

Obesity and Weight Loss

Let's understand the problem before we try to fix it!

(Don't worry - we'll get to the exciting stuff a little later!)

Obesity is one of the most common disorders in clinical practice. Defined (by the NIH) as a body weight 20% or more above "desirable" weight, over one third of adult Americans are overweight.

If all Americans were to achieve a normal body weight, it has been estimated that there would be a 3 year increase in life expectancy, 25% less coronary heart disease, and 35% less congestive heart failure and stroke.

Unfortunately, obesity is also one of the most difficult and frustrating disorders to manage successfully. Considerable effort is expended by primary care providers and patients with little benefit. Using standard treatments in university settings, only 20% of patients lose 20 pounds at two year follow-up while only 5% of patients lose 40 pounds. This lack of clinical success has created a never-ending demand for new weight loss treatments.

Approximately 50% of women and 25% of men are dieting at any one time. Americans spent over \$30 billion last year on diet books, diet meals, weight-loss classes, diet drugs, exercise tapes, "fat farms," and other weight loss aids!

Definitions

Obesity is an excess of body fat; overweight is an excess of body weight, including all components of body composition (muscle, bone, water and fat). In clinical practice, the two are used interchangeably to refer to excess body fat. The two most commonly used terms to quantify obesity are relative weight (RW) and body mass index (BMI). The RW is the actual weight divided by the "desirable weight" (derived from "acceptable weight" tables). The BMI, or Quetelet index, is the actual body weight divided by the height squared (kg per m²). This index more closely corresponds to measurements of body fat and better differentiates "overweight" due to an increase in muscle mass from true obesity.

A recent National Institute of Health Consensus Conference defined obesity (somewhat arbitrarily) as a RW of greater than 120% (BMI > 27 kg/m²). "Morbid" obesity is commonly defined as a RW greater than 200% (BMI >40 kg/m²).

Health Consequences of Obesity

The relationship between body weight and mortality is curvilinear, similar to other cardiovascular risk factors. Most studies have demonstrated a J-shaped or U-shaped relationship, suggesting that the thinnest portion of the population also have an excess mortality. This is thought to be primarily due to the higher rate of cigarette smoking in the thinnest group.

The relationship of body weight to mortality is also effected by age. The body weights associated with the lowest mortality increase with age, and newer weight tables take this into account. In addition, as age increases to over 65, the relationship of body weight and mortality takes on a more striking U-shape. This suggests that although obesity remains an important risk factor in the elderly, undernutrition is also extremely important.

The increase in total mortality related to obesity results predominantly from coronary heart disease (CHD). Evidence is mixed whether obesity is an independent risk factor for coronary heart disease. For example the 1993 cholesterol treatment guidelines omit obesity as a risk factor for CHD, while the previous edition in 1988 included obesity. Nonetheless, obesity is clearly an important risk factor for the development of many other CHD risk factors. Obese individuals age 20-44, for example, have a 3.8 times greater risk of type II diabetes, 5.6 times greater risk of hypertension, and 2.1 times greater risk of hypercholesterolemia. As a result, type II diabetes and stroke also contribute to the increase in obesity-related mortality. The obese also have an increase risk of certain cancers including colon, rectum, and prostate in men and uterus, biliary tract, breast, and ovary in women.

As a result of these conditions, relative weights of 130% are associated with an excess mortality of 35%. Relative weights of 150% have a greater than two-fold excess death rate. Patients with "morbid" obesity (relative weights greater than 200%), have a greater than 10-fold increase in death rates.

Obesity is also associated with a variety of other medical disorders including degenerative joint disease of both weight bearing and non-weight bearing joints, diseases of the digestive tract (gallstones, reflux esophagitis), thromboembolic disorders, heart failure (both systolic and diastolic), respiratory impairment, and skin disorders. Obese patients also have a greater incidence of surgical and obstetric complications and are more prone to accidents. Although obesity is not associated with an increased risk of major psychiatric disorders, obese patients are at increased risk of psychological disorders and social discrimination.

Regional fat distribution: Recent investigations suggest that the location of the excess body fat (regional fat distribution) is a major determinant of the degree of excess morbidity and mortality due to obesity. At least three components of body fat are associated with obesity-related adverse health outcomes. These are the total amount of body fat (expressed as a percentage of body weight), the amount of subcutaneous truncal or abdominal fat (upper body fat), and the amount of visceral fat located in the abdominal cavity. These three are partly correlated with each other but exhibit a fairly high degree of independence. Each of these components of body fat is associated with varying degrees of metabolic abnormalities and independently predict adverse health outcomes. In each of 6 prospective epidemiologic studies, increased abdominal obesity was associated with

increased cardiovascular and total mortality.

Body fat distribution can be assessed by a number of measurement techniques. Measurements of skinfolds (subscapular and triceps) reflect subcutaneous fat. Measurement of circumferences (waist and hip) reflect both abdominal and visceral fat. CT and MR scans measure subcutaneous and visceral fat. Clinically, measurement of the waist and hip circumference is most useful. The waist is measured at the umbilicus and the hips at the greater trochanter. A waist to hip ratio of 1.0 and 0.8 are considered normal in men and women, respectively. Ratios above these values reflect abdominal and/or visceral obesity and a greater risk of obesity-related disorders.

Effects of weight fluctuations.

Since so many Americans are dieting at any one time, and having so little long-term success, considerable interest has been focused on the potential adverse effects of weight cycling ("yo-yo dieting"). At least 9 potential adverse effects of weight cycling have been hypothesized, primarily from animal studies. These include making further weight loss more difficult, increasing total body fat and central obesity, increasing subsequent calorie intake, increasing food efficiency, decreasing energy expenditure, increasing levels of adipose-tissue lipolytic enzymes and liver lipogenic enzymes, increasing insulin resistance, increasing blood pressure, and increasing blood cholesterol and triglyceride levels. Most experts currently feel that these phenomena occur inconsistently, if at all.

