

The Changing Nature of Healthcare Series

WEIGHT-LOSS MANAGEMENT

Modern advertising often stresses the need for people to look “good”. This is usually translated as being fit, trim and thin. In nearly every magazine on the newsstands today, the cover articles are all shouting “Lose weight now” “Drop 30 lbs in 20 Days” etc. There are many fad diets that abound and are often quite dangerous. I have had more than one call from someone who went on a “crash” diets, lost a considerable amount of weight AND then crashed!

Contrary to what most people believe, the secret to weight-loss is not to reduce caloric consumption randomly. When we reduce our consumption of food the body decides to conserve energy and slows down our metabolism. To lose weight, we need to have a high metabolic rate. A good rule of thumb – the minimum caloric intake is 10 times your weight in pounds. Thus, a woman who weighs 170 lbs. needs a minimum of 1700 calories per day.

Another point of difference is that the quality of the food is critical not merely the number of calories. Certain foods are high glycemic in nature. These are usually the “cheap carbs” such as plain sugar and cake that enter the bloodstream and cause a rapid rise in blood insulin levels. This spike is not well supported by most people and this in turn increases craving. Another side effect of low caloric intake is that the body increases the amount of an enzyme called ghrelin which makes us want to eat more even when we are full. Over time, the combination of variable glucose/insulin levels can lead to diabetes.

One of the best ways to control appetite and hunger, is to eat nutrient-dense foods such as old fashioned oatmeal, whole wheat bread, fiber rich fruits and vegetables and do exercise. Although aerobics is helpful, even more valuable is strength training, which is often done incorrectly. This requires the use of a trainer who can guide you on the safe use of weights. The key is not the number of repetitions, but rather, the length of time it takes to do the activity and the amount of strain. When done correctly, the muscle burn large amounts of calories and continues doing so even after the exercise is completed. In addition, muscles use the glucose in the blood (even in diabetics), further assisting in weight loss.

From a practical perspective, ideally, a modified vegetarian diet eating as much fruits and vegetables, beans, whole grains, raw nuts, eggs, dairy products, whole grain breads, water, tea as is desired. Use pure maple syrup instead of sugar and NO artificial sweeteners. This would be combined with 30 minutes of walking per day and strength training for 30 minutes twice a week. One must avoid empty calories from sugar and white flour based products. Most people should lose at least ½ lb per week; initially as much as 2-4 lbs as excess water is lost.

Sleep, vitamins, minerals, hormones, neurotransmitters, toxins, allergens and mood are additional factors that will affect weight loss. Food allergies will often interfere with the proper absorption of nutrients. In addition, they cause inflammatory reactions with toxic byproducts. The end result is that since the food and nutrients are not properly absorbed, it adds to the overall burden. Hormones too play a significant role and most middle aged people can attest to the increase in weight and difficulty in losing it. *A good definition of middle age is when the broad mind and narrow waist change place.*

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These tips can help you have healthy eating habits:

- Try kidney or butter beans in hot dishes, on salads, or plain. Protein is important to your health as you age. Beans are loaded with protein and cost less than meat.
- Choose whole-grain foods like whole wheat bread, oatmeal, brown rice, and whole wheat pasta. Avoid refined-grain foods, like white bread, white rice, and white pasta. Whole-grain foods offer dietary fiber, which helps keep you regular.
- Do not let sweets like cookies, candy, or soda crowd out healthy foods. Eliminate these from your diet.

You might like the taste of fried foods and fatty meats, but these foods can put too much saturated fat in your diet. Saturated fat is not healthy for your heart. There are other ways you can add flavor to your food. Try:

- Baking, roasting, broiling, grilling, or oven-frying chicken or fish – season with herbs, spices, lemon, lime, or vinegar (but not salt)
- Cooking collard greens or kale with onions, garlic, chicken broth, bouillon, Topping baked potatoes with salsa.
- Making salads and casseroles with low-fat or nonfat salad dressing, flavored vinegar like balsamic, or a small amount of mustard (mustard is high in sodium).

You do not have to spend a lot of time in the kitchen or a lot of money to eat well.

- Cook enough to last. Casseroles and whole cooked chicken can last for several days. (Be sure to freeze or refrigerate leftovers right away to keep them safe to eat.)
- Buy frozen fruits and vegetables. They are almost as good for you as fresh produce, and will not go bad; they make quick and easy additions to your meals.
- If your local store does not have the foods you want or their prices are too high, go to another store.

