



5 Foods

That Will Help You
Lose Weight and
Stabilize Energy
Naturally



Note from Jo-e,

Before we get to the 5 foods that will help you lose weight naturally and stabilize your energy, I want to share a secret with you. I may be a health coach now, but that wasn't always the case.

In fact, if someone had told me that I would be healthy myself, (I wasn't my whole life) and helping others to become interested in nutrition, (with me as the example,) I would have laughed.

I mean, who would listen to me? I was the gal who grew up in a bakery eating candy bars and cupcakes on a daily basis. Chocolate chips were my main food group. I mean it, like, chocolate chips in my bagels, French toast, Cream O' Wheat, cookies and pancakes.

So what the heck happened to turn my unhealthy behavior into my success? Well, first I watched many of my family members get sick and/or die from food related diseases. Diabetes, heart disease, ulcerative colitis, severe food and environmental allergies and more, plagued my family. Then I got sick, and sicker and suffered and had to find a way to change my family's legacy and my own suffering.

Fast forward all these years later, thousands of research hours, tens of thousands of dollars in education, and hundreds of clients. I've combined all my personal experience and professional expertise into a program of sustainable solutions, most especially, guidance on how to love your way to health. Now, I can finally show you how to lose weight, reduce inflammation, regulate blood sugar and reduce to eliminate many preventable issues naturally, even if you don't think you have the patience or perseverance.

And EVEN if you think you've tried everything else and failed.

Are you ready to finally feel better and love your way to health? Accept my invitation to a [free consultation](#) and see if you're ready to have what you want.

Warmest Reflections;

Jo-e



5 Foods That Help You Lose Weight And Stabilize Energy Naturally

If you're like many people, you have likely been struggling with regulating energy, blood sugar, and weight for a while. And, also like me, you've likely tried a number of food strategies that haven't worked or work temporarily only to snap back.

I know how frustrating this can be, and how confusing it is to try to make sense of all the conflicting self-care and nutritional information out there.

I put this guide together so you can start to learn *how* and *why certain* foods, and drinks, can help you regulate your system more naturally. The information I'm sharing is not about the latest fad diet; it's about adding in nutrient-dense foods that have been proven to aid in weight loss, stabilize blood sugar, return your zest for life and improve overall health at the same time.

While some of this may be new to you, with a little bit of practice you will find it is easy to add these ingredients into your diet on a daily basis. In fact, at the end, I'm going to share one simple recipe you can make in under five minutes that incorporates all of these foods. How's that for healthy eating on the go?

I'm excited to share this information with you, so let's dig in to the 5 things you can add to your life that can make a big difference NOW!

① Green Tea



Why Green Tea Helps With Weight Loss

When green tea is consumed, it increases thermogenesis, (the rate at which your body burns calories.) This means that you can do the same level of activity but burn more calories throughout the day.

In one study, participants were given green tea on a daily basis, but made no changes to their physical activity or to the food they ate. At the end of 90 days, participants lost an average of 2.64 pounds, $\frac{3}{4}$ inch from their waistline and reduced their body mass index—not bad considering that no dietary or exercise changes were part of the study.

In another 12-week study, participants were placed on a diet where they were provided three meals per day. All the food was prepared for the participants. Half of the group consumed green tea. Those in the green tea group lost significantly more weight—24 pounds—over the 12-week period.

Aside from weight loss, there are many health benefits to drinking green tea, including preventing cancer, reducing inflammation, and improving overall heart health.

Selecting Green Tea

Selecting green tea can be confusing because there are several different forms, including matcha powder, green tea bags, and loose tea leaves. Adding any of them to your life is a plus. It is best to buy organic tea grown in Japan, rather than China to avoid pesticides and lead contamination. The most powerful option is matcha, which is made of the whole, baby tea leaf ground into a powder. The next is an organic, loose leaf tea and then tea bags that are not made with harmful packaging like silky, plastic tea bags or bleached and toxic tea bags. A few safe brands are Rishi, Numi and Traditional Medicinals. Green tea does contain caffeine and it is part of the benefit, however, I try not to drink at after 3 pm, unless I want to do the jitterbug late into the night.

One cup of green tea made with matcha powder has the same nutritional value as 10 cups of regular brewed tea.