More recently, seven descriptive studies have attempted to address this question by looking at the impact of weight fluctuations on CHD incidence, CHD mortality and total mortality. Five demonstrated an effect on at least one of these endpoints, while two others did not thus suggesting a link between weight variability and disease outcomes. It should be noted however, that these studies were not designed to assess the contribution of dieting (and voluntary weight loss) to weight fluctuation. Other factors which influence weight were also not considered.

Thus, at the present time, it remains uncertain whether dieting-induced voluntary weight fluctuations have a negative health impact in humans. This remains an important question, however, and reinforces the idea that casual attempts at quick weight loss should be avoided. At the present time, however, committed attempts at long-term weight loss should not be discouraged because of the potential of regaining weight.

Metabolic rate

As every dieter has observed, the rate of weight loss slows during the course of dieting. Because this can be quite discouraging to the unwary patient (or uninformed physician), it is important to inform the patient prior to initiating a weight loss diet that this is likely to occur. Weight loss is most rapid during the initial days of hypocaloric feeding due to changes in sodium and water balance. This is due to early loss of glycogen and protein

(both contain water) and, depending on the degree of calorie deficit and type of diet, to sodium losses associated with ketonuria. Following this initial phase, weight loss will depend on the extent of energy deficit. With time, however, the rate of weight loss slows again as the body's metabolic rate decreases and the energy deficit becomes smaller. This change in metabolic rate can be 2-3 times greater than that predicted from changes in body weight. The lower the energy content of the diet, the lower the metabolic rate will be. Although it was initially suggested that exercise occurring during a period of hypocaloric feeding could prevent this decrease in metabolic rate, recent studies have suggested that it has no beneficial effect during hypocaloric feeding (but will increase the post-diet metabolic rate by preserving lean body mass).

Following the period of hypocaloric feeding (resumption of normal energy intakes), the metabolic rate will increase, but to a level below that observed before beginning the diet. In this instance, the extent of decrease is appropriate for the amount of weight lost. Nonetheless, an individual who has successfully lost weight, will have a significantly reduced total energy expenditure as compared to before weight loss. This is not only due to reductions in metabolic rate, but also reduction from the thermic effect of food (the individual eats less), and in differences in physical activity (it takes less energy to perform the same amount of activity for a smaller person). Thus, in order to maintain weight loss, individuals need to consume less energy than before dieting (and increase energy expenditure by increasing the amount of physical activity).

LONG-TERM FASTING AND CRASH DIETING IS NOT HEALTHY!

The bible tells us to fast weekly. Would God, the original designer of the human body, instruct us to do something potentially harmful? NO! Occasional fasting is biblically advocated for the purpose of ridding the body of toxins that accumulate in the intestinal tract and can be absorbed into the blood. Also, don't forget that God also commands us not to perform activity while fasting!

These principles are physiologically sound. Moreover, intense exercise and fasting do not mix.

Fasting...

Prolonged fasting will result in lean tissue loss and a slower metabolic rate. Since the metabolism slows down while fasting, rebounding to even a moderate caloric intake will result in fat accumulation. This occurs because the body has effectively adapted to sustaining itself on a very low caloric intake. Added calories then leads to a surplus of energy and an increase in fat stores. Also, since the body is feeding off of itself while fasting, there is a varied amount of acetate (toxic to brain function) present in the blood dependent upon the amount of exercise performed during this period. The greater the

amount of exercise performed while fasting, the greater the amount of acetate present in the blood, and the greater the likelihood of metabolic acidosis. Metabolic acidosis can lead to coma and death. Early symptoms of metabolic acidosis typically occur in the pre-contest bodybuilder and the starvation dieter who is on an extremely low caloric intake while performing a greater volume of activity.

Prolonged fasting has no place in health and weight management!

Some weight loss supplements contain very high concentrations of the amino acid Phenylalanine. This amino acid effectively inhibits the brain from perceiving the starvation conditions present in the body associated with fasting (extremely low calorie dieting), and continues to trigger the synthesis and release of pituitary hormones to include GH (Growth Hormone.) These hormones are precursors to metabolism and their presence disallows for the survival reduction in metabolism which is the body's natural response to fasting. Instead then, while fasting and/or extreme dieting in the continued presence of these precursors, the body does not slow down and continues to cannibalize itself for energy at an alarming rate. The end result is a tremendous increase in blood levels of acetate (ketone bodies.) Metabolic acidosis is a real and ever present danger during fasting and crash dieting.

Physicians actually warn participants not to perform exercise during fasting (relative to a once popular diet regimen known as 'Optifasting'). The reason for this participant warning was that, while unsupervised, the additional increase in blood levels of acetate brought on by starvation dieting accompanied by the performance of ANY significant activity could be enough to cause death. Everyone knows that regular exercise is an integral part of any healthy weight management program. This in itself should tell you that **LONG-TERM FASTING AND CRASH DIETING IS NOT HEALTHY!** The only time long-term fasting would be warranted is when a person's overweight condition is contributing to a serious medical problem, and only then under the strict supervision of an appropriate medical professional.

After Effects . . .

An overwhelming majority of those who successfully lose weight through the above means, put it right back on after returning to regular diets. And worse yet, since little or no exercise is performed during fasting, a very large percentage of the total weight lost is lean weight. This too slows the metabolic rate. The end result for the average participant will be an even greater overweight problem after the program than before.

