

Wellness Wednesday



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The #1 Unexpected Side Effect Of Rapid Weight Loss We Don't Talk About Enough

In our society, there is often a misconception that being thin is synonymous with being healthy. However, the truth is that weight alone does not determine overall well-being. In fact, rapid weight loss can have unexpected consequences, particularly when it comes to bone health. In this Wellness Wednesday, we'll explore the surprising negative impact of rapid weight loss on bone density and discuss how to mitigate these risks.



The Importance of Bone Density

Before delving into the effects of rapid weight loss, it is essential to understand the significance of bone density. Bone density refers to the amount of mineral content present in our bones. Higher bone density indicates denser and healthier bones that are more resistant to fractures and breaks. On the other hand, lower bone density puts individuals at an increased risk of fractures and other bone-related issues.

The Peak and Decline of Bone Density

Our bone density reaches its peak around the age of 25. From there, we hope to maintain this peak bone density through most of our midlife until around the age of 50. However, as we age, our bone density naturally starts to decline. Factors such as menopause and aging contribute to this decline, making it crucial to prioritize bone health throughout our lives.

The Unintended Consequences of Weight Loss

While weight loss can have numerous health benefits, it is essential to consider the unintended consequences, particularly when it comes to bone health. It has been observed that extreme or rapid weight loss can lead to a decrease in bone density. Both individuals who become underweight and those who lose a significant amount of weight while still overweight are susceptible to this bone density loss.

The Damaging Effects of Extreme Weight Loss and Crash Diets

Experts strongly caution against extreme dieting and rapid weight loss due to the significant threat they pose to bone density. Rapid weight loss achieved through severe calorie restriction, crash diets, or excessive exercise can have a negative impact on bone health. Such approaches create a significant energy deficit, potentially leading to weakened bone density.

The Role of Resistance Training

One effective way to mitigate the negative impact of weight loss on bone density is through resistance training. Incorporating exercise, especially resistance exercise, into the weight loss process can help preserve muscle and bone mass. Resistance training involves activities such as push-ups, lunges, squats, and weightlifting, all of which require muscles to work against resistance. These exercises stimulate bone growth, helping to maintain bone density while losing weight.

The Importance of Nutrition

Nutrition also plays a crucial role in maintaining bone density during weight loss. Adequate intake of calcium, vitamin D, and protein is essential for bone health. Including foods rich in these nutrients in your diet can help support bone density while losing weight. It is important to strike a balance between weight loss goals and ensuring the body receives the necessary nutrients to maintain bone health.

Sustainable Weight Loss

When embarking on a weight loss journey, it is essential to set realistic and sustainable goals. Healthy weight loss is generally considered to be around half a pound to a pound per week. This gradual approach allows for sustainable weight loss that can be maintained over time. Rapid weight loss, on the other hand, tends to be associated with negative health consequences, including the potential loss of bone density.

The Dangers of Disordered Eating and Medical Procedures

Extreme weight loss resulting from disordered eating or medical procedures, such as gastric bypass, can have a detrimental impact on bone density. These methods often involve severe calorie restriction or alterations to the digestive system, both of which can significantly affect bone health. It is crucial to prioritize overall well-being and seek professional guidance when pursuing weight loss through such means.

GLP-1 Medications and Bone Health

It is worth noting that certain medications used for weight loss, such as GLP-1 medications like Wegovy and Ozempic, may have implications for bone health. While these medications can be beneficial for weight loss, research suggests that they may decrease bone density and muscle mass. Individuals considering these medications should consult with their healthcare provider and discuss potential risks and benefits.

Rethinking the Importance of Weight

The belief that weight loss is always synonymous with improved health is flawed. Rapid weight loss, especially through extreme measures, can have unforeseen consequences, including a negative impact on bone density. It is essential to prioritize sustainable weight loss methods that include resistance training, proper nutrition, and a focus on overall well-being. Remember, a number on the scale does not define your health or worth. It is more important to lead a balanced, active lifestyle that supports your bone health and overall well-being.

If you are struggling with disordered eating or any mental health issues related to weight loss, consider seeking support from professionals who can provide guidance and assistance. Your well-being is important, and there are resources available to help you navigate your journey to a healthier lifestyle.

Remember, your health is not measured by a number on a scale but by how you nourish and care for your body.



