

WEIGHT LOSS & MANAGEMENT PROGRAM

People are prepared to do anything to lose weight permanently. There are so many diets on the market. Each one is used with mixed results. The characteristics of a good calorie poor diet are those that:

- ⇒ do not have malnutrition as a result,
- ⇒ cause an energy depletion which inhibits your daily activities,
- ⇒ affects your immune system negatively,
- ⇒ has a permanent weight loss as a result and cultivates a lifestyle of weight control and
- ⇒ do not cost you more than you would have spent on a healthy meal.

The following is a program, which can be followed for 10 - 14 days. Follow up with a balanced diet afterwards, but replace one meal per day with a glass of Nutrishake and 2 Formula IV Food Supplement tabsules as part of a maintenance program.

Daily Products:

- ⇒ 3 portions Nutrishake in a 250 ml glass with 2% fat milk 630 Kcal
- ⇒ Fibre Energy bar x 3 450 Kcal
- ⇒ Formula IV Food Supplement - (multi-vitamin and -mineral) one tabsule 3 times per day.
- ⇒ Fibre tablets - 2-5g three times /day.
- ⇒ Amitone x 4 - 6 per day.

Total Kcal per day ± 1100 Kcal.

Detoxification program:

- ⇒ Stage 6 - 3 to 4 per day
- ⇒ Betaguard - 2 x 3 per day
- ⇒ Alfalfa - 2 x 3/day

Application:

Take fibre tablets half an hour before meals with enough water. A meal consists of a glass of Nutrishake and one Fibre Energy Bar. Take with each meal at least one Formula IV tabsule. Drink the Amitone when retiring or at any point during the day when you may require extra energy, but ± 2 hours after the last glass of Nutrishake was drunk. It mobilises the body's fat stores as energy. The total energy value of the diet per day is 1100 Kcal.

Fat loss:

Follow the following principles to ensure fat loss. The initial weight loss is the loss of mainly water as the body uses its glycogen stores. For each gram of glycogen used, 3 grams of water releases. This characteristic of water and glycogen to bind with one another explains the sudden increase in weight when ceasing with a crash diet and eating normal again. After the initial accelerated weight loss, the losses will start stabilising from an exponential to a linear one. Follow a training program too to ensure fat loss. The intensity should be low enough to ensure the burning of mainly fat and not carbohydrates.

The following is a typical example of a normal person following the program and who wants to calculate the amount of fat mass he can lose per day:

The following are assumptions:

The total Kcal intake per day is: 1100 Kcal.

The basal metabolism: ± 2000 Kcal.

(Energy needed per day to sustain life and to maintain energy levels without an increase in weight)

Total Kcal loss:

The person's maximum training intensity for oxidising mainly fat can vary from 4 - 14 Kcal/min. Energy expenditure: 2 hrs of training at an average of 10 Kcal/min fat burning intensity = 1200 Kcal + 2000 Kcal basal metabolism, minus 1100 Kcal intake = 2200 Kcal loss. 1 Kg fat contains 9000 Kcal.

Of the total weight loss ± 244 g/day will be fat loss or 1.7 kg/week.

Energy expenditure: 90 min at fat burning intensity - 900 Kcal

Of the total loss 200 g/day will be fat loss or 1.4 kg/week.

Dangers:

It is common that persons following a weight loss program after a while compromise their immunity and become ill. They lose their motivation to continue with the program.

We are constantly exposed to pollution in our water, food and air. The chance that toxins like heavy metal poisoning, present in it, may stay behind and affect our bodies. Fat is one of the main sources where these toxins store. During the process of losing weight and using it as energy, the toxins release and affect the body again. The faster fat is lost the greater the exposure to these toxins to which the body has been exposed to for years. For this reason, it is advisable to follow a detoxifying program with a weight loss program.

Application of the detoxifying program:

Take the Stage 6 at bedtime with plenty of water. With the fibre taken as part of the weight loss program, it will cause a regular and soft bowel movement and a shortened period of exposure of the toxins to the digestive tract. The Betaguard and Alfalfa neutralise the heavy metals as Aluminium, Mercury and Lead in the body by changing it into water-soluble salts. The Carotenoid Complex in Betaguard, which acts as a super anti-oxidant, will increase the immune levels of the body, after about 3 weeks use, with more than 30% from base level. It will help to eliminate and protect the body against free radical activity caused by the poisons.

Correct training intensity:

By training too hard someone can lose weight, which he gains again after his next meal. Liver and muscle glycogen were used and replaced. There is a training intensity where the body proportionately uses more fat as energy. This intensity correlates with a particular effort and heart rate. If this level was not determined clinically, use the following guideline to establish it. As long

as the activity is at an intensity where you have enough breath to talk to someone, the intensity is not too high and in the correct zone. Regular training will cause an increased metabolism after one month. The body will be like a car idling at higher revolutions, causing higher fuel consumption.

Motivation:

Throw away the scale and use a measuring tape to measure progress of your program. Muscle mass created through training will replace the weight, lost through fat loss. Muscle mass has a higher density than fat. You become thinner by reducing in volume. Being plagued by hunger pains may be because of your expenditure of energy that may be higher than your energy intake. Counter a low blood sugar by releasing more fatty acids into the blood stream as an energy source. Increase your Amitone intake to survive from meal to meal. You use your fat as energy to live from.

Americans Still Getting Fatter

January 16, 1997

NEW YORK (Reuters) -- Despite crash diets, ab crunchers, and countless New Year's resolutions, more of us are overweight than ever, researchers say.

"The prevalence of overweight among American adults increased by 5% between 1987 and 1993," according to a report from the Centres for Disease Control and Prevention (CDC).

Not only are more Americans losing the battle of the bulge, researchers also fear "the increase in overweight among adults is accelerating." They say data from another survey shows the percentage of obese adults "rose from 21.6% in 1983, to 24% in 1985, to 27.5% in 1990." The current survey puts that number at 26.7% for men and 25.4% among women.

Rates varied among social subgroups, the survey says. Black males displayed the most marked increase, with an additional 1.5% of that population becoming obese every year. Men living in north-eastern states were close behind, at 1.4% per year, according to study authors.

The study also found that weight gains might be occurring most often in those who can least afford it. "The upward shift in weight appears to be most substantial among those who are already overweight," they explain.

In addition, data collected by the CDC shows, which states had the thinnest --and heaviest -- populations in 1994. Researchers found that 26.7% of all Americans were overweight. Faring worse were those living in Alabama, Michigan, Mississippi, West Virginia, and Wisconsin -- all states where over 30% of residents are considered overweight.

The states with the fewest overweight citizens: Hawaii, where 19.7% of residents are overweight, and Colorado, at 19.9%, led the nation in keeping the pounds off.

The CDC says the reasons for the continuing rise in obesity remain unclear. Researchers speculate that a 3% reduction in smoking since 1987 "may have accounted for some of the 5% increase in overweight." However, they also point out that overall weight increases occurred among smokers as well.

While fat consumption is thought to have either dropped slightly or stayed steady, researchers say, "it is also possible that persons may truly be compensating for a reduction in fat consumption with an increase in the amount of calories consumed," from other food sources. More time in front of televisions and computer screens may be contributing to expanding waistlines as well, they say.

Whatever the reasons, the CDC say the survey results are cause for concern for the long-term health of Americans. The study authors warn that "obesity increases the risk of many chronic health conditions, including hypertension, type II diabetes, hypercholesterolemia, gall bladder disease, osteo-arthritis, and some cancers."

SOURCE: *American Journal of Public Health* (1996; 86(12): 1729-1735)

IMPACT