Now, let's try a new slant on things . . .

How can certain foods cause you to lose weight?

Experiments have shown that there are healthful and nutritious foods (some of which are vegetables, and fruits) that burn more calories than they contribute.

How is this possible?

The power of negative calorie foods to dissolve excess fat will seem obvious to you when you understand how your body accumulates fat.

You are born with a certain number of "adipose" cells. These adipose cells swell up and multiply when you take on too much weight. As soon as your metabolism slows down, this allows foods to be changed into fat. This fat is stored.

Therefore you cannot lose weight by draining the fat from the cells. You can only do this in 3 ways: omit foods that are rich in fat, dieting/extensive exercise, or eating foods with negative calories that burn off the fat and drain it from your cells.

Obviously, it is the last method, this far and away the easiest because it required no effort, no deprivation.

How many pounds can you lose per week?

If you are less than 20 pounds overweight, you can lose an average of 5-8 pounds in the first week, and 3-4 pounds in the subsequent weeks.

If you are more than 20 pounds overweight, you will lose weight even more quickly. Some people with more than 40 pounds to lose have lost up to 12 pounds in the first week.

Negative calorie foods will help me lose weight but are they healthy?

Yes. Negative calorie foods were discovered by nutritionist physicians during their search for healthier foods. When you add negative calorie foods to your normal diet, you lose weight but you also lower and normalize your cholesterol rate. This always contributes to your health.

I have tried bean pod capsules, pineapple capsules, other methods, other diets, and nothing has helped me lose weight yet. Why will it be different with this?

Because the process of negative calories is natural, you burn off more calories than you absorb. Because everyone who has tried them has lost weight, there is no reason that it would work for everyone else and not for you!

Burn Fat

Foods That Melt Body Fat

More than 80,000,000 Americans are overweight.

Many suffer from a psychological compulsion to eat, eat and eat. They go on diets, but after achieving their initial weight loss, gradually sneak back to their old eating habits. Before they know it, all their lost weight creeps back - plus more. Usually, it's eating that in between snack that does it! There are *negative calorie foods* those compulsive eaters can nibble on to quench the pangs of hunger without adding more unsightly fat to their bodies.

Burn Fat With Negative Foods

All foods have calories, the *negative calorie foods* have so few that you can burn up more calories in preparing, cooking, chewing and digesting them than they impart. The ingestion of these foods increases the metabolic rate of the body, which, in turn draws excess calories from the body's fat deposits.

<u>Negative Foods</u>	<u>Nutrients in 1 pound</u>
Artichokes	Water 86.5 % / Food Energy 16-85 cal. / Protein 5.3 gr. / Fat .4 gr. / Carbohydrate 19.2 gr.
Asparagus	Water 91.7 % / Food Energy 66.0 cal. / Protein 6.4 gr. / Fat .5 gr. / Carbohydrate 12.7 gr.
Bamboo Shoots	Water 91.0 % / Food Energy 71 cal. / Protein 36 gr. / Fat 36 gr. / Carbohydrate 6.8 gr.
Green Beans	Water 90.1 % / Food Energy 128 cal. / Protein 7.6 gr. / Fat .8 gr. / Carbohydrate 28.3 gr.
Beets	Water 87.3 % / Food Energy 78 cal. / Protein 2.9 gr. / Fat .2 gr. / Carbohydrate 18 gr.
Beet Greens	Water 90.0 % / Food Energy 61 cal. / Protein 5.6 gr. / Fat .8 gr. / Carbohydrate 11.7 gr.

Broccoli	Water 89.1 % / Food Energy 113 cal. / Protein 12.7 gr. / Fat 1.1 gr. / Carbohydrate 20.0 gr.
Cabbage	Water 92.4 % / Food Energy 98 cal. / Protein 5.3 gr. / Fat 8 gr. / Carbohydrate 22 gr.
Cauliflower	Water 91 % / Food Energy 48 cal. / Protein 12.2 gr. / Fat .9 gr. / Carbohydrate 23.6 gr.
Chinese Cabbage	Water 95 % / Food Energy 62 cal. / Protein 5.3 gr. / Fat .4 gr. / Carbohydrate 13.2 gr.
Celery	Water 94.1 % / Food Energy 58 cal. / Protein 3.1 gr. / Fat .3 gr. / Carbohydrate 13.3 gr.
Chicory	Water 92.8 % / Food Energy 74 cal. / Protein 6.7 gr. / Fat 1.1 gr. / Carbohydrates 14.1 gr.
Cucumber	Water 95.1 % / Food Energy 65 cal. / Protein 3.9 gr. / Fat .4 gr. / Carbohydrates 14.7 gr.
Dill Pickles	Water 93.3 % / Food Energy 50 cal. / Protein 3.2 gr. / Fat .9 gr. / Carbohydrate 10 gr.
Eggplant	Water 92.4 % / Food Energy 92 cal. / Protein 4.4 gr. / Fat .7 gr. / Carbohydrate 20.6 gr.
Endive	Water 93.1 % / Food Energy 80.0 cal. / Protein 6.8 gr. / Fat .4 gr. / Carbohydrate 16.4 gr.
Kahlrabi	Water 90.3 % / Food Energy 61 cal. / Protein 4.2 gr. / Fat .2 gr. / Carbohydrate 13.8 gr.
Lettuce	Water 95.1 % / Food Energy 47 cal. / Protein 4 gr. / Fat .7 gr. / Carbohydrate 8.4 gr.
Mushrooms	Water 90.4 % / Food Energy 123 cal. / Protein 11.9 gr. / Fat 1.3 gr. / Carbohydrate 19.4 gr.
Mustard Greens	Water 89.5 % / Food Energy 98 cal. / Protein 9.5 gr. / Fat 1.6 gr. / Carbohydrate 17.8 gr.
Onions	Water 89.4 % / Food Energy 76 cal. / Protein 1.8 gr. / Fat 3 gr. / Carbohydrate 17.6 gr.
Peppers	Water 93.4 % / Food Energy 82 cal. / Protein 4.5 gr. / Fat .7 gr. / Carbohydrate 17.9 gr.
Pumpkin	Water 91.6 % / Food Energy 83 cal. / Protein 3.2 gr. / Fat .3 gr. / Carbohydrate 20.6 gr.
Radishes	Water 94.5 % / Food Energy 68 cal. / Protein 4.1 gr. / Fat .4 gr. / Carbohydrate 14.7 gr.
Rhubarb	Water 94.8 % / Food Energy 54 cal. / Protein 2 gr. / Fat .3 gr. / Carbohydrate 12.8 gr.
Sauerkraut	Water 92.8 % / Food Energy 82 cal. / Protein 4.5 gr. / Fat .9 gr. / Carbohydrate 16.1 gr.

