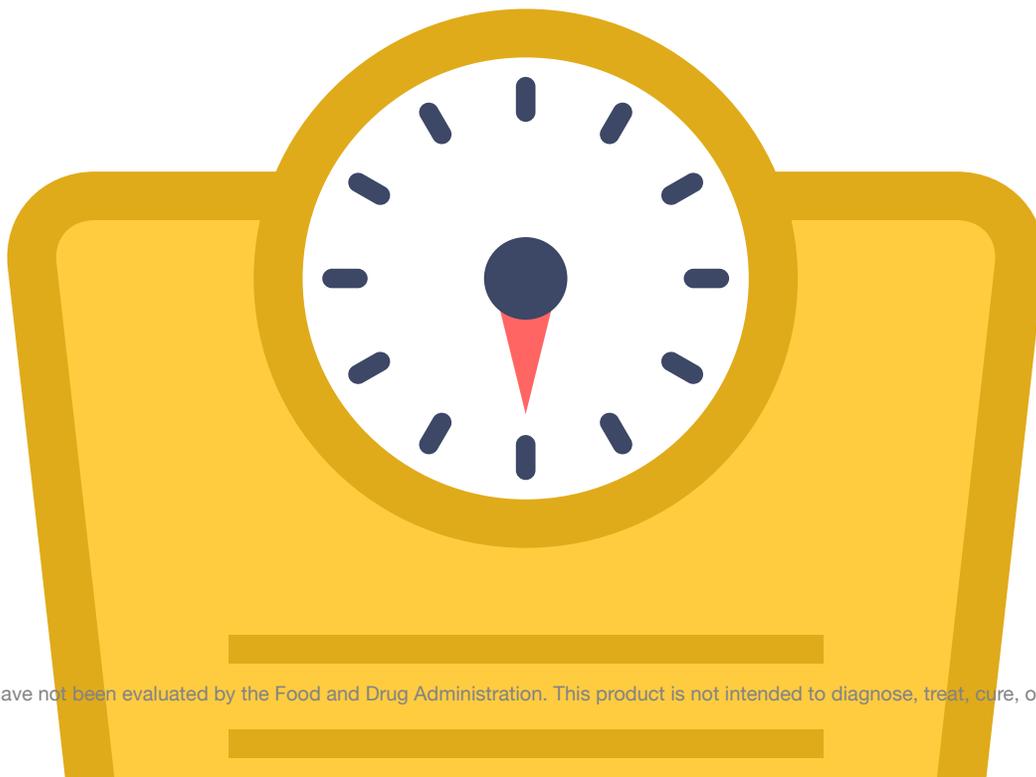
Slim & Sassy[®] Metabolic Blend

Includes: Grapefruit, Lemon, Ginger, Peppermint, Cinnamon Bark

Benefits

- Promotes a healthy metabolism.*
- Helps manage hunger cravings.*
- Calms the stomach.*
- Helps promote a positive mood.
- Can be taken internally before working out for a revitalizing boost.
- Can be consumed before meals to help control appetite and overeating.*

Now that we've discussed a few of the best essential oils for weight management, let's learn a little bit more about how to use them during your everyday life to help you reach your goals.



CHAPTER

Usage ideas

How can essential oils be used as part of a weight management program?

Once you understand the properties and benefits that essential oils have to offer, you are ready to incorporate them into your weight management program. When you are working hard every day to eat right, exercise, and stay on track with your weight loss goals, essential oils can help make things a little easier.

Everyday use



Morning

- Diffuse uplifting essential oils when getting ready for the day to help you feel motivated and ready to reach your weight management goals.
- Add two drops of Thyme oil to a veggie capsule and swallow to support healthy metabolism and weight management.*
- When making your morning smoothie, add two drops of Slim & Sassy® to help support your weight management efforts.*
- Rub Peppermint oil on your chest before your morning workout to produce energizing feelings and promote clear airways as you exercise.



