

## WEIGHT LOSS – WHY IS IT SO DIFFICULT? PART II

In our Part I article, we talked about in order to succeed at weight loss you need to employ certain strategies. We also indicated however, that attempting to improve your health was the number one priority as opposed to just losing weight.

Many individuals are surprised that with our, “Healthy Life by Design” program we actually ask people to not eat less; but, eat more. We learn how to use food to burn fat and that means eating more often! ***Eating at every single meal including in-between snacks to help keep your body’s fat burning engine burning on high all day is extremely important.*** However, before one ever gets to the specifics of doing a program, you have to be mentally prepared to want to lose weight, and keep it off. You need to learn how to eat real food in the real world in a way that causes you to lose weight rather than gain it. Thus...I would suggest you consider some of the below listed strategies when considering how to choose your weight loss plan.

1. Make time to focus on your personal health. That’s right! Day-in and day-out, the primary reason I hear that people do not eat healthy food or exercise is because they “don’t have the time!” So the question is, ***“Why is it that we all of a sudden have the time for healthy eating and/or exercise once we get sick, have a heart attack or are diagnosed with some named disease?”*** To me, that doesn’t make any sense. I understand that you’re going to say, “Well, I’m forced to take the time,” or “I’m have to because I’m ill,” to make some changes. It’s certainly something I have heard from a number of folks. But to me, that doesn’t really make much sense. Why wait until our bodies have become ill to finally take the measures to take care of it? This is similar to never checking your oil or servicing your car until it actually breaks down along the highway; then you do something about it.

Yes... it will take a bit of effort in order to prioritize your time; but again, if the number one goal is to improve your health in order to enjoy all the things in the future that you are going to want to enjoy – then, what could possibly be more important than your health? For many of you, you’re going to tell me that your children are more important than your health. I’m even going to give you a little latitude with that answer. However, what happens if you lose your health? Who will be there then for your children? We’ve all heard of unfortunate young adults who have lost their parents in auto crashes – we consider that tragic. It is! Is it any less tragic for children to lose their parents literally physically and maybe even emotionally due to various diseases that occurred for the most part because of poor choices in diet and lifestyle? I recommend that you choose health not just for yourself; but, for you and your children. ***If you prioritize your day by making healthier meal choices and a little bit of exercising; you will be moving in the right direction.***

2. Make time for exercise! ***A lot of research now indicates that exercise, in and of itself, does not specifically lead to weight loss.*** Thus...I would not specifically focus a goal on doing a specific amount of exercise to lose a certain amount of weight. What you do want to focus on is - research shows that exercising regularly, as defined by at least 30-60 minutes, 3 days a week will reduce your risk for obesity related illnesses. Exercise itself has many, many benefits even if increased weight loss isn’t on top of the list. Interesting enough, people who exercise regularly typically eat more in both quantity and frequency than those that do not exercise. Yet, those who exercise regularly do not continually gain weight.

Please remember that there are a variety of different types of exercises. This doesn’t mean that you have to buy a new jogging outfit and put in miles per day; but, it does mean that you have to do one thing and that is, “MOVE!” Your body was designed to move. Your heart is a muscle and must be worked just like every other muscle in your body. Joining a gym is part of what should be done; but, you must challenge your body and your muscles each and every day. There are 2 time-saving exercise options I suggest to all of my patients. 1.) Try walking. You can go for a walk anywhere or anytime. You say you don’t have any time? Please refer back to rule number 1. 2.) Get some free weights, or an exercise bike, maybe even an exercise ball. You will be utterly amazed at the number of exercises you can do with your body, gravity, some free weights and a therapy ball. You don’t even have to buy these items new. Yard sales and garage sales are excellent places where you’ll find that people made wonderful New Year’s resolutions and because of the wrong focus on why they were

doing what they were doing; soon failed and found that the exercise bike is a great place for hanging clothes and the kids love the exercise ball so now it's time to get rid of it all. Attempt to schedule your exercise time each and every day. There can be no yeah buts! **Your exercise time must be more important than phone calls, answering emails, multiple luncheon dates or even errands that could be done at a different time.** If you do laundry every day, do your exercises while you are doing a load of wash! The reason you're doing this and taking time for exercise is about your health; not about short-term weight loss. You must consistently focus on that reason.