Preparing Green Tea

If you're using matcha green tea powder, (I like the Ceremonial tea the best, it's the least bitter,) simply add 1 teaspoon of the matcha powder to a tea cup. Then pour in a few tablespoons of hot water (just under boiling, or wait a few minutes after boiling) and whisk until smooth. Add in another full cup of hot water into the teacup. (Use hot, not boiling, to bring out the best nutrition and taste.) Stir and enjoy. If you would like to sweeten it, add 5 drops of liquid stevia or a bit of raw honey. I love to add coconut milk or organic soy milk and whisk it into a latte. Drink the tea immediately, as it can get bitter if it sits for a while.

2 Coconut Oil



Why Coconut Oil Helps with Weight Loss and blood sugar maintenance

When you think about weight loss, you might think you should minimize fat consumption. This type of thinking may be sabotaging your weight loss efforts. Instead, think about consuming the right types of

fat. One of the fats that have been found to be beneficial for weight loss and blood sugar maintenance is coconut oil.

Consuming coconut oil is very different than consuming other types of fat, because coconut oil reacts differently within your body. Most types of dietary fats contain long-chain fatty acids, but coconut oil contains medium-chain triglycerides (MCTs), which are metabolized in a unique way.

When you consume the MCTs in coconut oil, they move from the digestive tract to the liver. Since the MCTs in coconut oil are "thermogenic," (meaning that they require a higher amount of energy to digest and metabolize,) they help to boost your metabolism and provide you with additional energy throughout the day. They also keep you fuller for longer, reduce cravings, moderate blood sugar spikes and provide longer lasting fuel. Since the body processes MCTs in this way, it increases the energy that is expended (compared with other types of fats.)

Researchers at the University of Geneva found that when 1 to 2 tablespoons of coconut oil is consumed each day, energy expenditure increases by about 120 calories each day.

Tips for Buying Coconut Oil

Since coconut oil is becoming more popular, you can find it at most grocery stores. Not all coconut oil is created equal, so you'll want to be selective about the type you purchase.

When you are shopping, you will see two main categories of coconut oil: refined and unrefined. The refined coconut oil will not have the coconut taste, but it has been altered from its original form.

For the best health benefits, purchase unrefined coconut oil. Since it hasn't been processed, it contains more antioxidants and polyphenols, which help to combat free-radical activity within the body. Look for labels with words such as...

- Organic
- Virgin
- Extra-virgin
- Expeller pressed
- Raw
- Unrefined

How to Use Coconut Oil

You can start using coconut oil where you would usually use butter, lard, peanut oil or any oil you would fry or bake with at high heats. Since it is a fat that can withstand higher heats, it is safe to cook with. Resist heating any oils to temperatures that cause it to smoke, however. Use more delicate oils like olive oil, walnut oil or flax seed oil, raw on vegetables, grains and dressings.

Here are a few ways to incorporate coconut oil into your life:

- Stir fry vegetables and meats in coconut oil
- Add a tablespoon of coconut oil into a smoothie
- Spread coconut oil on your toast instead of butter or as a substitute for baking
- Make popcorn and drizzle it with melted coconut oil and salt
- Add baking soda and clove oil and use it to brush your teeth
- Swish between teeth for 20 minutes a day, and spit out, to pull out toxins, reduce bacteria, heal gums and whiten teeth
- Use as a body or face lotion

3 Flax Seeds



How Flax Seeds Help with Weight Loss and energy maintenance

Flax seeds are high in both soluble and insoluble fiber, which are important elements of a healthy diet. Fiber is beneficial for weight loss and blood sugar stabilization in a few ways.

First, it helps you feel full for a longer period of time, helping you consume less food.

Second, the fiber content in flax seeds helps maintain healthy blood sugar levels and supports weight loss, because when your blood sugar levels are high, your body is more likely to store fat. Flax seeds also contain omega-3 essential fatty-acids which have been shown to boost metabolism and speed up weight loss. Like fiber, the healthy fats found in flax seeds are beneficial because they slow down digestion and help keep you satiated. Flax is slippery and along with the fiber, helps with smooth elimination.

Tips for Buying Flax Seed

There are two types of flax seeds: russet brown and golden yellow. Both types of flax are similar in nutritional value and health benefits, so choose either one. I find that the dark seeds have a richer, nuttier flavor whereas the golden seeds are milder.

When shopping for flax seeds, buy organic to eliminate toxic sprays. You will find the seeds either whole or pre-ground. If you can purchase whole flax seeds and grind them yourself, that is the optimal way to purchase them as they stay fresher longer. If it is too much of an inconvenience then, either way, store them in the refrigerator or freezer. You can easily grind whole seeds at home using a coffee grinder or high-speed blender, such as a BlendTec or a VitaMix.

