



**FAT LOSS
THROUGH A CHANGED
LIFESTYLE**

Causes of Obesity

1. Low fat revolution
2. High sugar intake
3. Diets based on simple carbohydrates
4. Increased convenience food consumption
5. Yo-yo dieting
6. Less active lifestyles

Let's examine each one individually...

1. Low Fat Revolution

Between the late 1970's and 1980's fats became demonised – especially saturated fats

- ⦿ Vegetable fats were substituted for animal fats
- ⦿ Sugar replaced fat (calorie content still exactly the same)
- ⦿ Belief that fat made you fat
- ⦿ The belief carbohydrates wouldn't make you fat (even though animals are fed grains to fatten them up!)

Meanwhile, the world continues to put on weight...so that it's...

Exploded into an Epidemic!



A close-up photograph of a chimpanzee's face and upper body. The chimpanzee has dark, shaggy fur and a white beard. It is looking directly at the camera with a somber expression. Its right hand is raised to its forehead, with fingers spread, as if scratching or holding its head. The background is dark and out of focus. Overlaid on the right side of the image is the text "Something is wrong!!!".

**Something is
wrong!!!**

Low Fat Revolution (cont.)

- ⦿ In Europe, the countries that eat the most saturated fat have the lowest risk of heart disease. ⁴
- ⦿ The obesity epidemic started at almost the exact same time the low-fat dietary guidelines were published. ⁵
- ⦿ It appears that diets high in fat, but low in carbohydrates, cause more weight loss than diets that are low in fat ⁶
- ⦿ The diseases of civilization increased as butter and lard were replaced with vegetable oils and trans fats. ⁷
- ⦿ The obesity epidemic started as people reduced their intake of red meat and high-fat dairy products. ⁸
- ⦿ In the Framingham Heart Study, heart disease goes up as people replace heart-healthy butter with toxic margarine. ⁹

2. High Sugar Intake

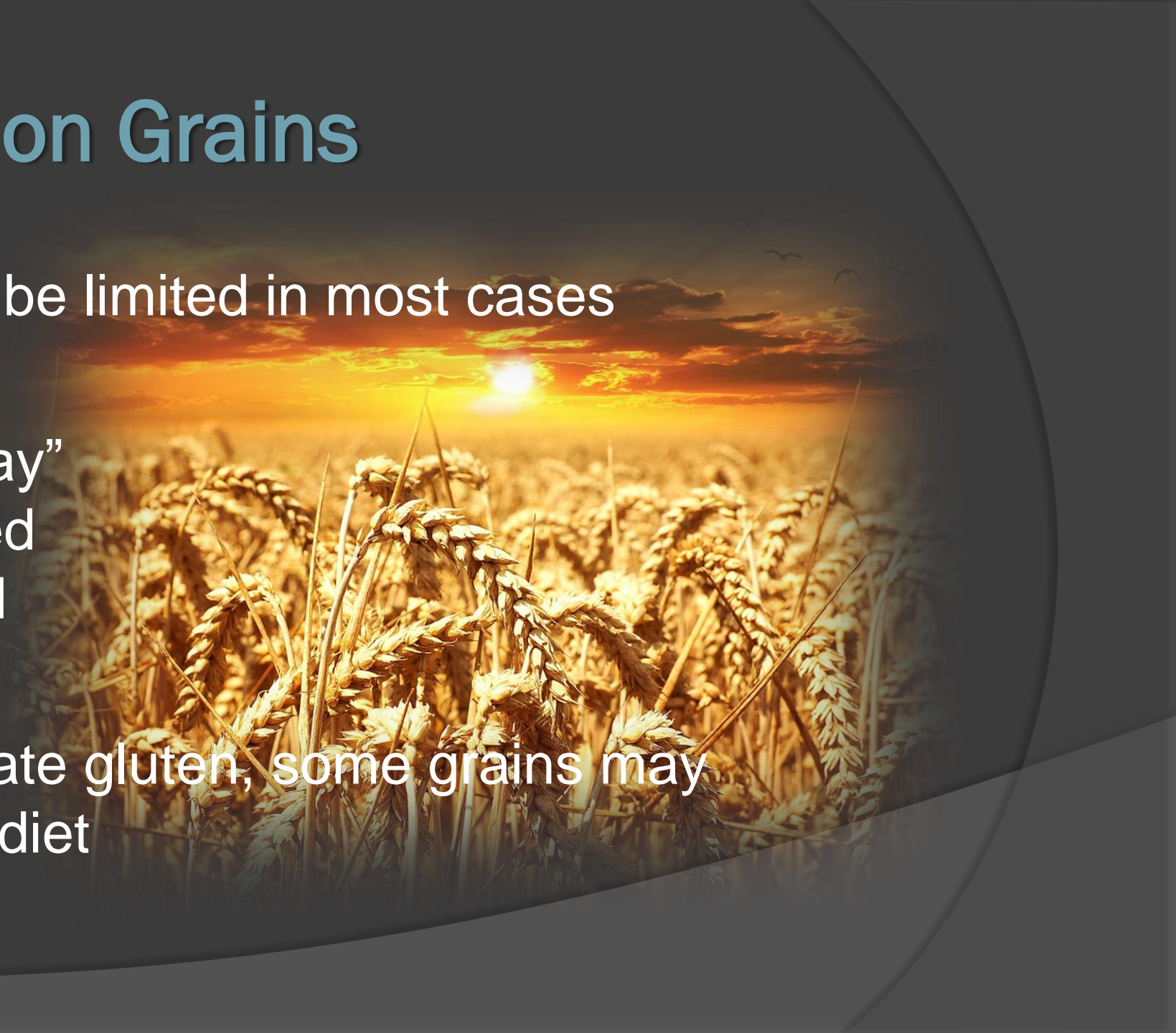
Do you know how many teaspoons of sugar you consume in one day?