Afternoon

- Diffuse Grapefruit at your desk at work or around the house while dieting or trying to lose weight to increase motivation when afternoon cravings hit.
- To keep yourself hydrated and support healthy weight management and metabolism, place a few drops of Lime oil in your water.*
- When you feel sluggish in the afternoon, give yourself an energizing boost by placing a drop of an essential oil like Wild Orange in your palms, cup your hands over your nose, and inhale deeply.
- If you are trying to avoid sugary drinks and sodas, try adding essential oils like Lemon, Grapefruit, or Lime to your water for added flavor.

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Evening

- Before eating dinner, consume Slim & Sassy® Metabolic Blend to help control your appetite and avoid overeating.*
- If you tend to eat unhealthy foods after dinner, try chewing a piece of Slim & Sassy Gum when cravings for unhealthy foods strike.
- If you like to work out in the evenings, add Slim & Sassy to water and drink before exercising for a revitalizing energy boost.*
- Add DigestZen® to water or tea to help promote a healthy gastrointestinal tract.*



Nighttime

- If you are feeling stiff from your workout, apply essential oils like Wintergreen, Lemongrass, or Cassia to the muscles and massage gently for soothing comfort.
- After dinner, consider adding a few drops of essential oils like Frankincense or Ylang Ylang to a warm bath to help relax and prepare yourself for rest.
- To encourage a good night of sleep that will help the body recuperate, diffuse essential oils like Lavender and Clary Sage in the bedroom.

Cooking



Using essential oils for cooking not only allows you to infuse potent, delicious flavors into your food and drinks, but it will also allow you to enjoy the internal benefits that essential oils have to offer. By adding essential oils that have been approved for internal use to your food, you can experience the benefits they hold for weight management in a simple and tasty way.

Here are a few fun ideas for incorporating essential oils into your healthy eating habits:

WILD ORANGE POWER BITES

INGREDIENTS

1 cup finely shredded coconut, divided
1 cup almond butter
1 cup dried cranberries
½ cup raw honey
½ teaspoon salt
2 tablespoons chia seeds
3 drops Wild Orange oil

INSTRUCTIONS

1. Place all ingredients into mixer, reserving just a half cup of the shredded coconut in a bowl to the side.
2. Add essential oil.
3. Mix until well combined.
4. Roll into balls and coat in the other half cup of shredded coconut.
5. Store in the refrigerator.

CINNAMON ALMOND GRANOLA

INGREDIENTS

4 cups old-fashioned rolled oats
2 cups shredded unsweetened coconut
1 ½ cups sliced almonds
2 tablespoons chia seeds
¼ cup flax seed meal
1 teaspoon salt
1 cup dried cherries
1 cup dried cranberries
1 cup honey
¼ cup maple syrup
½ cup coconut oil
10 drops Cinnamon Bark oil

INSTRUCTIONS

1. Preheat oven to 325° Fahrenheit.
2. In large glass bowl, combine oats, shredded coconut, sliced almonds, chia seeds, flax seed meal, and salt. Stir to combine.
3. In small saucepan over medium heat, melt honey, maple syrup, and coconut oil together.
4. Pour liquid mixture over oat mixture. Add essential oil. Stir until well combined.
5. Pour mixture onto large metal pan and place in oven.
6. Stir granola every 10 minutes to help granola bake evenly.
7. Bake for 30–40 minutes, or until granola is golden brown. Once done, remove from oven and let cool.
8. Add dried cherries and cranberries. Store in airtight container.

GREEN SMOOTHIE

INGREDIENTS

2 cups organic baby kale
2 cups frozen organic berries
1 large organic carrot, banana, or pineapple to taste
2–3 cups of water
1 drop Wild Orange oil

INSTRUCTIONS

1. Blend all ingredients together in a blender on high until smooth.

Daily exercise



No matter what type of exercise program you prefer, essential oils can be used to make your workout more successful and more enjoyable. Whether you are going for a run, playing sports with your friends, or lifting weights in the gym, there are a few things that will help improve your workout. Staying hydrated, remaining alert and motivated, maintaining feelings of clear breathing, providing muscle support, massaging the body, and taking time for rest and relaxation are just a few things that will help you have a better workout.

Here are some suggestions of essential oils you'll want to use before, during, or after your workout for ultimate success:

Staying hydrated

If you have trouble drinking enough water to stay hydrated, try adding essential oils like **Lemon**, **Lime**, **Grapefruit**, or **Wild Orange** to give your water more flavor and keep you drinking throughout the day.



