

## WEIGHT LOSS: TWO VIEWPOINTS

Most of us are continually fighting the “weight loss” fight. There are two Physicians who I think have the right idea but it is very difficult to follow their advice.

Dr. Andrew Weil (Integretative Medicine) of the U of A and Dr. Diana Schwarzbein (Endocrinologist) of Santa Barbara who specializes in METABOLIC HEALING have some good suggestions.

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Dr Weil says that for optimum health and a healthy weight, we need to cut down on all food products made with any kind of flour and sugar. Dr. Schwarzbein says whenever you start a meal you should begin by eating your protein first. Both physicians state that you should not partake of any processed foods.

In “Why Our Health Matters” Dr Weil states that sugar and processed carbohydrates are the primary culprits in obesity. Many problems are due to utilization of fast, refined, and convenience foods. We need to focus on not only how much we eat but what we eat. He suggests that you fill your grocery carts with fresh fruits, vegetables, and lean meats. His advise it to stick to the outside aisles of the grocery as that’s where you’ll usually find unprocessed foods.

Type 2 Diabetes occurring in the past in adults, now is presenting itself in children who are obese. Your pancreas produces insulin that should cover a normal weight person. When a person gains excess poundage it stresses the pancreas which ceases to produce enough insulin to control the blood sugar. Hence, a very important reason for keeping our and our children’s weight normal.

Maybe a good *New Year’s Resolution* for each of us would be “to eliminate all already prepared foods and convenience foods and keep to fresh, frozen fruits and vegetables.”

What these two doctors are saying is that you must prepare your own meals and not used any mixes or canned foods. When dining out we will need to be conscious about what we order. I do find that some restaurants are moving toward more healthful foods. I can’t say that all they prepare is healthy or that they don’t use some already prepared foods.

Think about this. I really think these two Physicians are correct in their thinking.