| Drink Type | Average Qty of Sugar (grams) | Average Qty of Sugar (teaspoons) |
|---------------------------------------|------------------------------|----------------------------------|
| Flavoured fruit drink 250ml | 27g+ | 6.5 teaspoons |
| Energy drink 600ml | 36g+ | 8.5 teaspoons |
| Soft drink (Can) 375ml | 38g+ | 9 teaspoons |
| Soft drink (Buddy) 600ml | 64g+ | 15 teaspoons |
| Soft drink 1.25 litre bottle - 1250ml | 140g+ | 33 teaspoons |

Yikes!

3. Diets Based on Grains

- Grains need to be limited in most cases
- Most “Take Away” meals are based on wheat bread
- If you can tolerate gluten, some grains may be part of your diet



4. Convenience Food

- Over the past years there have been a massive increase in the consumption of convenience foods:
 - Take Away Meals
 - Convenience Foods
- Anything that's easy and quick rather than spend a few extra minutes in the kitchen



5. Yo-yo Dieting

- ⦿ Increased appetite leads to more weight gain over time
- ⦿ ... with an increased body fat percentage
- ⦿ Often with muscle loss
- ⦿ Leads to Fatty Liver
- ⦿ Increased risk of Diabetes
- ⦿ Increased risk of Heart Disease
- ⦿ Can increase Blood Pressure
- ⦿ Maybe worse than staying overweight
- ⦿ ...and **VERY** frustrating!



6. Less Active Lifestyles ¹⁷

Key Facts and Figures - Globally

- Physical inactivity (low levels of physical activity) is the fourth leading cause of death due to non-communicable disease (NCDs) worldwide (heart disease, stroke, diabetes and cancers) – contributing to over three million preventable deaths annually (6% of deaths globally).
- Physical inactivity is estimated to be the main cause for approximately 21–25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischaemic heart disease burden.
- Physical inactivity is the second greatest contributor, behind tobacco smoking, to the cancer burden in Australia.

Importance of Exercise

If you are endeavouring to:

- Lose weight... and
- Be fit and healthy

You need to exercise!

