

All about Weight

About the author

Dr. Vinay Jadhav, the author, is a qualified MBBS and MD degree holder and registered with Maharashtra Medical Council. He is the member of national organizations - **Indian Medical Association, Indian Radiology Association and All India Association for Advancing Research in Obesity**.

He has been guiding people to lose weight effortlessly and more importantly to maintain the lost weight.

He can be contacted- www.drvinayjadhav.com

This e-book has been written after being in the field of Obesity treatment and meant to educate people and dispel myths.

If you like and agree with the logic and scientific explanations , please forward to your contacts, so there is dissemination of proper knowledge .

It's a request to you to make maximum people aware of this serious disorder which is taking its silent toll.

Contents

- 1) Introduction.**
- 2) Cause of Obesity- A new perspective.**
- 3) Assessing the severity of Obesity.**
- 4) The medically balanced eating method.**
- 5) Dumb Diet plans.**
- 6) Risk Factors for Diseases and Conditions Associated With Obesity.**
- 7) Wrong products for weight loss.**
- 8) Myths regarding weight loss.**
- 9) Why People Fail.**
- 10)Standard Medical line of treatment of obesity-An Overview.**
- 11) Epitaph-for the departed fats.**

Introduction

People say that losing weight is no walk in the park. When I hear that I think, yeah, that's the problem. ~Chris Adams

My story is nothing new and I am sure millions of people have the same story regarding their weight problem. I think from as long as I remember, I was overweight. During my school days, I remember being teased - 'motu motu'. I use to feel very bad, but such feelings passed away with time. Because at that age, one does not attach any importance to being overweight.

I could find this picture of mine ,after rummaging through old picture albums, when I was in 8th standard. Please note the double chin and round, stout neck.



My mother used to pamper us with food , and the results were all evident. All mothers make delicious food and try to make the child to eat, even if not hungry , because, mistaken expression of love is feeding the child. Nowadays with changing times , chips and colas have taken place of Laddoos and Chaklis.

Sometimes, father used to scold me to undertake more physical activity so that I become a bit thin. But who cares ,when one is 13-14 years of age, least of all, who is interested to lose fats? Why? One develops a thick skin about weight issues. So, in short I was a plump child till 8th standard, in a middle class family with a Bajaj Scooter for local travel, which was quite a luxury in 70's.

On rare occasions, father used to get really annoyed with me for being fat. I used to get so angry with his bickerings that, I seriously thought of running away from home. I, being a coward, then, didn't run away, but serious thoughts of annoying parents did cross my mind.

Hence I request all parents never to scold the kids for getting fat. It's you, who bring home wrong food, feed kids at the wrong time and make them fat.

As life is very fast nowadays, wherein both husband and wife are working, that brings out the guilt complex of neglecting the child for career sake. The easiest thing to please a child is to get a bar of chocolate or cake or any potato snacks and make the child happy. Such happy child says-

Mom and dad are great parents as they bring goodies to eat. Childhood obesity is becoming alarming now. An Obese child leads to an obese adult. I will tell you later, why ? The seeds of Obesity are planted during childhood.

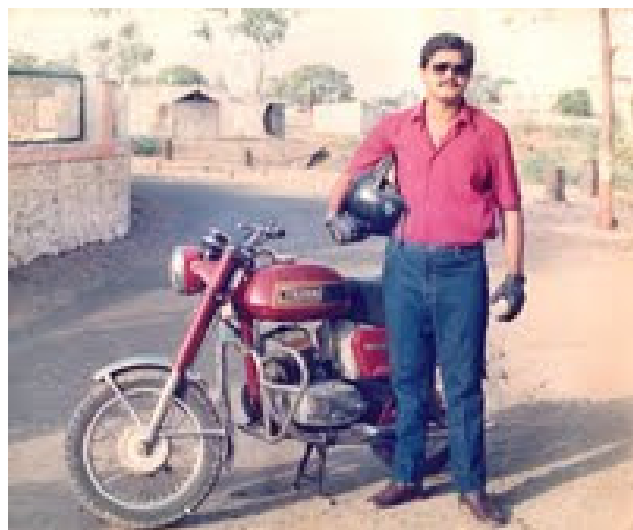
In my junior college I lived in a college hostel, and I don't know, despite of eating a lot and not even lifting a finger by way of exercise, I slimmed down so much , that my Adams apple became very prominent.



All was well on weight front until I finished my MBBS and MD. I am 6 feet tall and weighed consistently around 80 kgs during medical college days. Mind you, not an iota of physical activity, apart from walking from hostel to college or library. Looking back, I was eating such large quantities of food but surprisingly there was no weight gain. On Sundays there used to be feasts, I created a record once of eating 67 Gulab Jamuns, mind you not those anemic Gulab Jamuns, but real voluptuous ones dripping with satanically sweet and fragrant syrup.

Our gang at college was all 6 feet and with good physiques. So, no one used to cross our paths. The mess contractor ensured that Chapatti (Indian bread) tray to be sent to our table first, we had the first pick of hot Chapatti's and others used to get cold chapattis. Good vegetable sabji and Hot chapattis - 'yummy yummy' and we used to just keep on eating. I think my diet was not less than 10-12 chapattis and lots of rice for lunch and dinner. There was no effect on weight. In fact I never bothered

even to take my weight any time on a regular basis. But looking at my college picture now, I can say I was quite fit and without any protruding tummy.



I started my own private practice after my stint as an Assistant Professor at a reputed Medical College at Pune.

Slowly I started putting on weight. Every time maybe once in 6 months as and when I had to buy clothes the sizes were increasing. Shirts size increased from 38 to 46, pant waist size increased from 34 to 44. I was on the verge of growing out of standard apparel sizes, as those sizes were the last size with extremely small variety. My options to buy clothes became those, which retailed only large sized clothing for the BIG people. It brought a big smile on my face when I bought 46 size shirt and 44 size pants and the label showed-**S**- for small, from such big sized stores.

There are more people who require **M**-medium and **L** -Large size that made me reduce my guilt of being overweight.

While trying out clothes, when I used to look at the mirror, I used to see a fat man looking back. Not feeling good to see myself , and so used to avoid seeing my own image in a full length mirror. The only time I used to see myself, was only the face, while shaving for 2 minutes, and then I would forget how I looked.

It's normal for people to disregard a problem by sweeping that under the carpet. Same was applicable to me, and same is applicable to all those who are overweight. We don't think of the problem and just wish that it

would disappear, if not thought of. Slowly and surely I crossed the 120 kg mark. My "before" picture below----



I was still not bothered. I had no disease and I could live my life normally, so why bother about weight. My wife also started putting on weight and touched 100 kg mark, and kids also started becoming larger. So now we were a typical obese family.

We were living to eat and not eating to live.

Every day some new food items were made, if tasty we ate like a glutton, as if we haven't seen food before. Someday Pav bhaji, someday Samosa's, someday Mutton curry.... All eaten up by the gang of gluttons as if there was no tomorrow.

Well to cut the story short, here I was at an unripe age of 38 years, weighing 120 kgs, lazy, slothful and lacking directions in life.

Then the obvious thing happened, I got diabetes! That was a surprise to me. How can a doc who is part of a team treating patients, can himself be afflicted by a disease? I couldn't believe that I, me, myself can have Diabetes. My Diabetologist said- right now I am putting you on Oral drugs, but if you reduce weight your diabetes will go away or significantly reduce. Increased body fats and lack of exercises causes resistance in the cell to insulin entry, thereby causing increased blood sugar (Giving a simple, easy way to understand explanation)

So reduction of body fats and increased physical exercise makes the available insulin to work, and hence blood sugar can be controlled. In

fact that is the first line of treatment for diabetes- Reduce weight and do physical exercise.

Diabetes is not just elevated blood sugar, which has to keep range bound by drugs, but it causes gradual degeneration of all organs of the body. Early death is certain because of diabetic complications, if not controlled in time. There is another type of diabetes wherein there is less insulin production and even if the person is bone thin, will also suffer from diabetes. But majority of Indians are afflicted early by diabetes due to increased waistline and hips.

Well...coming back to my story,

I got really scared, that I will die early. Who will look after my familial responsibilities? Why should I die young? So I decided to slim down. Decision to slim down is taken after a great thought and dithering as no one wants to change their way of living. Everyone is addicted to their way of eating and they know it well that this has to change, so one always resists the thought to slim down and postpones that thought for the next week or next month. So was I, same as a smoker, who gives up smoking before going to bed at night, and lighting a fag first thing in the morning.

First step for slimming down are easy escape therapies.

There are so many Ayurvedic /herbal fat buster capsules, oils in the market. I tried all of them, nothing happens. You just end up letting some company make fool of you. Obese people very easily fall prey to quick fix gimmicks!

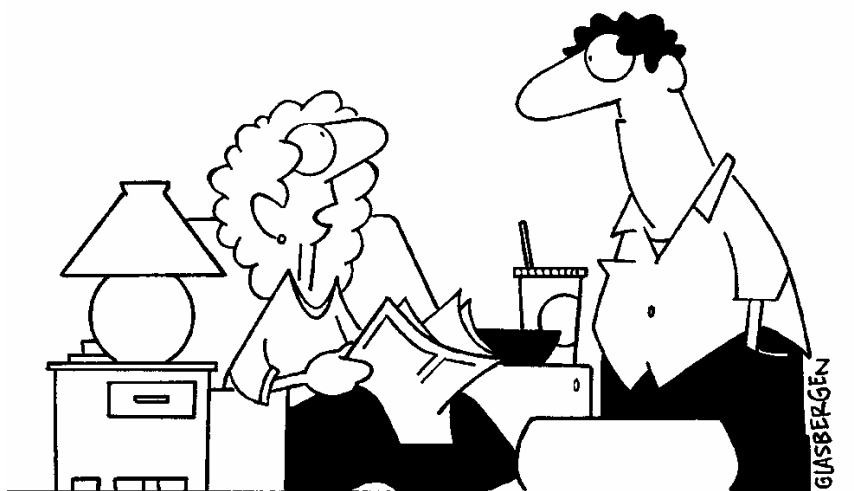
I had that routine spring type weighing machine at home tucked away under the bed, long forgotten. So when I took those widely advertised fake drugs, I used to take my weight on that ancient weighing machine, which showed different weights when leaning forwards and backwards. So, you know how one can reduce up to 1 kg merely by changing the way one stands on the weighing machines of ancient era.

I get many people, whose weight when I take on digital weight machine, For example, let's say it is 96 kg, people say- No sir, it is 92 kg on my machine .I said, if you just want to be happy and satisfied with an error machine, I will supply you a machine which will show your weight, just 62 kg!!! Why bother to reduce weight.

After getting disillusioned by oil, anti cellulite creams, capsules, etc, I went to a physician and asked him to give a prescription of appetite

suppressant drugs. I took them for 10-15 days- my eating did reduce, however there was not much progress in getting slimmer. I developed severe constipation and was having blurring of vision, which forced me to stop taking allopathic anti appetite drugs. I was feeling weak, irritable and not able to concentrate on my work.

Later I bought vibrators and sauna belts, which just melts the fat away as per TV advertisements, but nothing happened in reality. Just psychology makes you feel that one has reduced some amount of belly after application of such stuff. Some amount of water of heated area is reduced due to localized sweating, and one may actually feel some reduction in the area, but which comes back to normal within one hour. I bought abdominal exercisers which show belly just vanishing off by just working for 5 minutes daily. Nothing was helpful. Then I bought gym equipments and treadmill at my home. To exercise alone at home needs tremendous will power, which I didn't possess. I think I exercised at home for hardly 7-8 days. All such machines have become places to hang clothes to dry out now.



“I have a confession. I bought the treadmill to cover a stain on the carpet.”

My stationary cycle's kilometer indicator (odometer) shows 86 km after 20 years of use. It beckons me to sit on it and peddle, but I give a cold look to it and ignore.

By this time I was becoming desperate to lose weight. One center opened- claiming weight loss by machines and massages. Good looking

ladies with nice makeup and fluttering eyebrows were manning the enquiry counter, which sends the heart racing. They just hypnotized me to pay up the thousands of rupees as fees for weight losing sessions with machines. Normally it is very difficult to say No to well dressed up beautiful ladies who are hard selling something.

How come vibrators and massage cause weight loss? I was skeptical, like any logical person and with my medical background, but I thought, let's try this out. Usually, a person seeking weight loss advice in a slimming center is slightly depressed and is willing to try out new things in a desperate attempt to slim down.

The first day of the session was quite interesting. These people were smart enough that, all the sessions were by appointment and there was no mingling of customers. Hence, there was no information or experience sharing between the customers. Isn't that a smart strategy? Hats off to them, to devise such settings wherein all customers are misled.



“It’s a complex exercise machine, but we guarantee you’ll lose 3 pounds putting it together!”

When I entered the curves slimming center, I was asked to change into a gown and later taken into an air conditioned cubical and made to lie down on a couch. A Television was mounted on a wall, so I could see it while I lay down with a remote control given to me. They gave me vibratory machine stimulation by machines purportedly made in Japan. Before taking me in for the sessions, they had noted my weight on a platform type weighing machine, showing weight till three decimal points. I remember at that time, I was weighing 120.720 kg. After one hour of sessions, my weight was once again taken and it showed a reduction of 400 g I was pretty happy that, I lost 400 g in one hour and I thought that these machines were God sent. After the session there was a talk with a panel dietitian who gave me a usual schedule of dieting with calorie intake of 1200 to 1500 calories. I was asked to give up alcohol or to reduce its intake once a month and was asked to go for morning walks. I said, lady, if I had to do morning walk and had to give up alcohol, why would I have shelled out so much money to you? I said- I need my poison in the evenings to unwind after hard day of work. No way, will I give up alcohol because I drink it in moderate amounts and I have exercised a lot in the past which had no affect on the weight, hence, I will continue with the sessions and lose fats by the action of machines.

But giving due importance to her advice, I cut down on my food intake and was able to maintain the loss of 400 g of the first session. The second session after three days, I once again lost 500 g and was pretty happy.

I thought that, I should leave Radiology and start such good weight loss centers in cities where these types of centers do not exist. For the third session, I did not lose any weight. I was surprised, I am a believer of science and tried to logically deduce. Why things happen the way they do? I could not understand that in two sessions I lost some weight and in third session, I did not lose weight. In my mind, I analyzed the chain of events right from entering the centre till the time I come out of the center. The sequence of events were - I entered the center, go for urination, change into gown and pre-session weight is taken. Then I take the sessions, I am asked to go for urination and post session weight is taken. It occurred to me that, the third session in which I did not lose weight; I had not gone to pass the urine after the sessions. The lost weight after a session was in fact weight of the urine passed and little weight of the sweat during the massage session. Those people were literally fooling with people showing fake weight loss and following it with dieting method, keeping people hungry and making them lose weight.

I laughed at myself that, how easy it is to be taken for a ride when one is desperate and depressed.

I felt cheated, but who can fight on this issue with company's running chain of slimming centers in India and few abroad. That set me thinking that, if a qualified post graduate doctor can be fooled, what would be the fate of people who are unaware of science and logic? What is the outcome from the clients of such centers? Some lose fats due to dieting, and recommend them to other gullible people. Most just drop out, accepting money has been wasted, as there are no refunds.

I have told about fake weight loss to many people who had signed up with such centers. They listen and feign as if not listened. No one wants to admit that they were fooled.

It was necessary for me to reduce my weight in order to have greater control on diabetes. So I was back again in the Medical College Library, reading text books of Human Physiology by Guyton, a standard text book for First year MBBS course. I read it very seriously and tried to understand the various physiology changes occurred in the body in response to food. While reading and understanding the Krebs cycle, I made a hypothesis that probably deficiency of Oxalo Acetic Acid is the cause of obesity, more about Krebs cycle later on.

Understanding the theory is easy, but to put into practice is a tough task. I bought a digital weighing machine with an accuracy of plus/minus 50 Gms and started taking my weight daily in the morning, evening and jotting down what I ate, in what quantity, and at what time. To my surprise, I found that, quantity of food eaten has no co-relation with the next day's weight. With more food eaten, sometimes weight increased and some times, weight decreased.

Same is the outcome when less food is consumed. This was becoming quite interesting now and I started analyzing as to what to eat, when to eat and what quantity to eat, so that, I could predict and get a weight loss next day. I used to write minor items also like which masala I had eaten, what was the quantity of chilies, salt, and other condiments along with amount of *rotis*, rice, vegetables and proteins consumed. Slowly a pattern of eating evolved wherein I was eating properly without reducing my food and still losing my weight on a daily basis, enjoying my sinful empty calories.

Someday I lost 100 Gms, someday 200 Gms, and on few occasions up to 800 Gms on a daily basis. There was no correlation of calories consumed, burnt with weight measures. I could lose 28 kg over a period of 7 to 8 months and I am successful in maintaining the lost weight since last ten years.

I had my "Eureka" moment. I sent email detailing my hypothesis to the learned gentleman doctor who is the editor of the physiology book. That person was kind enough to go through contents of my email and he responded, saying- Your theory is interesting and logical, but will need more research to be included in the textbooks. I was elated that a world famous respected physiologist saw logic in my mail and replied back. Normally people do not reply to unsolicited mails from unknown persons.

I had vision of becoming an academic myself, leading a team of researchers. And later me becoming famous for identifying the real cause of obesity and developing treatment protocols. Original Medical research is done less in India. I wrote to leading Obesity researchers all over world, and asked them to take me into their team, outlining my theory. None replied. I wrote to American NIH, the nodal body for medical research. They said, you go through the list of Institutions whose grants have been sanctioned for obesity research and ask to be included in their team. Pursuing the list, I found one Institute in Texas, which had been given a grant of \$3 million for Obesity research. I wrote to the research head, of that Institute, asking him to validate my hypothesis. I had visions of me getting a Noble prize in Medicine. I said why not!! When a doctor has got a Noble for discovering that Peptic ulcer is caused by a bacteria, then my discovery also is of same or more stature. Obesity affects Billions and obesity complications affect more lives than a peptic ulcer.

The Texas doctor, to whom \$3 million were sanctioned for research replied that he can be of no help to me, as that money is granted to study Obesity in mice and not humans.

My dream world crashed. How naïve of me!! Not knowing how the system works. Majority of Research all over the world appears to be of just getting research grants by any hook or crook.