Spinach	Water 90.7 % / Food Energy 118 cal. / Protein 14.5 gr. / Fat 1.4 gr. / Carbohydrate 19.5 gr.
Summer Squash	Water 94 % / Food Energy 84 cal. / Protein 4.8 gr. / Fat .4 gr. / Carbohydrate 18.5 gr.
Turnips	Water 91.5 % / Food Energy 88 cal. / Protein 2.9 gr. / Fat .6 gr. / Carbohydrate 19.5 gr.
Watercress	Water 93.3 % / Food Energy 79 cal. / Protein 9.2 gr. / Fat 1.3 gr. / Carbohydrate 12.5 gr.

Negative Calorie Diet

We need to take a different approach to losing weight than we have been doing in the past. Forget old-fashioned diets that don't really give you the long-lasting results you seek. There are very good reasons why they do not work well.

Your body is not of recent design. The human body took shape millions of years ago, long before diets were invented but living conditions have changed remarkably since. At the time, the lack of food meant only one thing, slow death by starvation. If the body could not cope with the lack of food, the results were life-threatening. So we have built-in mechanisms to preserve ourselves in the face of low food intake. These defenses are automatically put to work.

When you fast or go on a low-calorie diet, you know that you are doing so to lose weight. But your physical body does not understand that. As far as your body is concerned, you are starving, and it will trigger a number of biological mechanisms to try and stop that from happening.

To see how to avoid this automatic self preservation response, let's first look at how your body burns calories. The speed at which your body burns calories is called your metabolic rate. Some people have a "high metabolism" and burn lots of calories in a short time. They are likely to stay slim. Other people have "lower metabolism" and have a harder time staying slim.

Carbohydrates have a negative calorie effect in that they are the part of the diet that tells the body when it has had enough food. Your body does not just pay attention to the quantity of food you have eaten. It actually has a way to monitor how much carbohydrate is coming in. When it has had enough, it reduces the feeling of hunger. Carbohydrates are the cue the body needs to see that the enough food has been consumed. So, if there are a lot of carbohydrates on your plate, you will tend to eat a reasonable amount, feel satisfied, and you'll feel less likely to fill your plate. The natural sugar in fruits, called fructose, also has an appetite-reducing effect.

This means that if you have included generous amounts of rice, potatoes, beans, fruits, and other carbohydrate-rich foods in your meals, the calories in pork chops, salad oil, rich desserts and other fattening foods are less likely to find their way into your stomach.

How do you get these "negative calories?"

You will not get negative calories from steak or fried chicken, because there is virtually no complex carbohydrate in fish, chicken, beef, milk, eggs, or any other animal product. Complex carbohydrates are found only in plants. Grains, vegetables, and beans are excellent sources for them. That's why vegetarian foods are such powerful foods for permanent weight control.

If you like, you can forget technical terms like carbohydrate. As long as your diet is made from grains, beans, vegetables, and fruits rather than animal products, it will be naturally rich in carbohydrate.

More Foods You Can Eat in Virtually Unlimited Portions

Listed below are foods that you should feel free to eat in very generous portions. Unless you are really stuffing yourself, you can eat as much of these as you want. One caveat: Enjoy these with no butter, margarine or oily toppings - fats are fattening!

Corn

Rice

Potatoes

Lettuce (all varieties)

Broccoli

Carrots

Black beans

Kidney Beans

Spinach

Celery

Peas

Cauliflower

Tomatoes

Cabbage

Oranges

Apples

Grapefruit

Bananas

Myths about calories

Many people think that the number of calories in any given food tells you just how fattening that food is, but it's not quite that simple. For example, a cup of rice has about 220 calories and three slices of bologna also have 220 calories. So some people assume that these two foods have exactly the same effect on the waistline, but in reality they don't!

The very same number of calories coming from bologna and from rice have very different effects. The bologna tends to be fattening, as a general rule, while the rice doesn't.

Although rice does provide calories to run the body's functions, and theoretically it is possible for unused calories from rice to be stored as fat, it turns out that rice is much less fattening than the same number of calories from bologna, other meats, or other fatty foods. Rice, like other carbohydrate rich foods, has a way of naturally reducing the calories that are available for conversion to body fat.

You might think of this as a "negative calorie effect." One of the most exciting concepts in the science of weight control in many years is the fact that certain foods can actually assist in the loss of fat.

