

Secrets of Weight Loss

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It's no secret that we are overweight. Obesity rates have now topped 50 percent. This means that if the person you're standing next to is not overweight, then you probably are. The super sizing of portions, from Big Gulps to extra-large fries, is part of the problem.

But there is a deeper issue involved here: many are using food to fill an emotional or spiritual void. Weight loss programs are a multi-billion dollar industry, but they don't seem to work. We just keep getting fatter and fatter.

It seems to me that the only hope of solving this problem lies in permanently changing the way we relate to food. It is equally important to embark on a weight management program that is based on timeless natural principles. The body is miraculous indeed, and given the proper conditions, it will restore itself to a normal weight in a relatively short amount of time.

Here are some suggestions for healthy weight loss:

•**Reduce carbohydrates** Research now shows that we are in a state of carbohydrate overload. This is especially true of the high starch carbs: potatoes, rice, pasta and bread, as well as refined sugars. These foods trigger the release of too much insulin, which over time can put the body in a state of insulin resistance.

•**Increase quality proteins** Eating more quality proteins favors a more efficient metabolism based on the burning of fat. Organically raised meat. Eggs and white meat fish are good sources of protein.

•**Eats lots of fresh fruits vegetable** These are the good carbohydrates. Broccoli, cauliflower, lettuce, onions, squash, and fresh fruit in season will greatly aid in reducing unwanted fat from the body.

•**Chew food well** Simply chewing food thoroughly, until it is almost liquid, will reduce the quantity of food consumed and greatly aid in proper digestion and elimination.

•**Exercise 30-60 minutes per day** All form of aerobic exercise can help in removing toxins and fluid accumulation as well as aiding in fat metabolism.

Ketogenic Diets

With the supervision of a properly trained health care professional, a ketogenic diet can aid in removing weight rapidly and safely. A ketogenic approach to weight management involves the induction of state of mild ketosis in the body. This enables the body to begin using fat for energy. Boundless energy and absolutely no cravings are the result. Various practitioners now offer this technology to aid individuals in accomplishing their weight loss goals without the use of supplements or special foods.

A ketogenic diet will not leave you with sagging skin, circles under your eyes or other signs of fatigue. These signs are usually the result of metabolic stimulants and diuretics, which can actually dehydrate and deplete muscle stores in the body. On the contrary, the person undergoing ketosis is strong, healthy and radiant because the weight they are losing is fat only.

When embarking on any weight loss program it is important to be under the care of a qualified health practitioner. Your health history and current medications will need to be considered. High blood pressure, diabetes, high cholesterol, and other obesity related disease will begin to improve as you lose weight. This will necessitate an adjustment to existing medications.

May 2004 be the year we begin to reverse the skyrocketing trend in obesity. My we learn to find peace and contentment in our work, families, activities and from a sensible diet based on natural principles.

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