

# WEIGHT LOSS



## Getting the Weight Off and Keeping It Off

“Why can’t I lose weight?” is a question that many of us have asked ourselves. However, effective weight loss means dealing with several variables.

- Poor diet: Most of us eat ethnically or habitually, or follow the recommendations of the processed food and fast food industry who encourage us to eat much more than we need to and more poorly than we should. This also extends to the oversized food portions being served in the more popular restaurants.
- Lack of exercise: The purpose of food is to provide us with the energy that we require for activity. If we consume more calories per day than what we expend in activity, we store the excess calories as fat. As we increase exercise, we decrease fat.
- Lack of accountability: Successful weight loss is best accomplished by being accountable to someone.
- Failure to commit: Successful, healthy weight loss can require a commitment of six months to two years, with a LIFETIME commitment to a new healthy lifestyle to keep it off.
- Psychological make-up: Food as a reward mechanism is common in American culture.
- Genetic make-up: Research has found that some individuals possess a genetic profile which makes it difficult for them to lose weight. However, genes only indicate predisposition; they do not mandate outcome.
- Hormones: There are a number of hormones that can come into play in weight loss, including thyroid hormones, adrenal hormones and dopamine. Hormones can impact metabolic rate, weight gain and food craving.

What ANY animal is designed to eat for a healthy life is known as its diet. A weight loss plan is not a diet, but a special program designed to encourage consumption of calories that are being stored in the body as fat. A weight management diet is used to retrain and recondition the body so that weight does not return. Popular weight management diets are the Mediterranean Diet, the Elimination Diet, the Gluten-Free Diet and the Paleolithic Diet. Generally, a weight loss plan is used for 30 days and then followed by 30 days of a weight management diet, with the sequence repeated until the desired weight is lost. For successful weight loss, an individual cannot return to the diet that created the weight gain to begin with.

In designing your personal weight loss plan:

- Correct all variables to insure that you have the ability to undertake a serious weight loss plan.
- Design a nutritionally sound meal replacement weight loss plan.
- Limit the weight loss plan to no longer than 4 weeks. Then, move on to the weight management diet for 3-4 weeks. The weight management diet will support the weight loss that occurs during the weight loss plan. Repeat this cycle until desired weight is lost.
- To insure that your weight loss plan and your weight management diet is nutritionally sound, seek out the advice of a healthcare professional.



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