By now, it will come as no surprise to you that carbohydrate rich foods are powerful aids to weight control. But let's see what the 'negative calorie effect' really means. Then, we'll look at 20

foods that encourage this effect and which you can eat freely. In reality there are far more than 20 and by the time you are done with this reading, I hope you will have gone far beyond the old fashioned notion of counting calories and limiting portion size. The key is not how much you eat, but instead, the types of foods you eat.

When you think of carbohydrate, think, for example, of rice. A rice grain is a seed, designed by nature to start a new rice plant. The starchy white interior of a rice grain consists mainly of complex carbohydrates that nourish the seed as it sprouts and grows. The same is true of beans, potatoes, apples, and many other plants. The starchy carbohydrate interior provides nourishment for the tiny growing plant.

For millions of years, humans and other primates have plucked fruits from trees and roots from the ground and have taken advantage of carbohydrate's capacity to nourish us. The remarkable thing is that these foods provide energy with relatively little tendency to cause a build up of fat. In many Asian countries, for example, where rice is still the center of the diet and huge amounts of rice are consumed, people tend to remain slim.

While carbohydrates provide calories for the body, they also have ways of counteracting the storage of some of these calories as fat, and also encourage the burning of stored calories.

A substantial number of the calories in carbohydrates are used up as carbohydrates are digested. Let me give you some numbers: For every 100 calories of carbohydrate that your body tries to digest, 23 are lost in the process of breaking down carbohydrate molecules.

That means that, of the 220 calories in a cup of rice, about 50 calories are used up just in the chemical processing.

Leaving grains whole, like rice, cereals, or corn, rather than grinding them into flour to

make bread or pasta, also causes them to release fewer calories.

But that is just the beginning. In addition, because carbohydrate increases the body's metabolism, more calories are burned off as the metabolism increases. The metabolism boosting effect causes more of the calories in all the foods you eat to be burned. When that happens, they cannot be turned into fat.

Animal products contain no fiber at all. To the extent that animal products are added to the diet, the fiber content is reduced. Americans now consume only 10-20 grams of fiber per day, on average, which is about half of what we should have. The reason, of course, is the penchant for animal products and refined plant foods, which unfortunately displace the fiber-rich foods. But do not feel that you must calculate your fiber intake. When you center your diet on high carbohydrate foods, such as whole grains, beans, and vegetables, the fiber content of your diet will increase naturally. And you will see, the result will be meals that are satisfying and filling. When we discuss the value of carbohydrate rich foods and fiber, you can simplify this by thinking in terms of foods from plants versus animal products. A plant-based diet is rich in carbohydrate and fiber. Animal products are devoid of them. The result is that plant-based diets promote slimness, while animal products promote overweight.

Avoiding Binges

There is another problem with skimpy eating. Not only does the body lower its metabolic flame to conserve energy; it also gets ready to take maximal advantage of any food source it finds. When food becomes available, there is a tremendous tendency to over indulge. You know the pattern. You have been dieting for several days, and suddenly someone brings home a carton of ice cream. A little bit won't hurt, you decide, and before you know it you are scraping the bottom of the carton and digging around the cracks for every last bit. You then scold yourself for your lack of will power.

The truth of the matter is that the problem was not will power at all, but, the innate biological programming of the human body. The diet turned on the "anti-starvation" plan that is built into every human being. Your body assumed that any food in front of you might be the only calorie source you might have for a while, so it demanded all it could get!

This is not a question of a lack of will power. The human body has as built-in tendency to binge after periods of starvation.

For a similar reason, it is best not to skip meals. Most all frequent dieters have tried the meal skipping approach to weight loss without lasting success. Skipping breakfast and

lunch leads to overeating later in the day. So, eat regular meals and avoid very-low-calorie diets.

Bulimia - binge-eating often followed by purging - almost always begins with a diet. And as the bingeing begins, shame and secrecy often follow. If this has happened to you, remember that bingeing is not a moral failing. It is a natural biological consequence of dieting.

Dieting is now a nearly universal pastime in America, and bulimia is a ever-growing epidemic. Unfortunately, children are raised on a menu that is almost certain to make many of them gain weight.

The cultural trend in Western countries in the past several decades has emphasized meat, dairy products and fried chicken, french fries and other high-fat foods. Combining this factor with an increasingly sedentary lifestyle, the predictable result is that many people will become overweight. They mistakenly believe that the problem is the quantity of food they are eating rather than the type of food. Rather than abandon the offending foods, they simply eat less. A restrictive diet begins. The natural result is lowered metabolic rates, cravings and bingeing. Many binges would probably never occur if dieting were replaced with better food choices which would promote a slow, steady drop in weight, rather than an overly rapid weight loss.

Skipped meals and skimpy portions are not effective as a permanent weight control and are not a part of this program.

Your metabolism is like the rate at which an automobile uses up gas. An idling car uses up some fuel. When the car is moving it uses more, and when it accelerates up a hill it will use a lot more gas.

Our bodies work the same way. We burn some calories even when we are relaxing or asleep because it takes energy to maintain our normal body temperature and to keep our lungs, heart, brain and other organs working. When we engage in activities, the more strenuous they are, the more calories we burn.

Dieting Slows Your Metabolism

The point to remember is that your metabolic rate can be changed. In a period of starvation or dieting, the body slows down the metabolism. The body does not understand the concept of dieting. Remember, as far as your body is concerned, a diet is starvation, and it does not know how long the starvation period will last. So it clings to its fat like a motorist who is running out of gas preserves fuel. Remember the last time you were driving along the highway and suddenly noticed that the gas gauge was below empty? You tried to remember how far below "E" your gauge will go. You went easy on

the accelerator, driving very smoothly, and turned off the engine at stop lights to conserve gas until you got to a station.