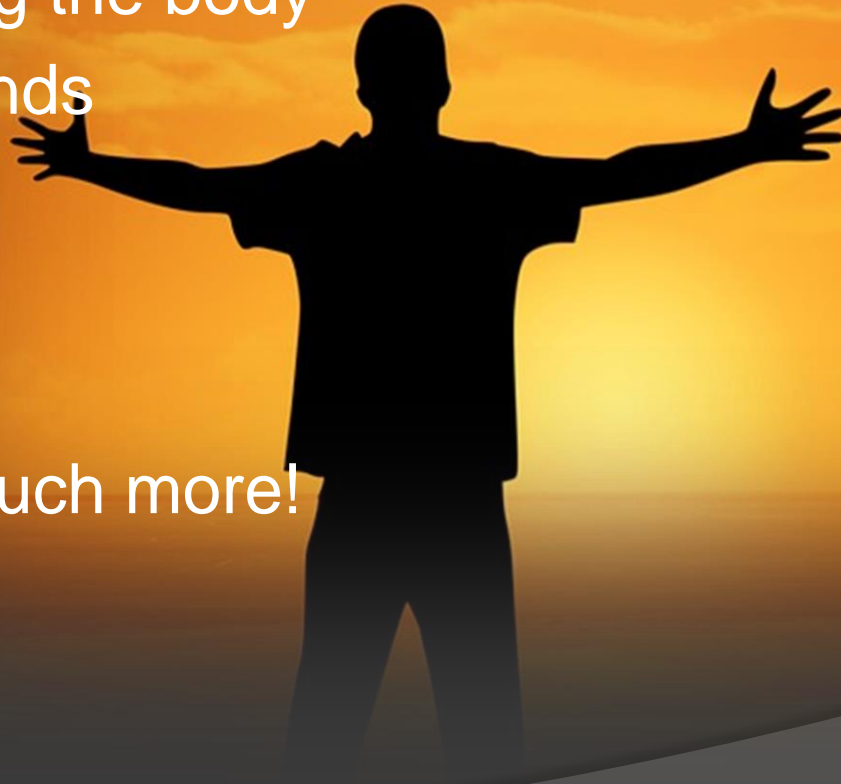
Diet is 100% important
but so is...
Exercise 100% important
They go hand in hand!



Importance of Exercise

Exercise helps with:

- Strengthening & toning the body
- Strengthening the glands
- Insulin resistance
- Mood
- Circulation
- Body image and so much more!



Physical Exercise ¹⁰

Also it will make a difference to:

- Your **body composition**
- Your overall **fitness & metabolic health**
- May lower risk of many diseases, including:
 - Heart disease
 - Diabetes
 - Obesity
 - Osteoporosis
 - Some cancers



A Couple of Exercise Ideas

But you don't have to go to the gym!

Healthy exercising like:

- Walking
- Aqua Aerobics...

Simple ideas with so many benefits...



Some Symptoms of Obesity ¹

- Breathlessness
- Increased sweating
- Snoring
- Feeling very tired every day
- Back & joint pains
- Low confidence and self esteem

