

Weight Control

Taking Pounds Off Sensibly

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James W. McAfee

Sensible Weight Control

The hunter pursued the wounded bear into the dark cave. As he turned a corner of the cavern he felt a stinging, crushing blow from the forepaw of the animal. The hunter was thrown to the ground. With a bellowing roar, the full weight of the huge bear landed upon the small hunter. The hunter was stunned and nearly incoherent as a result of the sudden attack of the beast.

In a half dream-like stupor he pulled a long pointed knife from where it lay sheathed at his side. He thrust the weapon deep into the side of the monstrous entity which was crushing him to the ground. After several minutes, the wounded hunter stumbled from the mouth of the cave. For the rest of his days he would remember the narrow victory he had achieved over his greatest enemy.

Man has two natures within him. First and foremost is the physical entity—the wild beast, driven by passions and desires we only remotely begin to understand. Secondly, man is a creature of culture and intelligence. The problem of obesity brings these two natures into conflict. Storage of fat on the body is a survival mechanism which can not be conquered by brute force, just as the hunter could never have defeated his bear without the aid of his long knife.

How many men and women in America are there who go on diets, spend a lot of money, and achieve only temporary results? How many are there who experience weakness, fatigue, starvation, hidden gnawing hungers and general debilitation while trying to lose weight? Despite these experiences some strong-willed individuals will stay on the programs only to be defeated and regain the weight when they go off the program.

America desperately needs a balanced weight loss program which will make it possible for the person on it to feel good. There should be a decrease in appetite. It needs to be a diet one can live with, meeting the needs of the person with weight to lose.

Nutritional Deficiency

The American diet is of questionable nutritional value even apart from going on a diet. "In an analysis of a government survey of 21,500 people, not a single person consumed 100% of the U.S. RDA for the 10 most common essential nutrients."¹ A report on this study by the Council for Responsible Nutrition states, "These figures suggest that most Americans, especially females, fail to attain RDA levels of intake of several vitamins and minerals."² One of the reasons that women present a poorer picture of overall nutrition than men is their proclivity to diet. Cutting back on calories without adequate supplementation is a recipe for disaster as far as a dieter's health is concerned.

For Lack of a Nutrient

Biochemist Paul Stitt has a chapter entitled "The 'Can't Eat Just One' Syndrome" in his book *Fighting The Food Giants*. He points out that there is an appetat or appetite control mechanism in the center of



Obesity can often start in childhood, when parents over-feed a child. The body of a child is especially prone to store fat as a survival mechanism.



Weight is affected to a considerable extent by the amount of fat in food and when the majority of calories are consumed in the course of a day.

the brain which food processors have learned to manipulate in order to increase sales of their products.

The appetat vitally needs complete nutrition. Only when all essential nutrients "are present at their proper levels will the individual feel entirely full and satisfied. If any one nutrient is missing, the individual feels hungry....it is crucial that our bodies get them all—known and unknown—in order to feel satisfied and healthy."³

Cheraskin and Ringsdorf also emphasize the importance of total nutrition. They write that "the optimal functioning of every single nutrient is dependent upon the presence of every other essential nutrient. Doctors Harte and Chow, celebrated researchers in the field of nutrition, reviewed over 200 scientific studies of dietary interrelationships. Their findings reveal that the shortage of a single essential vitamin, mineral element, amino acid, or fatty acid will create a shock wave that spreads to affect the utilization and/or function of every other essential nutrient."⁴

Lack of individual nutrients not only exists in the general population, but is aggravated by the decrease in food consumption associated with dieting. These deficiencies can result in serious problems for the dieter. They definitely affect the way people feel while on a weight loss program.

