

Take the Quiz and Discover What
You Really Know About Health



ETAMORPHOSIS

Diets and Decisions: Keto and Ideal Protein

5 Keys to Starting a Healthy Lifestyle

Healthy Recipes to
Satisfy your Cravings

Metamorphosis
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Editor's Note

Lifestyle Living

Metamorphosis— a biological transformation, usually associated with the maturing of a caterpillar into a butterfly.

When most people think about becoming healthier, they tend to mistake losing weight and getting skinnier with getting in shape and starting a healthy lifestyle.

Metamorphosis is about becoming healthier physically and emotionally, to achieve healthy lifestyle choices and goals.

Starting a healthy lifestyle requires balance and discipline, most things can be considered healthy in moderate amounts.

Healthy lifestyles include exercising, consuming a proper amount of nutrition and getting enough sleep.

That isn't all that goes into healthy living, one needs to remember that emotion distress can in fact be quite detrimental to

one's health.

When matters of the body, mind and heart are all taken into account finding a certain level of balance is key.

There are several diets out there and still more to come, although not many diets are the most successful, it is important that once you embark on a diet you trust that you stick with it and don't give up until you have results that tell you whether or not it works.

Exercise, when done correctly, is crucial to maintaining a healthy lifestyle.

Overall healthy lifestyles are not all that is portrayed in the media, it is important to remember that healthy is not synonymous with skinny.

Whatever route you choose, don't give up and shoot for the stars.

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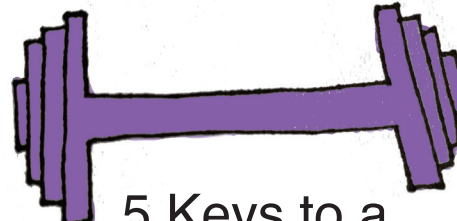
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Metamorphosis is an innovative health and wellness magazine dedicated to helping those who are looking to start or maintain a healthy lifestyle, with healthy recipes, fitness tips, and expert advice for all facets of healthy living. Metamorphosis covers healthy eating, exercise, and overall healthy lifestyle living.

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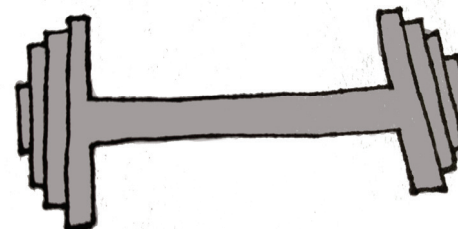
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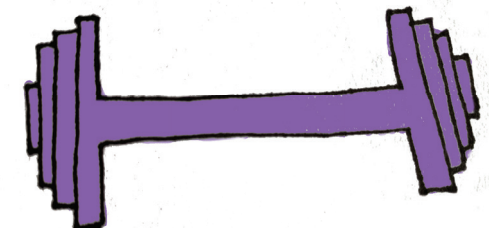
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With all the new diet trends, such as the ketogenic diets, Ideal Protein and many others it is important to know more.



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Find out what you really know about healthy living with this fun quiz.

6 exercises that help to promote weight loss

20 immunity foods that help to boost the metabolism

Relaxation tips and tricks that everyone should know

Sincerely,
Aya El-kadri





5 Keys to Starting a Healthy Lifestyle

By Aya El-kadri

It can be extremely difficult to embark on a new endeavor when it comes to committing to a new lifestyle.

It is always important to remember the basics when it gets down to it, a healthy lifestyle consists of nutrition, exercise, and balance.

Dr. Haroun Rhemtula, gynecologist and high-risk obstetrician and Hayat Salha, retail pharmacy technician and ideal protein coach offers their expert advice.

Starting a new lifestyle can be hard, to have a healthy lifestyle is to be healthy in mind, and body.

It is important to understand the difference between dieting and making a lifestyle change.

The following are some keys to keep in mind when you decide to make that change:

1. Avoid Fad Diets

"Fad diets are just that, a fad," stated Dr. Rhemtula.

When it comes to nutrition and dieting there are many differing opinions.

There are several ways to approach making a diet plan, as long as you "don't give up," advised Dr. Rhemtula.

2. Eating Healthy

"Eating healthy is important to the nutrition of the cells of every part of your body so that every system of your body runs in harmony," stated Salha.

"Everything should be done in moderation," Rhemtula stressed, the majority of things can be considered healthy when consumed in small quantities.

3. Exercise

"Exercise helps with circulation, stress reduction, and muscular health," stated Salha.

Daily exercise and cardio are essential for healthy living, it is "imperative" to having a "good quality of life," explained Rhemtula.

4. Attainability

"Start with simple changes and gradually change to remove what you know to be counter-intuitive to your body, your mental health, and that of your inner spirit," stated Rhemtula.

"Consider reality, being true to one's self," suggests Rhemtula. Choose attainable goals that can be manageable.