I like to grind enough flax seeds for one week and store the ground seeds in an airtight container in the fridge. The unused whole seeds should be stored in the freezer after the bag is opened in order to keep them fresh.

Your digestive system is unable to break down whole flax seeds. To gain nutritional benefits from flax seeds, use ground seeds.

How to Include Flax Seeds in Your Diet.

- Add a tablespoon of ground flax seeds to a smoothie
- Sprinkle 1 or 2 tablespoons of ground flax on a bowl of oatmeal in the morning
- Stir ground flax into granola or cereal
- Stir a spoonful of ground flax into yogurt
- Sprinkle ground flax seeds onto peanut butter and jelly sandwich for an added boost of beneficial fat, fiber and longer lasting energy
- Add a teaspoon of flax meal to a salad dressing to thicken it and add nutrition
- Mix 1 tsp. of whole flax seeds in 6 oz. of water, allow to thicken and drink as a natural laxative.

4 Water



How water helps with weight loss and energy maintenance.

Though it sounds too simple to be true, there are several reasons why drinking adequate amounts of water throughout the day can help you release excess weight and maintain blood sugar balance and energy.

When you are well hydrated, your organs are able to perform more optimally. This allows your metabolism to

speed up, which means you'll burn calories more quickly. Even mild dehydration will slow down your metabolism.

Natural waste is produced in your body each day from basic functions such as breathing and digesting food. Getting rid of these toxins can be helpful for weight loss, because toxins are stored in fat cells. Water is a great way to flush toxins out of your body.

When you are dehydrated, the blood volume in your body is reduced. Decreased blood volume levels result in lower energy levels, which makes it difficult to stay focused and active.

By drinking more water, you'll naturally end up drinking fewer high-calorie, sugary drinks or even chemical laden drinks, increasing hydration, decreasing excess calories and keeping blood sugar stabilized.

Did you know that 75% of the American population is chronically dehydrated? And in 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger, which causes us to reach for food, often the wrong kinds, and increasing weight.

By simply drinking more water, you may notice that you become less hungry and maintain a healthier weight. Water is an amazing, inexpensive and easy solution.

One glass of water, ended midnight hunger pangs for almost 100% of the dieters participating in a University of Washington study.

Brenda Davy, Ph.D., completed a research study at Virginia Tech, and found that drinking water before meals can help you to lose weight and keep it off. In her study, the subjects that drank water BEFORE meals lost an average of 4 pounds more than the group that did not drink water before meals.

Drinking water 5 to 15 minutes before eating helps to communicate to the stomach that it is safe to release hydrochloric acid at full strength, which helps us to digest our food into small particles that we can absorb. Many people who struggle with digestive issues and reflux are usually dealing with a deficiency of hydrochloric acid (not an excess as we have been told) as well as a slow stomach emptying time. We need all the help we can get digesting, so, drink the lions share of liquids before meals or between meals. Consider limiting drinking during meals to sipping so as not to dilute the strength of our stomach acid.

How Much Water Do You Need Each Day?

A simple rule of thumb is to calculate water intake based on your weight. Simply divide your total weight in half and drink that number in ounces each day.

So, if you weigh 150 pounds, divide that number in half. That provides you with 75 oz. of water, as general rule, to drink per day. This number will need to be increased if you are in a hot environment, or if you have higher levels of physical activity. Also, pregnant and breastfeeding women need to drink more water. You can monitor water intake based on the color of your urine. If your urine is bright yellow, then it means that you need to drink more water. If it is a pale yellow color, then you are probably getting enough water each day. Keep in mind that there are other factors that can impact your urine color, such as certain supplements, vitamins, and medications.

Making Your Water Tasty

If you are someone who doesn't enjoy drinking water, then you might consider adding natural flavors to give your glass of water some zip. You can flavor your water with

lemon, lime, orange, cucumber, mint leaves, strawberry slices, cucumber or pineapple chunks. Add edible essential oils like mint, orange or lemon oil. My favorite is simply to add 2 tea bags to a quart of water and leave it in the refrigerator over night with fruity or spicy tea bags.

If you want it a little sweeter, try adding a bit of liquid stevia, which is a tasty, non-calorie herbal sweetener. Stevia is very sweet, so 6-8 drops is usually enough to sweeten one glass of water or tea. Also, try using Emergen-C packets to add a bit of sweet and a fruity flavor as well as vitamin C, some electrolytes and B vitamins. It is also fizzy, so, it can replace a soda.

