

WEIGHT GAIN EPIDEMIC



DEFINITIONS

- **Overweight**: Excess amount of body weight, includes muscle, bone, fat, water
- **Obesity**: Excess accumulation of body fat
 - 20 - 25% of body fat for males
 - 25 - 30% of body fat for females
- **Malignant Obesity**: 60% above desired body weight

STATISTICS

- 1 of 3 American adults between ages 20 & 64 are overweight
- 11% of children & adolescents are overweight
- As of 1991, 33% of US adults are obese (25% in 1980)
- Approximately 50% of African Americans & Mexican American women are overweight
- Approximately \$68 billion annually in health care costs are attributed to obesity
- \$30 billion is spent annually on weight-reduction products & services

STATISTICS

(Continued)

- 36% of adult American women are trying to lose weight, 34% to maintain weight
- 22% of adult American men are trying to lose weight, 35% to maintain weight
- Only 42% of men engage in an hour or more of leisure-time physical activity weekly
- Only 37% of women engage in an hour or more of leisure-time physical activity weekly
- 300,000 annual deaths attributed to poor diet & inactivity

Obesity Associated Conditions/Morbidity

- Ten-fold increased risk of diabetes with moderate obesity
 - Increased demand for insulin
 - Insulin resistance
 - Hyperinsulinemia
- Significant increase in gallstones with BMI above 29
- Almost 70% of cardiovascular disease is related to obesity
 - Accounts for 19% of total heart disease costs
 - More than doubles risk of developing hypertension

Obesity Associated Conditions/Morbidity

- Overweight males have higher mortality rate for colorectal & prostate cancer
 - 42% of colon cancer diagnosed in obese
- Overweight menopausal women have higher risk of cancers of breast, uterus & ovaries
 - Nearly 50% of all breast cancer diagnosed in obese women
- Increased risk of gout
- More back & joint problems, including osteoarthritis
- More prone to fatal accidents
- Functional impairments in daily living activities
 - Sleep, recreation, work interactions, social interactions

Misconceptions About Body Weight

- Body weight is not a physiologically regulated variable
- Body weight is determined by acquired food habits & conscious or unconscious desires
- Any desired level of body weight can be attained without health consequences
- Overweight people just lack willpower
- Body fat distribution is not important in overall health risks/consideration

Why Diets Don't Work

- There is a homeostatic mechanism involved in weight control
- Many diets create water loss, but not fat loss
- Drastically cutting calories slows the body's basal metabolic rate (BMR) & can decrease muscle mass
- BMR doesn't immediately return to normal once dieting has ceased
- Most diets are unbalanced & can lead to malnutrition

Why Diets Don't Work

(Continued)

- Health, energy, mood & weight deteriorate with dieting
- Some diets are associated with increased health risks
 - Gallstones
 - Peripheral Edema
 - Cardiac Conditions
- Most diets do not address underlying metabolic/nutritional imbalances
- Many diets do not emphasize physical activity as a component to weight loss

The Importance of Exercise

- Exercise nonsense, products & myths
- Body awareness & functional strength
- Muscle loss & the big picture
- Resistance exercise
- Cardiovascular conditioning
 - Duration, intensity, frequency
 - Karvonen Formula
 - 1993 Relaxed Exercise Guide
 - 1996 Surgeon General's Banishment of Exercise Life

The Importance of Exercise

- Face the Music
 - The reality of calorie expenditure & fat mobilization
- Exercise & Heart Disease
- Exercise & Diabetes
- Calories In-Calories Out - & Other Fairy Tales
- Individualized Game Plan for Fat Loss
- Exercise is also specific to metabolic type
 - Live It or Diet Research Project

Common Metabolic/ Nutritional Imbalances

- Brain Chemistry
- Food Allergies
- Unstable Blood Sugar
- Adrenal Exhaustion
- Malnutrition
- Toxicities
- Thyroid Function
- Hormonal Imbalances
- Fatty Acid Deficiencies
- Dysbiosis
- Candida Overgrowth

Identifying the Imbalances

- Health Assessment Questionnaire
- Lab Tests
 - ASI
 - Organix
 - Thyroid Profile (must include T3)
 - Amino Acids
 - EFAs
 - Food Antibody Testing
 - Hormone Panel
 - GI Health Panel
 - UMM or Hair Analysis

Correcting the Imbalances

- Amino Acids
 - Restore depleted brain chemicals
 - Curb food cravings
 - Stabilize mood
- Nutritional Supplementation
 - Correct nutritional deficiencies, particularly related to chronic dieting
 - Curb food cravings
- Adrenal support if indicated

Correcting the Imbalances

(Continued)

- Eliminate identified food allergies
- Thyroid support if indicated
- Eliminate Candida overgrowth, if present
- Support normal digestive function
- Support normal bowel function
 - Probiotics

Correcting the Imbalances

(Continued)

- Include essential fatty acids daily
 - Cold water fish
 - Deep sea fish
 - Flax Seed Oil
 - Evening Primrose Oil
- Consume what is proper & balanced diet for you
- Exercise on a regular basis

Other Recommendations

- Include adequate protein in diet
- Don't skip meals, eat a minimum of 3 meals daily
- Include plenty of non-starchy vegetables daily
- Include appropriate amount & types of fruits
- Use only healthy oils in cooking
- Avoid refined foods & sweets
 - White sugar
 - White flour
 - White rice

Other Recommendations

- Eat a substantial breakfast
- Drink enough good quality water
 - 1/2 body weight in ounces daily
- De-program self about dieting
- Reject unhealthy self-talk