All doctors and so called health experts are clueless as far as giving advice for fat loss and give very general instructions, like reduce rice, go for a morning walk, avoid sugar and bakery products etc, which never work.

Copyright 2003 by Randy Glasbergen.
www.glasbergen.com



“Integrate more exercise into your daily routine. Instead of taking the elevator, climb up the side of the building. When you pass a coworker in the hall, insist on a game of leap-frog. Use kick boxing to post messages on your bulletin board. Stir your coffee with your toes. Arm wrestle your clients...”

Obesity is an addiction to a faulty way of eating and just giving an advice is not sufficient and lots of self motivation and family motivation is required. As a hobby, I started giving weight loss advice to people. I approached my friends who are doctors in this region to refer me cases, so that, I can give them a proper advice, but surprisingly, I did not get any obese individuals referred to me by any doctor. I asked them that, you have so many obese patients then why don't you refer them to me? They said, we definitely tell the patient to consult you once, repeatedly telling a person to lose weight makes the patient unhappy and he changes his doctor. Due to word of mouth publicity, I built up a decent fat loss practice and had many satisfied people who could lose weight and more importantly maintain the lost weight.

Losing weight may not be a big deal as every person at some point of time has lost weight by dieting or going on some sort of fad diet such as GM diet, Atkins diet, or Idli diet, taken some herbal supplements , ludicrous named cell activators (sic),etc. What is important is that, can one be able to maintain the lost fats life long? The cycle of losing fats and gaining fats called yoyo effect is more harmful to the health than remaining fat. It is important to follow a system of losing fats wherein a person gets all the nutrients required by the body and can eat the same way life long without feeling deprived of eating.

A medically balanced diet which I recommend ensures that, the body is satisfied by all the nutrients and the same way of eating can be maintained for life leading to safe weight loss and permanency of weight loss. There would be no sagging of skin or losing of facial glow.

Through this book I have compiled a revised food lifestyle which will not only help you to lose excess fat but also rejuvenate your body and mind in accordance to health.

No doctor is interested to work in the field of obesity as they feel obesity management is not their work, better left to dieticians. There is no glamour attached to counseling and giving proper food advice to the people as they consider treating obesity as a simple job- eat less, exercise more. They have bigger disease to treat like heart problems, Neurosurgery, intensive care which brings them fame, money and glory. Hence this field has been left to people who have rudimentary knowledge about how the body works.

People are at mercy of these people who give advice to cut down the calories and be hungry to lose weight. I had met a lady who is Ph.D. in Nutrition and is my patient for weight loss. She used to follow my advice saying it is very good, but when she used to sit on her professional chair, she used to advice her clients to reduce calories, exercise more, and have 4 to 5 dry grapes instead of breakfast. Habits die hard.

I don't say that reducing food doesn't help in weight loss. It may work for some, but with great inconvenience, cravings and hunger pangs. Also one gives up such efforts sooner or later and is back to square one.

With the background of my own problem of battling weight and my own study, I decided to bring my research and treatment protocols in the public domain by this book. Let people benefit directly. I wish to be a one information source for everything related to weight gain and weight loss. I have tried to logically explain many questions, for which there were incomplete and confusing answers. You may mail me your queries regarding fat formation or fat loss. I will be glad to answer them.

CAUSES OF OBESITY- A NEW PERSPECTIVE

To say that obesity is caused by merely consuming too many calories is like saying that the only cause of the American Revolution was the Boston Tea Party. ~ Adelle Davis

Obesity is a very complicated topic and there are many views for its causes and millions of views for its treatment. Most people believe in the calorie model, that obesity is caused by either increased calorie consumption or decreased calorie expenditure. Fast food and lack of exercises are often blamed for the excess fat deposition.

Cause for weight gain is not that simplistic, as body is not a machine wherein you get a fixed energy output from food consumed, like for example, fuel consumption of a motor cycle which is designed to give a mileage of 60 km per liter of petrol. Each body behaves uniquely with the food consumed and gives out different energy outputs depending on the adaptability of the body and eating patterns. Like for example, a good motorist can get maximum mileage output from a motor cycle by judicious usage of accelerator, brakes, and clutch. Similarly, good eating habits lead to proper body weight without fear of calorie consumed or burned.

Now, what are these good eating habits, which keep weight under control? During last 100 years, calorie theory has become so entrenched in peoples mind and those are reinforced by health professionals, nutritionists, dieticians and educated public , that, it becomes very difficult to accept and relate to what I am saying- Calories do not matter, neither consumed nor burned by way of exercise for weight management.



“The four food groups are: stuff that’s bad for you, stuff that’s really bad for you, stuff that will kill you now, and stuff that will kill you later.”

People have fixed ideas of what good food is and what bad food is. Some foods are erroneously labeled as bad food. For example let’s analyze Pizza. A Pizza has following components- A base made from refined flour, a carbohydrate, Vegetables as toppings, which give sufficient fibers and vitamins, Cheese as proteins and little bit of butter as fats. In fact Pizza is the most complete balanced meal, containing all the elements of nutrition.

Some say Soft drinks are bad. It is just flavored sweetened water, as good or bad as any tea with sugar. And carbon dioxide present in the soft drinks is not absorbed by the intestines to cause any CO₂ poisoning. And I can say for sure that Carbon dioxide if taken excessively will not convert into fats.

No food is good or bad per se, increased body weight is because of not what qty one eats, rather what time one eats ,what are the gaps between meals, choices of food, masala ,etc.

One simple experiment I would suggest you to try is to get a good quality weighing machine at home. A digital one to be precise, showing weight fluctuation in 50/100 Gms, check your weight daily in the morning wearing underwear after bowel and bladder evacuation. Be nil by mouth and keep a record. You will be surprised to see that, weight fluctuates between 100 to 800 Gms, plus or minus on a daily basis. How does one explain such rate fluctuations by applying calorie theory? For example, let us say there has been a weight gain of 500 Gms that means there has been increase of fats by 500 Gms as hydration is maintained. One cannot expect muscle mass to grow or reduce by 500 Gms in 24 hours, hence whatever gain and loss is shown is that of body fats. The process of digestion and assimilation of food is maximum 7 to 8 hours post ingestion. Hence, a morning weight always reflects on prior day's food ingestion. Exclude weight record on the days one has constipation and in females, the premenstrual phase, when there is water retention.

So, coming back to the question posed, that, if there is a weight gain of 500 Gms that means, you have eaten about 4500 calories extra on the prior day? As per books 1 gm fat is equal to 9 calories. 5000 calories worth of food is a huge lot of food, i.e. = 45 *roti's* or three cooker full of rice or half a kg of cashew nut sweetmeat which obviously you have not consumed. To continue further, suppose there is decrease of 500 g that means you have burned 4500 calories. For those who love calorie chart, one hour of walking or swimming consumes 100 to 150 calories per hour. Did you walk or swim for 35 hours on the prior day to explain the loss of 500 Gms of fat? Which is impossible? So obviously, the calorie theory has outlived its life and should not be taken seriously or to be the Gospel truth. Times change, thoughts too need to be changed in view of the logic I am stating.

You must have seen, so many thin people gobbling down food on many occasions during the day and still remain thin within lifting a finger, by way of exercise, whereas there are so many obese people, nibbling on salads and generally looking morose and unhappy in life, not losing a single gram despite of starving. How do we explain that?

The key to explain this lies in the fact that thin people eat right by accident and fat people eat wrongly by accident! What is this eating right? Is it eating right the dietitians way or eating right medically? Yes, I am talking about eating right, a medical balanced diet, and not just to eat fruits and green vegetables and avoid sweets, stuff which dietitians promote.

Most people are ignorant about eating right, so, fats start accumulating. They often blame their increased weight on some illness in the past, wrong medication given during childhood, pregnancy, or some other exotic cause. Usually, when there is a young child at home, the mother becomes the repository of all the food which the child has left uneaten on the plate as nothing should be wasted is the general psychology of women folk. Usually, it is seen that, more than one member of a house is obese and then it becomes easy to blame the condition on heredity. An obese mother gives obesity genes to daughter and makes her obese. That isn't true. Obesity is because of irregular eating habits and wrong choices of food across generations. Mothers have faulty eating habits and the daughters as well. By saying faulty eating habits, I am not referring to standard healthy eating habits as is generally advised- eat fresh, eat less of something, etc.

© Randy Glasbergen.
www.glasbergen.com



“Heat makes objects expand. I blame my gut on Global Warming!”

People give funny and illogical reasons for putting on weight that I am expecting someone to say that, they became obese because of a mosquito bite when they have visited Bandra, a suburb of Mumbai! All these causes which people attribute to, causing weight gain are nothing but sign posts in one's life.

For example, if a car meets with an accident at mile stone 290, one cannot blame the mile stone for the accident rather, it is the rash driving which caused the accident and mile stone was just a mute

spectator. Similarly, all the so called causes of obesity mentioned above are the happenings in one's life, which prompted a person to associate the cause of weight gain to that event as they noticed the problem after those events. In reality, their eating habits had changed during those events which were the cause of obesity.

I recollect a patient of mine who said that, since last three months she is putting on weight despite no change in eating habits or physical exertion. I said, weight gain is always the function of eating habits and may be you are not eating normal or routine food for you, but definitely you must have dropped eating something. She said, yes, I have stopped taking evening tea, and that was the cause of increasing weight. I restored her evening tea and she slowly lost all her gained weight. This may sound unusual and illogical for people who believe that sugar is bad for health and should be consciously avoided. These are all wrong ideas and have no scientific basis, and are applicable only for diabetics. A normal individual can handle all the sugar, which they can eat. If timings are right, sugar causes no harm.

All carbohydrates, be that, rice, wheat, corn, sugar, fructose from fruits are all metabolized to become Glucose Molecule for burning. A Glucose Molecule from any source has a same chemical structure, and hence, the source of Glucose has no significance or any so called healthy or unhealthy choice. Hence, this all mislabeling of healthy and unhealthy carbohydrate is all *Mumbo Jumbo* of foolish persons who do not know Organic Chemistry.

If you give proper food at proper timely intervals, the body judiciously takes energy from the food and does not conserve the food as fats. For example, if a person has a monthly regular income of say Rs. 20,000/- per month which is delivered to his bank account on the 1st of every month, he very well knows that, Rs. 20,000/- would be delivered to his account every month for years to come. A normal person would then properly budget his expenses and keep a very small portion aside for emergencies and hence, would not have a large saving balance. At the end of the month, he would have exhausted all the money and would wait for next month's salary check.

Now, consider another type of person who has a very irregular monthly income. Some months he earns lakh's of rupees and some months, he earns next to nothing. Such person is usually a miser, saving the money for the rainy day which surely has to come.

Similar is a body's response. A person who is regular and sufficient to fulfill his hunger, the body does not save fats and those people who eat irregularly, tend to put on weight, that is, save fats.

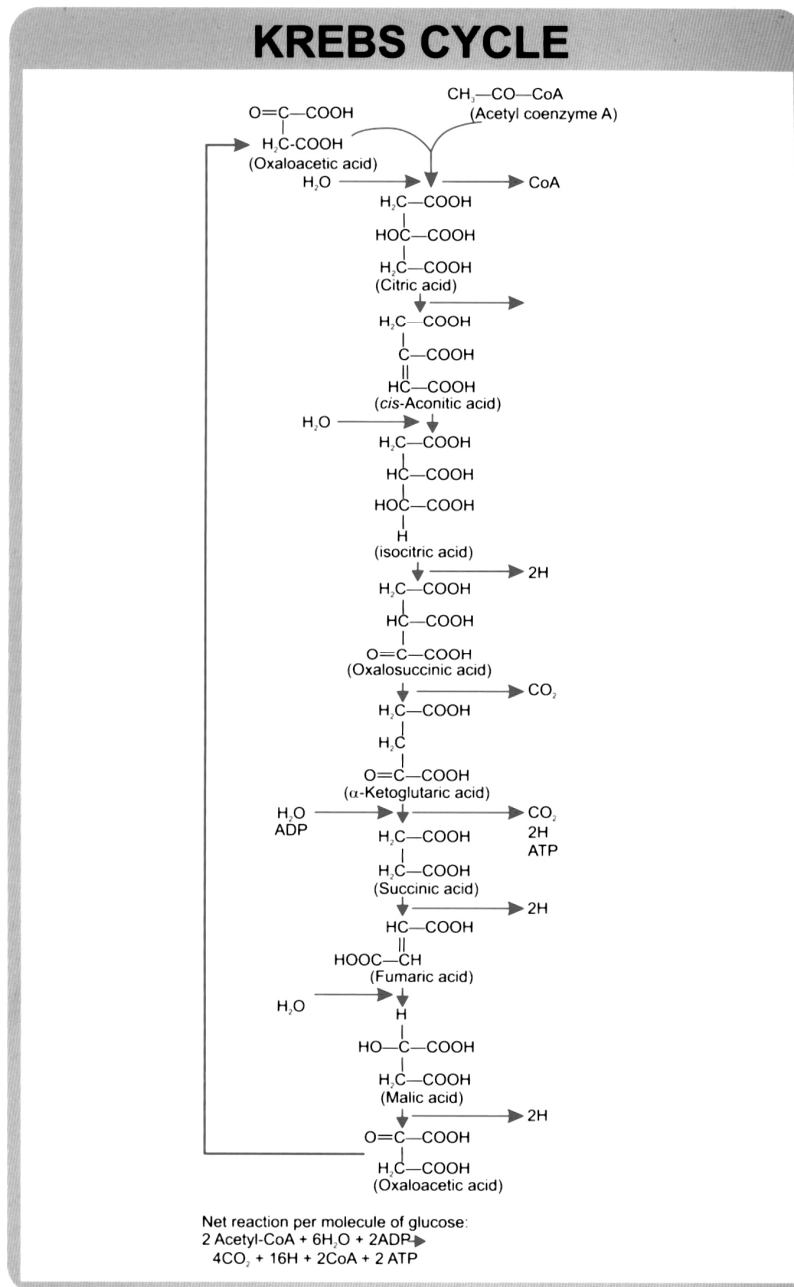
Another contributing factor for the tendency to be obese is childhood and teenage obesity. The body is a unique machine. A child is born with some billion numbers of cells belonging to nervous system. The number does not increase and are static. Once a neurological cell dies, it cannot regenerate. Exceptions are valerian regeneration. The fat cells, i.e. the store house of fats are formed during childhood and during teenage years and then are static. Those people, who have managed to form large number of fat cells during early years, are more prone to store fats. Those people who have less number of fat cells tend not to become obese as there is less or no place to store the fats.

Fasting for religious reasons is one of the important causes for gaining weight in women. I get many women who say that, they practice fasting for three days a week and are obviously obese. I have advised them not to do so, but it all fails in vain. I then tell them whether they want to be happy when they are living, being in good health or would be like to be happy after their death either in hell or heaven.

Probably we do not think of weight because we are used to running behind things that are more important and take fitness to be granted and relate everything associated with it as a chore.

Body is not a calorie counting machine, which gets happy in getting the so called calorie requirement in a day. Body needs regular feeding so that the energy requirements are taken care of round the clock.

Following is the illustration of a bio-chemical reaction commonly known as Krebs cycle or Citric Acid cycle which is part of all text books related to medicine, nutrition and life sciences. You will note that, the reaction in which energy is released in stages starts with two chemicals. First is Acetyl Co-A which comes from Glucose and fatty acids. The energy cycle to burn fats and glucose is the same. You will notice that, the second chemical in the reaction is Oxalo acetic acid takes part in the chemical process and is released at the end of the cycle means that, it is just a catalyst.



Reduction of Oxalo acetic acid at cellular level causes hindrance in the Krebs cycle whereby there is reduction of the Krebs cycle causing non-burning of fats and thereby its accumulation. A person who eats in a way and with such food choices that ensure high level of Oxalo acetic acid , by default causes rapid Krebs cycle functioning . This causes more than efficient burning of fats thereby causing loss of accumulation of fats and prevents re-accumulation. **Calories do not matter.**

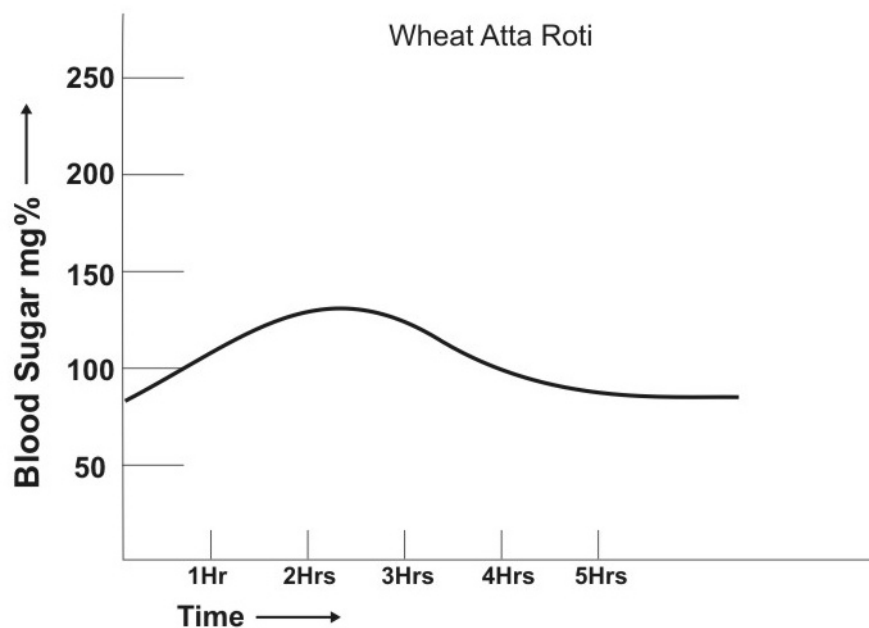
Having adequate amounts of Oxalo acetic acid to catalyze the Krebs cycle, how does one achieve that?

First is to eat food in a way that blood glucose levels are maintained within a band of 90-120 mg/dl and secondly have right additives in form of condiments

Each food has a level of blood sugar increasing potential which is called as glycaemic index. Simple carbohydrates which are digested easily and causes increase in blood sugar levels faster.

