

International Conference on
FOOD SAFETY AND HEALTH
and
11th World Congress on
FOOD CHEMISTRY AND FOOD MICROBIOLOGY
August 30-31, 2018 Dubai, UAE

The 7 ferment plan for weight loss: Practical guide for health and wellness

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When it comes to dieting there is an almost endless ways people can take. Some people juice, fast, cut out carbohydrates, stop drinking alcohol, the possibilities go on and on. When it comes to fads and trends, the diet business changes almost as much as the fashion industry. Getting an affordable alternative that will help people lose weight, fat, trim and tone permanently and effectively via fermented foods if they learn how. Fermented foods earn the title of weight loss miracle. They are simply foods that have undergone fermentation, a process where bacteria and/or yeast feeds on sugars and starches in food. Consequently, many of these foods deliver beneficial bacteria that promote a stable inner-ecosystem, flush away toxins, detoxify pathways and allow the body to get the most out of the nutrients absorbed. We may have heard of the latest trend in the holistic natural dieting world, adding apple cider vinegar, kombucha tea, kefir, yogurt and Sauerkraut to weight loss diets. Sounds promising, easy, affordable way to lose weight. But this process is rarely a weight loss guarantee formula. Trying, tripping and giving up fermented food without achieving weight loss goals. Majority of research work on fermented food clinical properties, rarely give practical guide of fermented food use for general population in their weight loss and health journey. The 7 ferment plan started on clients for 5 years, working with more than 60 clients on their weight loss, monitoring their weight loss and fat percentage changes 6-12 months (along with balance healthy diet and physical activity). 7 Ferment plan helped them achieving their weight loss and health goals. More studies and research needed to support these results via chemistry, biology and neuroscience studies.

Biography

Hanadie Basil Mustafa has her expertise and passion in holistic approach improving the health and wellbeing. From a personal journey and health challenges' over more than 20 years, she chose to study, research and practice the ancient holistic health practice and merge them with modern science. She has form this path after years of experience in health and nutrition research, evaluation, teaching and practicing in holistic institutes, colleges, fitness facilities and other education institutions. Her path includes natural nutrition classes, aromatherapy, bodywork, rehab training, Jin Shin Jyutsu and natural body movement.

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