

Best Foods for Weight Loss: Snacks to Keep You Full

Losing weight doesn't mean you have to deprive yourself of food, it means filling your body with nutritious foods that contribute to your overall health. Certain foods are very low in calories, but still require energy to digest, theoretically making them zero or negative calories. The great thing about these zero calorie foods is that they're filled with nutrients, vitamins and minerals that make them super nutritious. You shouldn't be eating these foods for the bulk of your meals – you'd end up feeling ravenous, but they're ideal to snack on throughout the day rather than chips, pastries and other high calorie foods. Here are 15 zero calorie snacks to keep you full!

What Are Zero Calorie Foods?

Zero calorie foods are guilt free food options you can snack on throughout the day. They got their name because they supposedly take more energy to digest than what they provide in calories, making them a great option for weight loss. Certain foods, such as celery, strawberries and apples contain very little calories, but still offer nutritious benefits you should be consuming everyday.



15 Zero Calorie Snacks for Weight Loss

1. Celery
2. Apples
3. Watermelon
4. Kale
5. Grapefruit
6. Clementines
7. Cucumbers
8. Red Bell Peppers
9. Radishes
10. Sugar Snap Peas
11. Apricots
12. Green Beans
13. Beets
14. Raspberries
15. Cauliflower

Why Walking is the Best Exercise

You already know that regular exercise is good for you. The problem is doing it consistently. Only going to the gym once every couple of weeks will do more harm than good. It would be best if you did something that you will become motivated to do daily, and that, in turn, will motivate you. This article explains why walking is the best exercise.

Walking is a low-impact activity that can help relieve arthritis pain, stiffness, and swelling, but that's not the only reason walking can be a great form of exercise.

Why walking is the first step to better health

Here are some of the advantages of walking:

1. **It's easy.** Since it is our natural form of locomotion as humans, you already know how to do it. No need for a class or training—jump right in.
2. **It's free.** Walking doesn't cost anything or require special equipment. You can start in your own neighborhood or a nearby park. If weather or safety are concerns, go to a mall or another large indoor space.
3. **It uses the whole body.** Almost all of the major muscle groups are needed to maintain motion, balance, and posture while walking. Even arm and shoulder muscles get used during fast-paced walking.
4. **It burns calories.** Walking burns calories and can help you maintain a healthy weight.
5. **It's a mood booster.** There are many ways walking can potentially to boost your mood. Physical activity promotes the release of chemicals called endorphins in the brain, which elevates mood. If you walk outside in nature, that can also improve your mood. If you walk with friends, it can be a fun time to socialize.

In addition, as you walk more and become more active, you'll become more confident in your physical abilities.

See [Ways to Get Exercise When You Have Arthritis](#)

Tips for getting started with walking

Ideally, you should aim for 150 minutes of moderate exercise each week. This equals 30 minutes of exercise 5 times a week. If you're inactive now, build up to this goal gradually.

Start slow and easy, and progressively increase your walking time and pace. For example, if you can walk for 10 minutes each day after dinner this week, aim to walk for 15 minutes next week. The goal is to stay committed to activity. Map out a route that brings you back home after achieving your distance goal. Small victories can build confidence.

If you have pain or weakness in a weight-bearing joint like your hip or knee, you may find that trekking poles give you the stability and pain relief you need to walk long distances.



"We want to be able to take care of somebody when they are sick or in pain, but we also want to allow them to live a healthy lifestyle."

— Dr. Adam Brockman

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all of the growth factors out and inject it back in that joint – it gets a great result. And we even do some things with stem cells.

The stem cells are harvested in 2 different ways – some come from the patient directly, and some are from labs, from mothers with healthy pregnancies who donated their cord blood. Those stem cells are used for joint regeneration, and for cancer patients as well.

They have a large referral network.

"If a patient needs a specialist, that's something we can arrange," he said.

Their natural medicine programs are individualized. "It depends on the patient and what they want to get out of the treatment," he said. "Anyone that's interested in natural medicine, we have them fill out a questionnaire to get a baseline on what direction we need to go with that.

If someone comes in and just wants to grab a few things for their GI, for instance, we will recommend our probiotic or our enzymes.

If there is a common thing we're looking to accomplish, such as heart health, I will try to get 2 or 3 supplements combined into one.

It's cost-effective. Also, if a patient has to take 10 different supplements or medications, it usually sets them up for failure. If we have 1-3 different supple-

ments that they'll take, we'll have a lot more success with that."

Dr. Brockman offers 3 different pain creams: one with lidocaine, one with CBD, and one that's menthol-based.

For those already on medications, who would like to try some of the natural supplements – "Most of the supplements are fine to take with other medications," he said. "We definitely do a good cross-check on medications that patients are already taking to make sure that the supplements we give them are safe for them to take."

The IV Nutrient Therapy they offer is completely natural. "We call one of them a "Wellness Blend" that is an all-in-one," he said. "We also have an "Energy Blend," a Migraine one for headaches, and an immune system blend.

IV Therapy is a great avenue for boosting your immune system, giving you more energy, and even increasing your overall wellness if you feel pretty healthy."

The IV Therapies are very potent nutrient blends with vitamins and minerals. "We can even tweak it, for instance if the patient asks for AD plus, we can put those into the blend as well. We have a menu of options for the patient to choose from," he said.

Some of their supplements contain effective nerve herbs like valerian root, such as in their natural muscle relaxer. "That blend is calcium, magnesium, and valerian root," he said, "It is a great natural

muscle relaxer."