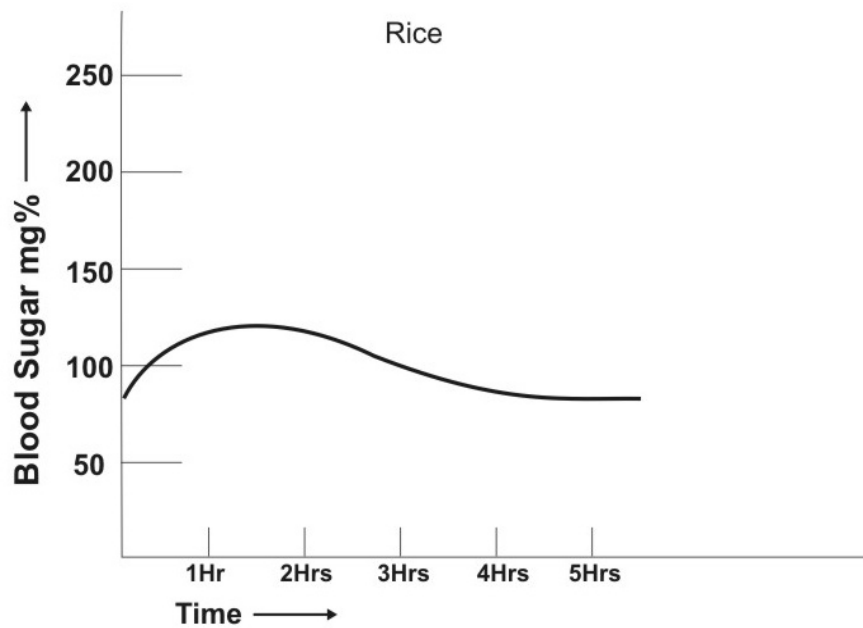
Eating pure glucose is given a ranking of 100 -- all other foods are in relation to this. So a food with a glycaemic index of 95 raises blood sugar almost as much as pure glucose, but a food with a glycaemic index of 20 doesn't raise blood sugar much at all. It's important to keep in mind, though, that the glycaemic index does not take portion size into account. The actual amount any food raises blood sugar has to do both with how glycaemic it is, and how much of it you eat.

Graph 1- (Indicative only)



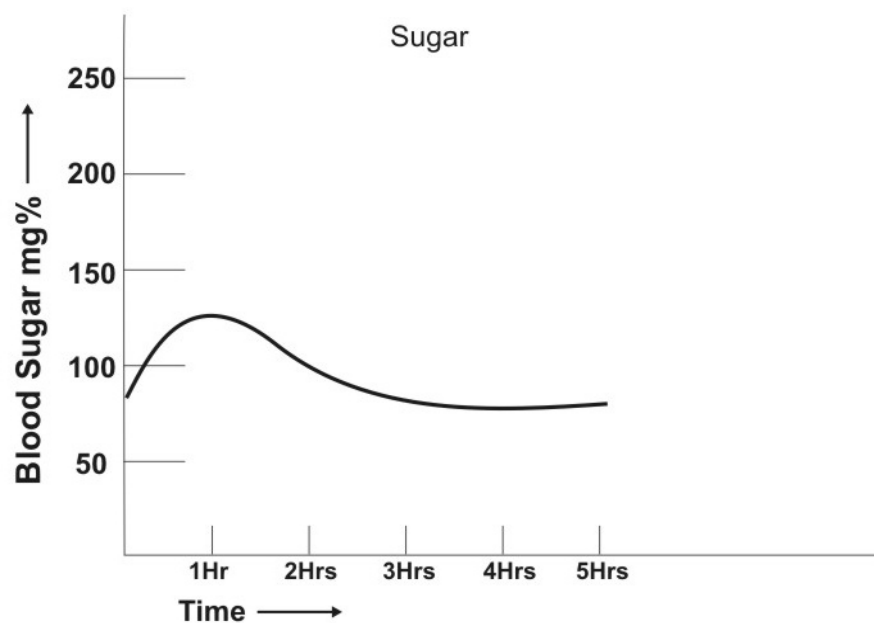
The graph above shows blood sugar levels after intake of a wheat Atta roti. Slow rise and slow fall

Graph 20-(Indicative only)



As seen the graph above, after consuming rice, the blood sugar rises a little faster than wheat *rotis*. And it reduces to normalcy even more suddenly.

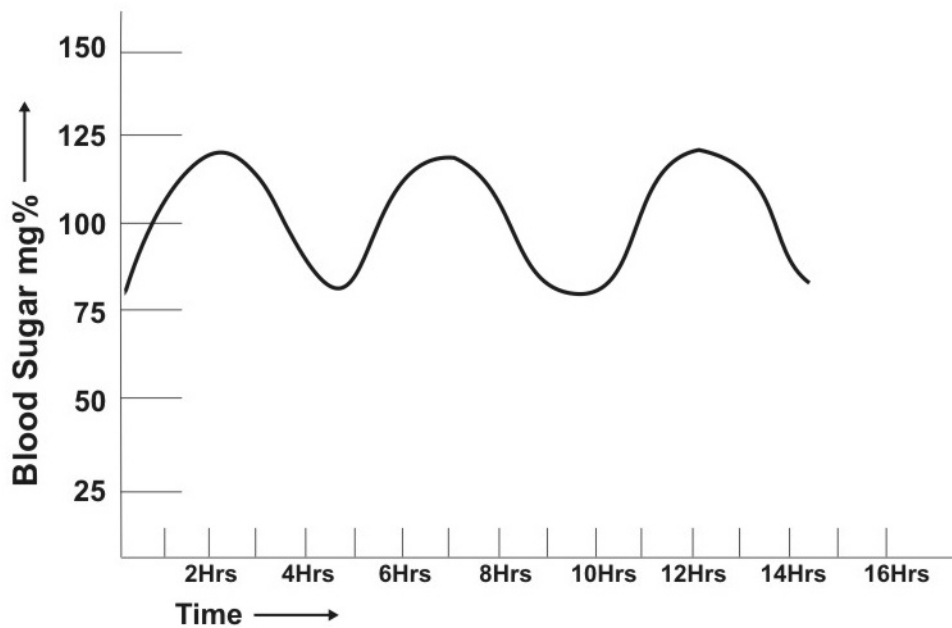
Graph 3-(Indicative only)



In the above graph, the blood sugar level rises instantly and drops slowly, after eating a mixed food.

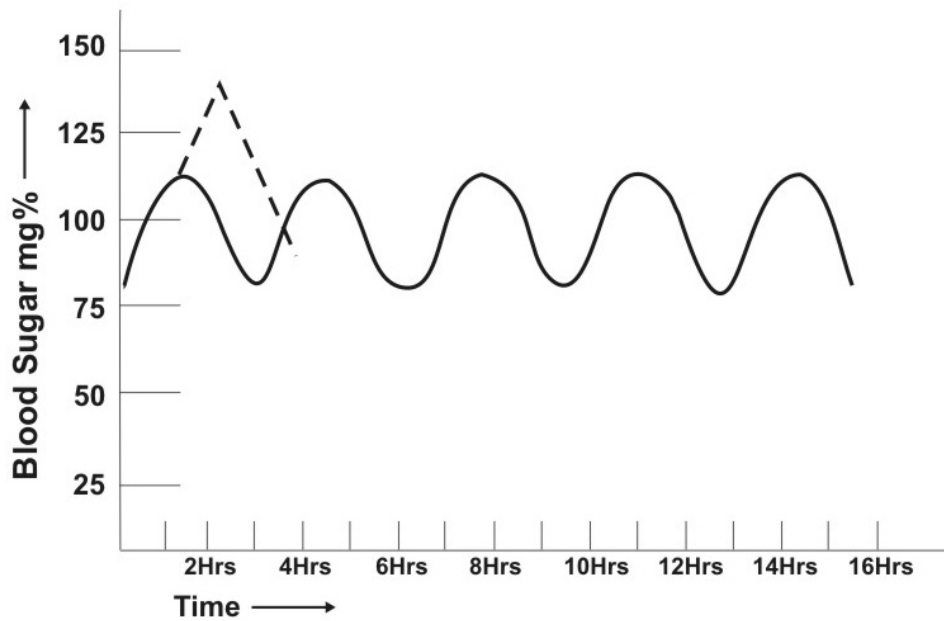
After knowing the glycaemic index, one can eat approximately at intervals of 2-4 1/2hrs, thereby maintaining the blood sugar levels within the desired range. Too long a gap causes starvation response and leads to storage of food for the rainy day. And food eaten in-between causes spiking of blood sugar levels leading to fat accumulations.

Graph 4-(Indicative only)



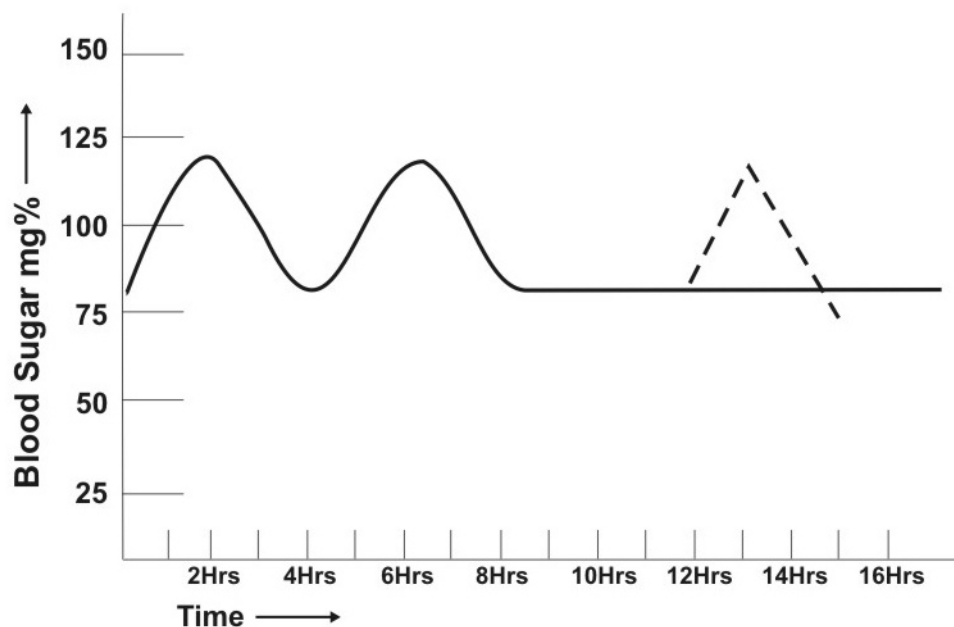
Above shows an eating pattern at proper intervals, taking into consideration the Glycaemic Index. There is the normal rise and drop in the blood sugar levels. The mean blood sugar remains about 100 mg/dl. Graph Indicative only.

Graph 5-(Indicative only)



This is a blood sugar pattern if you unnecessarily eat in between normal food schedule your blood sugar spikes and there is fat formation.

Graph 6-(Indicative only)



The above graph depicts the rise in blood sugar (broken line) after a meal taken after a long gap after the earlier meal. Starvation response is

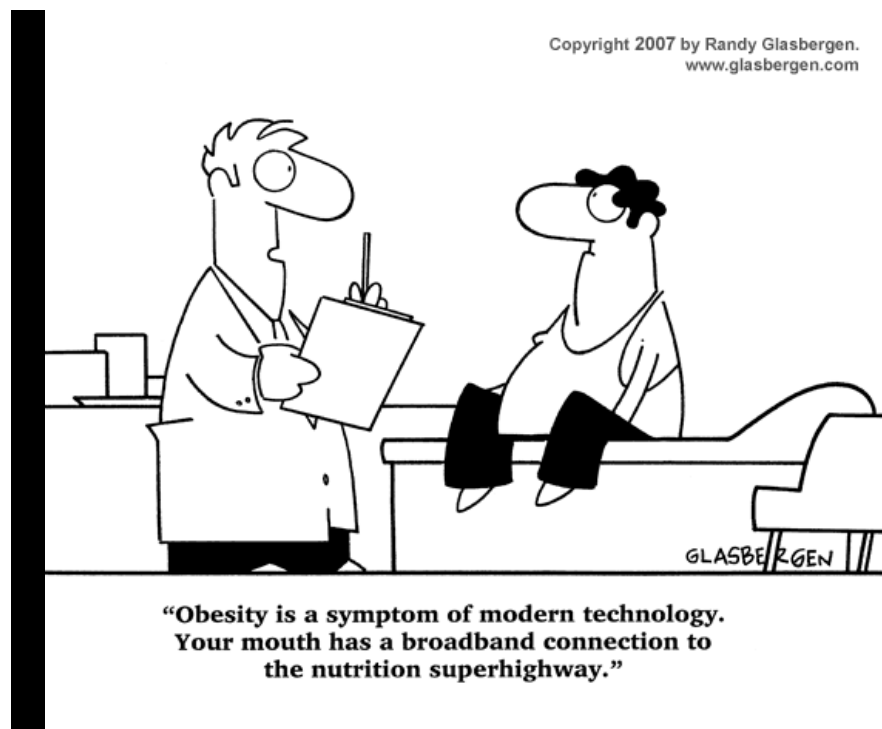
activated and the glucose from this meal taken after a long gap converts to fats.

We do not stick to single type of item in a meal. There are always combinations of, for example- Roti+ Rice+ Daal+ Subzi, etc. The combined Glycaemic index will be unknown and hence it's difficult to know what to eat and when. The only way to know surely and exactly would be to get blood sugar done at hourly intervals, which is not a practical solution.

Body is a wonderful machine. It loses and gains fats on a daily basis depending on what you ate prior day, depending on what blood sugar levels are maintained in the body.

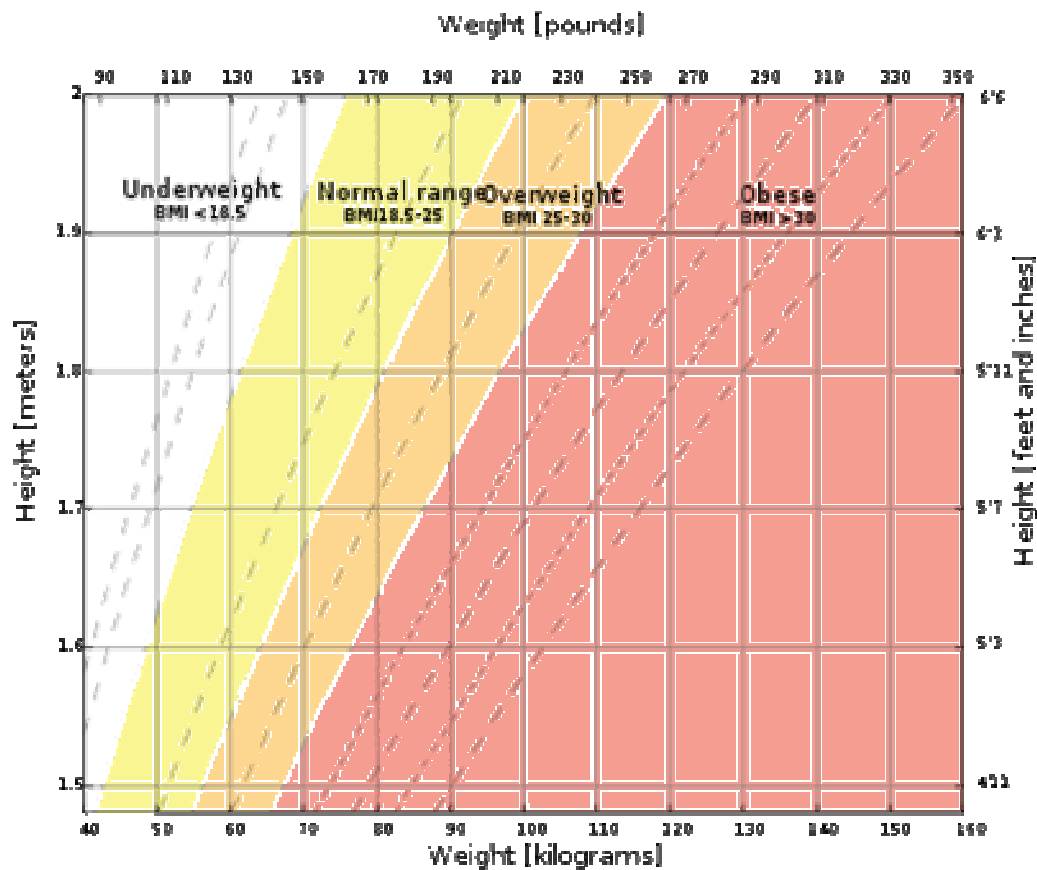
Assessing the severity of OBESITY

The world is suffering from the plague of obesity. Every home has more than one individual who is battling with weight problem, and suffering.



Obesity is really widespread (in every sense of the word). Obesity can be defined as excess body fats. The severity of which can be judged by just checking the weight or by looks alone. Consciousness of the weight makes the obese rummage around for methods for calculating weight and determining the right weight. As if life is not complicated enough, we humans, complicate even the systems through which we determine a healthy weight. This may be because of our obsession and fascination with complications. As a continuation of the same, most people go by the standard BMI indexes which is calculated as-

BMI is- Weight in kg/ Height in meters.



A graph of body mass index is shown above. The dashed lines represent subdivisions within a major class. For instance the "Underweight" classification is further divided into "severe", "moderate", and "mild" subclasses.

Category	BMI range – kg/m²
Severely underweight	less than 16.0
Underweight	from 16.0 to 20.0
Normal	from 20 to 25
Overweight	from 25 to 30
Obese Class I	from 30 to 35
Obese Class II	from 35 to 40
Obese Class III	over 40

The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type II diabetes, gallstones, breathing problems, and certain cancers.

Although BMI can be used for most men and women, it does have some limitations. It may overestimate body fat in athletes and others who have a muscular build. Those people who have muscles are going to weigh more than the normal definition as the weight of muscles is more than the weight of fats. One cubic foot of Muscle mass weighs 7 times the same volume of fats. Also BMI does not take into consideration the body frame of an individual which may be small, medium or large. It may underestimate body fat in older persons and others who have lost muscle.

Its better way to assess obesity is to measure the skin fold thickness over triceps. Rough guidelines to show how much extra fat are – Triceps' fold thickness. Skin is pinched at the back of arm and the width measured by Vernier Caliper.

10 mms- Overweight by 5-7 kgs.

20 mms- Overweight by 10-12 kgs.