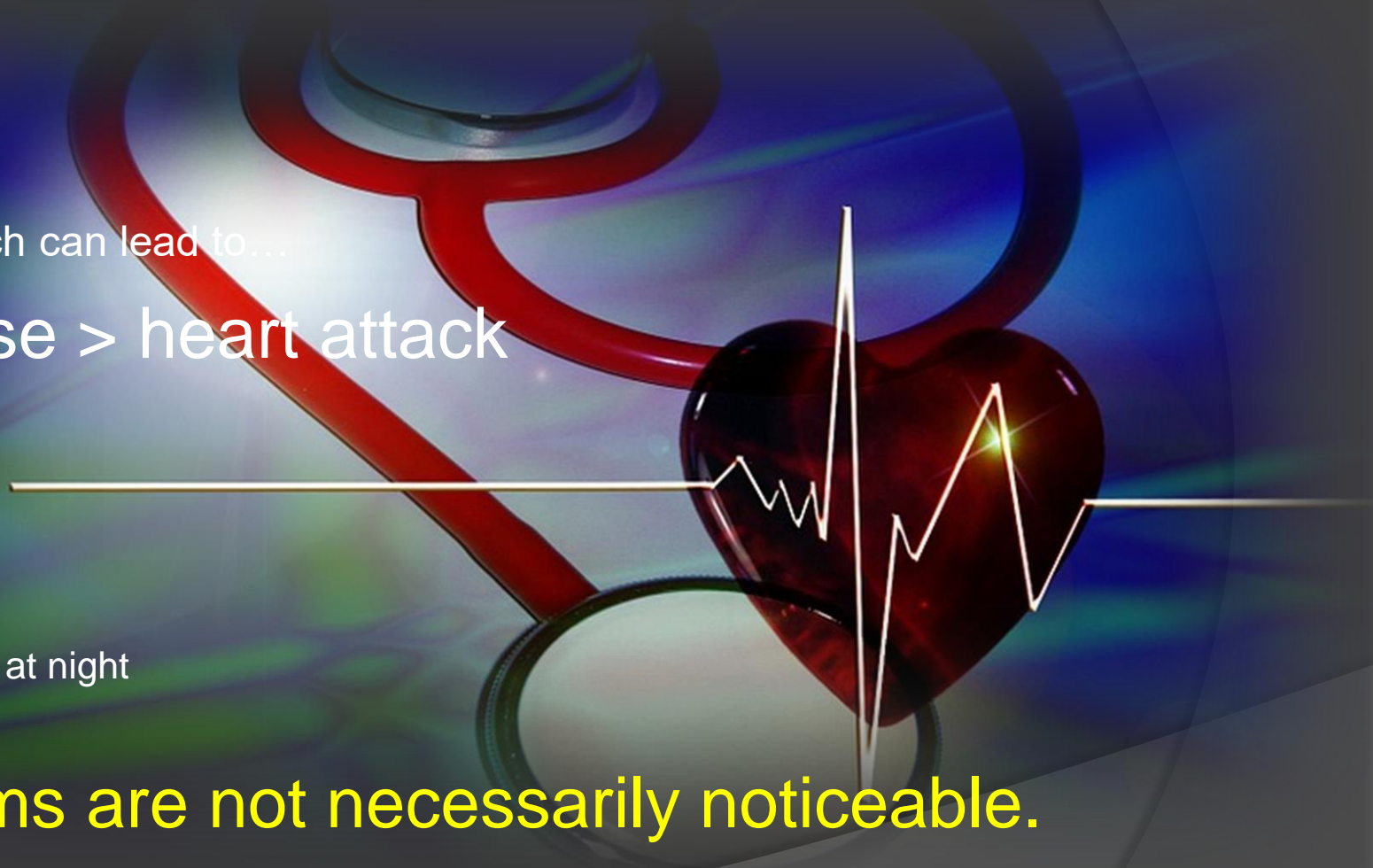


These symptoms are noticeable...

More Symptoms of Obesity ¹

- High blood pressure
- High cholesterol... which can lead to...
- Coronary heart disease > heart attack
- Stroke
- Type 2 diabetes
 - Feeling very thirsty
 - Going to the toilet a lot, especially at night
 - Extreme tiredness

Some of these symptoms are not necessarily noticeable.



Health Risks of Obesity ²

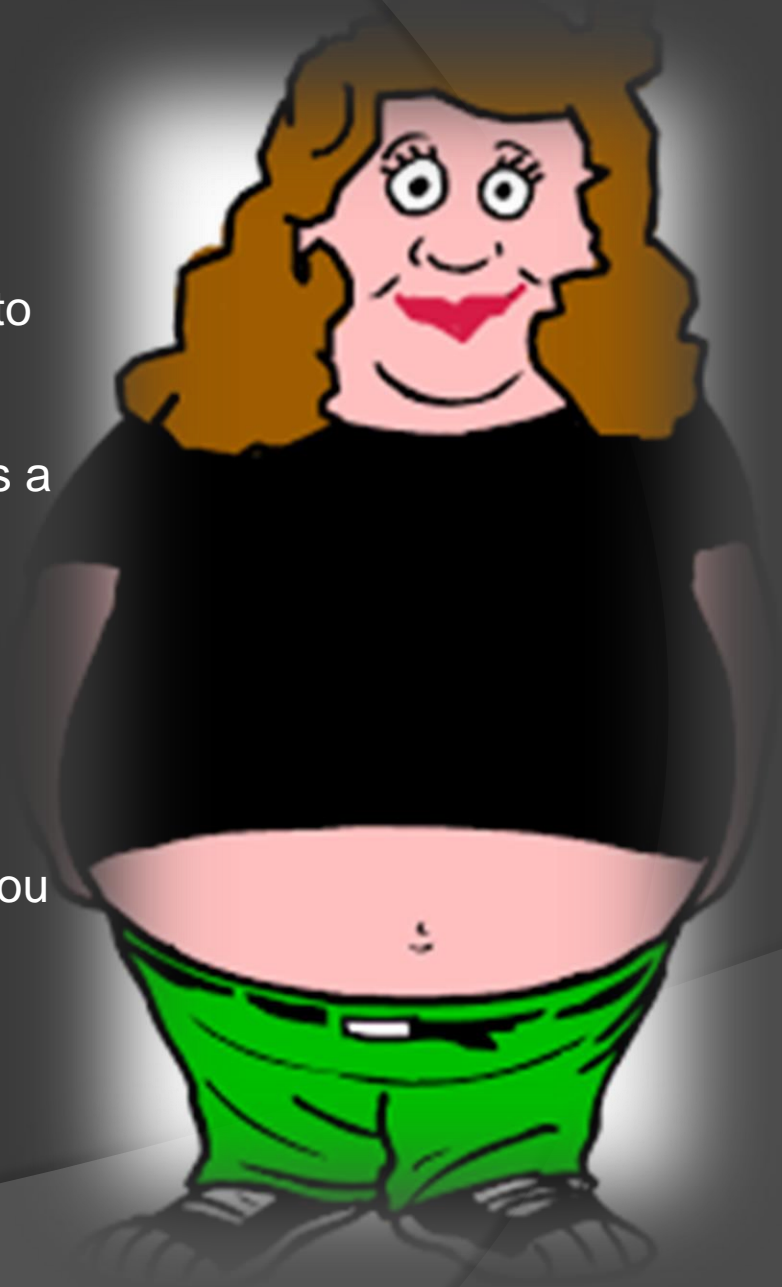
| Diseases associated with obesity | | |
|----------------------------------|---|---|
| Relative risk | Associated with metabolic consequences | Associated with weight |
| Greatly increased | Type 2 diabetes Gall bladder disease Hypertension Dyslipidaemia Insulin resistance Atherosclerosis | Sleep apnoea Breathlessness Asthma Social isolation/depression Daytime sleepiness/fatigue |
| Moderately increased | Coronary heart disease Stroke Gout/hyperuricaemia | Osteoarthritis Respiratory disease Hernia Psychological problems |
| Slightly increased | Cancer (breast, endometrial, colon) Reproductive abnormalities Impaired fertility Polycystic ovaries Skin complications Cataract | Varicose veins Musculo-skeletal problems Bad back Stress incontinence Oedema/cellulitis |