Stitt writes, "Dieters especially are prone to the misconception that calories are all they need to count, so they fill their meager calori ed allowances with foods that are high in processed carbohydrates and almost devoid of other essential nutrients, foods which can only aggravate their hunger. Dieters put themselves through a living hell, always feeling hungry, yet never giving their bodies the foods that will really satisfy. At the same time, the empty calories they eat rob their bodies of what nutrients they have stored. This nutrient depletion can lead to

lethargy, irritability, and, in some severe cases, even psychosis."⁵

Peter Linder, M.D., Director of Continuing Education for the American Society of Bariatric Physicians, has written, "You may be able to take nutrition for granted when you're eating like a horse, but it becomes critical when you're eating like a bird."⁶ Cheraskin and Ringsdorf write that "Brain cells depend on a stable and complete supply of nutrients to maintain their equilibrium, just as you depend on a steady income to establish a comfortable life style....Now-you-see-them, now-you-don't nutrient supplies distort the brain's functioning, and the mind grows metabolically frantic."⁷

Tips for Success in Long Term Weight Control

Eat Less Fat

Weight appears to be related to the total amount of fat in the diet. In a study of 141 women, Harvard Medical School found no correlation between the degree of excess weight and calorie consumption. There was a high degree of correlation between total fat consumption (particularly saturated fat) and obesity.

In a study of 155 men at Stanford University, the amount of daily calories coming from fat rather than total calories was related to obesity.⁸

Since much of the fat in the diet comes from meat, use of a protein supplement in the diet in place of meat may be of great value in weight control. Much of the saturated fat in the diet is derived from meats.

Obtain Daily Exercise

Roger Williams is one of the great nutritional pioneers. He has written, "Lack of exercise has a crippling effect on the appetat mechanisms. When rats, which otherwise have no tendency to become obese, are kept in a warm room in a very small cage where they can move very little, they invariably become obese. They may eventually weigh two or three times as much as rats that are allowed to exercise by having larger cages. If the animals are kept in very small cages in a cool room, they get enough exercise by wiggling and shivering to prevent extreme obesity....When it is considered desirable to fatten geese, cattle, or hogs for butchering, it is a common practice to confine them and not allow them to exercise."⁹

This quote provides some valuable insights into weight loss. One thing of value is to avoid overheating the home. Cool temperatures actually help the body burn fat by activating something called brown fat in the body.

Low calorie diets must have adequate carbohydrate for the individual to be able to exercise without breakdown of lean tissue mass or muscle during weight loss. A low carbohydrate intake can also decrease the desire to exercise.¹⁰

Finally, nutritional intake should be optimal to provide the energy to feel like exercising as well as the nutrients necessary to repair tissue damage which accompanies any exercise program.

Avoid the Sugar Monster

In 1955, Jean Mayer, one of the chief orthodox nutritionists in the country, proposed a theory of food intake which suggested that sugar should decrease food intake. Recent studies by Paula Geiselman, psychology professor at UCLA, have shown that high sugar intake makes rabbits eat larger meals, eat longer, and eat more rapidly.¹¹

This increase in appetite may be linked to the fact that sugar increases insulin levels in the human body. Sugar intake can increase the amount of insulin in the blood when a person does not eat (fasting blood) by as much as 50%.¹² This would tend to drive carbohydrate out of the blood and create hunger.

The only fuel the brain and nerves can use is carbohydrate. Thus when glucose or sugar disappears from the blood due to high insulin level the brain and nerves begin to starve and signal the appetite centers to find something to eat.

Avoiding sugar is not a simple task. This food substance is highly addicting. Abram Hoffer writes, "Refined sugar is particularly insidious since it produces addiction as severe as any drug addiction. The only difference between heroin addiction and sugar addiction is that sugar doesn't need injection, is readily consumable because of its availability, and isn't considered a social evil. However, the strength of sugar addiction is just as strong as heroin addiction...."

"Sugar addiction provides typical addiction withdrawal symptoms as severe as those accompanying withdrawal from drugs. During the withdrawal any food could activate symptoms. Too quick a withdrawal will see the patient develop severe depression or anxiety....my treatment includes assessment of the degree of addiction and if it is great, I taper off the patient from sugar slowly."¹³

Dealing with the addictive characteristics of sugar may be one of the most essential components of a weight loss program. Libby and Stone believe that addictions such as the one which has been described with regard to sugar are contributed to by deficiencies of protein and other essential nutrients.¹⁴ Protein deficiency may be a particular problem with sugar addiction.