30 mms- Overweight by 15-17 kgs.

40 mms- Overweight by 20-22 kgs.

Although the fat distribution has genetic and gender differences, some people put on weight or fats around their belly, some people put on weight on their buttocks and thighs and some are top heavy. Mind you, I am talking about fat distribution being genetic or gender based and not about fat accumulation. Fat accumulation is never genetic nor depends on the gender.

A fat person does not need any charts or calculation to be termed as overweight or obese. It is apparent to the eyes of the beholder that a person is overweight. In fact, most fat persons tend not to see themselves in full length mirror for the fear of shocking themselves , when they see their own shapes.

Another effective way to measure obesity would be height in centimeter minus 100, which gives an approximate weight. Ideal weight of an individual is plus or minus 5% depending on the musculature of the person. For example, if a person is 180 cms tall, after deducting 100 the figure is 80 kgs. So a range of 76 to 84 kg is right for that individual. Muscular people can weigh more, as same volume weight of muscle is more than fats.

One funny machine which is used by Slimming Centers and dietitians is Body Fat Calculator. When I first saw this machine, I was amazed with the progress of science that a machine can tell you the amount of fat percentage under your skin and around your body organs. I tried to find was the scientific basis on which these machines function. Literature available with such machines and on the internet say– that, bioelectrical impedance analysis (BIA) current is passed through the body and the resultant output of the current shows the fat percentage. This did not gel with me. So, I looked minutely at the machine to see where the current is coming from and where it is going. I could not see any wires delivering the so called BIA current.

Some fat calculators are hand held device and some fat calculators are part of the weighing machine. In the hand held machine, one has to input the weight and height of the person, a small calculator inside the machine calculates the BMI and gives out a random reading of visceral fat and sub cutaneous fat in percentages, if BMI is more.

Similar things apply to body fat calculator integrated with a weighing machine wherein the height of the individual has to be input, weight is taken by the weighing machine, BMI calculated and random readings of fat percentages. These machines are big sham and have no demonstrable value of measuring anything apart from making obese person feel that, he is on a right scientific path and in proper hands.



**“If the human body is 90% water,
how can I be 23% body fat?”**

A scientific and machine based assessment, when one visits slimming centers causes a hypnotizing experience like ‘old wine in new bottle situation’. Everyone knows the body weight and if something more, however fallacious is added, it makes a good selling proposition, like a print out from such fat composition or water composition machines. Body fat analyzers just do a conman trick to pull wool over eyes of the people who are desperate to lose fats. Just divert the attention to something exotic and pickpocket the client!!!

The medically balanced eating method

Forget about calories - everything makes thin people thinner, and fat people fatter. ~Mignon

McLaughlin, The Second Neurotic's Notebook, 1966

It was always a mystery for people to see that why thin people are thin and why fat people get fatter despite eating air. Hence the above quote.

Thin people eat right by accident wherein the body glucose levels are within proper range. Fat individuals eat wrong by accident and hence have a wide range of blood glucose, which deranges the functioning of Krebs cycle. Fat people usually do not eat when not hungry, thus causing activation of starvation responses and consequent fat accumulation. They think that by not eating, their fats will be burned for energy. In fact by not eating the metabolism slows down and energy needs are reduced.

You need to have a medically balanced food plan to lose weight and to keep the lost weight out of your body.

Start with the mind. Condition your mind, that yes this time you will lose weight and stay thin forever. Visualize yourself thin. Take a chart paper, write down in large letter which you can read from a distance, why you want to lose weight. Losing weight without a reason which needs constant reinforcement is not possible.

You may write on a chart that, I want to lose weight because (be specific)–

- 1) To be healthy and freedom from knee joint pain.
- 2) To look attractive to my spouse.

- 3) I want to control my diabetes .
- 4) I want to see marriage of grandson .
- 5)I want to take part in the marathon .
- 6) I want to take a hitch hiking holiday.
- 7) I want to surprise everyone at my nephew's wedding .
- 8) I want a second honeymoon.

Please write your reason-

Also write down what benefits you see or wish to get after losing weight.

Have as many charts (stating the above) as there are rooms in your house and as you pass through a room, make an attempt to read and re-read and try to get the desire – the wish in your subconscious mind. The subconscious mind plays a great role in motivating you to stick to your goals. There is a big role of subconscious and the autonomous nervous system in weight loss, as strong internal messaging causes lowering of fat storage switch.

If overweight by 30 kgs, don't keep the goal to losing 30 kg as that is too large a goal and appears unattainable. Keep 5 kg loss as the first goal. Once you have lost 5 kg, then keep goal of next 5 kgs.

Even if u achieve 50% of goal in the time period, that is success. Share with your family members that u wish to lose fats. Take their support. No one can lose fats in isolation. One needs a support system. In fact if two members of the same family are into losing fats ,together, and are in competition with each other, better the results. However I have seen that two members of same family do not embark on the journey to lose fats together and say- You lose first and later I will lose.

One can in such situation involve a close friend and exchange notes.



“My goal is to start exercising by the 1st of Someday and lose ten pounds by the day after Eternity.”

Writing a food diary and keeping a tab on the weight is the first step of self realization towards the needs of weight loss. Get involved because unless you get involved in a process, positive outcomes would not be there.

I have been telling you about Krebs cycle, Oxalo acetic acid being the catalyst in technical terms, no need to understand that and get confused and fearful about learning a new chemical reaction. One does not need to know the laws of electricity in order to use a sandwich maker, just have to press the switch. You need not know the working of internal combustion engine to drive a car. The knowledge of traffic rules, clutch, brakes and accelerator are sufficient for you to drive safely.

Body is a healer. Most illnesses are self limiting and self healing and so is the increased weight. You create right conditions, right eating habits, the body will start losing fats. No food is bad and no food is good. Good and bad depends on when you ate them.



**“Everyone knows food is bad for you,
but I don’t know what else to eat!”**

The 45 day challenge- Lose upto 7 kgs of fats

These medically balanced diet plans will give you all the energy required for routine activities + Nutrition. Do carry-on your daily activities along with this diet. There is no need to do any physical exercises.

Strict adherence to time and quantity has to be observed. Time can be +/- 15 minutes. By eating on suggested timing and the suggested qty, you will lose fats.

As food itself is the medicine, you will have to buy a kitchen weighing machine to properly weigh and eat. Sensitivity of kitchen weighing machine is important. If you purchase the standard weighing machine which can show maximum weight upto 5 kgs, the calibration for small weights are difficult to make out. Hence buy a kitchen weighing machine which shows maximum weight upto 1 or 2 kgs, So that weights indicated are properly measured.



Note- add 2gm masala per day to Roti/ Rice containing- Chana daal, Turmeric, Chilli, Pepper, Fenugreek, Coriander, Asafoetida, Cumin seeds, Ginger, Nutmeg, Rock, salt, Clove, Cardamom, Mustard, Ajwain Seeds, Jeera, Star anise, tejpatta, Dill seeds.

This masala combination does not cause weight loss, but helps in fastening the kerbs' cycle if taken along with suggested eating plan.

Use as less oil as possible. Around 30-40 ml per person per day is more than adequate to make tasty food. It's a wrong notion that excess oil is

required to make food tastier. A good cook with use of right condiments and technique can whip out a tasty meal with less oil. Please do not have boiled vegetables, as fats are required for the body's functioning. Where Veg indicated you can have more than one type of Vegetables.

Choose any plan and stick to that. I have personally checked that with these eating patterns a person has proper blood sugar levels throughout the day to kick start the Krebs's cycle. Once a week eat less dinner, don't skip, just reduce by say 50%. That may help if weight has reached a plateau stage.

1)Vegetarian

6.30 AM- Tea with 1 and ½ tsp Sugar.

8.30 AM- 250gms cooked Poha/ 250 gms cooked upma /250gms of cooked saboodana+ Tea + Sugar

1.00 PM- 150 gms roti + Veg+ Lime pickle.

4.30 PM- 70 gms of puffed rice chiwda (murmura) or popcorn + Tea + Sugar

8.30 PM- 150 gms Roti + daal + Veg + 1 piece Pedha

2) Vegetarian

7.30 AM- Tea/Coffee with 1 and ½ tsp Sugar.

9.30 AM- 350gms cooked Poha/ 325 gms cooked upma/120 gms Parotha + Tea + Sugar

2.00 PM- 150 gms roti + Veg+ Lime pickle.

5.30 PM- 70 gms of popcorn gms + Tea + Sugar

9.30 PM- 150 gms Roti +200gms rice+ daal + 3 pieces of chocolate

3) Vegetarian

6.30- Tea+ Sugar

7.30- 325 gms cooked saboodana/ 300 gms noodles/100gms Bread sandwich

Tea + Sugar

10.30- Tea +sugar

11.30- 3 bourbon biscuits + Tea + Sugar

2.45- - 140 gms Roti + Veg + Daal or paneer

6.30- 2 biscuits- Chocolate Bourbons+ Tea or coffee+Sugar

9.30- 125 Gms roti + Veg +curd + Mango pickle

4) Vegetarian

8.00- Coffee + Sugar + 1 toast

9.30 AM- 250 gms rawa Idli/ 250 gms Upma+ Coconut Chutney

12.30 PM- 3 pieces groundnut chukka

2.30 PM- 3 large cupful rice + Sambhar + Veg

6.30- 1 bar chocolate

9.00- Rice dosa- 4 nos + Coconut chutney.

5)Vegetarian

8.00- Lime water + 2 tsp Sugar

10.00- 120 gms Roti+ Veg

1.30- 1 plate Bhel/ Wada pav

4.00- Tea + Sugar +1 cheese sandwich

7.00- 1 Plate Golgappa (Paani puri)/ Murmura Bhel 70gms.

10.00- 100 gms roti + Veg+ Curd raita + 200 gms rice + Daal.

6) Vegetarian

7.00- Milk with sugar and bournvita or any such drink.

9.00- 100 gms bread + Little butter and Chutney

12.30- 1 Piece pastry

3.00- 1 personal pizza- 7 inches diameter/ 4 bread sandwich+Cheese

7.00 P.M. Tea/coffee + Sugar

8.30- noodles 300 gms./ Roti 150 gms + Veg

7)Vegetarian

6.00- Milk + Sugar

8.00- 300 gms noodles/ 120 gms Parotha/250 gms Poha

12.00- Coffee + Sugar + 2 glucose biscuits

2.30- 150 gms bread sandwiches Veg or Chutney/ 120 gms roti+veg

5.30- Murmura chiwda Bhel 80 gms.

9.00- 150 gms roti+ 100 gms rice+ Veg + Daal

2 gulab jamoons

8)Vegetarian

7.30- milk + Sugar

9.30- 250 gms broken wheat upma/ 250 gms Poha

+ Tea + sugar

1.0- 350 gm rice + Sambhar

+ 2 groundnut Chikki

4.00- Popcorn100 gms.

8.30- 100 gms roti + Curd raita + Pickle

9) Vegetarian- for diabetics

7.00- tea without sugar with 3 Marie biscuits

10.00- 160 gms Roti + Veg

1.30- 4 Marie

4.30- Tea without sugar + 80 gms Poha chiwda.

8.30- 160 gms Roti + Daal + Veg.

10) Vegetarian-for diabetics

7.00- tea without sugar with 3 Marie biscuits

10.00- 250 gms Upma/ 250 gms Poha/250 gms Vermicelli

1.30- 160 gms roti+ Veg

4.30- Tea without sugar + 4 Marie biscuits

8.30- 160 gms Roti +1 cup rice+ Daal + Veg.

11) Vegetarian –for Diabetics

6.30- Coffee without sugar+ 8 Monaco salty biscuits.

9.30- 100 gms roti + Veg

12.30- 2 Marie biscuits

2.00- 150 gms roti+ Veg

5.30- 4 Marie biscuits + Tea without sugar

9.00- 150 gms roti + 1 cup rice+ Daal + Curd raita+ Pickle.

12) Non Vegetarian

7.30- Tea + Sugar

9.00- 300 gms of Poha/300 gms Upma/300 gms Saboodana

1.00- tea with sugar

2.00- 150 gms roti+ Subzi

5.30- 8 krackjack biscuits + Tea with sugar

9.30- 150 gms Roti + 1 cup rice+ 1 Egg curry+ Veg

13)Non Vegetarian

7.30- Tea + Sugar

9.00- 300 gms of Poha/300 gms Upma/300 gms Saboodana

1.00- tea with sugar

2.00- 150 gms roti+ Subzi

5.30- 8 krackjack biscuits + Tea with sugar

9.30- 150 gms Roti + 1 cup rice+ 3-4 pieces of chicken curry+ Veg

14)Vegetarian + Alcohol

(note -drink in moderation if you have to)

8.00- coffee + 2 tsp Sugar

10.00- 120 gms Roti+ Veg

1.30- 1 plate Bhel

4.00- Tea + Sugar +1 cheese sandwich

7.00- 1 Plate Golgappa (Paani puri)/ 2 slices bread sandwich

9.00- 2-3 pegs + 1 cup Popcorn. On days when no drinks, consume 1 bar chocolate.

10.00- 100 gms roti + Veg+ Curd raita + 200 gms rice + Daal.

15) Non vegetarian +Alcohol

7.00- Tea + 2 tsp Sugar

9.00- 300 gms of Poha/300gms Upma/300gms Saboodana

1.00- tea with sugar

2.00- 150 gms roti+ Subzi

5.30- 8 krackjack biscuits + Tea with sugar

9.00- 2-3 pegs + 1 cup Popcorn. On days when no drinks, consume 1 bar chocolate.

10.00- 150 gms Roti + 1 cup rice+ 3-4 pieces of chicken curry/ 1 egg+ Veg

Taking weight-

Buy a good quality digital weighing machine, take your weight on daily basis, in the morning preferably after bowel and bladder evacuation and being nil by mouth. Morning weight is true weight of an individual as weight increases during the day due to food and water ingested. I have observed that weight may show an increase upto 2 kgs by evening. That is not the true weight. A weight taken after full bowel and bladder evacuation is the true weight. Clothes also weigh and hence give false reading if different clothes are worn while taking weight, hence wear underwear while taking weight. Jot down the morning weight in a diary and before sleeping write what you ate, what time you ate, what quantity you ate, what were the pressures you ate when not hungry, what you drank and when. No need to write water ingestion.

Writing a food intake diary

Writing a food intake diary is a must for weight loss and weight maintenance. We may say what's the need? As I am sticking to the plan and eat the suggested food at suggested time.

Food memory is very weak. One cannot recollect what one ate for breakfast the day before yesterday, or for that matter one may find it difficult to remember what one ate yesterday at lunch.

Remember that one day's food consumption viz. quantity, time of meals and type of food consumed has a measurable and direct effect on your weight the next day. Today's weight is a true measure of how well you followed your program yesterday, because your body's water weight will not change from day to day, except for illness causing dehydration or premenstrual water retention.

Self-monitoring of a behavior can be used at times when you're not sure how you're doing, and at times when you want the behavior to improve. Self-monitoring of a behavior usually moves you closer to the desired direction and can produce "real-time" records for review

While you may or may not wish to weigh yourself frequently while losing weight, regular monitoring of your weight will be essential to help you

maintain your lower weight. Most homes have big calendars, and you can note down your weight on the calendar, along with noting of how much milk received on that day or how many pieces of clothes were given for ironing.

I believe that if you are monitoring your weight on a daily basis and thinking that your weight should reduce, a sort of positive energy flows in through the autonomous nervous system, wherein the fat switch will lower down its settings. We all know the power of mind and how that helps in treatment of illnesses. A mentally strong person has always a better recovery rate as compared to a dejected patient.

You Have Cheat Meals?

You can look great and still have some foods occasionally which are not part of your plan. It's not all or nothing. Plan your cheat meals so you can really enjoy them and have a food you really like. You can look forward to having something fried like Samosa or some ice cream once in a while. Keep your cheat meals in check and they can actually be helpful. Having an occasional cheat meal can help in many ways:

Satisfy cravings

Refresh you mentally and gives you something to look forward to.

Your number of cheat meals has to do with how serious you are and what your goals are regarding weight loss. Cheat meals would be allowed after you reach a significant goal of say 5-10 kgs weight loss. Cheat meals should not automatically be on a certain day of the week, like eating out on Sundays. If you have made no progress towards your goal it is not time to have a cheat meal. Make a realistic goal that when you reach it you will reward yourself, and if you haven't made that goal by your usual cheat day, then give it another day or longer, until you have reached that goal and then enjoy your well deserved reward. To make a cheat meal work it is important that you plan in advance exactly what and how much you are going to eat.

DUMB DIET PLANS

INSIDE SOME OF US IS A THIN
PERSON STRUGGLING TO GET OUT,
BUT THEY CAN USUALLY BE
SEDATED WITH A FEW PIECES OF
CHOCOLATE CAKE. ~ AUTHOR
UNKNOWN

This brings to my mind an advised trip of an obese to a Dietitian; a Dietitian with glossy certificates hung on the wall, descriptions of people who have successfully 'LOST' weight. It begins with asking the candidate if he/she is a vegetarian or a non-vegetarian. Then starts the, 'don't eat this' and 'don't eat that' lecture that goes on for about an hour or so. More than half of which you didn't have a clue. But yet you tell your mind to comprehend. In the end you get a paper that reads, 'DIET PLAN/CHART', this rather seems to you like a 'LET'S KEEP IT SIMPLE... JUST EAT THE THINGS YOU DON'T LIKE' list!!!!



“Don’t tell me to improve my diet. I ate a carrot once and nothing happened!”

A typical Plan given by Dietician---

Breakfast:

1/2 Grapefruit 1 Slice Whole Wheat Toast, Dry or Oatmeal or Cornflakes

1 cup Skim Milk

Lunch:

2 Roti

1 cup Steamed Spinach

1 cup Daal

1 cup Herb Tea

Mid-Afternoon /Evening Snack

2 Soybean Biscuits

1 fresh lime

Dinner:

2 Roti + boiled Sprouts.

1 small cup rice

Steamed Vegetables.

And then you wonder and repent for paying the Dietitian the money that literally made a hole in your pocket.

Dieticians have a special love to ask you what you like to eat, and then they specifically ban them for the fear that if they allow you to eat, what you like, you are more likely to overeat and eat more calories, pathetic!