Will it get worse? ³

As you continue to age it may be more difficult to lose weight and be able to do the things you are accustomed to.

- ⦿ **Hormonal changes** can change where fat is stored and as a result weight accumulates in the abdomen.
- ⦿ **Muscle Loss** can decrease movement and slow down the metabolism.
- ⦿ **Symptoms Get Worse**
By not addressing the current symptoms they will only deteriorate as you grow older.

Make lifestyle changes now!



So... Am I Obese?

Your **Body Mass Index** (BMI) will tell you if you are obese:

- Underweight... 16.0 – 18.5
- **Healthy Weight**... 18.5 – 24.9
- Overweight... 25.0 – 29.9
- **Obese**... 30.0 – 34.9
- **Very Obese**... 35.0 – 39.9
- **Severely Obese**... 40+

Work out your BMI today!



Different Opinions & Ideas

The image illustrates the concept of different opinions and ideas in the context of weight loss. A person wearing an orange shirt stands with their back to the camera, facing a large wall densely packed with numerous diet names and medical procedures in various fonts and sizes. Some legible terms include "Cabbage Soup Diet", "gastric bypass", "DETOX", "BILIOPANCREATIC DIVERSION", "Exercise", "Low Sodium", "Herbal Wraps", "liposuction", "meditation", "grapefruit", "vitamin shots", "hormones", "BLOOD TYPED DIET", "Gastric Band", and "lipotropic injection". To the right of the person, there is a signpost with three arrows pointing towards the wall of options. The top arrow is blue and says "THIS WAY", the middle one is green and says "THAT WAY", and the bottom one is orange and says "ANOTHER WAY". This visual metaphor suggests the overwhelming number of choices available and the difficulty of selecting a single path.

Begin your lifestyle changes today ¹⁶

- ④ The most important thing you can do is “learn what to eat for fat loss”
- ④ Nutrition accounts for around 80% of fat loss.
- ④ The most successful way to lose fat and keeping it off is through getting your nutrition right