Your body does the same sort of thing when food is in short supply. It turns down the metabolic flame to save as much of the fat on your body as possible until the starvation period is over, because fat is the body's fuel reserve. This is very frustrating to dieters. They often find that, even though they are eating very little, their bodies do not easily shed the pounds.

Even worse, the slowed metabolism can continue beyond the dieting period, sometimes for weeks, according to studies at the University of Pennsylvania and elsewhere. For the reason, fat is easily and rapidly accumulated again after the dieting period. This causes the familiar yo-yo phenomenon, in which dieters lose some weight, then rebound to a higher weight than they started with.

Reference #1:

According to a recent study performed by Dr. Dean Ornish, M.D., of the University of California, at San Francisco, a vegetarian diet consisting mostly of fruits and vegetables, was adhered to by research subjects as an experimental study on the reversal of heart disease. As a result, each of the research subjects (all suffering from heart disease), lost an average of "20 pounds" without cutting calories, or limiting serving sizes! In light of the fact that these subjects were 40 years and older (with relatively slowed metabolisms), and the research performed involved no prescribed exercise program, this constitutes a dramatic weight loss that could only be attributed to the consumption of various fruits & vegetables.

Reference #2:

In an article in the January, '94 Issue of Self Magazine, contributed by Dr. Neal Barnard M.D., author of "Food For Life" (Harmony Books), he basically supports the concept of "negative calorie" foods.

Let's speculate for a moment, shall we? Now then, the fact is, *enzymes are responsible for the acceleration of ALL chemical reactions in the body.* The acceleration of chemical reactions in the body then equates to a faster metabolism (*this effect is implied by the earlier referenced studies performed by Dr. Dean Ornish, M.D.*)! Now then, **THIS CONCLUSIVE** discovery would truly be a tremendous breakthrough! The greater value then, in identifying and ingesting these "negative calorie" foods, is not in their ability to break down other existing calories in digestion at all! The true potential benefits lie in the increased enzymes produced, being absorbed through the mucosa in the small intestine thus entering into the bloodstream where they can positively effect the rate of metabolism!

In building upon the above conjectures, to optimize this metabolic acceleration, these researched & identified "negative calorie" foods should preferably be ingested in the absence of additional enzyme robbing "empty calories" (*junk food*)! This would insure that an optimum amount of enzymes are produced for absorption into the bloodstream and not

wasted during digestive processes on assimilating calories from foods with poor vitamin and nutrient content.

All things considered then, stocking your kitchen with "negative calorie" foods, coupled with the timely and proper ingestion of these foods, could actually contribute to a temporary increase in the metabolic rate. And I don't think I have to tell you why a higher metabolic rate offers incredible benefits! I guess it would be unfair of me not to offer up a list of what have been determined to be negative calorie foods. Below is a list of some of the foods Dr. Barnerd claims to have a negative calorie effect.

WATER - "The Most Essential Nutrient"

An estimated 60% of total bodyweight is water. Water helps to maintain body temperature, and allows for over 50% of all chemical reactions occurring in the body. It is also responsible for the movement of nutrients, digestion, absorption processes, circulation, and the excretion of wastes. Water also is a vital component of synovial fluid (joint Lubricant), and cerebrospinal fluid in the nervous system. Water is in part responsible for the transmission of light and sound in the ears and eyes.

The body's average daily loss of fluids through excretion, respiration, chemical reactions, and perspiration varies from 1-3 quarts. A high protein intake calls for a greater amount of fluids as well. At 2% dehydration, the body's work capacity decreases by 12-15%! Also, body temperature and heart rate increase during periods of dehydration. The body's prevention mechanism is osmoreceptor transmission to the brain stimulating a sensation of thirst prior to the occurrence of dehydration.

In any case, when the body is deprived of fluids it will pull water from any or all reserves earlier mentioned in an effort to maintain critical blood volume and a safe body temperature. A prolonged low fluid intake, high sodium ingestion, or excessive *prolonged* use of diuretics such as caffeine and alcohol can trigger a variety of hormonal responses, resulting in the survival storage of surplus fluids. By increasing fluid intake, this survival storage response will be affectively reversed and a loss of excessive water weight will occur.

Fluid imbalances contribute to a host of metabolic disorders, and you can easily reduce all of these potential health threats simply by getting into the habit of drinking more water, at least 8-10 glasses daily! Water can be absorbed from the small intestine at a maximum rate of 8-10 ounces every 20 minutes, and should be ingested during and after exercise (especially in hot, humid climates). Cold water enters the small intestine faster and is therefore suggested.

In preparing for exercise when profuse sweating is anticipated, simply weigh in prior to and after, then ingest 16 ozs of water per pound of weight lost, at the above prescribed rate. If fluid loss is considerable, dilute *replacement* fluid intake with *small* quantities of salt to insure retention of fluids, and ingest at the optimum rate. The greater the loss of fluids, the lower the salt dilution and the more gradual the ingestion!

Never take sodium *during* exercise! The temporary hypertonic concentration of sodium in the blood will result in an osmotic shift of fluids out of the working muscles, causing severe cramping and increased susceptibility to heat injuries (heat stroke and heat exhaustion)!

'Sports Drinks' contain simple sugar which slows the absorption rate of desperately needed fluids and should not be used until *after* exercise! Continued replenishment of *water* is the primary concern during exercise! Sports drinks do have post-workout value due to their mineral and electrolyte content, however, for best results, it is still suggested to dilute these drinks with 50% cold water!

Two Week Catabolic Menu

DISCLAIMER: This is only a sample menu and you can mix and choose from the negative calorie food list to create the menu of your choosing. Of course, if you eliminate the "non-negative items." that are in this sample menu, your results will improve. These items were added only to increase the variety of the menu at the expense of diminished results (items like milk, meat, etc). Feel free to modify this menu to suit your individual requirements and taste.