There are plenty of diets and diet plans revolving through various channels. One seems more fascinating than the other. Not knowing their complete effect on the body, people follow them blindly.

One such diet I have mentioned below:

During the first seven days you must abstain from all alcohol,

You must drink 10 glasses of water each day



**“I’m on a low-carb diet.
Whenever I feel low, I eat carbs!”**

Day One: All fruits except bananas. Your first day will consist of all the fruits you want. It is strongly suggested that you consume lots of melons the first day, especially watermelon and a loupe. If you limit your fruit consumption to melons, your chances of losing three lbs. on day first seems very good.

Day Two: All vegetables. You are encouraged to eat until you are stuffed with all the raw or cooked vegetables of your choice. There is no limit on the amount or type. For your complex carbohydrate, you will start day two with a large baked potato for breakfast. You may top the potato with one pat of butter.

Day Three: A mixture of fruits and vegetables of your choice. Any amount, any quantity. No bananas yet. No potatoes today.

Day Four: Bananas and milk. Today you will eat as many as eight bananas and drink three glasses of milk. This will be combined with the special soup which may be eaten in limited quantities.

Day Five: Today is feast day. You will eat beef and tomatoes. Eat two 10 oz. portions of lean beef. Hamburger is OK. Combine this with six whole tomatoes. On day five you must increase your water intake by one quart. This is to cleanse your system of the uric acid you will be producing.

Day Six: Meat and vegetables. Today you may eat an unlimited amount of meat and vegetables. Eat to your heart's content.

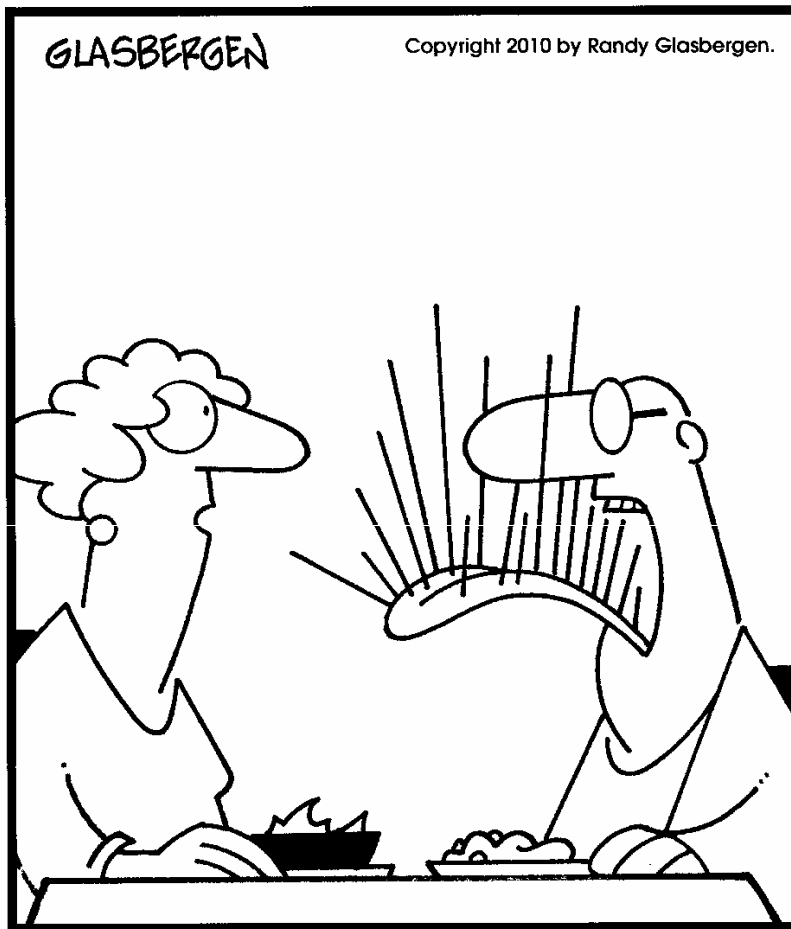
Day Seven Today your food intake will consist of brown rice, fruit juices and all the vegetables you worry to consume.

Next morning you will be 10-17 lbs. lighter than one week ago. If further weight loss is desired, repeat the program again. This program is to be repeated as often as you like, however, it is suggested that you are allowed two glasses of white wine in addition to the instructions on the program. You may substitute champagne for white wine. Under no circumstances you should drink any other alcoholic beverages with the exception of beer which is allowed. Any liquor is not allowed. Cream drinks are especially prohibited.

You may have an occasional pleasant drink such as schnapps, but you must always limit yourself to two drinks. If you want wine, drink only wine that day. If you have beer, drink only beer that day. Alcohol adds empty calories to your diet. However, after the first week it will help your digestion and settle your stomach.

According to me this diet has tried its best to show the people on face value, that eating less or at abnormal timing or proportion will help in losing excess FAT!!!

Prescribed by this diet, I do not understand the need to allow any kind of meat for cleansing the human system. Only those who can withstand the low energy intake should practice it. On the negative side, when on such a low energy diet the body tends to hold back the fat reserve and in turn burns muscle for energy that is required for daily activity and to maintain daily strength. Even a lay person will comprehend that such a thing happening in the body is not healthy. Following this diet repeatedly, can according to me, will deplete the body of its energy and some of the important nutrients that are needed. Unfortunately, we can't supply nutrients in installments on different days for our body because the functioning of all nutrients is interrelated to each other and its functioning. Many followers of such diets have steadily gained back their weight.



**“Tell me more about the Acupuncture Diet.
Does it really work?”**

Another fad that I have come across is the 'Detox Diet'. I have read whatever I could lay my hands on regarding the topic. Yet I fail to understand the logic of following it. It is a punishment to the body. There is a dumb notion that body needs detoxification by eating certain foods. Body is well capable to excreting what not is required and end products of metabolism by-Bowel Evacuation, Kidney excretion and Liver Enzymes.

There is no rationale logic behind such advice. Body needs specific amount of proteins, which are not there in the detox plan. Long term adherence to such plans will give rise of Hypoproteinemia, with subsequent weakness, falling of hairs and maybe fluid accumulation in Thorax and/or abdomen.

Such punishments to your body will, gift you abundant side-effects!!! Like a headache within the first few days of starting the detox diet, often due to caffeine withdrawal. For this reason, practitioners often suggest gradually decreasing the amount of caffeine prior to starting a detox diet. In addition, some people opt to take time off work to begin a detox diet or start the diet on the weekend (who can afford that?)

Other side effects include excessive diarrhea, which can lead to dehydration and electrolyte loss. Constipation may occur if people consume excess fiber without also increasing their fluid intake. Other side effects can include tiredness, irritability, acne, weight loss, and hunger. Any worsening of symptoms or new symptoms that occur during a detox diet should prompt a visit to a qualified health professional.

If a detox diet is continued for a longer time, it may result in nutrient deficiencies, particularly protein (some detox diets omit animal products) and calcium.

Eat Like A Caveman:

Paleolithic nutrition or more commonly known as the caveman plan is based on the foods which people in ancient days had consumed. This category of eating is thought to be nutritious as it includes many of the essential components that a body requires to function as well as what the body possesses the capability to break down and use. There are numerous forms of this plan out in publication today. Each includes its own special twist to the types of food allowed but they all keep to the root of the plan which is to eat from nature.

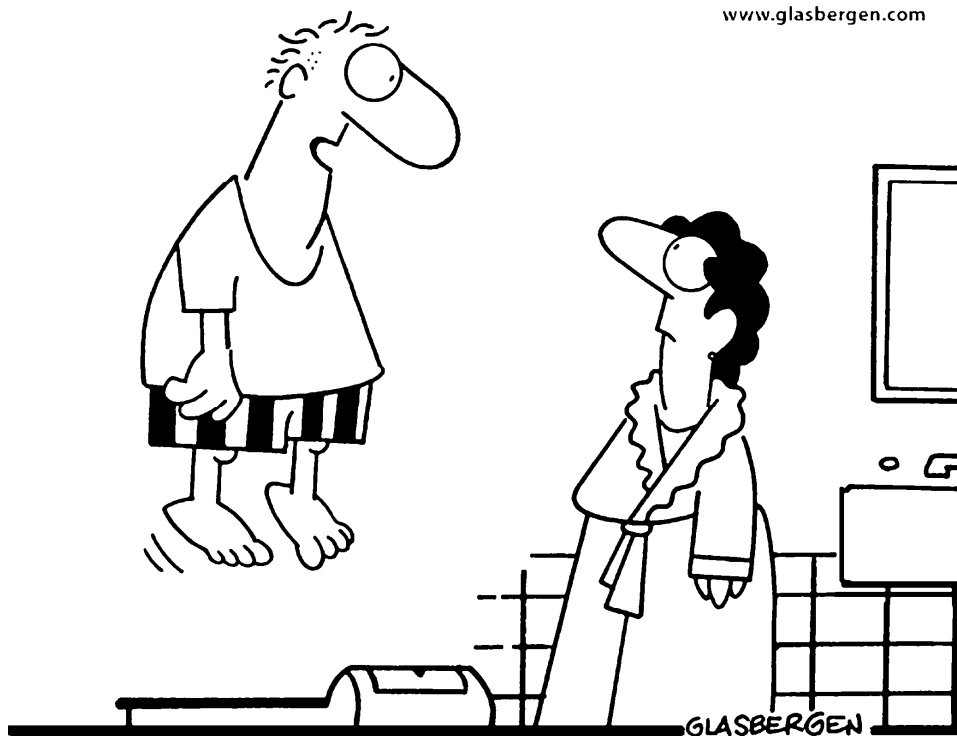
The caveman eating plan allows you to enjoy meat, fish, vegetables and nuts. These food items are basic elements found in nature and do not include any processed components such as refined sugars or oils. Menus for the caveman diet have some differences between them but many have the same type of foods. Breakfasts generally start with some type of fruit, then some eggs or meat. A lunch menu tends to have a protein of meat or fish, a salad and some nuts may be included in this meal as well. For dinner you will be able to enjoy just about the same meal as they did for lunch. Snacks are often eaten throughout the day and include fruits or nuts.

The label of caveman had been assigned to this plan as it reflects

the true nature of it. Cavemen were hunters as well as food gatherers. This therefore means that anything that can be found easily in nature by using these forms of obtaining food is included in the plan. Fresh foods are infinitely the better choice however many items, such as the meat and fish, can be easily purchased at a grocery store and some even sell organic meats. Pure organic meats and produce are raised or grown without the use of chemicals and are the better choice in food for this type of plan.

There are n number of such diet plans, which may occasionally cause weight loss but causing weakness, loss of vigor and vitality.

© 2007 by Randy Glasbergen.
www.glasbergen.com



“I lost 198 pounds on the Helium Diet!”

Risk Factors for Diseases and Conditions Associated With Obesity

Along with being overweight or obese, the following conditions will put you at greater risk for many diseases-

Risk Factors:

- High blood pressure (hypertension)
- High LDL cholesterol ("bad" cholesterol)
- Low HDL cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity
- Cigarette smoking

For people who are considered obese (BMI greater than or equal to 30) or those who are overweight (BMI of 25 to 29.9) and have two or more risk factors, it is recommended that you lose weight. Even a minor weight loss (between 5 and 10 percent of your current weight) will help lower your risk of developing diseases associated with obesity. People who are overweight, do not have a high waist measurement, and have fewer than two risk factors may need to prevent further weight gain rather than lose weight. Although it is always advisable to be on the thinner side.

The good news is that, even a small weight loss (between 5 and 10 percent of your current weight) will help lower your risk of developing those diseases. People equate obesity to a beauty problem on the lines of pimples and hair loss problems. Hence, they are not very serious about losing weight and sweep the problem and disregard the issue by saying that, they are bit on the healthier side. Let us talk about medical problems which are caused by obesity or aggravated by increased weight.

Waist Circumference:

Measuring waist circumference helps screen for possible health risks that come with being overweight and obesity. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type II diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men. To

correctly measure your waist, stand and place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out.

Diabetes:

Diabetes is partly genetic and partly viral disease, as per new research. By having increased body fats, there occurs a resistance to the passage of insulin hormone into the cell thereby causing increase in blood sugar. Reducing weight is the first line of treatment for Diabetes. Diabetologist's are lamenting the fact that, diabetics rarely wish or do anything for their body weight and / or content to increase the anti diabetic drugs or insulin injection as that is an easy escape. Mind you, Diabetes is an all destructive disease affecting the eyes, heart, kidneys and nerves system. A mild reduction of 5% of body weight may result in drop of anti diabetic prescription by 25%.

Coronary Artery Disease:

Most overweight individuals have High Serum Cholesterol which causes early hardening and subsequent blockages of Coronary Arteries. High Serum Cholesterol is a contributory factor for Coronary Artery blockages which commonly is called as Heart Attack. Reduction of Cholesterol and increase in good lipids which protects the heart happens when the weight is within normal range. Heart has to work more to keep blood supply to the stored fat cells. After all fat cells too need oxygen and other nutrients to survive. Excess fats puts strain on heart.

Lumbar and Knee Joint Pain:

The body is designed by the nature to carry a specific weight and anything more would put a stress on the bones of a spine and on the knee joints leading to prolapsed discs and early onset of knee joint

arthritics. Those who already suffer from above, will find their symptoms reduced when they shed off the over loading.

Irregular menstruation in women and infertility is a direct outcome of being obese.

Along with the direct physical diseases there are psychological diseases related to obesity and weight issues that are prevalent.

Anorexia nervosa:

Anorexia is a loss of the desire to eat. The term can be used medically as a symptom of many illnesses. It is more commonly used to describe a psychological disorder of self-induced starvation in an effort to become thin.

The suffering of individuals with Anorexia can be mainly explained to exist as a result of social stigma and pressure on people to be of certain vital statistics in order to be accepted in the society proclaimed attractive category.

Bulimia nervosa:

a disease in which there is uncontrolled episodes of overeating that are usually followed with purging (self-induced vomiting), misuse of laxatives, enemas, or medications that cause increased production of urine, fasting, or excessive exercise to control weight. An eating disorder marked by an unrealistic appraisal of body weight and/or shape that is manifested by alternating bingeing and purging behavior.

Gallstones:

Obesity Increases Risk of Gallstones.

As weight increases, the risk for developing gallstones also rises. Health studies signify that the risk may triple in women with a body mass index (BMI) greater than 32, compared to women with a BMI of 24 to 25. Risk may increase sevenfold in women with a BMI greater than 45 compared to those with a BMI less than 24. Evidence exists that central or abdominal obesity (excess fat around middle) leads to a greater risk of gallstones than excessive fat on hips, buttocks and thighs do.

Researchers have found that people who are obese may produce excessive levels of cholesterol. This can trigger gallstone formation. Obese patients may also have large gallbladders that do not empty normally or completely. This, too, can trigger gallstone formation.

Yo-yo dieting or being on and off of a certain diet, may increase the risk of developing gallstones. The more weight a person loses/regains during a cycle, the greater is the risk of developing gallstones.

Pickwickian syndrome:

Most people with obesity hypoventilation syndrome have concurrent obstructive sleep apnea, a condition characterized by snoring, brief episodes of apnea (cessation of breathing) during the night, interrupted sleep and excessive daytime sleepiness. In OHS, sleepiness may be worsened by elevated blood levels of carbon dioxide, which causes drowsiness ("CO₂ narcosis"). Other symptoms present in both conditions are depression, and hypertension (high blood pressure) that is difficult to control with medication. The high carbon dioxide can also cause headaches, which tend to be worse in the morning.

Snoring is also commonly seen in overweight individuals, and cause intense disturbance to other sleeping in the same room or near the bedroom. Snoring may cause domestic disharmony!

WRONG PRODUCTS

As mentioned before, all obese people are looking for magical ways to lose weight. They slept obese and when they wake up, they become thin, is the dream. So, they are ever willing customers for fake products, willing fodder for slimming centers, sprouting in each nook of any city. Let us look at them one by one.

Herbal Formulas:

These are usually sold through multi level marketing. The sellers are extremely pushy and invite people for seminars and brain wash them with fake success stories, sell them such formulas and create and maintain their net work of people and get hefty commissions. What the formulas are essentially Vitamins, Minerals which one is supposed to eat or drink instead of a meal. Some people definitely lose fats, but they are back to normal when they stop such herbal formulations. Behavior of any stuff sold for weight loss through multi level marketing as they are tall in claims with little or no scientific basis, how their stuff works. Some companies are selling Soybean Powder at exorbitant prices saying it to be healthy protein through Multi Level Marketing Channels. The craze to lose weight magically is so strong that, I am sure that, some days down the line, some car marker may come out with a tag line – “Drive our car and effortlessly Lose Weight”. I am expecting some apparel company to launch a range of weight losing trousers wherein it is easy technology. The company can label 38 size trousers as 36 size trouser and sell mislabeled 36 size trouser to a person and say, see you have reduced 2 inches of your tummy. In fact there is one company which is doing so. Tell me the name of this company on email and get a prize!

Ayurvedic Pills, Granules or Oil:

From the Ayurvedic text books, some companies concoct some formulas containing ingredients like Guggul, Medahari etc. and go for high octane advertising programme claiming 4 to 6 kg weight loss by having those pills or granules half an hour before meal. Nothing happens by consuming or applying oil on the affected part and the buyer is left poorer by few thousands. In India, no clinical trials are sought to manufacture Ayurvedic medicines and what to claim is best left to the imaginative powers of the manufacturers. Apart from weight loss, many pills and lotions are available to rejuvenate and increase sexual power, which are all useless and work on a psychological basis. One more condition which has got

similarity to obesity is piles problem for which there are “n” number of medications which claim to cure piles in three hrs,flat! Very few companies have authentic and effective Ayurvedic formulations.

Pineapple extract- Bromelian:-

Along with papain, Bromelian is one of the most popular substances to use for meat tenderizing.

Today, about 90% of meat tenderizer is used in consumer households. Bromelian is sold in a powdered form, which is combined with a marinade, or directly sprinkled on the uncooked meat. The enzyme will penetrate the meat, and by a process called forking, cause the meat to be tender and palatable when cooked.

There is one company which claims that by eating Bromelian, one can lose fats. These are Rubbish claims. It has some anti inflammatory effect and is widely used in Knee pain as an herbal remedy.

Acai Berry diets are the latest weight loss miracles that are taking America by storm. They are absolutely useless.