Staying alert and motivated

In order to have a safe workout, you'll need to be alert and motivated. Stay alert and motivated throughout your workout by diffusing essential oils like **Cypress**, **Tangerine**, or **Siberian Fir**. You can also apply essential oils like **Peppermint** or **Wintergreen** to the neck, chest, or temples to help you feel alert as you exercise.



Promoting feelings of clear breathing

No matter what type of workout you are doing, it is important to be able to take deep, clear breaths. Applying essential oils like **Eucalyptus** and **Melaleuca** to the chest before a workout can help promote feelings of clear airways and easy breathing during exercise.



Providing muscle support

Whether you need to limber-up before physical activity or want to give special attention to certain areas of the body after a workout, you can massage essential oils like **Peppermint**, **Wintergreen**, or **Ylang Ylang** into the skin to help these areas.



Massage

For many people, massage is a useful part of post-workout recovery. Whether you get a professional massage from a massage therapist, or simply choose to massage certain areas of the body after exercise, essential oils can improve your massage experience by soothing the muscles. Try using oils like **Lemongrass**, **Frankincense**, or **Cassia** to give the muscles a soothing massage.



Rest, relaxation, and fighting fatigue

Without proper rest after a workout, your body will become more prone to being overworked. Use calming and relaxing essential oils like **Ylang Ylang**, **Bergamot**, or **Lavender** to help with rest, relaxation, and sleep after a tough workout.



CHAPTER

Maintaining healthy weight management habits over time

It is extremely rewarding when you begin to see the results that come from dedicated weight management efforts. While it is great to find a meal plan, exercise program, and other weight management tactics that work for you personally, we all know how difficult it is to find something sustainable. Due to the dedication required for managing weight, it can be a challenge to sustain our efforts over a long period of time.

If you are hoping to maintain healthy habits over time and stay true to your weight management goals, there are a few tactics that can help.

How can I sustain healthy weight management habits over time?

- Change your attitude
- Focus on a nutritious diet
- Adopt an active lifestyle
- Don't forget to rest and manage stress levels





CHANGE YOUR ATTITUDE

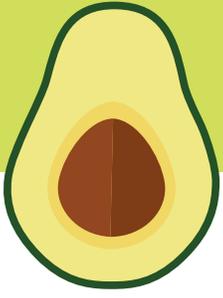
Losing weight is more than just a physical challenge—it is a major challenge for the mind. One reason why people have such a difficult time sustaining their weight management habits is because they begin with a negative view of weight loss, eating healthy, or exercising. Those who dread every bite of a healthy meal, or feel a dark cloud of negativity hanging over them every time they work out, will have a difficult time sustaining weight management. Many people endure these activities while working toward a certain weight, and once they reach their desired number, they fall back into habits that make it difficult to maintain that goal weight.

Rather than seeing weight management as something negative that keeps you from eating the food you want, or forces you to endure miserable workouts every day, think of your weight management as a lifestyle change. If you only think of your weight management habits as a temporary discomfort to endure until you reach your goal weight, these habits will be difficult to maintain.

Our bodies are constantly changing, and without healthy food and exercise, we can't expect our weight to simply stand still once we reach a number we are happy with. Instead, we can change our attitude. For example, we can find healthy food that we enjoy and workouts that both challenge and excite us. We can focus on the fact that with healthier habits, we can feel better, live longer, and have a higher quality of life. We can stop seeing weight management as something restrictive, and see it as something that provides us with new opportunities and benefits. As you shift your perspective so that your weight management tactics become a way of life, you'll have a better attitude about these activities—making you more likely to sustain them over time.

Tips for changing your attitude about weight management:

- **Set achievable goals.** If you set unattainable goals, you will get frustrated when you don't see results, and will want to quit.
- **Surround yourself with positive people.** People who have a positive attitude and want to help you on your journey will make it easier to sustain your efforts.
- **Track your progress.** Use charts or journals to record your successes and remind yourself of how far you've come when you falter or are feeling discouraged.
- **Establish a support system.** Having a workout buddy, a cheerleader, or someone to check in with will help keep you accountable and push you to keep going when you are tempted to give up.