5 Dark Leafy Green Vegetables



How Dark Leafy Greens Help With Weight Loss And Blood Sugar Stabilization

Leafy green vegetables are one of the healthiest and most nutrient-dense foods you can eat. Eating foods with high nutrient levels will keep you satiated longer thereby reducing cravings, because your body is getting more of the nutrition that it needs.

Leafy greens are low in calories and they're a great source of fiber, which digests slowly and therefore keeps your stomach feeling full for a longer period of time. This also helps regulate your blood sugar and energy levels. Keeping your blood sugar in check will make it easier for you to lose fat and prevent weight gain.

Choosing Dark Leafy Greens

The best way to choose your leafy greens is by looking at the color of the vegetable: the darker, the better. Darker vegetables in general have higher levels of antioxidants

and more nutrients, so they'll keep you feeling full for a longer period of time.

If you really want to supercharge your weight loss, start adding collard greens, cabbage, kale and bok choy, to your diet. These dark, leafy greens are also cruciferous vegetables, so they pack a powerful nutritional boost. They're heartier and contain more fiber and nutrients than other greens. Try the baby versions of some of these

greens as well, they are more delicate and are a great way to level-up to eating greens without wrestling with the strong flavors that may take some getting used to. Many stores have a version of baby greens in a combination called Power Greens. They usually contain baby spinach, kale and chard. Some add other greens as well. Also, there are usually bins or bags of separate baby greens like kale and spinach. I learned from my sister that they freeze perfectly and are great to add to shakes, soups and for cooking without going bad. I love baby arugula. It is a delicious dark green leafy vegetable that I love to eat raw in place of lettuce in my salads or in sandwiches and wraps.

How to Prepare Dark Leafy Green Vegetables

One of the easiest ways to get greens in your diet on a daily basis is to add them to a smoothie. This may sound unappealing, but when you add gentle raw greens such as baby spinach and chard you can increase raw greens while barely tasting them.

Cooking greens is quick and easy. Simply sauté some garlic or onion with coconut oil, add your washed or frozen greens to the pan and stir-fry until they're tender. Add soy sauce, gluten-free tamari, or simply sprinkle with sea salt.

If you find the collard greens or kale to be too strong, you can blanch them in boiling water for a couple of minutes before sautéing them. To do this, bring a pot of water to a boil, add your greens to the pot, let them cook for two minutes, drain in a colander, and then sauté in a pan with coconut oil.

My favorite way to make sure that I eat plenty of raw greens, other than my smoothies, is to chop raw veggies, including lettuces or arugula, cucumber, tomato, zucchini, celery, grated beets and even slivers of fennel into small bits. Cut them so small that you can eat your salad with a spoon. The smaller you cut the veggies, the more you will eat by volume. Large lettuce leaves are cumbersome to get into our mouths and chew. So, increase the consumption of greens, by decreasing their size.

Success Story- Robyn P

I began taking Jo-e's holistic health classes and they have changed me for the better. Not only did I learn how to eat well, she also helped me emotionally and spiritually. With every class, I became more invested in changing my negative habits and making what she called, "leveled-up" improvements. After putting everything that I learned from her classes into my everyday life, I lost 20 pounds and could not be any more proud of myself. I started to see life as a rewarding opportunity with many possibilities.

Putting this into Action

Now the fun part! As I promised at the beginning, I'm going to share how to easily incorporate all of these foods in your diet – in less than five minutes. Try this recipe as a satisfying breakfast or meal replacer, or half of it as a snack.

Almond Chai Smoothie

2 cups baby spinach
1 cup water
1 Tbsp. hot water
2 Tbsp. almond butter
1 Tbsp. coconut oil
1 tsp. flax or chia seeds
1 tsp. matcha powder
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. ginger
pinch of cayenne pepper
1 cup ice (about 7 ice cubes)
Pinch of Himalayan salt
Sweeten to taste with stevia, raw honey, coconut nectar, etc.
Optional sweetener- ½ a banana or 4 soaked dates



In a small bowl, whisk the hot water with the matcha powder and pour into a blender. Add the cup of water into the bowl to get any remaining matcha, and pour into the blender. Add the rest of the ingredients and blend. Enjoy knowing that you're consuming a super food beverage while also having a yummy treat! This whole recipe makes a full 515 calorie meal. Drink right away and enjoy.