Daily Breakfast

Coffee
Juice or Orange
1/2; Pear
1/2; Cup Skim Milk

Monday - Day 1

Lunch

Lettuce, Celery & Cucumber Salad with Dressing	6 Oz.
Cottage Cheese	3 Oz.
Apple Sauce	1/2 Cup

Dinner

Lettuce with Dressing	4 1/2 Oz.
Broccoli	4 Oz.
Turkey	4-6 Oz.
Green Beans	4 Oz.
Peaches	1/2 Cup

Tuesday - Day 2

Lunch

Celery	3 Stalks
Cottage Cheese	1 1/2 Oz.
Sliced Green Pepper	4 Oz.
Cucumber Slices	2 Oz.
Grapefruit	1/2

Dinner

Lettuce with Dressing	3 Oz.
Spinach	3 Oz.
Potatoe(s)	4 Oz.
Chicken Breast	4-6 Oz.
Cantalope	3 Oz.

Note: You may have 1/2 Grapefruit before bed.

Wednesday - Day 3

Lunch

Lettuce, Tomatoe and Celery Salad with Dressing	3 Oz.
Califlower	4 Oz.
Green Pepper Slices	4 Oz.
Carrots	3 Oz.
Grapefruit	1/2

Dinner

Tomatoes and Celery with Dressing	5 Oz.
Potatoe(s)	4 1/2 Oz.
Cod, Crabmeat OR Flounder	4-6 Oz.
Spinach	3 Oz.
Peaches	4 Slices

Thursday - Day 4**Lunch**

Apple	1/2 Small
Celery	3 Stalks
Radishes	6 Oz.
Lettuce	4 Oz.
Tomatoe	6 Oz.
(You can combine the above into a salad.)	
Pinapple	6 Oz.

Dinner

Handful of Lettuce with 1/2 Cup of Radishes and Dressing	
Green Beans	1/2 Cup
Califlower	1/2 Cup
Ham	4-6 Oz.
Strawberries	2/3 Cup

Friday - Day 5**Lunch**

Lettuce and Tomatoe Salad with Dressing	4 Oz.
Cabbage	6 Oz.
Green Pepper Slices	4 1/2 Oz.
Crabmeat	4-6 Oz.
Grapes	1/2 Cup

Dinner: Weekly Free Meal—Have anything you want!

(But don't go overboard!)

Saturday - Day 6**Lunch**

Lettuce and Tomatoe Salad with Dressing	6 Oz.
Cucumber Slices	4 Oz.
Carrots	8 Oz.
Pears	2 Halves

Dinner

Lettuce and Tomatoe Salad with Dressing	4 ½ Oz.
Steak	4-6 Oz.
Potatoe(s)	4 Oz.
Peaches	2/3 Cup

Sunday - Day 7**Lunch**

Lettuce, Cucumber, Radish and Tomatoe Salad	1/2 cup
Hard Boiled Egg	1
Cantalope	1/2 Oz.

Dinner

Lettuce and Cucumber Salad with Dressing	6 Oz.
Cod or Flounder	4-6 Oz.
Spinach	2/3 Cup
Potatoe(s)	4 Oz.
Strawberries	3/4 Cup

Monday – Day 8**Lunch**

Lettuce, Celery and Cucumber Salad with Dressing	6 Oz.
Cottage Cheese	3 Oz.
Apple Sauce	1/2 Cup

Dinner

Lettuce and Dressing	3 1/2 Oz.
Califlower	2 Oz.
Chicken Breast	4-6 Oz.
Sauerkraut	4 Oz.
Grapes	1/2 Cup

Tuesday – Day 9**Lunch**

Celery (3 stalks) and Cottage Cheese	1 1/2 Oz.
Carrots	4 Oz.
Cucumber Slices	2 Oz.
Grapefruit	1/2

Dinner

Lettuce and Dressing	2 Oz.
Broccoli	3 Oz.
Potatoe(s)	4 Oz.
Turkey	4-6 Oz.
Strawberries	1/2 Cup

Wednesday – Day 10**Lunch**

Lettuce, Tomatoe and Radish Salad with Dressing	3 Oz.
Carrots	4 Oz.
Green Pepper Slices	4 Oz.
Califlower	3 Oz.
Grapefruit	1/2

Dinner

Tomatoe and Celery with Dressing	5 Oz.
Potatoe(s)	4 1/2 Oz.

Spinach	3 Oz.
Cod	4-6 Oz.
Peaches	4 Slices

Thursday – Day 11

Lunch

Cantalope, Peaches, Pears & Pinapple Slices	10 Oz.
Radishes	6 Oz.
Tomatoe	6 Oz.

Dinner

Lettuce and Radishes with Dressing	4 Oz.
Green Beans	1/3 Cup
Roast	4-6 Oz.
Raspberries	2/3 Cup

Friday – Day 12

Lunch

Lettuce and Tomatoes with Dressing	4 Oz.
Cabbage	6 Oz.
Green Pepper Slices	4 $\frac{1}{2}$; Oz.
Crabmeat	4-6 Oz.
Strawberries	3/4 Oz

Dinner: Weekly Free Meal—Have anything you want!
(But don't go overboard!)

Saturday – Day 13

Lunch

Lettuce and Tomatoes with Dressing	4 Oz.
Broccoli (raw)	8 Oz.
Green Pepper Slices	4 Oz.
Peaches (canned or frozen)	2 halves

Dinner

Lettuce and Tomatoe Salad with Dressing	4 1/2 Oz.
Steak	4-6 Oz.
Potatoe(s)	4 Oz.
Peaches	2/3 Cup

Sunday – Day 14

Lunch

Lettuce, Cucumber, Radishes and Tomatoes	7 Oz.
Boiled Egg	1
Pineapple	1 1/2 Oz.