Chitin and Chitosan-

Made from shell fish and has the unique ability to attract and bind fat so that it cannot be digested. Then it passes harmlessly out of your body .

These compounds may cause allergy as they are made from animal origin. Ingestion of excess fats is never a sole cause for obesity and such knee jerk therapies don't work.

Carb & Starch Blockers

Natural carb and starch blockers are dietary supplements that help inhibit the absorption of starch and carbohydrates from food that is eaten. Carb blockers are actually starch-enzyme blockers. They inhibit the body's production of alpha-amylase, the enzyme that digests starch. With less alpha-amylase produced, the body is less able to break down starches into sugar (glucose) for further digestion.

Natural Appetite Suppressants

Natural appetite suppressants are dietary supplements that help control the appetite. Unlike appetite suppressant drugs that may have side effects, natural appetite suppressants are non-habit forming.

Natural appetite suppressants that include ingredients such as Citrimax and Relora.

Sauna Belts/heating pads:

Few years back, the media was full of advertisements of heating pads which claimed to burn away the fats wherever you apply the heating pads. There is no affect on the body fats wherever the heating pads are applied and because of local heat applied, there is reduction in water volume in the tissues, which are being heated. This leads to false sense of inch loss which reverts back to the normal inches after drinking two glasses of water.



Vibrating Belts:

They claim that, this causes passive exercises of the underlying muscles which burn of the calories by electrical stimulation and vibration. First thing there is no electric stimulation and the vibrations are an eye wash. As all fat people know to reduce weight, one has to eat healthy food which they do not want to. They fall for such machines which are kept very aesthetically in air conditioned rooms and if these machines are labeled as Made in Germany or Made in USA, or Made in Japan, the trust in such machine is complete.



Walkers:

Everyone knows the benefit of walking. For those who do not know walking briskly is beneficial for the heart, improves muscle tone and prevents osteoporosis. It has no affect on the weight as such, contrary to what people believe. Increase physical exercise also helps them in overcoming insulin resistance in diabetes. But lo behold, people do not have time, there are no sufficient spaces in the urban milieue. So now there is an opportunity to sell something to these poor individuals who want a short-cut to walking.

So, now passive walkers have come into for sale wherein you lie down put your foot on the machine and the machine will move your foot as if in the walking manner and presto your walking is done by lying down. I met many people who have bought these machines and when I explained them that, these are useless and how come they fell in such advertisement and bought these machines, they usually do not admit they have been fooled. No one wants to admit that; they were not smart enough and got fooled. For value addition, now you have remote controlled passive walkers with in-built music player thrown in.



Anti Cellulite Creams and Lotions:

Smartly packaged bottles by many brands are making an appearance in the Mega Marts showing a lady with curves and claiming 5 to 7 inches loss just by applying the cream. These creams contain hygroscopic chemicals which pull out water from the applied areas making the skin feel tight for some time after application. There is no permanent effect as such. People confuse inch loss and fat loss. They are both different, one can achieve inch loss around tummy by doing abdominal exercises which strengthens the belly muscles and results in reduction of belly measurements in inches without really having any effects on the fat. But that process of inch loss around the belly need months of abdominal crunches and is never achievable by applying lotion over the tummy.

Slimming Centers:

People find going to Gym a big bore. Though going to Gym is also not a right way- one has to eat right. More about that later. So, these slimming centers have cropped up. Some may have attached Gym, but majority have magical machines imported from Timbuktu which have purportedly very advanced features. No machines can cause weight loss, period. If that was the case, there would have been no obese person in great United States of America where money is not a problem, everybody would have bought some machines, applied for them, eaten much number of Burgers, Pizzas, Cold Drinks and still would have remained thin.



“I got a job at the Health Club. I fry bacon in the back room so it smells like clients are burning fat!”

As soon as one enters such Slimming Centers, one is led into a cubical manned by a smart lady with heavy makeup. She tries hard to sell their slimming program, giving information about their wonder machines, and making claims about inch loss and weight loss, tummy tucks etc. One is mesmerized and comes under the hypnotic sales talk and shells out booty to them. I recollect a visit to such a center at Bandra, where I had just gone to do a sortie. The lady even offered me a cozy dinner date with her if I sign up. I guess any potbellied man will jump at such offers, thinking of future possibilities.

In real sense, slimming at slimming centers happens by routine reduction of food, which everyone is aware of.

If you ask someone to reduce food, he or she would never do so, but if one has paid heavy amount to these slimming centers, to use the prop of so called slimming machines, one generally starts eating less and less and slims down depending on individual tendencies. One does not

need to pay Rs. 15 to 20,000/- to get a diet chart which any dietitian will give you for 500 bucks. The machines and sessions are just a ruse to make your pocket lighter and make your diet, which you would not have done if had not paid hefty amount. One does lose weight, but bounces back to normal once you stop dieting.

DVD'S by celebrities

Many actresses have also jumped on the bandwagon of health and weight loss. They perform mind boggling aerobic exercises or some yoga poses in a DVD and sell them offering instant remedy. No one can do these exercises for long and ,as said , exercises have no role in weight loss. Many actresses preen their eyebrows and declare that they don't diet and eat anything, but cover that by workups. In reality if you see they just have few bites and are starving themselves to remain slim.

The list is endless. Body wraps, Infra red belts, Ionizing chambers, Ozone treatment, Massage oils, Flax seeds, Chinese green tea.

Most common claims made are-

- 1) Boosts metabolism.
- 2) Detoxifies the body.
- 3) Makes the body as fat burning furnace.
- 4) Natural 100% safe products.
- 5) Contains natural antioxidants.

All these slogans appear very scientific and appealing.

MYTHS REGARDING WEIGHT LOSS

1. Eat more FRUITS-

A small amount of fructose, such as the amount found in most vegetables and fruits, is not a bad thing. In fact, there is evidence that a little bit may help your body process glucose properly. However, consuming too much fructose as in drinking fruit juices, at once seems to overwhelm the body's capacity to process it. The diets of our ancestors contained only very small amounts of fructose. These days, estimates are that about 10% of the modern diet comes from fructose.

Most of the carbohydrates we eat are made up of chains of glucose. When glucose enters the bloodstream, the body releases insulin to help regulate it. Fructose, on the other hand, is processed in the liver. To greatly simplify the situation: When too much fructose enters the liver, the liver can't process it all fast enough for the body to use as sugar. Instead, it starts making fats from the fructose and sending them off into the bloodstream as triglycerides.

Fruits are healthy, that is so much ingrained in our thoughts that I would not be surprised to see fruit flavored toilet paper on the shelves. As it is, we have fruit shampoos, face washes, soaps and what not. One lady asked me whether strawberry or banana flavored condoms are good for health!

2. Take STAIRS instead of lift:

Calories do not matter as I have already told. Hence, by taking stairs, you are just putting strain on your knees and calling for early arthritis. Walking of the stairs for one to two flights is OK as a part of fitness resume, but going up to the 5th or 20th floor by stairs is sheer foolishness.



“How many times should I push the elevator buttons to equal the same calories as taking the stairs?”

Artificial Sweeteners-

They are required for diabetic person in order that, there is no sudden spurt in blood sugar levels and not required at all for a non diabetic person. In fact, usage of such chemical sweeteners on regular basis can turn out to be harmful with no effect on body fats.



“You have Type 3 Diabetes. Too much artificial sweetener in your blood!”

It is not required to be taken by normal adults as sugar substitute and food eaten judiciously is all what is required to lose weight.

3. Drink large amount of WATER to flush out Toxins:

Our body has an excretory system wherein all the by-products of body metabolism are thrown out of the body by the Liver, Kidneys, Skin and to some extent by the Lungs. The minimum amount of urine required to expel the daily Toxins is just 800 ml. Hence, in a non-sweaty condition, intake of one liter of water suffices for normal functioning. Adding some more to be on the safer side, say two liters of water is more than sufficient for a normal adult. Asking people to drink five liters of water per day has no scientific basis.

4. A SITTING JOB causes weight gain:

This is a common refrain in the society if a person is overweight. In today's era, most of the jobs are in office environment where the physical activity is limited to going to toilet or to the Coffee Vending Machine. Did you notice that, all the people who are doing sitting job are not obese? Large numbers of people are thin without any physical exertion because they eat right by design or by accident.

5. Shun all things white like SUGAR, SALT AND RICE:

It has become fashionable to decrease the sugar intake, as it is required for people having diabetes, decrease in salt intake is required by people who are suffering from Hypertension. But salt is an essential food and there is no need to avoid it by normal healthy adult. Regarding rice, it is a Carbohydrate just like any other Carbohydrate. The quantity one needs for rice depends on one's hunger. In southern parts of India, one can see the huge mounds of rice being consumed by people of varying shapes. Some are thin, some are fat, irrespective of the rice consumed.

6. SPROUTED SEEDS are the healthiest food:

This is what people think. Sprouted seeds are basically high protein stuff and are like any other proteins, be that any other pulses, eggs, soybean, or chicken. There is no specific advantage of eating sprouted seeds. In fact if you eat more proteins than required by the body, there are full chances of becoming obese as there are no proteins stores in the body and excess protein is converted into fats and stored. All organic molecules are made up of carbon, hydrogen, nitrogen and oxygen. Mere rearrangement of the molecules makes them proteins, carbohydrates, water or air.

7. One can lose fats from SPECIFIC REGION-

Most people are worried about reducing fats from specific locations. That's why people are selling Tummy tucks and hip tucks.

Exercising a particular set of muscles, just tauts and conditions the muscles and has no bearing on fats above the area.



“If walking makes your legs thinner and sit-ups make your waist thinner, how come chewing doesn’t make my face thinner?”

Myth 8: Eating rice at night will make me fat. Never eat before bed.

Fact: Carbohydrate group foods that are digested to form glucose include rice, wheat, ragi and millets. A glucose is same, whatever the source. Hence it is immaterial when you eat rice. Digestive process is always on, if food is there in the intestines. This is independent of sleeping, just as heart beats and lungs take breath even if sleeping. So there is no rationale that one should not eat just before bed. Yes, those people who have medical problems like Gastro-esophageal reflux, i.e. food regurgitating back into esophagus should not lie down after eating as the condition worsens.

Myth 9: Breakfast like a king, dine like a pauper.

Fact: It's wrong to assume one should eat like a king in the morning and during the day (because we are active and need more energy) and like a beggar at night (because we are asleep and need less energy).

Body needs energy 24 hrs, and those who are not exercising heavily, the energy needs are the same for proper functioning of heart, brain, kidneys, lungs. Hence it's a myth that dinner should be the smallest meal.

Myth-- Bake, don't fry.

Body needs oil. As many vitamins are fat soluble. A deep fried dish does not soak in much oil to matter. If you have eaten pakodas on roadside stalls with your fingers, you would have noted that no oil sticks to the fingers. Very little oil is absorbed if deep fried. Also one has an option of using paper napkins to remove excess oil. Baked products need fats in the form of butter or margarine to be baked and puffed. The fats are the same in both types of food products, if care is taken.

Lemon and Honey

Many people believe that Lime and honey taken with warm water first thing in the morning causes weight loss. Honey is natural non sugar, is the belief and that replaces the so called bad sugar.

There is a gastro-colic reflex, which is a normal body mechanism, meaning that when the stomach is full, there is bowel movements and hence bowel evacuation. So 2 glasses full of honey or just plain water will cause proper bowel evacuations. Good for constipated people.

Honey is a carbohydrate and after digestion converts to glucose. As said before all glucose molecules are same irrespective of its source, honey has no special effects for fat loss.

Consuming any carbohydrates first thing in morning is desirable, as the blood sugar during fasting has dipped low and eating/drinking something first thing in morning raises the blood sugar, which is required for fat loss.

Sweating

There is a mistaken notion that sweating means that there is increase in internal body heat, which burns up the fats. Evaporation of sweat from the skin surface has a cooling effect due to the latent heat of evaporation of water. Hence, in hot weather, or when the individual's muscles heat up due to exertion, more sweat is produced. Sweating is increased by nervousness emotional stress and nausea and decreased by cold.

In my gym where I go to do aerobic exercises for heart, sometimes, I find many people asking the gym instructor to switch off the A/C so that room temperature is maintained and they can sweat more.

Fat burning is not like burning of paraffin wax in a lighted candle. For stored fats to be utilized, fats have to be converted to fatty acids, moved in blood to individual cell mitochondria, and get into Krebs cycle. All this does not happen just by heating up the body. Unfortunately!!

Otherwise, there wouldn't have been any need to study obesity, pouring billions of dollars. Eat as much as You want and burn up by wearing extra warm cloths.

Increasing body temperatures and sweating can be easily done by sitting in sauna and steam bath, sitting in open sun, or by simply watching a horror movie.

Do a simple experiment, get 100 ml of Dalda Vanaspati (Hydrogenated fat) or You may take 100 ml of any cooking oil. Heat that for 30 minutes at body temperature of 36.8 ± 0.7 °C, or 98.2 ± 1.3 °F. There would be no reduction of fat/oil.

One helpful instructor once told that the surest way to lose fats is by applying liberal dose of Amrutanjan type rubificent, which produces skin irritation and sweat , thereby burning under the skin fats.

SLEEPING CAUSES WEIGHT GAIN-

Many husbands complain that their wives sleep a lot during the day, when they are away and that is the cause of weight gain. As we have already discussed how exercises have no effect on fat burning, so there is no rationale behind assuming that sleeping causes weight gain. So go ahead ladies, have your afternoon siesta without fear of weight gain. During sleep your lungs are breathing and heart is beating, that's sufficient exercise!

FAST FOOD CAUSES WEIGHT GAIN

As discussed earlier, all food are a mixture of Carbohydrates, proteins and fats.

All fast foods have same contents as homemade food.

Let's analyze Wada Pav- a popular fast food snack on Mumbai.

Wada is made from- Gram flour (Besan) and Potato, deep fried so little oil remains. And a pav is just a bread. You can do similar analysis of burgers, Pizza and Sandwiches.

You eat them at right time, to maintain blood sugar levels, no harm will be done. One particular company says that their sandwiches are fresh and wholegrain and hence they are healthy food. Claiming any food as healthy and wholesome, is the new mantra of marketers.

Misguided Newspaper and Magazine article-

General interest magazines and newspapers try to include some article about healthy eating and some obscure research done, as they help in selling their wares and also sustains reader's interest. Greater confusion is created.

Some representative articles-

VIT D CAUSES WEIGHT LOSS

Too much unprotected exposure to the sun can be harmful, so all you need is 10 to 15 minutes of sun exposure at least two times per week to the face, arms, hands, or back without sunscreen is usually sufficient to provide adequate vitamin D. Sunscreens with a sun protection factor (SPF) of 8 or greater will block UV rays that produce vitamin D. So spend more time in the sun.

Diet: Try and include lot of lean proteins ([chicken](#), turkey) and fiber ([beans](#), peas) in the diet. Body utilizes 30% more energy in digesting it as compared to carbohydrates.

Exercise: Every time you exercise, your body's metabolic rate increases. It also helps you build muscle, which requires more energy to maintain, so that further increases your metabolic rate.

Your House is Drafty

Who knew? Insulating doors and windows does more than save you money, it can also help you eat less. As it turns out, eating in warmer temps is better at leveling your cravings, reports researchers from Maastricht University in the Netherlands. Women who ate in a room kept at a toasty 81 degrees rated themselves as 20 percent less hungry and ate 10 percent less than those who sat down in a room kept at 72 degrees.

A egg at Breakfast

"Starting the day with a high-quality protein breakfast like eggs is a great tool to promote long-lasting fullness and reduced calorie consumption. For only 70 calories, eggs are a compact, nutrient-rich source of high-quality protein, and nearly half of an egg's protein, along with many other nutrients, is found in the yolk, so I always encourage eating the whole egg," said registered dietitian and nutrition consultant.

STOP PRESS-EAT GRAPES

A compound in grapes displays antioxidant and other positive properties.

Now, a new study has described a novel way in which resveratrol exerts these beneficial health effects. Resveratrol stimulates the expression of adiponectin, a hormone derived from cells that manufacture and store fat, the team found.

Adiponectin has a wide range of beneficial effects on obesity-related medical complications, said senior researcher and professor of pharmacology and member of the Institute of Longevity and Aging Studies at UT Health Science Center San Antonio.

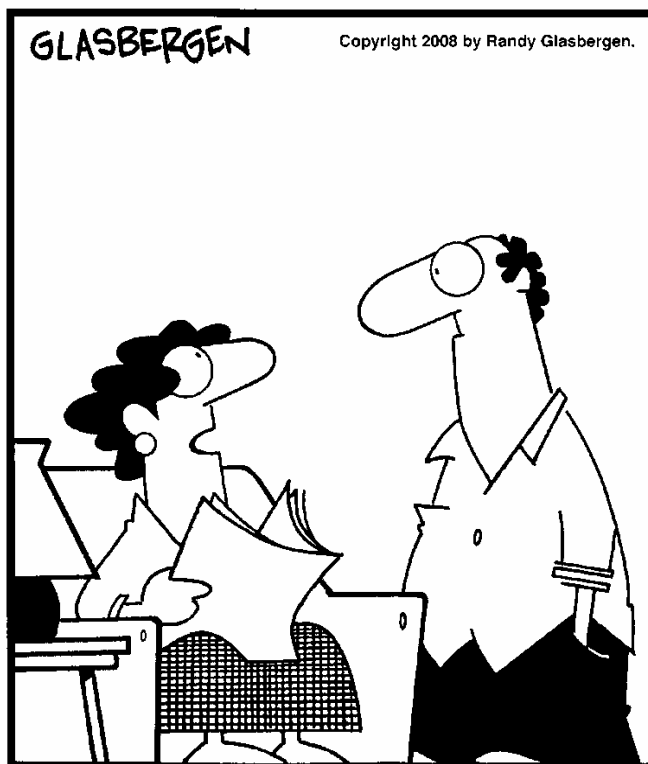
Both adiponectin and resveratrol display anti-obesity, anti-insulin resistance and anti-aging properties. "Results from these studies should be of interest to those who are obese, diabetic and growing older," Dr. Liu said. "The findings should also provide important information on the development of novel therapeutic drugs for the treatment of these diseases." The researchers confirmed the finding in cells and animal models.