3. What is the make-up of fuel that you are actually putting in your body? Take just 1 week and read every ingredient in every food that you eat. Yes, this becomes an extremely alarming experience! **Any ingredient list, especially on packaged foods, reads as if the manufacturer thinks you have a chemistry degree.** Simply put...if you can't pronounce it, it's probably not something you are supposed to be eating. Ideally, the majority of food that we should eat won't even have an ingredient label on it. Vegetables, raw fruits, fish, chicken, egg, meat – no chemistry list on these. If a high percentage of your diet was more fresh food – I can guarantee you that you will change your weight and your health. Countless patients of mine give proof to that statement.

Here comes a frequent, "Yeah... but – I don't have any time to prepare fresh food!" Again, refer back to number one. **Time and time management is an issue no matter what we do and that includes our diet.** Thus, maximizing your time by cooking more than 1 portion at a time when you cook is good time management. This will give you what we will call healthy leftovers or last night's dinner becomes the next day's lunch. It is well known that frozen food such as soup or chili has good nutrient value reheated the second time around. Making items ahead of time to put in the freezer for your grab and go lunch or dinner will always be better than no dinner at all!

4. Downsize instead of supersize! Due to excellent marketing throughout the food industry, American's perception of what a portion is has become extremely distorted. Many restaurant portions are more than 3 times what is needed for one meal. Plates have not gotten smaller; they have gotten bigger; from 9 inches to 12 inches in most restaurants. An interesting statistic that comes from a study by the Center For Disease Control and Prevention revealed that women are eating more by 300 calories a day and men 168 calories a day than 20 years ago. **All it takes is 100 extra calories a day to gain 10 plus pounds a year.**

So, reduce your portions by half and allow yourself 2-3 days to get over the hunger pains. **If you are reducing portions, attempt to eat more whole food/especially vegetables (which are lower in calories) in order to reduce the hunger pains.** Also, now that we are far enough past post-depression, past WWII, there is no need to, "Clean your plate!" In today's society, our plates are double the size of what we should be eating anyways. If you do feel some hunger in between meals, add an apple or a hand full of nuts (almonds are particularly good) as a snack. Your body will quickly become accustomed to smaller portions and eventually, you won't be able to eat as much in one sitting as you did before. Luckily, in our society, we have access to an abundance of food every single day. The difference is we don't have to try and eat it all at once.

5. Drink more water! Every person should be drinking approximately half their body weight in ounces of water each day. So if you weighed about 150 pounds, you should be drinking about 75 ounces of water each day. If you drink coffee or any other caffeinated beverages during the day, the ounces of water need to be increased. Why is this so important? Because dehydration has been directly linked to several forms of disease including: colon cancer, high blood pressure and elevated cholesterol levels. Many people also mistake thirst for hunger. So it may not be that you are really that hungry all day long; it may be that you are thirsty because you are just dehydrated. **Dehydration will also cause a gradual gain in weight from over-eating as a direct result of confusion between thirst and hunger sensations.**

Let's take a brief look at what a lot of people are drinking on an every day basis. Soda or coffee: the caffeine in both of these will dehydrate you even more and will cause you to feel hungrier throughout the course of the day. **Diet sodas and diet drinks: the artificial sweetener actually enhances your appetite and thus, increases your food intake.** Not to mention what the artificial sweeteners themselves do to organs in your body. Orange juice and most other fruit

juices/energy drinks: the sugar and calories easily add up to 10 teaspoons of sugar per drink. ***That means just one drink can give you at least 150-200 extra calories more per day (that's 10 plus extra pounds gained in a year).*** And consider the fact that sugar itself eventually makes you crave more sugar. Sugar is one of the worst things we can be putting in our system. It is extremely easy to eliminate sugar by substituting with water. If drinking plain water itself is not something that you think you would enjoy – you could certainly add a little bit of lemon or lime or Stevia (a natural plant sweetener without side-effects) which comes in a variety of flavors.

I would really evaluate how you are treating your body on an every day basis. Is it the same way you would be treating a highly valuable race horse or an extremely expensive piece of equipment? Because... that's what your body is. How much money would you take for an arm, a leg or an eye? For many, there is no amount of money in the world that would buy these body parts from them and certainly, you can't replace your body. So you might as well take really good care of the one that you have! Interestingly enough, it is really that simple – a choice... our choice on a daily basis.

For more information pertaining to our “Healthy Life by Design” program, please visit us on the web: [www.naturalwellnesscentre.net](http://www.naturalwellnesscentre.net). This article is authored by Dr. James R. Grilliot, a chiropractic physician and director of Natural Wellness Centre; phone number: 740-687-0279.