

THE YO-YO DIET PLAN

Every time you diet and regain weight, it puts a physical and mental toll on your body. You probably feel as though you have no self control and have lost the desire to keep trying, but it may not be self control that you are lacking. There are several phases a person will encounter each time they decide to choose a low calorie or fad diet that is lacking in nutrients one needs on a daily basis.

The First Phase — Weight loss on many of the popular diet plans is about drastically reducing calories or carbohydrates. The type of weight loss is due to loss of water — not fat — and is usually temporary.

The Second Phase — After the initial weight loss, the body will then turn to burning muscle for fuel, resulting in more weight loss, but definitely not the kind you want to lose. Reduced muscle mass means you are burning fewer calories.

The Third Phase — Weight loss slows down drastically! You're ready to give up.

The Fourth Phase — What happened to your will power? Your brain has neurotransmitters that are trying to protect the body from starvation by driving you to crave sugar and fat for fuel storage. Diet over. Consider some of the following information when you decide to go on a diet:

- 65% of people are considered overweight. During any one year, over half of Americans go on a weight loss diet. (Source: excerpt from *Understanding Adult Obesity*, NIDDK-National Institute of Diabetes and Digestive and Kidney Disorders, 2007).
- According to researchers in the U.S., with the ways things are going, 75% of the population will be overweight and 41% will be obese by the year 2015.
- Since 1970 there has been a 40% increase in being overweight and obese. (Source: CDC/NCHS, Health, United States, 2006).
- 95% of people who go on a diet regain the weight they lost. (Source: Methods for voluntary weight loss and control. Technology Assessment Conference Statement; 1992 Mar 30-Apr 1. Bethesda (MD): National Institutes of Health, Office of Medical Applications of Research, 1992.)

The Answer — Evaluate if a diet compromises your health in terms of adequate vitamins, minerals and calories. These nutrients aid in increasing energy levels, the ability to fight infections and disease and decreasing body fat. Long term weight loss should include a comprehensive approach to lifestyle changes that address more than just temporary weight loss.

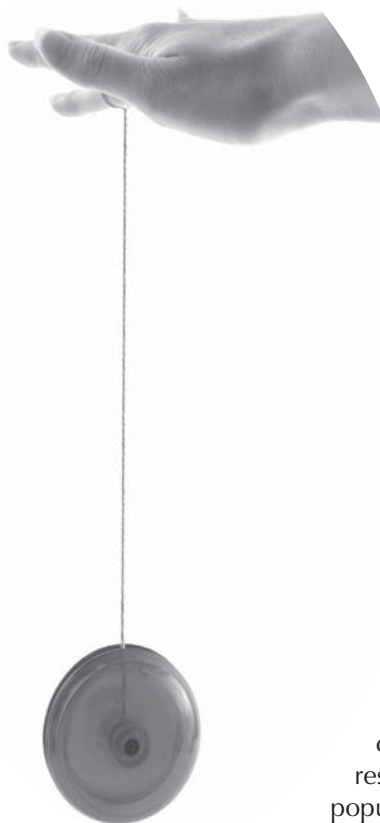
The following are a few aspects for weight loss and health that many people don't understand or ignore when considering making changes.

Muscle — As we age, we lose approximately five pounds of muscle tissue every ten years. This is due to the aging process, poor nutritional habits, and lack of a strength-training program. The next time you hear someone say "my metabolism is slowing down as I get older", you now know one of the reasons why. If you start or maintain a strength-training program along with a good nutrition plan, you'll be able to increase about five pounds of muscle tissue in approximately three months to a year depending on your genetics and other factors. Start a strength-training program along with proper nutrition and you'll be able to burn 300-600 calories more a day instead of starving yourself to lose weight!

Lifestyle — The typical child spends about 40 hours per week in front of the TV, computer and videogames. We are seeing the results of a change in lifestyle in our younger population with higher amounts of diabetes and obesity. This will result in a serious obesity problem in the adult years.

Portion Control — In the 1950's and 60's, McDonald's french fries came in one size. The two-ounce portion contained 200 calories. By 2000, the large serving of fries became 610 calories. Larger servings in restaurants, high fat and high calorie food choices, more frequent dining out and reduced energy expenditure are also partly to blame for our expanding waistlines.

Food Quality — Many popular diet programs utilize pre-packaged products that contain many stabilizers, additives and unhealthy products. Fast foods generally are loaded with trans-fats, high processed sugars, artificial sweeteners, MSG, nitrates, meats loaded with growth hormones, antibiotics and foods containing little or no fiber.



Stress — This can take years off our lives and make us gain weight. When the body is in a state of starvation the stress hormone cortisol is increased, which is directly linked to weight gain. Consider exercise to reduce your stress and you'll get double the results.

Sleep — Besides making you cranky, studies are showing that less than 8 hours of sleep a night may contribute to weight gain by dramatically disrupting the hormones that control your eating habits and metabolism. Deprived sleep interferes with carbohydrate metabolism which leads to the storage of body fat.

These are just a few of the more important changes that need to be considered when losing weight. Billions of dollars each year are spent on weight loss products and programs. My question to you is: If these diets really worked wouldn't we be a nation with much lower statistics for being overweight and obese? Rather than starting another low calorie diet or nutrient deficient diet plan, consider a comprehensive approach for health and weight loss, including diet outlines created for you, behavior and lifestyle change strategies and a good nutrition plan. Work with a nutrition or fitness professional that can help motivate you, design a program just for you and help keep you accountable while you are making the long-term changes in your life to lose weight and get healthy.

Carolyn Phillips is the founder of Fit Behavior, a unique wellness facility that helps women and men of all ages accomplish their personal fitness goals. Locations in Avon and Rocky Hill. Please visit www.fitbehavior.com for more information, or call (860) 529-9867 for an appointment.

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Tip of the Month: The Detox Footbath

With the myriad of detoxifiers available today, selecting one can be overwhelming. Why should you consider a footbath detox? Since the feet have a higher concentration of sweat glands and pores than any other area of the body, the trapped toxins can be released easily. Detoxifying the body through the feet is a relaxing and simple way to naturally cleanse the body from the inside.

Why do we need to detox at all? Toxins and waste products from your diet, environmental pollution and daily stresses and pressures tend to accumulate and are stored in the body. Toxins include pesticides, tobacco, air pollution, food additives, heavy metals and industrial chemicals. A detox footbath works to remove toxins from the body in a natural, non-invasive way. It takes approximately 30 minutes and is completely painless and very relaxing. Neutralized particles are pulled out of the body through the pores on the feet via osmosis. Color changes in the water are some of the indicators that toxins are being removed from the body. Some of the benefits of a detox footbath are listed below:

- enhance body detoxification
- inactivate viruses, bacteria, and yeast fungus
- reduce pain
- purify the blood and lymph
- stimulate the immune system
- promote weight loss
- relieve tension
- reduce inflammation
- increase energy
- improve sleep



The detox footbath is not a diagnosis or a cure for disease and should not be used by people with pacemakers, organ transplants, epilepsy, pregnant or nursing women.

Submitted by Melissa Martin, owner of Anew You Skincare & Wellness Center located at 16A Ensign Drive in Avon. For more information, visit www.anewyouskincare.net or call (860) 284-9730. See ad on page 27.