Camel to make you thin.

A team of researchers are claiming to have made a scientific breakthrough by developing a medical formula for treating obesity using camel's milk and urine.

Strawberries to fight flab!

Strawberries are the perfect food to add to your diet as they are virtually fat-free. Studies show that one cup of strawberries contains only 0.6 grams of fat. Further, they can stimulate your metabolism and suppress your appetite. They can also help keep your weight-reducing hormones functioning properly.



“This magazine says we can lose 25 pounds in a week by eating chocolate cake 3 times a day. Finally, a diet that makes sense!”

Sex power to tone up tummy.

Why not supplement your gym exercising with a little sex? We all know it's possible to burn up to 150 calories (that roughly equals a plate-full of potato chips) during a 30-minute session!

Unbelievers might laugh at the idea of sex actually helping anyone - especially women, as one male friend so nicely pointed out - lose weight.

But 'it' does help. If you have sex three times a week on average, you could end up losing about five to six pounds a year! That's enough to keep you fit!

An online survey on a site-

Do you think it's possible to lose weight through yoga?

Yes of Course 15644	77.3%
I'm not sure 3045	15.1%
No, I don't think so 1573	7.6%

Number of Voters : 20232
 First Vote : Tuesday, 02 September 2008 14:05
 Last Vote : Sunday, 23 January 2011 09:26

Yoga has its own health benefits , but has no effect on fat accumulation and fat burning. But people have a notion that yoga will make you thin. That's untrue.

Mislabeled food products-

It's easy to sell food products on health platform. Call anything healthy and it sells. So we have healthy biscuits, noodles, soups, cooking oils and what not. Cholesterol free is the commonest slogan on many food products. For your information cholesterol is always from animal origin, and I find that slogan on 100% vegetarian products. Now some companies are coming out with probiotic food stuff, claiming extraordinary health benefits. No conclusive evidence exists which prove that probiotic food are really helpful for all. Those having lactose intolerance may benefit as lactic acid bacteria actively convert lactose into lactic acid.

Foods advertised as "sugar-free" are what some people with diabetes live on. The word "free" implies that you can eat more of the food without raising blood sugar or adding extra calories. But that is often not the case. Because food is such an important part of managing blood sugar, you should be wise when choosing sugar-free products. A "sugar-free" food does not have any sucrose (refined sugar) in it. But "sugar-free" is not the same as carbohydrate-free. Any type of carbohydrate, including sugar, can raise your blood glucose. Many a times, fructose is added as a sweetener, which increases the blood sugar. Sugar free is a misnomer in order to sell stuff to diabetics and health conscious individuals. When a product says "No sugar added" this means no additional sugar was added to the food during

Biggest Myth- Exercises cause weight loss.

Fact- I don't subscribe to calorie theory. However this explanation is given as per calorie propaganda.

Calories burned walking

Activity (1 hour)	60kg	70kg	80kg	90kg
Walking, under 3.2 kmph, very slow	118	141	163	186
Walking 3.2 kmph, slow	148	176	204	233
Walking 4 kmph	177	211	245	279
Walking 4.8 kmph, moderate	195	232	270	307
Walking 4.8 kmph, brisk pace	224	267	311	354
Walking 4.8 kmph, uphill	354	422	490	558
Walking 6.4 kmph, very brisk	295	352	409	465

Most people walk for 30-45 minutes. If we take a general average from above calorie chart, say the calories burned is 200 cal. That is just enough to burn 22.22 g of fats. That is 666g of fats if walked regularly for a month. That was just a theoretical calculation that the person is walking empty stomach (fasting) and so the stored fats is burned by the body for energy purposes, as everyone believes.

Alas the body is not designed in that manner. There is an additional store of Carbohydrate- 500 g of Glycogen, which is stored in the Liver, which turns to glucose and utilized as energy for walking!!! 500 gms of Glycogen gives about 400 calories, sufficient to cover routine exercises.

Fat is hardly burned selectively, as people believe if they exercise!

I am not against walking or any sort of physical exercise. It is required for well being and health but has no connection with weight loss.

Some may lose few kg by dieting, which one does, if exercising, some may lose more. But the whole effort leaves one hungry and dissatisfied. So, they leave dieting after some time and regain and the lost weight after some time. Joining a Gym is the next option, but going to Gym on regular basis needs time and motivation. Very few manage to go beyond 15 days. People do lose weight after joining Gym as they are put on a dieting regimen and after paying hefty Gym Fees. The key to weight loss is the food they are eating, the way they are eating. Compliance to a dieting program comes only with spending a good amount of money which pinches.

Some over do the physical activities to an extent where they pose eventual damages to their knee joints. Excessive physical exercises cause early onset of Osteoarthritis of the knee joint as it is directly related to increased wear & tear of the knee joint. I know a person who walks uphill through a rough terrain and boasts of his physical activity to others who are bed bound. This sort of heroic activity is not needed. I said to him, dear you are unnecessarily putting strain on your knees, today you are boasting , few years down the line if you continue to do so, you will not be able to walk and be a prime candidate for Knee joint replacement surgery.

In my clinical practice I often get rural class patients with normal weight having knee pain. On X-Ray Knee joints I noticed wear and tear of the joints. Most Indian farmers walk to and fro from their fields. Invariably those farmers whose farm land was far away from their houses, had the most damaged knees. Just by looking at the Knee Xrays, I could guess the distance of farmland from home.

For urban population, most wear tear of joints I noted were in those people who have a mistaken notion to walk 10 kms daily for weight loss. The extra weight did not reduce by walking, but worsened the wear and tear, double whammy effect.



“Sometimes it’s good to change your walking routine. Try walking around the block instead of wandering around the kitchen.”

In fact there is a great confusion in the minds of people regarding weight loss, fitness, and endurance. All three have different connotations and some part does overlap, but all three mean differently.

In isolation, weight loss is meant to mean loss of body fats. Fitness is the physical strength and freedom from disease and ability to perform day to day activities. Endurance means, an ability to withstand moderate to severe physical activity. So a person may have great endurance, may perform his daily activities, may be free from all diseases, but may be obese. Here we are talking about only weight loss and not trying to put in fitness and endurance within the topic of weight.

Exercises are needed in moderate quantity for a person to be fit and have increased endurance. I hope that, the confusion in these three terms is clear. After a round of dieting with or without exercise, some people are able to reach their goals of weight loss, but for that, they need very high level of motivation and very strong reason for that. Most people lack that will power, and family support is many times absent. I say that, losing weight is not an issue. One can always lose weight by intense short term dieting, but what about the permanency of lost weight. Usually dieting leads to absence of proper nutrients in the food leading to unhealthy weight loss which is not sustainable. There is sagging of skin and loss of charm from the face.

When one thinks of losing weight, goal setting is very important. If a person is overweight by 30 kg and if he keeps a goal to reduce all 30 kg weight, that looks unachievable, and one gives up very easily. When climbing up Mount Everest, one does not reach the top of the mountain at one goal, and goes through many based camps before reaching the goal. Similarly, one has to keep achievable goals on the short term and slowly and surely reach the long term goal over a long period of time.

Thinking of becoming size zero like a film actress is impossible and even if that goal is reached, one can maintain the same for some time eventually coming back to a fuller figure after some time. There is one more theory which is lately doing rounds in the markets that have 5 to 6 or may be 6 to 7 small meals every two hours keeping in mind that, the calorie consumed during the day does not exceed 1200 to 1500 calories and there is special recommendation to use only Indian commodes and shun Western type sitting commodes. I laughed at the whole idea that, Indian commodes help in losing weight. Apart from lack of motivation being failure of getting weight loss by dieting and so called strolling, there are few more reasons. Foremost is lack of family support. Eating wrong is an addiction and a family rarely helps a person to lose weight. They would

bring or make such eatables which are strictly forbidden in low calorie program and entice the poor man to eat and cheat on the diet plan. Losing weight is not easy because it is not just a condition or illness wherein you just pop a pill and be cured. One has to think of weight and weight reduction on a constant basis.

Regular exercise can help protect you from many problems ,such as- heart disease and stroke, high blood pressure, noninsulin-dependent diabetes, obesity, back pain, osteoporosis, and can elevate your mind and help you to better manage stress.

For the greatest overall health benefits, it is recommend that you do 30 minutes of aerobic activity three or more times a week and some type of muscle strengthening activity and stretching at least twice a week.

Heart rate should be 60-80 % of 200 minus your age, to qualify that activity to be aerobic activity. For e.g. if you are aged 40 yrs, the calculation goes as-

$200-40= 160$. 60% of 160 is 96, and 80% of 160 is 128.

So your heart rate should be consistently between 96 to 128 to get the maximum advantage of aerobic exercises. In my opinion the best form of aerobic exercise would be swimming, as there is no strain on any joints. Brisk walk with comfortable shoes is also a good alternative, cycling can be an option.

If you have been inactive for a while, begin at a slow pace will allow you to become physically fit without straining your body. Once you are in better shape, you can gradually do more strenuous activity.

How Physical Activity Impacts Health

Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States.

- Reduces the risk of dying prematurely.
- Reduces the risk of dying prematurely from heart disease.
- Reduces the risk of developing diabetes.
- Reduces the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have high blood pressure.
- Reduces the risk of developing colon cancer.
- Reduces feelings of depression and anxiety.
- Helps build and maintain healthy bones, muscles, and joints.
- Helps older adults become stronger and better able to move about

without falling.

- Promotes psychological well-being.

Specific Health Benefits of Exercise

Heart Disease and Stroke. Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle, lowering your blood pressure, raising your high-density lipoprotein (HDL) levels (good cholesterol) and lowering low-density lipoprotein (LDL) levels (bad cholesterol), improving blood flow, and increasing your heart's working capacity.

High Blood Pressure. Regular physical activity can reduce blood pressure in those with high blood pressure levels. Physical activity also reduces body fatness, which is associated with high blood pressure.

Noninsulin-Dependent Diabetes. By reducing body fatness, physical activity can help to prevent and control this type of diabetes.

Back Pain. By increasing muscle strength and endurance and improving flexibility and posture, regular exercise helps to prevent back pain.

Osteoporosis. Regular weight-bearing exercise promotes bone formation and may prevent many forms of bone loss associated with aging.

Psychological Effects. Regular physical activity can improve your mood and the way you feel about yourself. Researchers also have found that exercise is likely to reduce depression and anxiety and help you to better manage stress.

WHY PEOPLE FAIL

- **I KEEP TRYING TO LOSE WEIGHT...
BUT IT KEEPS FINDING ME!
~ AUTHOR UNKNOWN**

Failure is at different levels.

- 1) Failure to accept, that one needs to lose weight.
- 2) Failure to follow any method, be that fad diet or dieting exercise for sufficient time to show results.
- 3) Failure to maintain lost weight and regaining that all.

Statistics reveal that 95% of people regain the weight back and maybe more so within 5 years.

Normally, obese people are happy go lucky and jovial. Jokes on fat persons are either taken in sportingly or not taken cognizance of. They are ever ready to eat and gobble up the leftovers at any given time. They are apple of the eye of a party hostess who can bank upon them to finish off all the food and not behave unsporting like those diet conscious people who say no-no to servings. To determine if popularity has any bearing on body weight, the children or even adults were asked to invite three popular classmates or colleagues to a party; the popular individuals will tend to be overweight.

After trying umpteen times to lose the fats and failing every time, they have usually given up any thoughts of reducing and come to

accept that, God has made them the way they are. They would avoid all the discussions about the health, reducing fats and prefer to say “ We live only once, hence eat well , live well and die well”.

When by some situation, they are pulled in discussions of losing fats; they would recount stories of some other person who has been able to lose weight or some distinct relative on Kanpur who lost 30 kgs of weight in four months. This is the way to deflect attention from them to others. Behind their jovial persona, sometimes, they are worried and go on a diet for a day or two eventually giving up as it takes too much effort. The senses of taste is very easy to satisfy and can be done alone in a jiffy in full public view as compared to the sexual act which leads privacy and ability to satisfy your partners.

The pleasure of eating is supreme and very easy to repeat many times over day in and out. The family and the society are also culprits by offering sumptuous food and forcing a person to eat even when he is not hungry. In many countries, especially in India, it is a social norm to feed a guest to show love and affection. Refusal to eat or drink by the guest brings displeasure and a sense of rejection to the host. No one wishes to hurt a host and we mindlessly eat, even when not required, whether hungry or not.



“If more than 50% of the population is obese, then I’m not overweight, I’m average!”

Being obese is a social stigma which people do not talk in the presence of that person. But it is usually the thought that, this person has no control over his mouth, so how he can be a responsible person in a job or a situation. A person who cannot take care of his health, how he can take care of his responsibilities. So a markedly obese person stagnates at his job or is thrown away from his job, or declared medically unfit and not promoted. Obese person cannot find a good match for life partner and may have to be contended with less than desired match. I recollect a

scene, wherein I was having coffee in a hotel in Mumbai. There was an official bride seeing program being held. I saw the bride who was quite obese must be around 100 to 110 kg, 5 feet tall; the elders of both the families were sitting near the bride. I was just wondering who was marrying this lady. Who can dare to take this cow? Then suddenly the groom appeared, he was thin in built, but with a handicap. He was fully bald. So a handicap was matched with a handicap!

Apart from premarital problems obese people face lot of difficulties in marital life. Women may fail to conceive, thus leaving a big void in their life. A spouse may find the partner unattractive and may look for someone else for physical and emotional gratification. The sexual life may become less interesting and unfulfilling. Survey shows that, the divorce rate ,when one of the partners is obese is high in the Western countries. Same may replicate here in India in due course of time.

My friend who is a sexologist told me that, most of the men suffer from small penis syndrome wherein they think that, their tool is small and may not satisfy a woman. All these people are overweight and obese having their normal sized organ eclipsed and buried in the pubic region fats. He advises reduction of weight to get over the small organ syndrome. People suffering from this syndrome suffer from lack of confidence and are ineffective in bed. Similar story for women who is obese and the partner may be unhappy with the layers of fats and skin dimpling.

An interesting patient, who was obese and had sexual problems approached my friend a sexologist. The doctor gave him two options- either to lose weight or opt for expensive drugs costing around Rs.15000 per month. This gentleman opted for sexual medicines, saying that losing weight is impossible. So most people have already decided that losing weight is a lost battle.

You know it's time for you to lose weight when,

- All marriage suitors , hesitate to say Yes, I do.
- Your girlfriend or boyfriends starts avoiding you.
- You go to the zoo and the elephants throw you bananas.
- Your driving license says, "Picture continued on other side."

- You disappear and they have to use all four sides of the milk carton for your picture.
- You go to a marketing call and the chair breaks.
- Have to enter a room sideways.
- In a party the host depends on you to have no leftovers for the next day.
- Can't see the shoes you are wearing when standing.
- Have to ask others to tie the shoelaces.
- Full unlimited thali meal restaurants, refuse to serve you.
- Standard 6 meter sari not sufficient and one needs sari extensions.
- Have to get clothes stitched, as readymade stuff doesn't fit.
- Have to ask for seat belt extensions on an airplane.

They are overweight and need to lose fats and call themselves belonging to "Khate peete Gharke". Many fear that there may be changes in their personality, if they lose weight. Overweight people can sometimes show a tendency to be in denial about their weight also because they know that society has negative connotations about obese people. The relative prosperity, educational achievements and social standings have no impact for thinking that they need to reduce.

Everyone gets addicted to some routine and does not want a change. This is applicable to all, be it life style or be it, work style, or even the way of driving a car. I used to take a fixed route to my clinic in my car. A flyover was sanctioned on the main crossroad and once building of flyover started, there used to be huge traffic jams. There was alternative road to go my clinic which was about 2 kms detour. But by habit I used to take the old route and get stuck in the traffic jam, cursing myself, why I didn't take a detour. Habits die hard.

For some reason which I call the trigger point, a person decides to lose fats, he postpones the act to a next date thinking that, I will do so after Pinky's Birthday, Rohan's marriage, after Diwali, after New Year or such mundane events after coloring the house. Then after trying some unscientific way to lose fats after repeated failures, they adjust list around the problem like sitting on the chair when everyone is sitting on the floor, nor taking stairs and waiting for the lift, not walking because of knee pain etc.

They are very skeptical of everything related to health and think that they know everything what to eat and what not to eat and which exercise to do or not to do. They have their own strong views and are not open to any sane advice. When I say that, there is no need for any exercises, to lose weight, they look at me with obvious distrust and disbelief. It is not their fault as years of conditioning has occurred due to articles, magazines, and discourses that, the only way to lose weight is to exercise and eat healthy. And what constitutes eating healthy has many divergent views.

It is my observation that, the pages on which health topic are printed is missing from those magazines which are kept in the office waiting areas. People just gather information and do nothing further as all the advice of such health topics is not doable. Those magazines which have articles like– Fat to fit in 15 days, 6 Pack abdomen 7 days, beautiful butt in ten days, three inches off 5 days; just fly off the magazine stand. All obese people are forever looking for free advice and free weight loss tips and looking for excuses to postpone the efforts.

They keep on doing enquiries and enquiries. But never take any step to lose weight. Out of 100 people who make enquiry with me, hardly five sign up for my medically balanced meal therapy for fat loss, despite me explaining them all the scientific details behind the process. I have people who have signed in my program, two years after making enquiry, three years after enquiry. As I was mentioning those trigger points or events that a person really takes first steps to lose fats are:

- (1) A period where there is a search being made to find a life partners.
- (2) Increasing weight is causing problems in the job which requires physical fitness like, Airline Industry, Police, and Military Services.
- (3) When diagnosed with diabetes or coronary heart disease.

Suddenly they realize that they should slim down. Rare reason is to slim down of spouse conveys unhappiness about weight matter. I have not come across any other trigger for weight loss apart from the above. In this new era of boyfriend and girlfriend, there have been instances of younger people trying to look smarter to attract the attention of opposite sex.

There was one fat young lady, who was finding difficulty in finding match. She joined my weight loss program, and was slowly losing fats. The target was about 25 kgs. She lost around 10 kgs and disappeared. The reason for her desired weight loss was to get a groom. After losing 10 kgs, she found a groom, married and now is back to same weight. I often see her on the scooter going to work. In India, once married, very difficult to get a divorce, as obesity of spouse is still not a ground for granting divorce.