Eat Right

You don't have to

EAT LESS

You just have to



How Fat is Reduced

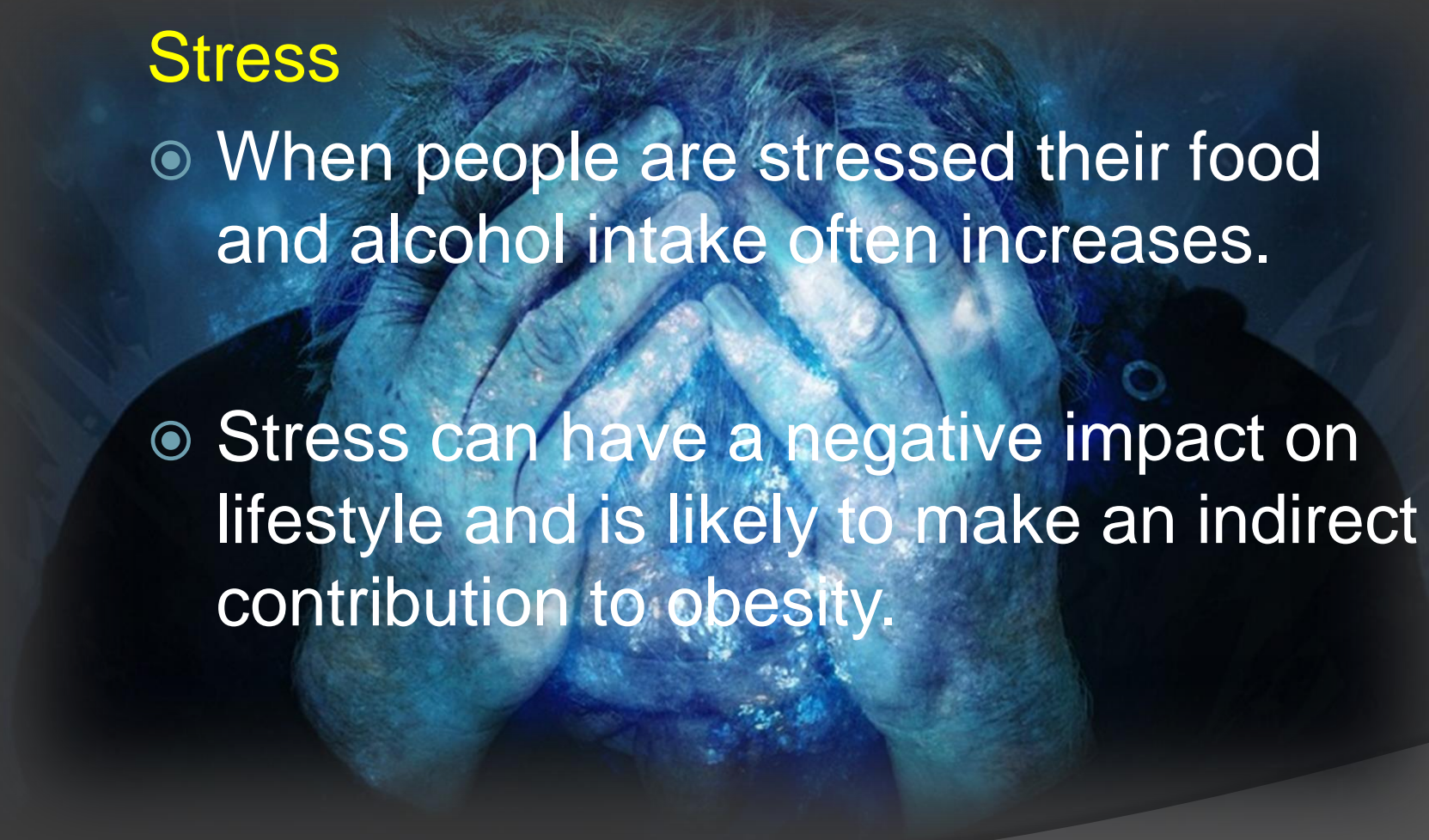
- Learning what it is that is **sabotaging** your fat loss efforts
- Making those **adjustments**
- Changing your habits for the **long term** rather than just to lose weight