Food labels may help you make healthy food choices. * But they can be confusing. Here are some quick tips for reading food labels:

- **Check serving and calories:** All the information on a food label is based on the serving size. Be careful-one serving may be much smaller than you think. If you double the servings you eat, you double the calories and nutrients, including the % Daily Values (DV's).
- **% Daily Value (%DV):** This tells you whether a food is high or low in nutrients. Foods that have more than 20 percent daily value (20% DV) of a nutrient are high. Foods that have 5 percent daily value (5% DV) or less are low.
- **Saturated Fat:** Saturated fat is not healthy for your heart. Compare labels on similar foods and try to choose foods that have a 5% DV or less for saturated fat. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.

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- **Trans Fat:** Trans fat is not healthy for your heart. When reading food labels, add together the grams (g) of trans fat and saturated fat, and choose foods with the lowest combined amount.
- **Cholesterol:** Too much cholesterol is not healthy for your heart. Keep your intake of saturated fat, trans fat, and cholesterol as low as possible.
- **Sodium (salt):** Salt contains sodium. Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure.
- **TIP:** *Many food labels say "low-fat," "reduced fat," or "light." That does not always mean the food is low in calories. Remember, fat free does not mean calorie free and calories do count!*
- **Fiber:** Choose foods that are rich in fiber, such as whole grains, fruits, and vegetables.
- **Sugar:** Try to choose foods with little or no added sugar (like low-sugar cereals).
- **Calcium:** Choose foods that are high in calcium. Foods that are high in calcium have at least 20% DV.

Many people think that bigger is better. We are so used to value-sized portions—especially in restaurants—that it is easy to eat more than our bodies need. Eating smaller portions will help you cut down on calories and fat (and might save money, too).

Breakfast as indicated.

Meal Replacement – Put in blender and blend for 30 seconds. Chew each sip before swallowing.

- 8 oz pure water
- 1 scoop Herbal mix
- 4 tbsp. wheat germ
- 2 tbsp. Brewer's yeast (Lewis labs)
- 1 tbsp. Lecithin granules
- 2 tbsp. Milled Flax Seed
- 1 scoop Hemp Seed
- 1 tsp. raw organic honey

With lunch and dinner, add a raw vegetable salad using at least four or five different colors.

7 Day menu for Lunch: *(With lunches take 2 oz. Via viene or similar product.)*

Day 1: 3 oz. chicken-broiled & green beans.

Later in the day (one or two hours later) have a dish of sliced organic strawberries (or whole strawberries) when available.

Day 2: 3 oz. baked chicken, lima beans, broccoli, and wheat free roll.

Later in the day have some apple slices.

Day 3: Broccoli and soy cheese quiche, 1 wheat free roll, ½ cup boiled potatoes, 3 bean salad;

Later in the day have a little cottage cheese (¼ cup) with a few slices of fresh peaches.

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Day 4: Day 4 -3 oz. baked chicken with carrots, potatoes, onions, lima beans, lentils, etc.), wheat free roll, vegetable salad;

Later in the day have a little banana nut bread (fruit juice sweetened).

Day 5: 3 oz. Poached fish, baked potato, lima beans, vegetable salad, wheat free roll. Later in the day have some pieces of fruit.

Day 6: 3 oz. Broiled fish, wild rice, wheat free roll, corn, black eyed peas, a ¼ cup homemade potato salad

Day 7: 3 oz. Baked chicken and pineapple slices, ¼ baked sweet potato, macaroni salad 1/4 cup), 1 wheat free roll.

Dinner: (*With dinner, take 1 oz. Via viene*)

3 ounces lean meat (about the size of a deck of cards)

1/2 cup turnip greens seasoned (change the vegetable daily)

1 small baked sweet potato (change for any other root vegetable daily)

1 slice cornbread (change to other whole grain breads, but only one slice)

Snacks: 2 1/2 cups microwave popcorn

In real life, you cannot always cook your meals. Here are some ways to make healthy choices when you are away from home:

- Use a small plate at social functions to help keep you from eating too much.
- At restaurants, order a half portion, share a meal with a friend, or take half of your order home for another meal.

Set goals. Move at your own pace. Celebrate your successes. Allow for setbacks. Let your family and friends help you. And keep trying—you can do it!

TIP: Try keeping a food diary. Writing down what you eat, when you eat, and how you feel when you eat can help you understand your eating habits. You may be able to see ways to make your eating habits healthier. You can also use your diary to plan weekly menus, make shopping lists, and keep track of recipes you would like to try.

Drink 8 eight oz glasses of water daily.

This article has been written by Bernard Rabinowicz, a naturopathic doctor trained in medicine (pathology, pharmacology, cardiology, rheumatology, immunology, gastroenterology, neurology, psychiatry, surgery, etc) as well as certified in non-conventional healing methods (herbal, homeopathic, hypnosis, reflexology, color puncture, biofeedback and bio-therapeutics).

Take control of your health

Call Dr. Rabinowicz at 347-693-5103 for a confidential appointment