FOCUS ON A NUTRITIOUS DIET

It might be easy to find a diet that helps us to lose weight, but after a while, we get sick of eating the same things over and over, and find that we cannot sustain the diet. In addition, many diets are so restrictive that people find themselves hungry or unhappy with their food most of the time, making it challenging to sustain over a long period of time.

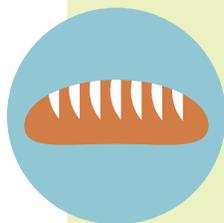
There are many different types of diets that fall under the category of “healthy,” and there are simply some diets that just don’t work for some people like they do for others. Rather than focusing on a complicated diet plan or the latest fad diet, focus instead on providing your body with nutrients. When you feed your body a nutritious diet, it can use those nutrients to become stronger and healthier, and produce energy.

No matter what type of healthy diet you choose to pursue, there are some basic principles that will help you sustain healthy eating over time:

- **Portion control.** Try eating healthy foods in proper quantities, staggered throughout the day instead of overloading the body in a single sitting.
- **Plan ahead.** In order to get adequate doses of nutrients in the correct serving sizes during every meal we eat, we will need to do some planning, shopping, and thinking ahead.
- **Avoid processed foods.** Our bodies often don’t know what to do with ultra-processed foods. While they make us feel full, processed foods will cause us to be undernourished.

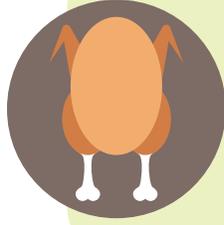
Elements of a healthy diet

While your diet will depend heavily on your specific body type, how your body functions, and your specific weight loss goals, there are a few elements that should exist in any healthy diet.



Carbohydrates

Found in many fruits, vegetables, and grains, carbohydrates are the main source of energy for the body. We want to eat nutritious carbs like fruits and vegetables that are also rich in fiber to help the digestive system. Without carbohydrates, we are depriving the body of the energy necessary to perform activities throughout the day.



Protein

Consuming protein helps us develop lean muscle and aids with muscle growth and repair, tissue development, and red cell production. In addition, proteins help with satiety, allowing us to feel fuller longer.



Healthy fats

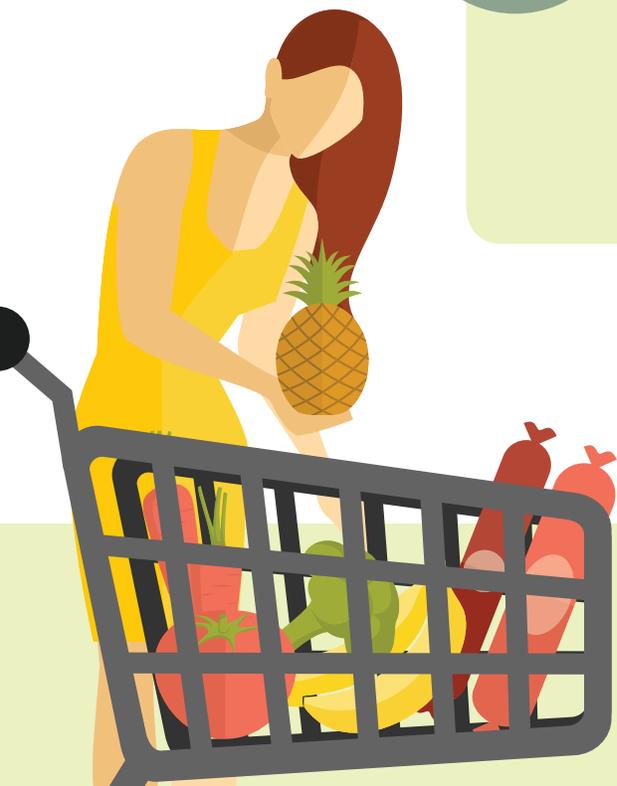
While some people assume that all fats are bad for the body, there is such a thing as “healthy fats.” These healthy fats are essential for the body in order to absorb certain vitamins and nutrients. Without fats in our diet, we won’t be able to absorb nutrients in a healthy way. Healthy fats can protect the cells and organs, help with brain function, and promote glowing skin. When consumed in proper quantities, healthy fats can also provide hormone support, boost the immune system, and suppress excess inflammation. We can get our daily dose of healthy fats from things like plant oils, avocados, nuts, and fish.