Psychological Factors ¹²

Stress

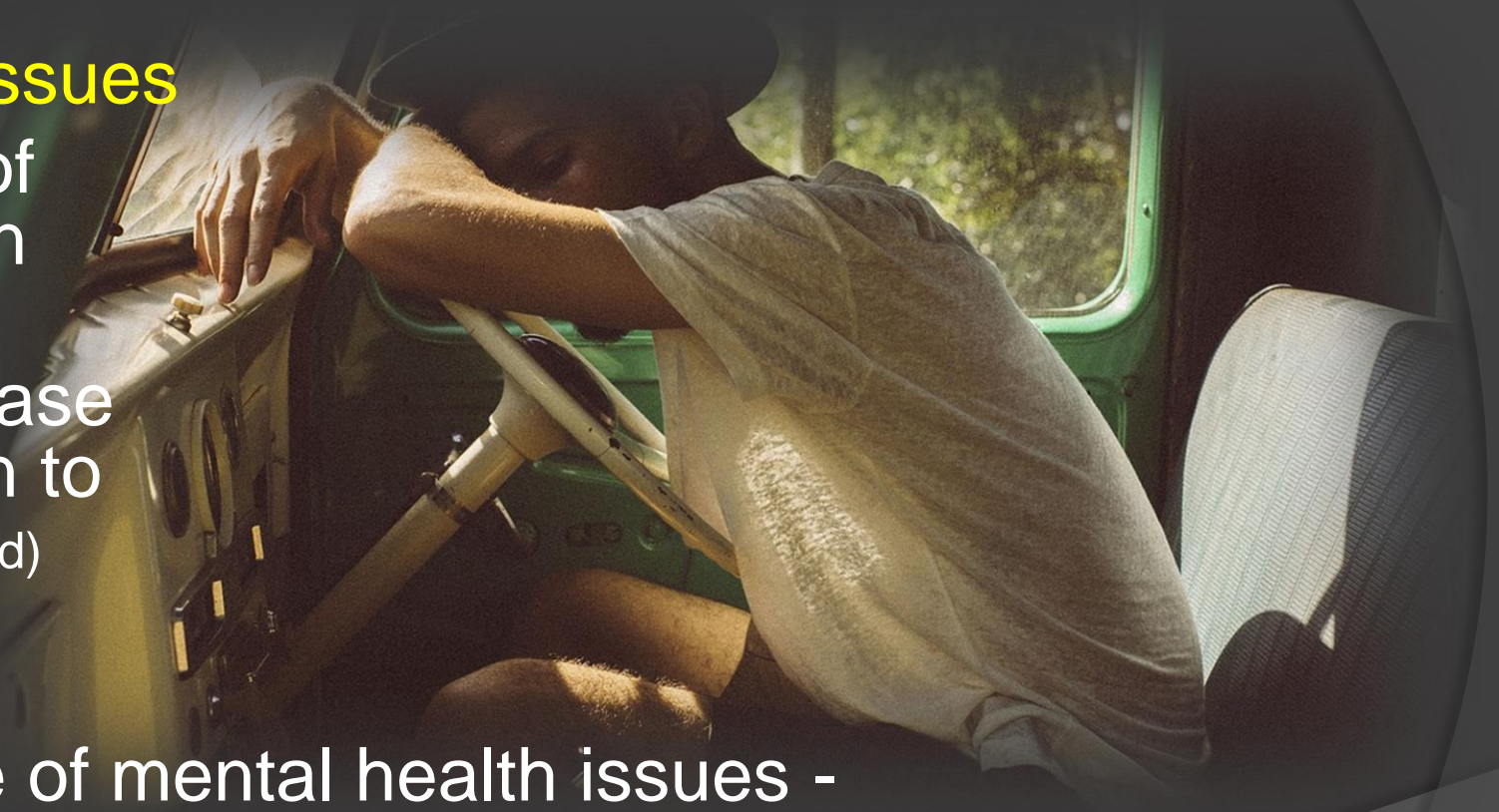
- ◎ When people are stressed their food and alcohol intake often increases.
- ◎ Stress can have a negative impact on lifestyle and is likely to make an indirect contribution to obesity.



