

WEIGHT LOSS AND OBESITY

First of all, I would like to state some facts and then my recommendations:

- 1) Most diets will work and you will lose weight if you follow them but the problem is that 90% (yes 90%) of the people who lose weight will gain it back. The reason is that our body tries to resist weight loss and metabolism slows down. In fact many people will gain more weight than they lost.
- 2) Even healthy foods have calories. One apple has 72 calories
- 3) One pound of weight is 3500 calories and 1 extra apple a day will make you gain 7.5 lbs a year.
- 4) It is better not to gain weight because once you gain it, it is impossible to lose it and keep it off
- 5) Most diseases get worse with weight gain, including diabetes, high blood pressure, cholesterol, arthritis and even cancer.
- 6) First goal is not to gain weight. A person can lose 5-10 pounds and keep it off but beyond that it is very hard

Recommendations:

- 1) Weigh yourself every morning, after you go to the bathroom and without clothes on. Weight changes depending on what you are wearing and when you ate. You need to compare day to day to see the progress.
- 2) Eat your own food that you always ate. A person can eat somebody else's diet for few days but eventually would like to eat what they are used to eating.
- 3) Eat two bites less with each meal. This will prevent you from being hungry and eat in between meals. Two bites with each meal will add up to at least 60-70 calories a day or seven pounds a year.
- 4) All foods have calories but some calories digest slower and make you less hungry.
- 5) Exchange a healthy food for not so healthy food within your meal. For example: My dinner is Rice, Beans, Chicken, Yogurt and vegetables. In this meal, rice is the worst calorie and vegetables is the best. So substitute two bites of rice with two bites of vegetables. This way you are eating less calories in general and more healthy calories.
- 6) The priority is not to gain weight and if you lose weight that's great.