They offer specific programs. For instance, if a patient chose Naturopathy, the team can narrow-in and offer even more herbs on a special order basis.

Collette Cunningham has been their massage therapist for 10 years. "She uses essential oils quite often with the massage. And we do have the essential oils available for purchase - we use DoTERRA and NOW Brands," he said.

Their Nurse Practitioner at the Tell City location, Sam Polk, sees a lot of Hancock County patients. "She sees primarily Family Medicine patients. A lot of the patients that come to see me trust both Sam and Megan with their health," he said.

The Tell City clinic is located on 602 Main Street, and the hours are: Mon-Fri, 8:00 to 5:00. The number is: 812-772-2300.

Dr. Brockman works in the Hawesville location 3 days a week, and the Tell City location 2 days a week.

The Evansville location is set up mainly for regenerative medicine injections. He and Megan go there and administer those.

They have a unique model of care, and he has helped several others open practices along the way that are somewhat based on their model.

"My main objective with what we're doing is transitioning how healthcare is viewed," he said. "We want to be able to take care of somebody when they are sick or in pain, but we also want to allow them to live a healthy lifestyle. I

don't think that's been a big focus of healthcare."

Their overall focus is to get the patient healthy. Whatever they need, whether it be natural medicine or medicine management - they will offer the best combination of treatments in order to get the optimal results.

"Whatever they need - we're going to try to make that work," he said.

Complete Wellness was named "Best & Brightest" for 5 years in a row, because they have been expanding their services each year, offering new products - such as their newly released topical pain relievers, and are always trying to make an impact, not only on the local community level, but also on a regional and national level.

"I'm really proud of what we've been able to do in Hawesville," he said. "Initially, when people think of us, they think back pain, and in the office we see a lot of tough lower back and neck injuries. Usually we are able to work through those patients quickly and get them back to work.

The bigger difference for those patients is how our model works. We have so many options for them.

For instance, for a disc bulge - chiropractic and physical medicine, including spinal decompression, which is a big component, to get that disc bulge back where it needs to be to get the patient out of pain.

We are also able to use medical resources like the regenerative medicine along with chiropractic to stabilize joint, neck, lower back, knee, and shoulder pain.

And we are able to improve it, so when they finish treatment, they're actually in better shape and stronger than what they were before the injury occurred.

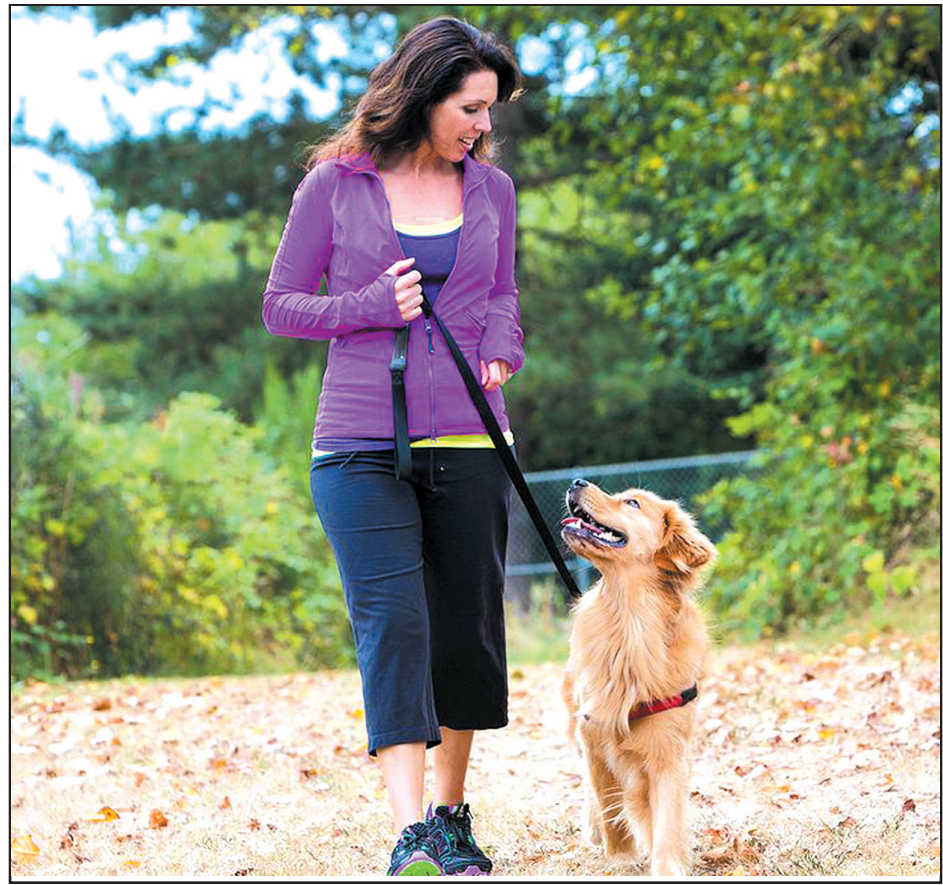
Likewise, with the toughest conditions we treat health wise, such as GI, Diabetes, and Heart. We have a huge number of success stories."

Dr. Brockman is Vice President, for 5 years now, of the Kentucky Chiropractic Society, and is also a member of the Kentucky Association of Chiropractors (KAC).

He serves on several different health boards, and attends conferences each year.

He, along with the KAC, legislators, and Campbellsville University, helped get the first chiropractic school in KY started - Campbellsville University School of Chiropractic in Harrodsburg, KY.

Check out their website : www.CompleteWellness.us



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