The person shows to his/her spouse half hearted attempts, like eating salads in front of other and ambling for a morning walk for few days. Nothing happens and they say- nothing works on them.

I am used to people not being, motivated enough to follow a goal consistently. Earlier I used to get flustered and concerned if a person dropped down midway through the program, I used to take up moral responsibility for their success. I started weight loss groups on the lines of Alcoholic Anonymous, but gave up the efforts as instead of motivation sessions, there were people who didn't follow my advice and were cribbing and demotivating others.



**“I joined a weight-loss support group.
We meet once a week and talk each
other out of dieting.”**

Much water has flown down the bridge. Now the onus of reducing is not on me, but on the people who sign up. I can just guide them and provide the proper inputs.

When it comes to weight loss, everyone is an expert on obesity management. Even a five year old boy will tell you how to reduce the weight. Eat less-exercise more is a simple solution. All fat people are also expert in how to lose weight, only thing is that, they do not follow their own advice. I am known as an obesity expert in my region. Still people whom I met, offered me insides how to manage weight.

Those people who are thin by an accident are ever vocal, about their imaginary knowledge. I know a gentleman who advises all fat people to eat mutton twice a week to reduce weight. Few so called saner examples would be stop rice, eat jowar, have vegetable juice first thing in the morning, no carbohydrate dinner and so on and so forth. There is logic in every advice. For example, drink one liter of water before meals. This will dilute your digestive juices and whatever food you have eaten, will not get digested and hence, automatically your calories will be reduced, appears pretty logical. But very untrue, as water is reabsorbed back leaving the food at the mercy of digestive juices. Drink cold water only.

Body will have to work to make the temperature of cold water to body temperature. Thus calories will be burnt without exercise. Swimming in cold water – some experts says that, because body will burn calories by shivering. I have seen many people cutting down on food and becoming fatter instead of thinning down.

When they desire to reduce strongly hits a person, he goes on a diet, reducing his food intake, cutting down sugar, increasing fruit in the diet and takes a leisurely stroll in the mornings. You must have seen so many roly-poly aunties walking less – talking more in house coats, floating on the roads and then there are serious people in shorts and sneakers, walking with a dead pan expression, some with new age I-pod players, some with calorie counters. For the last so many years, I have been to Marine Drive in Mumbai. I have seen the same people walking up and down, huffing and puffing away, looking the same over the years.

All fat people have made several attempts to lose weight over their lifetime that they have become skeptical of anything. They know nothing works.

So the first thing they say when I advice a medical balanced food pattern is the- They will try this out and see whether that works!.

Try that out ,means that in their mind they are already ready for failure. Once a person has accepted that he is most likely to fail, the efforts to stick to the plans outlined in prior chapter are poor and failure is guaranteed.

And everyone wants quick results. They will try something and max 3-4 days and wish to see a difference in the weighing scale. They give up the efforts very fast.

Many a times during my weight loss practice, I found many people were either trying to do me a favor by reducing or testing my hypothesis.

There are many ways to lose weight. Some are difficult, some are easy. People keep on trying something or the other to lose fats, but very few succeed in the long term. Why? This can be attributed to many reasons, first of all would be lack of a strong reason to lose weight. No reason to lose weight, there would be ham handed efforts to lose which invariably is going to fail. Our society does not tolerate the effort of an individual to lose weight. As soon as they see a person has lost some

weight which is apparent, when one looks at the face of an individual, people start telling; "You are looking very weak". They make you believe that, by losing weight, you are becoming weak and unhealthy and hence, should not continue with the efforts further.

Family members too laugh at the person struggling to lose the weight and bring home such items to eat which the person is supposed not to eat. In our society, love and affection is shown by offering something to drink or something to eat when a person is meeting or visiting. Refusal to eat or drink is taken as an insult to the host and eating without any hunger results especially true in Kitty Parties organized by women where there is a competition to make tasty food and make all ladies eat or they invite displeasure. How to avoid eating when not hungry is an art one has to develop? Point blank refusal leads to unpleasant situation, so one has to be very diplomatic.

One should accept whatever is offered, act as if consuming the items and quietly discard the plate or the cup in a place where it is not visible to the host. As a thermometer is kept at home to check the fever, surprisingly I find that, most obese households neither keep a weighing machine of good quality at home, nor they keep a watch on their weight. Being overweight should be considered to be a disease and having a good quality weighing machine is a must in everybody's home.

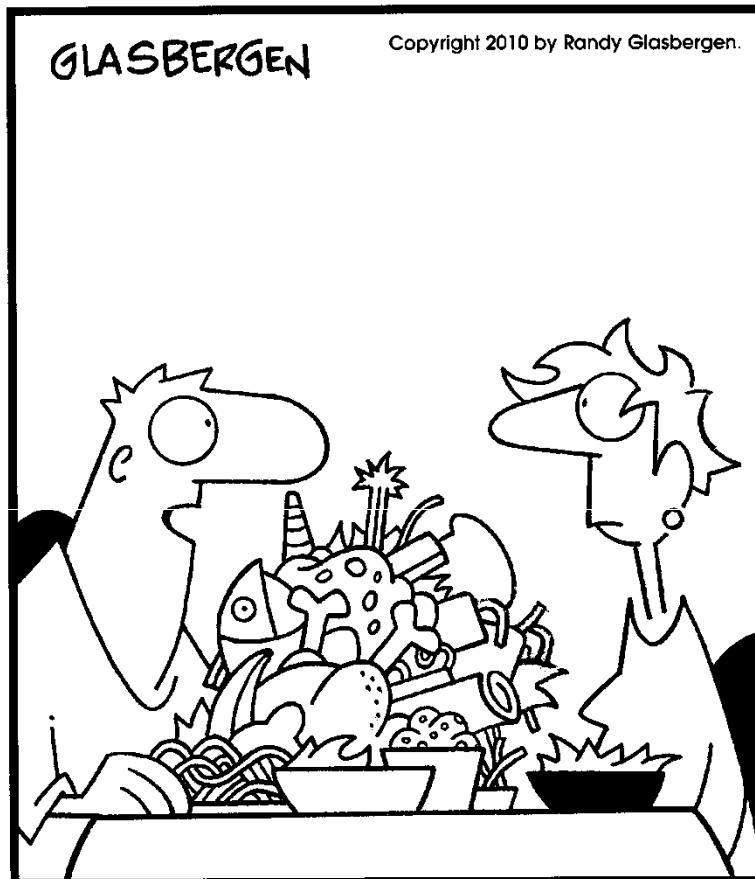
Failure to monitor weight on a daily or weekly basis is the prime cause for subsequent weight gain after the initial honeymoon period of weight loss is over. More overweight individuals take their weights on a weighing machine which is inconveniently accessed, e.g. they take weight when they visit a doctor, at the weight machine installed at railway station or bus stand. All weighing machines have some calibration errors and taking weight on different machines every time leads to wrong data. Also weight fluctuates from morning to evening because of food and water consumed, also weight differs depending on what clothes one is wearing. The best way is to take weight early in the morning.

I had a patient weighing 146 kg and after taking my advice, he managed to successfully come down to 120 kg. Eating medically balanced diet is easy or difficult as per the psychology of the person. This gentleman after reaching 120 kg got bored with the efforts and joined a sliming center to get faster and better reasons, obviously falling for the propaganda of

advanced machines. He was an intelligent chap and very soon realized that, all these machines were fake and once again started eating the medically balanced diet and reduced to 110 kg. At that point, he had a transfer to a place where his family did not accompany him. Alone he started deviating from the food plan I had given and regained all the lost weight.

Fat loss is like money in the bank, it keeps on increasing or decreasing depending on your spending. To keep a fat loss permanent, one has to keep a strict vigilance on the weight. Later the gentleman realized his folly, came to me, restarted the program and managed to slim down till 85 kg, which was his ideal weight. He had maintained it for some time and I was happy to see him fit and thin. Few days back, I chanced upon him and he had become again 110 kg. By telling the story, I want to emphasize that, weight loss needs strong determination and relentless pursue on the goal.

There are n number of theories and advice for weight loss. People mix up all such theories and make their own theory which is mish mash and serves no purpose, apart from adding some interesting conversations at dinner time.



“If I follow 5 different diets at the same time, one of them is bound to work!”

On one occasion, a mother and daughter approached me. Both were above 100 kg. Mother said make my daughter thin down and later I will also thin down with your help. A girl was around 20 years of age and had a great fear that she would not get a good groom because of her looks and weight. She diligently followed my advice and reduced around 40 kg over 6 to 7 months and was transformed into a beautiful lady in shape. She got married and she has managed to maintain her lost weight since last ten years. I often see her mother walking along the road not making any attempt to lose fats.

Many obese people eat so less, starve themselves, and are afraid to do anything more for weight loss. They say that, they eat so less that anything reduced further would mean that they will be absolutely without food which is not possible. I say to them that, you are eating so less by

which you are spoiling the body balance and activating the starvation response more oftener wherein body tends to form fats as a person is always hungry. Do not fear food, quantity of food does not make any difference to your weight, **the lesser you eat, the fatter you become**, unless you are in eating less at 3-4 hourly intervals, i.e. plain fashioned dieting. Eat right. Rather eat medically right balanced food so that, the internal controls of the body residing in the autonomous nervous system realizes that, proper energy is being supplied thereby lowering the fat storage thermostat leading to decrease tendency to form fats.

People choose diet plans and exercise routines but crave and cheat on the same very prudently. Like any 'Anita' would,

Anita: "I'd like a triple vanilla ice cream sundae with chocolate syrup, nuts, whipped cream, topped off with a slice of cucumber."

Waiter: "Did I hear you right? Did you say top it off with a slice of cucumber?"

Anita: "Good heavens, you're right! Forget the cucumber – I'm on a diet."

And by the mid of their 30 day diet, through that the only thing that they would have lost is 15 precious days.

On a serious note, so many meal replacement shakes are available, wherein u use a powder in milk and take that instead of Breakfast and Dinner. In reality as one is eating less, there may be a dramatic weight loss. But as soon as one comes back to normal eating habits all what had gone comes back. I have seen success stories of people on some meal replacement by milk shakes of soya powder – saying I lost 5 kgs in 12 days flat. The skin becomes lose, the glow of face reduces. A person becomes weak and falls prey to illness because essential nutrients required for the well being of the person is being withheld. People hear such short term success stories and buy expensive milk shakes. What is important is that the effects of weight loss are for a short time only. The person regains back all the lost weight within a short period of time.

If one has fever, they take two combinations of drugs to treat that. Firstly one gives Paracetamol tablet to suppress the fever so that patient is comfortable. And then the doctor tries to find out what caused the fever and treats the basic cause of fever. Like for example, the fever may be

because of typhoid or malaria, and hence a proper antibiotic or anti malarial drugs are given for complete cure.

Similarly when a person has become obese- dieting and such meal replacement may bring temporary relief, but if the basic cause of becoming obese is identified and rectified (absence of Oxaloacetic acid in the cells), the reduction in weight is permanent.

Eating a medically balanced diet is the final solution. Here one gets proper nutrition with sufficient food to satisfy hunger and more importantly incorporating the individual food choices. This makes a person to adhere to an eating schedule, lose weight, maintain lost weight and remain cheerful that one has not given up on things which they like to eat.

Suppose a person likes cake and Chocolates, Can he give-up for good?

Many people like alcohol, and dieticians do not understand the need for such addictions. They just want you to give up alcohol or advise 2 pegs twice a week. Well alcohol in moderation is actually good for health and heart, that's a known fact.

Alcohol is described as Empty calories by nutritionists, means energy without nutrients. One gets nearly all the nutrients required by the body if one eats varied food, so bit of indulgence should be overlooked.

I have seen so many regular heavy drinkers in low socio-economic groups, who don't have an iota of fats on them. For example, let's say 10 calories per ml of alcohol, as nutritionists say 6 pegs would be 360 ml, 45% is alcohol content of hard drinks. That translates into roughly 160 ml of pure alcohol. That means he is consuming 1600 calories from alcohol alone. In addition people have very healthy appetites and heavy diets. The total calories exceed 3000+ calories, still no fat gain? Amazing isn't it.

Alcohol does not cause obesity. It's the snacks eaten mindlessly which causes obesity. A poor man will have Rs. 2 worth of groundnuts with his drinks, and a well off person can polish off many platters of fish, chicken, pakodas and paneer rolls, mindlessly.

Standard Medical line of treatment of obesity- **An Overview**

Normally doctors do not say to any patient that you're your weight is more and you should reduce. Because it hurts the ego of patient, and they may change the doctors. There are excess doctors in urban areas. And doctors have to be careful that they don't hurt the sentiments by repeatedly asking a person to lose weight.

Obesity is an addiction to irregular eating, and can be compared with tobacco chewing, smoking and alcohol addictions. And addictions are very difficult to treat.

No one likes to be reminded about their addictions and possible ill effects. A An alcohol drinker does not like to be reminded that he should give up alcohol , and a Cigarette smoker doesn't like if someone says, to give up smoking. Very rarely an addicted person asks the doctor for help. After giving advice of eat less and exercise more, doctors usually advice some drugs which reduces the appetite. The common drugs are Orlistat, Sibutramine, Rimonabant and Metformin.

The person eats less and manages to lose weight. There are serious side effects such as dizziness, nausea, vomiting, and diarrhea. Once the drugs are stopped, all the lost weight is regained as the basic food habits are not corrected.



“In my many years as a doctor, I’ve only found 3 things that can help a person lose weight: cut your hair, trim your nails and clean out your navel.”

Stomach banding is commonly done procedure nowadays with less risk involved where the stomach volume is reduced by a band which can be loosened and tightened. All reduction of stomach volume procedures are based on the theory that, less food has to be eaten to lose weight. Eating less food also works for losing weight, if rules are followed of eating every three hours. A person who cannot eat less due to psychology factors, satiety center and hunger pangs is advised stomach banding wherein small amount of food will make the stomach full thereby satisfying the satiety feeling.

My contention is that, there is no need to eat less, so there is no need for any banding of the stomach. Those who are morbidly obese, totally de-motivated depressed may try stomach banding.

Gastric bypass or shortening of Small intestines were done previously, but have been abandoned now due to serious malnutrition , which invariably occurs after such operations.

LIPOSUCTION AND ABDOMINOPLASTY-

Liposuction is a surgical procedure, wherein fats are sucked out from under the skin surface by a cannula by vacuum. About maximum 4 liters of fats can be removed by this procedure in one sitting and there is reduction in waist size or buttock size.

All fats are regained back after some time, if wrong eating habits are continued with.

Liposuction also carries a risk of fat embolization. A potential risky condition, which may cause disability or death.

Liposuction is recommended by me only for fat accumulation in the chest area of a male,

because chest area fats are very resistant to reduction.

Abdominoplasty is an operation whereas excess skin and fats are removed surgically and an artificial naval made.

This operation is advised for people who have excess loose abdominal skin and remnants of fats AFTER they have lost significant weight.

Ultrasonic and Laser Lipolysis: (body sculpting and spot reduction)

If you scour the net, you will come across lot of scientific information that applies high frequency ultrasound, which will kill the fat cells and the debris will be cleared away by the lymphatics. Laser will make the fat cell wall permeable so fats will get released in extracellular space and will be excreted by lymphatic. Everything is perfectly logical and proven scientifically. So there are centers now offering instant body contouring and sculpting wherein you lose the fats from protruding areas.

Theoretically yes, one loses few centimeters from the area where the ultrasound machine or laser is applied. But if a person is eating wrong, the lost centimeters are regained back as the remaining fat cells accommodate the fat and fill up the space left by the dead fat cells in case of Ultrasonic Lipolysis. And fat is re accumulated in case of laser. Hence, these procedures are of a very limited use to reduce fats from a small area which may be cosmetically required and can never be a treatment for obesity.

These procedures are very expensive for setting charges ranging from Rs.10, 000 onwards per session which can dent a big hole in

the finances with no benefits. When one becomes desperate to lose fats, or for that matter desperate for anything, logic is deserted, and one gets blinded to selling spiel.

One thing that you should bear in mind is that laser or Ultrasonic Lipolysis is not designed to treat obesity. I remember a visit to a famous Body sculpting center with many branches . A fat girl with mother in tow were having a preliminary consultation with a Homeopathic lady doctor running the show.

Clearly the girl was not suitable for ultrasonic lipolysis, as she had fats all over her body and not localized region. But the center managers have an incentive plan to sell the sessions. She was giving a proper power point presentation and managed to convince the client to shell out Rs 50,000, by giving discount of 50% if 10 sessions were bought in advance.

There is a saying- Any surgeon can operate, but when to operate and when not to operate , is the difference between bad surgeon and good doctor.

Hippocratic oaths mandate that one should be fair to patient and advise only such remedies and procedures which are beneficial or most likely to be beneficial to the patient.

EPITAPH- FOR THE DEPARTED FATS

(meaning- An inscription on a monument, as on a gravestone)

Fats is never gone , so never think that when you have lost weight, that's for ever. Whatever you did to lose fats, is a big effort and would be given up as soon as the reason to lose fats losses its relevance. I see in many communities, a young girl goes on a diet to find a nice groom and after marriage within 2-3 years has put on so much weight , that it becomes difficult to identify that the lady is the same as seen in the wedding pictures.

Same may apply to gentlemen.

Those jobs where there are annual medical checkups, like in the defense services, officers struggle to lose fats for 2 months preceding the annual medical review. There are only two ways to reduce body fats-

- 1) Routine dieting- low calorie.
- 2) Medically balanced diet.

So this cycle of losing and gaining weight is a never ending process, unless a person is serious to maintain the lost weight. Statistics reveal that 95% of people regain the weight back and maybe more so within 5 years.

The easiest way to maintain the weight loss is to follow the same schedule of eating as outlined before for rest of your life, with occasional cheat mode.

Constant monitoring of weight, will reveal when you have put on weight. Instead of waiting for the whole fats to be back and retrying, you mentally decide a band, say of 2 kg and try to immediately go on the balanced diet system when weight crosses the upper limit of the band.



“They revised the Food Pyramid again.”

But most people I have treated personally or through any products derived from my research have been able to maintain their lost weight, for the simple reason, that there is no dieting or giving up of food items, which one likes . However this last chapter is added as a caution to all who have lost weight by any method. The enthusiasm and the little efforts on disciplined eating have to be continued for life.