GREEN GODDESS POTATO SALAD



INGREDIENTS

- 1 1/2 pounds baby red potatoes
- 1 teaspoon Kosher salt, and fresh black pepper
- 1/2 cup packed fresh parsley leaves, plus more for garnish
- 1/2 cup packed mixed fresh herbs such as mint, dill, cilantro, chives, and/or basil, I did a mix of all 5(use what you've got)
- 1/2 cup 0% plain Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon capers, drained
- 1 garlic clove, roughly chopped
- 1 cup marinated artichokes, drained and chopped, from one 12-ounce jar
- 1 cup radishes, diced
- 1/2 cup thinly sliced scallions, plus more for garnish

Are you looking for a delicious and refreshing side dish to accompany your summer grilling? Look no further than Green Goddess Potato Salad! This unique twist on traditional potato salad is bursting with flavor and packed with fresh ingredients. Made with red potatoes, scallions, radishes, and marinated artichokes, this salad is coated in a creamy, yogurt-based green goddess dressing. It's light, fresh, and perfect for those warm-weather gatherings.

THE INSPIRATION BEHIND GREEN GODDESS POTATO SALAD

As the temperatures rise and grilling season begins, it's time to explore new and exciting side dishes to complement your favorite grilled meats and veggies. This Green Goddess Potato Salad is a fresh and herby take on the classic potato salad, offering a unique twist that will impress your guests.

The recipe was inspired by the desire for a lighter, more flavorful potato salad option. The creamy dressing is a yogurt-based, anchovy-free green goddess dressing that adds a tangy and herbaceous element to the dish. The addition of radishes provides a delightful crunch and unexpected burst of flavor. It's a potato salad that is sure to become a staple at your summer gatherings.

Nutrition Information

Serving: 1 cup, Calories: 141 kcal, Carbohydrates: 23 g, Protein: 4.5 g, Fat: 3.5 g, Saturated Fat: 0.5 g, Cholesterol: 0.5 mg, Sodium: 202 mg, Fiber: 2.5 g, Sugar: 2.5 g



INSTRUCTIONS



HOW TO MAKE IT

1. **Cook the Potatoes:** In a large pot, cover the baby red potatoes with salted water and bring to a boil. Boil for 10 to 15 minutes until fork-tender, then drain.
2. **Make the Green Goddess Dressing:** In a blender or food processor, combine the parsley, mixed herbs, Greek yogurt, olive oil, white wine vinegar, capers, and garlic. Blend until smooth. Taste and season with salt and pepper.
3. **Prep the Potatoes:** Once the potatoes are cool enough to handle, peel half of them by gently pinching the skin and pulling it away. Place the peeled potatoes in a bowl and mash them with a potato masher to your desired texture. Cut the remaining potatoes into half-inch pieces and add them to the bowl with the mashed potatoes.
4. **Add the Remaining Ingredients:** Put the marinated artichokes, radishes, and thinly sliced scallions in the bowl with the potatoes. Toss with the green goddess dressing until evenly coated. Refrigerate for at least an hour to allow the flavors to meld together.
5. **Before serving,** garnish the potato salad with additional scallions and parsley. The result is a vibrant and flavorful potato salad that will impress your guests.

POTATO SALAD VARIATIONS

Potatoes: Substitute baby red potatoes with multicolor baby potatoes or new potatoes for a different visual appeal.

Yogurt: If you prefer a creamier potato salad, you can use a combination of mayonnaise and Greek yogurt instead of just yogurt.

Vinegar: Experiment with different types of vinegar, such as red wine vinegar or apple cider vinegar, for a unique twist.

<https://www.self.com/gallery/9-ridiculously-effective-exercises-that-work-your-abs>

Featured Exercise ► Front Lunge With A Twist

HOW TO DO IT:

- **Step 1: Starting Position**

Stand tall with your feet hip-width apart and your arms relaxed by your sides.

Engage your core by drawing your belly button towards your spine.

Take a deep breath in and exhale slowly to prepare for the exercise.

- **Step 2: Lunge Forward**

Inhale and take a big step forward with your right foot.

Lower your body by bending both knees to approximately 90 degrees. Ensure that your right knee is directly above your ankle and your left knee hovers just off the floor.

Keep your upper body upright, with your chest lifted and shoulders relaxed.

Engage your glutes and quads to push through your right heel and return to the starting position.

- **Step 3: Twist Your Torso**

As you return to the starting position, exhale and twist your torso to the right side.

Rotate from your waist, keeping your hips facing forward.

Reach your arms out in front of you, aligning them with your chest.

Pause for a moment to engage your obliques and abs.

Return to the starting position and repeat the lunge and twist on the opposite side.

- **Step 4: Alternate Sides**

Continue alternating sides, performing the lunge and twist on each side for the desired number of repetitions.



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THE BENEFITS:

This compound exercise not only works your glutes, quads, and hamstrings but also engages your obliques and abs.

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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