Dinner

Lettuce and Radish Salad with Dressing	6 Oz.
Crabmeat	4-6 Oz.
Potatoe(s)	6 Oz.
Strawberries	3/4 Oz.
Brocolli	5 Oz.

EAT ALL YOU WANT FROM THIS LIST

(Within reason, of course!)

GRAINS: rice, pasta, oatmeal, Cream of Wheat, corn, pretzels, air-popped popcorn (optional, "I can't believe it's not butter spray")

VEGETABLES: potatoes, broccoli, spinach, Swiss chard, carrots, sweet potatoes, green beans.

LEGUMES: black beans, pinto beans, kidney beans, vegetarian baked beans, chick-peas, green beans.

FRUITS: apples, bananas, cherries, grapefruit, oranges, peaches, pears.

According to an article written by Reginald Fitz, eating certain foods can actually cause you to lose weight.

"You can stimulate your body to lose weight quickly and easily by making sure you're eating plenty of the foods that cause weight loss," Dr. Neal Barnard, a medical expert in nutrition and weight loss formerly on staff at George Washington University, said. "The more overweight you are, the faster you'll drop weight using this approach. The key is to eat plenty of these foods--complex carbohydrates--and fewer fatty foods, meat, and sugary sweets."

Complex carbohydrates--foods high in starch and natural sugars--have a number of advantages over other kinds of foods, explained Dr. Barnard, author of the book EAT RIGHT, LIVE LONGER."

"For one thing, they are low in calories. In addition, your body must spend extra energy in order to digest them

and even more to store them as fat.

"Most importantly, when you eat plenty of complex carbohydrates your metabolism actually speeds up. This

causes you to burn more calories for hours after the meal!

"And forget about counting calories," Dr. Barnard said,

"Just eat as much of these foods as you like, trying to use them as the major part of your diet, and minimize your intake of fats, oils, sweets, meat, poultry and fish.

"Of course you can eat other grains, legumes, vegetables and fruits as well, because they have similar

effects. But remember that the closer they are to their natural state the better. This means choosing brown rice instead of white rice and whole grain bread instead of white bread."

(According to the article, "Dr. Barnard recommended that for nutritional insurance, you should take a multi-vitamin capsule every day.)

"In addition, I recommend regular exercise to help boost your metabolic rate," he added.

"A half-hour of brisk walking every day, or one hour three times a week, is healthy, pleasant and will help melt off the pounds!

More Negative Calorie Foods

FRUITS:

APPLES	KUMQUATS	RASPBERRIES
APRICOTS	LEMONS	STRAWBERRIES
BLACKBERRIES	LIMES	TANGERINES
BLUEBERRIES	LOGANBERRIES	WATERMELON
CANTALOUPE	MANGOES	
CHERRIES	MUSKMELONS	
CRANBERRIES	NECTARINES	
CURRANTS	ORANGES	
DAMSON	PLUM	PAPAYA
FRUIT SALAD	PEACHES	
PEARS		
GRAPEFRUIT	PINEAPPLE	
GRAPES	POMEGRANATES	
HONEYDEW	PRUNES	
HUCKLEBERRIES	QUINCE	

VEGETABLES:

ARTICHOKES	CORN	PARSNIPS
ASPARAGUS		
GREEN BEANS	CUCUMBERS	PEAS

STRING BEANS	DANDELIONS	PEPPERS
BEETS	DILL PICKLES	
BEEF GREENS	EGGPLANT	
BROCCOLI	ENDIVE (SWEET/SOUR)	
BRUSSELS SPROUTS	GARLIC	PUMPKIN
CABBAGE	KALE	RADISHES
CHINESE CABBAGE	KOHLRABI	RED CABBAGE
CARROTS	LEEKS	RHUBARB
CAULIFLOWER	LETTUCE	RUTABAGAS
CELERIAC	MUSHROOMS	SAUERKRAUT
CELERY	MUSTARD GREENS	
CHERVIL	OKRA	SCALLIONS
CHICORY	ONIONS	SORREL
CHIVES	PARSLEY LEAVES	
SQUASH	TURNIPS	
TOMATO	WATERCRESS	

FISH:

SEA BASS	CRABS	OYSTERS
BUFFALO	FLOUNDER	
CLAMS	FROG LEGS	
LOBSTER	SHRIMP	
COD STEAKS	MUSSELS	TERRAPIN

Foods that help increase your metabolism:

Apple	Artichokes	Peppers
Banana	Asparagus	Radishes
Cantaloupe	Broccoli	Spinach
Grapefruit	Brussel sprouts	Squash
Kiwi	Cabbage	Swiss chard
Mango	Carrots	Tomatoes
Nectarine	Cauliflower	Zucchini
Orange	Celery	
Papaya	Collards	
Peach	Cucumber	
Pear	Eggplant	
Pineapple	Green beans	
Plum	Kale	
Raspberries	Leeks	
Strawberries	Lettuce	
Tangerine	Mushrooms	
Lemon & Lime juice	Onions	

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Check out our blog for all kinds of updates on health, including weight loss and excersize.

<http://www.successquest.name>

Also, cleck out our resource site for all kinds of ma-
terial: <http://www.successquest.info>

Finally, here is a super resource chock full of the latest ebooks, affirmations, subliminals & many more. Check this link often as it goes to a page that is constantly updated:

<http://sleekurl.com/?e3zn>

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