Water

Often underrated, water is an important, life-giving source that we need in our daily diet—no matter what kind of foods we are eating. Without proper amounts of water, we can become dehydrated. Dehydration can cause headaches, lack of energy, weight gain, an inability to cleanse the body, a weak immune response, lowered cognitive function, and more.

When trying to lose weight, it is a good idea to drink a glass of water before a meal to help you feel fuller and reduce appetite. You can also save a lot of calories by switching from juice or soda to water.





ADOPT AN ACTIVE LIFESTYLE

Instead of viewing exercise as a single element in your weight management journey, try adopting a more active lifestyle overall. If you dread exercise, get creative with your workouts. Try taking the stairs instead of the elevator, or work standing up at your desk for periods throughout the day. Think of fun activities you can do that will get you moving. Once you consciously choose to be more active in other aspects of your life, it will become easier to sustain your exercise efforts over time.

Here are a few tips that will help you adopt a more active lifestyle:

- **Find an activity you enjoy.** You are more likely to exercise if you choose an activity you look forward to—not something you dread. Whether it is yoga, mountain biking, or hitting the gym, find a workout that you actually enjoy, and it will feel more like fun and less like work.
- **Schedule time to exercise.** In our busy world, exercise often takes a back seat. Set aside time in your daily and weekly schedule to exercise so that you don't skip out on this important element of a healthy lifestyle.
- **Mix it up.** Many workout routines are not sustainable because they become boring and monotonous. Try choosing different types of workouts, different locations, and even different times of day to exercise in order to keep things interesting and avoid burning out.

Energy balance

We know that achieving and maintaining a goal weight isn't simply about specific diets or exercise programs, but about cultivating a healthy lifestyle. Maintaining a weight you are comfortable with requires you to pay attention to your energy balance. Your energy balance refers to how much energy you are consuming versus how much energy you are using. We consume energy through foods and liquids every day. We use energy when we move and go about our daily activities. Did you know that we can expend energy (and burn calories) when we are doing simple things like breathing, resting, fidgeting, and even while digesting our food? And of course, we expend greater amounts of energy during activities like moving around and exercising.

