

# ASHBY ADVISOR

Fourth edition  
January 2006

It is that special time of the year – to lose those holiday pounds we have put on.

Here is a summary of Dr. Nicholas Perricone's weight loss tips:

<http://www.nvperriconemd.com/>

- Use an anti-inflammatory diet (The Mediterranean Diet)
  - <http://www.cheshire-med.com/services/dietary/nutrinenew/mediter.html>
- Eat wild salmon, sardines or Trout
- Take fish oil capsules
- Avoid high stress
- Take ½ teaspoon of glutamine with meals three times daily (stops sweet cravings)
  - <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=122>
- Laugh a lot
- Drink Green Tea
- Eat regular meals at regular times
- Get adequate sleep. Helps balance hormones
- Eat 1- 3 organic apples per day (eat the skin and the fruit for fiber) to stabilize blood sugar
- Also the other way to shed some pounds – walking and moderate exercise. Keep moving.

Best wishes for the New Year