



## Knowing the Essential Vitamins for Weight Loss

*Dr. Charles Shaffer*

It is essential to take vitamins during your weight loss journey. By altering your diet and reducing food intake, the typical nutrients you once received may now be reduced as well. Taking vitamins help supplement your nutritional needs, thus helping you cope with a reduced food intake without becoming hungry distracted. Vitamins are also known to boost your metabolism, resulting in increase weight loss. The following vitamins are recommended while on your weight loss journey:

- Choline. Fat can become stuck in the liver if choline is low in the body. This vitamin is essential in metabolizing fat. Choline-rich foods allow for the liver to properly function and break down consumed fats. You can find this vitamin in lecithin, egg yolks, peanuts, wheat germ, beef liver and heart, cucumber, and cauliflower.

WHAT YOU'LL FIND INSIDE:

- **KNOWING THE ESSENTIAL VITAMINS FOR WEIGHT LOSS**
- **THE RECIPE OF THE MONTH**



- **Inositol.** Inositol works hand-in-hand with Choline in metabolizing fat. The best sources for this vitamin include lecithin, beef heart and liver, soy, wheat germ, eggs, whole grains, citrus fruits, and nuts.
- **B Vitamins.** Vitamin B2, B3, B5, and B6 are crucial for weight loss. These vitamins help maintain your metabolism and supports normal functioning of your thyroid. B Vitamins are found in eggs, oats, wheat bran, milk, kidney, liver, almonds, cheese, green leafy vegetables, tuna, chicken, meats, turkey, dried fruits, beans, avocados, cabbage, and bananas.
- **Iodine and Chromium.** Iodine helps to stimulate the thyroid and increase the metabolism. This vitamin is found in sea kelp. On the other hand, chromium aids in processing carbohydrates, which reduces hunger episodes. Chromium is also necessary in metabolizing sugar. Without it, your insulin will have difficulty controlling your blood sugar level. In this case, food in your body will not be adequately converted into energy, thus storing it as fat instead.
- **Vitamin C.** Vitamin C plays an important role in converting glucose, or sugar, into energy. Taking Vitamin C prevents sugar from being stored in the body. The best source for this vitamin includes broccoli, kiwi, blackcurrants, Brussel sprouts, green pepper, cabbage, oranges, strawberries, and lemons.
- **Zinc.** This mineral is essential in controlling your appetite. A deficiency of this mineral can lead to a decreased sense of taste and smell.
- **Multivitamins and Multimineral Supplements.** To ensure you are getting the essential vitamins, crucial to weight loss or not, it's important to take these supplements. By taking supplements, you are getting everything from one source, especially if you cannot get it in your natural diet. However, it's best to make it a point to have foods with high nutrients. Taking multivitamins provides all the necessary nutrients needed by our bodies in order to function correctly; in turn, you will feel less hungry.
- **Vitamin D.** While there is no scientific evidence that Vitamin D has plays a role in weight loss, some show there is a relationship. It has been observed that those with obesity have a lower Vitamin D level. Scientists are unsure if low levels of Vitamin D cause obesity, or if obesity causes lower levels. The results from the experimental group were significant. As the more Vitamin D intake their subjects had on a low-calorie diet, the more weight they lost, specifically in the abdomen.

This increased intake on a low-calorie diet may pose more significant weight loss results than any other “diet”. Some testified they lost 5 pounds in one month without any other effort or changes to their food intake. The best sources of Vitamin D include milk, whole eggs, cheese, fortified margarine, liver, and salmon. This vitamin is also synthesized in the skin, so be sure to get enough sunshine.

Special thank you to Dr. Eric Westman and Dr. Jaco Wilson for the information.

Blessings,  
Chuck Shaffer MD

# The Recipe of the Month

## *Bacon Jalapeno Deviled Eggs*

### *Ingredients*

- 12 large eggs, hard boiled and peeled
- 1 Cup mayonnaise
- 1 1/2 Teaspoon rice vinegar
- 3/4 Teaspoon ground mustard
- 1/2 Teaspoon Stevia
- 2 jalapeños, seeded and chopped
- 6 slices of bacon, cooked, crisp and crumbled
- Paprika



### *Directions*

Slice the hard boiled eggs in half, lengthwise. Remove the yolks and place in a mixing bowl. Mash the egg yolks with a fork then add the mayonnaise, rice vinegar, ground mustard, and Stevia. Stir until well combined. Mix in the jalapeños and bacon. Put the mixture into a ziploc bag and cut a small hole in the corner of the bag. Fill each egg hole with the mixture and sprinkle with paprika.

Chill until ready to serve.