"Prioritize" decide what is more important to you and you will see drastic improvements, recommends Rhemtula.

"Being mentally conscious and prepared

for such a journey is essential," Salha recommends.

"A healthy lifestyle change that is not dramatic and more gradual is much more impactful as it becomes ingrained in one's life," Salha said.

5. Psychological factors

"Human life is more than just about the body, but also the mind and soul," said Rhemtula.

"Positive lifestyle changes can improve moods, hormonal balance, digestive balance, chemical balance for longevity and quality of life," said Rhemtula.

"Make sure to surround yourself with positive influences and people in your new choice of a healthy life," Salha advises.

"As we change our lifestyles to include healthier choices, our mental health improves," explained Salha.

Remember balance and perseverance are cardinal factors when making a change.

Make sure to celebrate your achievements and successes.

Keep all these principles in mind and know that if you put your mind to it, you can overcome anything.



Dieting Decisions

Keto and Ideal Protein

By Aya El-kadri

Keto and Ideal Protein

With all the new diet trends, such as the ketogenic diet, Ideal Protein and many others— it is vital to know more about these diets and to find the one most suitable.

Hayat Salha – pharmacy technician and Ideal Protein coach – recommends that dieting should be done in a way "that makes sense." "Every diet out there has its pros and cons, and should be done under close supervision for safety and success," she reiterated.

Ketogenic Diets

Ketogenic diets cause the body to enter a "constant fat burning state," and allows the body to "naturally process ketones."

Ketones are types of organic compounds that contain a carbonyl group that has bonded to two hydrocarbons often found in alcohols and other sugar compounds.

In order to reach a state of ketosis, it is detrimental to "strictly prohibit" sugar intake.

All sugars including lactose, carbohydrate, and even fructose.

This means no fruit, no dairy and no starches like bread, rice and pasta.

The idea is to deplete the glycogen reserve in order to force the pancreas to stop producing insulin.

If the body's insulin is reduced the body is forced to burn fats and by extension proteins, resulting in weight loss.

Ketogenic diets help a lot for diabetics that are looking to control their blood sugar levels.

Ideal Protein

The Ideal Protein protocol—as developed by Dr. Tran—consists of products that contain "8- amino acid chain proteins."

The protocol includes a personal coach who "keeps you accountable," and a health assessment to insure support and success.

Consultation and coaching is free, the only investment needed is in buying their products.

"What Ideal Protein does is that it breaks this vicious cycle that promotes fat growth."

When you restrict the consumption of Carbs, Glucose, Fructose, Lactose, and simple sugars— which are the body's primary sources of energy— you force the body to deplete the glycogen in storage, causing it to stop producing insulin.

This causes the pancreas to go into a dormant state, thus the body

is no longer being given its primary source of energy, forcing it to burn reserved energy, the Protein and Fats.

If you stick to it and persevere Ideal Protein can be quite effective.

Embarking on a new diet

Although the benefits are desirable, there are still some risks that need to be addressed when embarking on a new diet.

Mainly, "make sure you are maximizing the loss of fat mass, and minimizing lean mass loss."

Lean mass consists of muscles— muscles are important as it is the place where ATP is produced.

ATP—which stands for adenosine triphosphate—is the main source of energy in the burning of fat and other cellular reactions.

Before trying a diet make sure to consult your family doctor or medical professional, if you are pregnant or breastfeeding do not do Ideal Protein, or keto, or any other similar diets it can be detrimental to your and the baby's health.

Please stay safe and remember as long as you are healthy it doesn't matter. Weight loss should be for you and not anyone else.



Cajun Chicken Salad Recipe

No matter the diet you choose there is always the perfect salad for you. Whether or not you build your own or follow this recipe, the choice is up to you.

Makes one large bowl

Ingredients:

1. Half a head of butter or iceberg lettuce
2. 1/2 a cup of spring mix (make sure you get one that contains kale, spinach or both)
3. 1/2 a cup of cherry or beef steak tomatoes (diced)
4. Half a cucumber (sliced)
5. 1 tablespoon of feta cheese (optional)
6. 1-2 tablespoons of pumpkin seeds (optional)
7. 2 tablespoons of dressing (balsamic vinegar works best)
8. 2 chicken breasts (grilled or baked) seasoned with cajun seasoning

Directions:

1. Before you assemble your salad ensure you cut all your greens.
2. Toss the lettuce, spring mix, cucumber slices, and tomatoes in a bowl.
3. Sprinkle the pumpkin seeds and feta cheese on top of the salad.
4. If you haven't already done so, season and cook the chicken breasts.
5. Slice the chicken breasts and ensure they are cooked thoroughly.
6. Place sliced cajun chicken breasts on salad.
7. Drizzle preferred dressing into salad, if preferred have the dressing on the side.
10. Enjoy!