Psychological Factors ¹²

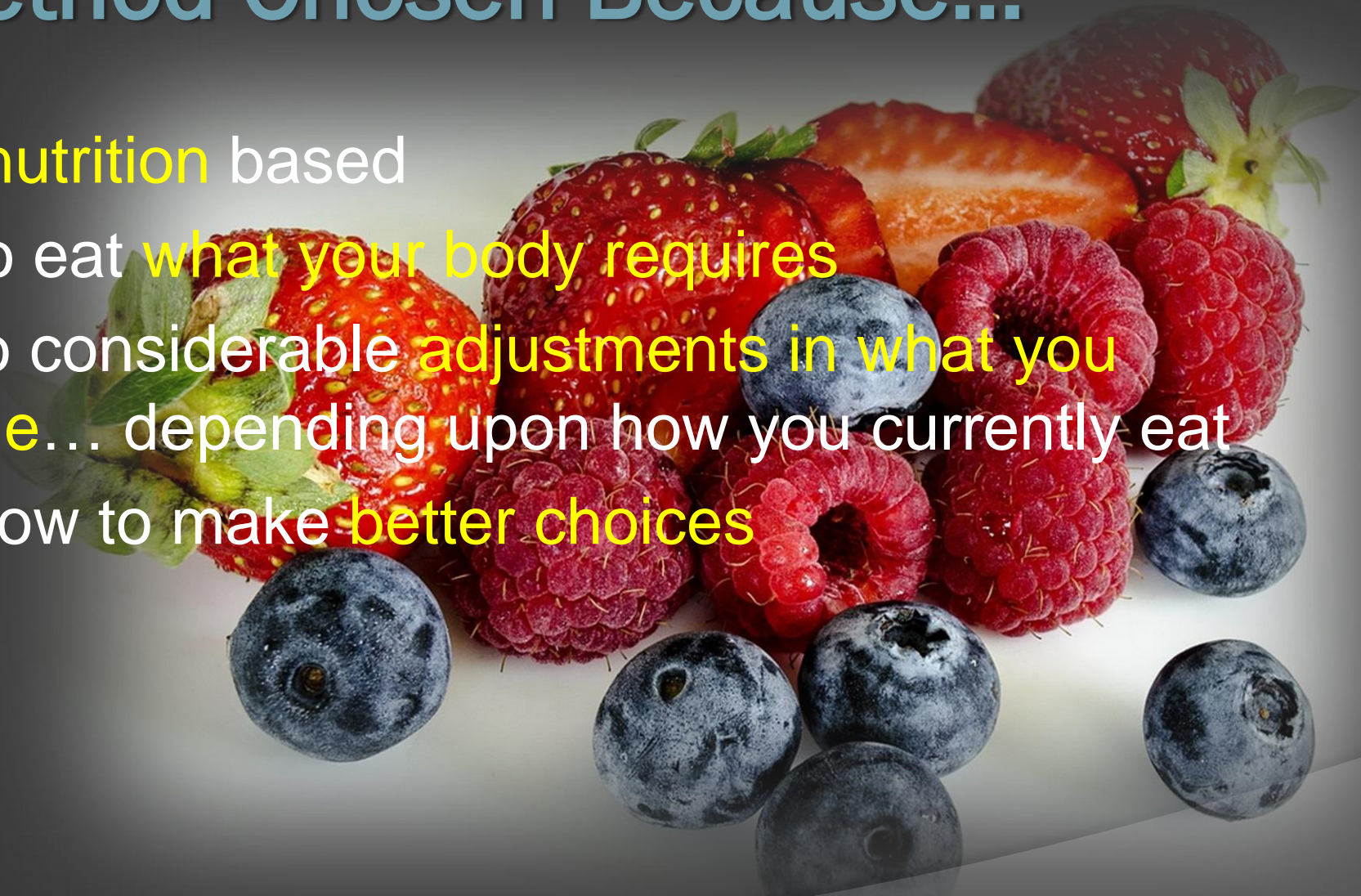
Underlying Personal Issues

- May lead to a lack of energy or motivation
- Can cause an increase in food consumption to help deal with (or avoid) problems
- Can lead to a range of mental health issues - depression, anxiety and low self-esteem all exacerbate the problem (and the result is a vicious circle).



This Method Chosen Because...

- Totally **nutrition** based
- Learn to eat **what your body requires**
- Slight to considerable **adjustments in what you consume...** depending upon how you currently eat
- Learn how to make **better choices**



My Method Uses...

- **Variety** is the Key
Eat a lot of variety in all food groups
- Reduce or Eliminate all **Sugar**
Sugar is your worst enemy
- Reduce **Starchy Carbohydrate** intake
All carbohydrates break down to sugar. Treat starches more as a treat, especially until you have returned to your correct weight
- Eat a **Rainbow Diet**
Make sure all the colours are represented on your plate
- Eat **Moderate Protein** with some **Healthy Fats** at every meal



My Method Also Uses...

It's all about replacement...

Instead of eating this... eat that!

- **Vegetables:**
Replace most of the high starch with green leafy and low carb vegetables
- **Healthy Fats:**
Include Olive Oil, Fatty Fish, Avocados, etc. and don't be afraid to eat some fat on meat.
- **Sugars:**
Replace white, brown, raw sugar for a little raw honey, coconut sugar or maple syrup on occasions. Liquid Stevia is good.

Healthy Weight Loss

- Dropping your weight needs to come from a life changing experience
- There is no “*quick fix*”
- **Learning to eat according to a new way needs to be “*for life*”**
- Eliminate the word “*diet*” from your vocabulary. People who “*go on a diet*” usually put the weight back on soon after they finish



Healthy Weight Loss (cont.)

- Providing you stick with the program, losing approximately 0.5g per week is regarded as healthy and sustainable
 - 10 weeks @ 0.5g = 5 kilos
 - 20 weeks @ 0.5g = 10 kilos
 - 40 weeks @ 0.5g = 20 kilos ... etc
- Learning to not only reduce but how to maintain your new body weight... for life!

What Might I Expect? 11

- ⦿ A boost in **energy**
- ⦿ **Memory** may improve
- ⦿ Risk of **cancer** will be lower
- ⦿ Reduction in **arthritis** symptoms
- ⦿ May be able to:
 - take less **blood pressure** or **cholesterol** medication
 - learn to manage your **type 2 diabetes** without daily injections
- ⦿ Better control of **asthma & heartburn**

I Will Be There With You Throughout Your Journey