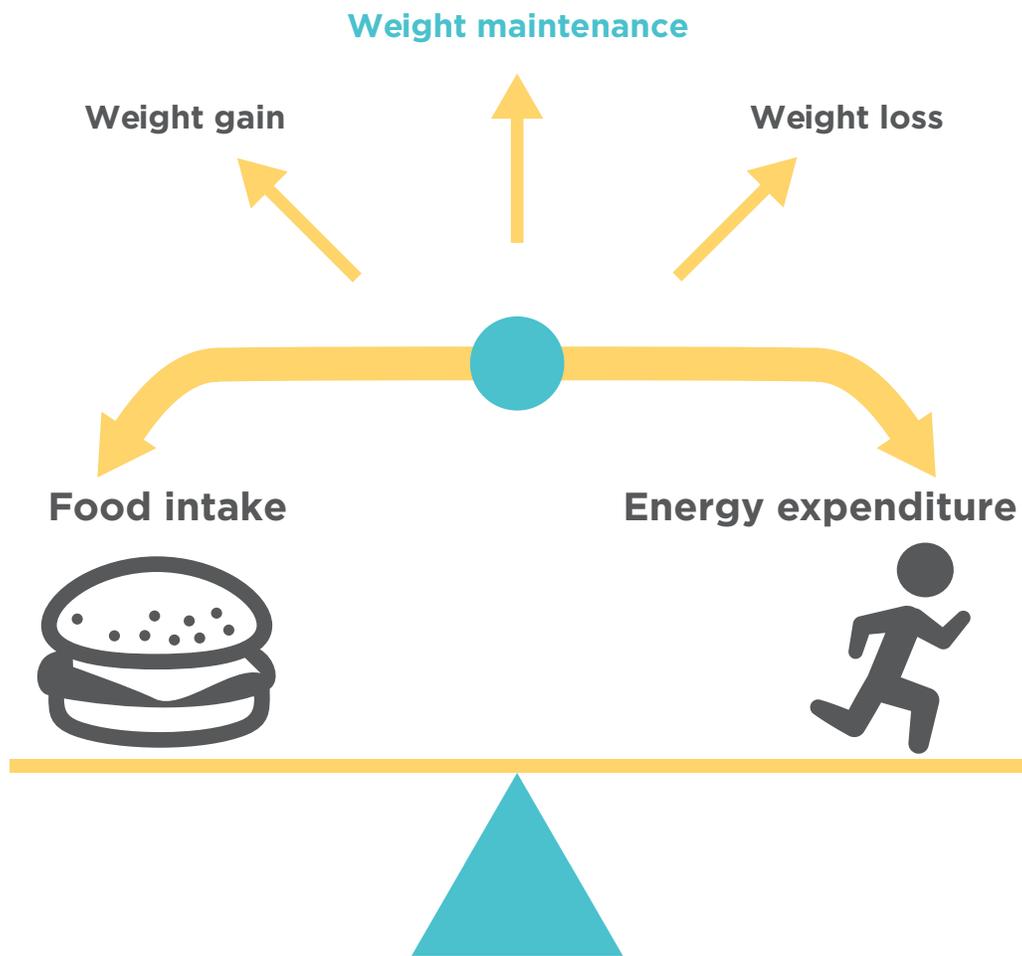
If you want to lose weight, you'll want to maintain a state of negative energy balance. In other words, you will need to consume less energy than you use. If you eat less energy than you expend, your body will release weight. If you eat more energy than your body expends, you will gain weight.



Energy in: the foods and liquids we consume



Energy out: moving around and burning calories





DON'T FORGET TO REST AND MANAGE STRESS LEVELS

Rest and sleep

Even the best efforts to exercise and eat healthy won't mean much if we do not give our minds and bodies an opportunity to rest and recuperate. Resting the body after a tough workout is essential in order to give your muscles and central nervous system time to repair, let the body recuperate, and have the energy necessary for your next workout. When we rest, we allow the nutrients we've gained from healthy food to nourish the body and prepare for another day of healthy living.

In addition to resting and relaxing after a regular day or after a workout, we need to get adequate sleep. Without proper and regular sleep, our bodies will not be able to keep up with the demands of living a healthy lifestyle, and we will begin to feel run down. Getting proper sleep allows us to recharge each night. As we sleep, the systems of the body recuperate, our brains process information, our muscles and body cells relax, and other important processes take place. If we shortchange our bodies and minds by missing out on sleep, it will be difficult to maintain our weight management efforts.

Managing stress

Weight management is just as much of a mental challenge as it is a physical challenge. We cannot properly care for our bodies if we are feeling overly stressed. Oftentimes, the pressures of our jobs, family responsibilities, financial troubles, medical issues, and other problems can weigh so heavily upon us that our stress begins to negatively affect our health. Without a healthy way of dealing with stress, our bodies and minds will become worn down, and it will be difficult to maintain our healthy habits.

Thankfully, exercise can be a great stress reliever, and if we are getting enough sleep, that can help us feel less stressed during the day. If you find yourself becoming overwhelmed with stress, it might take a little time to find solutions to help you de-stress. For some people, de-stressing includes alone time and self-care, for others it might include exercise, and for some it may require counseling, therapy, or talking with friends. Whatever you choose to do, always be aware of the detrimental effect that excess stress can have on a healthy lifestyle, and conversely, how dealing with stress properly can lead to a healthier life.



Now that you understand the importance of weight management, some of the obstacles of weight loss, the simple yet powerful impact of eating right and exercising, and the power of essential oils for managing your weight, you are ready to find success on your own weight loss journey.

With the right attitude, reachable goals, the simplicity of exercise and eating healthy, and a little extra help from essential oils, you will be able to reach your weight management aspirations in a happy, healthy way.