Dr. John Yudkin writes, "if only a small fraction of what is already known about the effects of sugar were to be revealed in relation to any other material used as a food additive, that material would promptly be banned."¹⁵

Shake the Salt Shaker Habit

Geiselman has also demonstrated that salt increases the appetite of laboratory animals.¹⁶ Salt almost doubled the consumption of food and acted as a more powerful stimulant to appetite that sugar in this particular experiment. Biochemist Paul Stitt writes that "the food scientists know that salt stimulates the appetite, so they dump it generously onto potato chips, bread, processed meat, canned vegetables and a host of other foods."¹⁷

Other Spices

Other spices and seasonings can also increase appetite. It has long been observed that people eat more food when the food tastes good.

A Full Support System

Human beings are influenced by those who are around them. The Bible long ago stated the maxim that "bad company corrupts good manners." Our experience has shown that a full support system is most helpful and important for successful weight loss and control. It is not easy to change a lifetime of poor habits. Association with others seriously interested in altering bad dietary habits or interested in their success on a weight loss program can greatly promote successful and long lasting weight loss.

The development of discipline in the area of diet is little different from the discipline of learning to play a piano or a guitar. One does not pick up an instrument a play a beautiful melody without a lot of prac-



Liberation from housework and other daily chores as a result of modern conveniences has not removed the need for exercise in order to maintain a reasonable weight.

Sugar Content of Common Foods

Serving Size	Food	Sugar Equivalent (tsp)
1 tbs	Pancake syrup (Karo)	3.8
12 oz	Pepsi-Cola	10
12 oz.	Coca-Cola	9.3
12 oz.	Sprite	9
6 oz.	Nestea Tea Mix	4.3
10	Jelly Beans	6.6
.9 oz.	Marshmallows	4.8
2 oz.	Snickers	7.3
1 piece	Lifesavers	.6
2 oz.	Apple Pie a la Mode	3.5
1 cup	Lowfat Yogurt, fruit	7.5
4 oz.	Frozen Yogurt	6.1
1 oz.	Trix	3.3
1 oz.	Nature Valley Granola	2
1 oz.	All-Bran	1.3
1 oz.	Nutri-Grain	.5
1 oz.	Life	1.3
1 oz.	Raisin Bran	2.3
1 tbs.	Skippy Peanut Butter	1.5
1 tbs.	Ketchup	.6 ¹⁸

tice. This is what a weight loss support system is all about.

One out of four Americans is obese. This means that they are more than 20% above their ideal weight. This greatly increases the risk of a number of serious diseases and decreases overall lifespan. Application of sound, scientifically researched nutritional principles can result in permanent, healthy weight loss. It also helps prevent the grim statistic that 90% of those who lose weight will regain it within a year. Only a sound understanding of the functioning of the human body and application of these principles can result in easy, safe, and permanent weight loss.

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Neo-Life Products for Weight Control

- **Doctor's Diet Protein Shake:** Partially predigested protein drink manufactured with the *exclusive protogard process* in delicious vanilla and chocolate flavors.
- **Doctor's Diet Fiber Bar:** Chewy and tasty fiber bar to promote normal elimination and satisfy the desire to chew on a diet.
- **Doctor's Diet Nourisoup:** A rich low calorie tomato soup which takes the edge off hunger in the evening when overeating promotes weight gain..
- **Fiber Powder:** A rich blend of 12 sources of fiber which can be added to the protein drinks or the soup to promote added fullness.
- **Active 40+:** A multiple supplement which can effectively promote energy production and contains added fat mobilizing substances called "lipozymes."

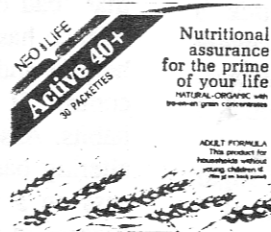


Image Awareness Corporation
1271 High Street
Auburn, Ca. 95603
Ph: 916-823-7092

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