

DAY 19

Hi All,

On Tuesday Night I had the opportunity to hear a Qld University Professor of Endocrinology speak on the topic of The Obesity “Epidemic” : Is it sloth, gluttony or may we blame our parents?

Interesting points. Let me summarise what I heard.

1. There are very rare, severely obese individuals (usually from closely bred families) that respond to drug (leptin) therapy. (about 100 on treatment worldwide)
2. Genetics in reality can account for about 5-6kgs
3. Our body does have a set point of weight “happiness” which it will try to maintain.
4. What we eat has the biggest influence on our weight.
5. Exercise is responsible for 1/5th the energy burnt compared to your basal metabolic rate. 20mins per day at 5km/hr =100g fat loss per week.
6. Biggest factors with BMR are muscle mass and complete nutrition.
7. Fit Fat people have a better prognosis than the sedentary. Infact fitness at any BMI improves people's health prognosis.
8. Drugs are fruitless so far and at best responsible for about 5kg weight loss. (Cost approx \$300/person per month)
9. Surgery cost approx \$35,000 and useful results but need to budget \$5000/year for ESSENTIAL follow up (Nutritionist etc). Long term health will suffer compared to individuals who voluntarily make food changes.
10. Best results with type 2 diabetes are from voluntary lifestyle change
11. Exercise improves blood pressure and mood, increases insulin sensitivity(less likely to get type 2 Diabetes) and decreases morbidity and mortality(sickness and death). Walking is great.
12. 4000kJ daily restriction will equate to about 1kg fat mass loss per week.
13. You will be hungry on any weight loss program unless you are in ketosis. (Healthpointe)

We have been teaching most of the above for at least the last 12 years on Healthpointe. Let me unpack number 4 a little.

Well by now everyone has come across a challenge on the program of some sort. Irresistible food at a buffet, a packet of chips or someone offered some wedges, felt like a juice or softdrink. Well anything can get in the way so how do we deal with it.

Skip Ross teaches the first step is to first admit there is a problem and define it. Then next work out the solution and focus only on the solution from then on in. Then take a positive step forward at every possible opportunity. Easier said than done but if we have our values defined and a clear vision of where we are going then the rest is easy. Right!!

Well let me give an example. Imagine you have just come out of the cinema late at night and you are walking back to the car. You can cut 1km off your walk by taking a short cut through a dirty alley way that is unlit and obviously has some hooligans in a fight, or you can take the well lit pathway in front of the shops where there are other people. Which way do you go? Obvious!! Well also there are 2 takeaway stores side by side one has a special on the hamburger coke and fries for \$7.50 and the other has a Salad Chicken and water combo for \$15. Do you go into the get the hamburger but ask for water instead, chuck the fries and bread and extract the extra fat and processed cereals out of the burger or do you just pay the extra to be healthy? Well if your vision is clear these 2 examples both have an easy answer . Self preservation and health is the goal. Yes you can walk through the alley way and get away with it but why risk it!! The same with the burger—Why risk it??

We just have to understand our every day food choices DO MAKE A DIFFERENCE! You are capable of making the right choices! 1 apple requires a 20min walk to burn it off, one 250ml cup of apple juice requires a 40min walk to burn it off and you do not get the fibre and other nutrients in the apple just the processed sugar. My point is now you are becoming educated the choice becomes obvious.

Speak tomorrow,

Jamie