Success Story- Amanda B.

I wanted to start making changes slowly. I knew I needed to eat healthier but my usual fare was white bread, cheese, sweets and caffeinated beverages. I didn't much like vegetables and Jo-e suggested that I try drinking them. I drank them every day and I didn't change much else. After just a few months, my pants started falling off, I had more energy and I stopped craving as much bread and cheese. I actually started craving healthier foods. I swear, this all started from drinking green drinks.

Are You Ready to Enjoy Food, Lose Weight and Stabilize Your Energy?

There's a better way and I'd love to show you how.

To get you started, I invite you to a **FREE 30-Minute Nutrition Strategy Session**. In this phone or virtual consultation, I'll **personally** help you identify the main habits and changes needed to help you get your holistic health on track.

Consider working with me so that I can help you to...

- Create a crystal clear vision for your health and wellness that will help you enjoy life more fully and get your "spark" back
- Identify how to level-up healthy behaviors in sustainable, incremental ways
- Uncover hidden challenges that may be sabotaging your ability to sustain lasting change or even be blocking the belief that you deserve what you say you want
- Leave your sessions renewed, energized, and inspired to take action immediately so you can feel more energetic, worthy and confident than you have in years...



Click here to schedule your [FREE 30-Minute Nutrition Strategy Session](#)

Meet

Jo-e Sutton

I specialize in helping women, men, young adults and children who...

- Want to learn loving self-care
- Struggle with digestive disorders
- Desire to feel better and have a sense that what we eat matters
- Need help understanding how to eat in the personal way that works specifically for you
- How to plan, prepare, shop and cook simply
- Want to find and enjoy a balanced, healthy weight
- Heal trauma and make peace with the shadows that get in the way of achieving success
- Desire to use Ninja communication skills and self responsibility to have satisfying relationships
- Care to cultivate inner peace via building a relationship with spirit or nature to restore inner power
- Want to learn how to manage to-do lists, how to manage the unknown and life's curveballs
- Want to feel good and "good enough"

My work is about teaching people how to love their way to health by...

- Educating about our modern day food supply and how to navigate around it healthfully
- Providing step by step, sustainable practices to make lasting change
- Challenging the conflicting strategies of safety that we may be using, that no longer work
- Leveling-up self care, honoring and respecting the self and treating the self as precious

I received my training from...

Emperor's College of Traditional Oriental Medicine, in Santa Monica, CA, The Institute For Integrative Nutrition and Teacher's College, Columbia University in New York. I am a member of the AADP, American Association of Drugless Practitioners and the IAHC, International Association for Health Coaches.

I have offices in Santa Monica and Los Angeles, California - and I support clients worldwide via virtual and telephone sessions. I also offer workshops and corporate workshops.

Change is not easy.

Knowing what to do is one thing. Implementing it is a whole other matter. This is where I come in. Support and accountability are the two main factors to create change. I believe that leveling-up our behaviors, one small increment at a time can redirect our life's trajectory just enough to lead us to an entirely new destination.

In the past I personally struggled with...

Ulcerative colitis, digestive distress, reflux, endometriosis, severe allergies, debilitating headaches, painful periods, hormone imbalance, hypoglycemia, depression, fibromyalgia, hypothyroidism, adrenal fatigue, candida, mercury toxicity, spine, shoulder and nerve issues that ended in numerous debilitating surgeries, chronic pain and years and years of recovery. Worse than all of that, I suffered from self-hatred, unworthiness and feeling like I was just never ENOUGH! It's a long story and a long road, but needless to say, something had to change.

What changed for me...

I had to learn how love myself enough to DO what I knew, what I learned, read about and was directed to do to assist in my own healing. Self-love, patience and compassion were the most important parts of my journey. If you read my personal struggles above, clearly, I suffered much more than just weight issues, digestion and energy instability. I am a miracle today and it is because vital perspective shifts, helped me to feel worthy of self-care. This helped me follow the gluten-free, whole-grain breadcrumbs to my own individual path of healing. It can be a long and lonely journey, or it can be an adventure of opportunity, learning and discovery. It is the irritation of the sand in the pearl that creates layers of smooth sheaths to form and create pearls. It is our life experiences that provide our challenges and our applied perspective and wisdom that create the pearls. I can help you create pearls from your challenges.

I'd love to support you...



Click here to schedule your [FREE 30-Minute Nutrition Strategy Session](#)

Warmest Reflections, **Jo-e**