Crepes

Whether you are craving something sweet or something savoury, crepes can be quite a tasty treat.

Makes 3 to 8 crepes

You will need the following:

1. Crepe maker or thin pan
2. A heat resistant spatula or crepe spreader
3. Two eggs
4. 2 tablespoons of melted butter
5. 1 cup of milk or water (milk works best)
6. One cup of sifted flour
7. Any fillings you desire: fruit, or veggies you can make it sweet or savoury.

Directions:

1. To make your crepes you start by whisking the eggs and adding the melted butter.
2. Mix in the milk and salt.
3. Slowly add the flour mix it in gradually.
4. Once you have achieved a slightly watery consistency, start cooking your crepes.
5. Lightly grease your pan and get it to a medium heat.
6. Crepes are delicate remember, it may take you a few tries to get it right.
7. Pour batter, I recommend starting with a quarter cup and figuring out what works best for you.
8. Gently spread the batter in a circular motion, crepes cook quickly if the edges turn slightly golden it is time to flip.
9. Let the crepes cool for a couple seconds and carefully fill the crepe however you prefer.
10. Enjoy!



Quiz

How much do you know about your health?
Keep track of your answers to see your results!



1. How much sleep do you get per night?
 - a.) 8 - 10 hours
 - b.) 7-9 hours
 - c.) 4-7 hours
2. According to Canada's Food Guide how much is in one serving of vegetables?
 - a.) 1/2 a cup
 - b.) 1 cup
 - c.) 2 cups
3. According to Canada's Food Guide how many servings of fruits and vegetables should the average adult female (aged 19-50) consume in a day?
 - a.) 7-8
 - b.) 8-10
 - c.) 5-8
4. How many days per week do you exercise?
 - a.) 3 times a week or more
 - b.) twice a week
 - c.) rarely or once weekly
5. Do you consume protein
 - a.) Yes, everyday
 - b.) Sometimes, 3 days a week
 - c.) Rarely if ever, less than twice a week
6. How often do you eat breakfast?
 - a.) Everyday
 - b.) Most days
 - c.) Never
7. How much caffeine do you consume?
 - a.) None or rarely
 - b.) Occasionally or sometimes a cup or two of coffee
 - c.) I live on coffee/caffeinated drinks
8. How many cups of water do you consume in a day?
 - a.) 8-10 cups
 - b.) 4-6 cups
 - c.) Less than 3 cups

More Questions
and Quiz Results
on Next Page

9. How often do you smoke or consume alcohol?
 a.) Never
 b.) Sometimes (not everyday- seldom drunk / a cigarette every once in a while)
 c.) Often (more than a pack in a day / alcoholic tendencies)
10. How many times do you find yourself taking breaks or how often do you spend time on your hobbies?
 a.) Once or twice a week
 b.) Everyday
 c.) Once a month or less



Results:

Mostly A:

Awesome! You are on top for the most part keep up the good work!

Mostly B:

Bet you can do better! You are almost there, but still doing well.

Mostly C:

Close, but not quite there, if at first you dont succeed...

Fitness Tips and Tricks

By Aya El-kadri

Whether you are a beginner or an expert on the workout scene it is nice to know how to maximize your workout benefits.

If you can't afford to hire a personal trainer it is great to know that there are resources out there that can help you.

With expert advice from Pro Fitness Group, Metamorphosis offers tips and tricks for working out.

Don't Skip Leg Day

It is important to work on your foundation, most of your strength is typically in your legs, so work on those quads and hamstrings.

The quadriceps are one of the anterior – or front – muscles in your legs, while the hamstrings are the posterior –otherwise known as back – muscles in your legs.

Try exercises like squats, lunges, or dead-lifts, make sure to take a break between reps.

Work on Your Core

Your core is the basis for all body movements, it strengthens endurance, and lessens fatigue.

When your core is strong it makes it easier to perform exercises, it all starts with proper posture.

Exercises such as planks, hip lifts and sit ups are quite helpful in strengthening core muscles.



We can only go Upper

Balance is required in the ultimate workout regime, your upper body is an important part of your work out as well.

Traditionally – typically guys – go workout at the gym to get buffed, arm muscles are typically the most worked on.

Note: when exercising with weights make sure you know what you are doing and bring along a friend, as to not injure yourself.

Find your Balance

It is important to not only work on your balance, but to set goals and achieve them.

Allocate one day for upper body and core

and another as leg day, always start or end with some cardio.

Plan out how many reps – how many times you will perform a certain exercise and take breaks in between.

Ensure your plans are achievable and possible, take it one step at a time and perhaps gradually increase how long you do a certain exercise or the amount of reps.

Remember to have fun and stay safe, if you can, seek a consultation with a professional.

In this day and age there are many resources out there to help you, make sure to use all the tools at your disposal.





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