

Healthy Weight Loss

People believe that weight loss can occur if calories or fat are reduced in the diet. Another common belief is that eating only one meal a day, starving the body, or eating only certain foods will help with weight loss.

A study published in the American Journal of Clinical Nutrition revealed that caloric intake alone was not sufficient to predict weight loss. The body adjusts to a lower calorie diet by lowering its demand for energy. Restricting calories only results in weight loss short term. Once the old eating habits return, the lost weight is regained.

Calories are the measurement of the potential energy in food. Eating high calorie food too frequently will result in fat storage, as there is not enough time for the body to use the food for fuel. When more calories are consumed than the body can use, the body will convert the extra calories into fat.

Weight loss can occur with a balanced diet where less carbohydrate or sugar calories are consumed compared to what the body needs. The body can then break down stored fat to make energy, resulting in weight loss. A balance of the hormones related to digestion and weight is key for the breakdown of stored fat.

The three glands that make hormones relating to weight loss are the adrenal glands, the thyroid, and the pancreas. The pancreas deter-



mines whether food is converted into energy or fat. Carbohydrates and sugars are broken down during digestion into simple sugars. Insulin moves the simple sugars from the blood into muscles to use for energy.

According to Stanford University School of Medicine, the average American consumes over 120 pounds of sugar each year. The pancreas produces higher and higher amounts of insulin to handle this overload. Over time the cells of the body become resistant to insulin and stop allowing insulin to move the sugar. Insulin then builds up in the blood. This is known as insulin resistance.

The pancreas makes glucagon, another hormone, to break down stored fat into simple sugar. Glucagon is released when there is not enough simple sugar in the blood to provide energy. Only when insulin is low will glucagon be released to break down stored body fat. This is how weight loss occurs. When the body becomes insulin resistant glucagon is no longer released, preventing weight loss even with a low calorie intake.

The adrenal glands also respond to sugar. They secrete many hormones, including cortisol which

breaks down fat into sugar, which then activates the pancreas. The adrenal glands also produce cortisol in response to stress. Ongoing stress causes prolonged adrenal production of cortisol, which results in increased weight gain especially around the abdomen. Indicators of stressed adrenals include fatigue, digestive difficulties, cravings for sugars or carbohydrate-rich foods like breads, pasta and potatoes, difficulty sleeping, poor concentration, allergies, feeling stressed or overwhelmed, and unwanted weight gain.

The thyroid gland also responds to sugar, cortisol and, insulin. This gland secretes hormones that control the rate of sugar conversion in order to keep the body temperature at 98.6 degrees. A slow thyroid results in a slower metabolism and difficulty with weight loss. Some symptoms of a slow thyroid include dry skin, fatigue, hair loss, depression, cold hands and feet, poor digestion, constipation, and difficulty thinking.

Look for hidden sugars in the foods that are eaten. Many hidden sugars are listed on labels as an "ose". This includes dextrose, maltose, sucrose, glucose etc. Sugar increases the calorie count, causes an imbalance in the hormones, and results in unwanted weight gain. Visit www.TLCHolisticWellness.com for more information on the Many Names of Sugar.

Insulin levels can be controlled with diet by eating lean protein, complex carbohydrates, which are found in whole grains and vegetables, and by adding good fats, like flaxseed or Omega 3 oil, into the diet. A meal with low sugar intake decreases insulin and increases glucagon, resulting in a reduction in

stored fat and weight loss. For specific dietary suggestions read Sugar Busters! Quick and Easy Cookbook by Bethea, M.D., Andrews, M.D., and Balart, M.D.

If a dietary change along with exercise does not result in weight loss, correct the underlying hormonal imbalance between the adrenals, thyroid, and pancreas with a combination of diet, lifestyle changes, stress reduction, and nutrition.

Dr. Carol Ann Fischer, D.C., N.D.



Dr. Carol Ann Fischer, D.C., N.D. is a unique Chiropractic Holistic Wellness Consultant. She has been in private practice for over 25 years, with specialized training in detoxification, stress reduction, gentle chiropractic, whole food nutrition, digestive issues, weight loss, natural hormone evaluation and therapy and wellness care. Visit: www.TLCHolisticWellness.com or call (734) 664-0339.

A vertical rectangular advertisement with a light blue background and a purple border. It features a small portrait of Dr. Fischer in the top left corner. The text is centered and includes a testimonial-style quote, a list of services, and contact information.

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