



Balanced Weight Management (Part 2)

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The image features a black silhouette of a person climbing a jagged mountain peak. A second, lighter grey silhouette of a person is positioned below and to the left, reaching up to grasp the hand of the climber. The background is white. The title 'A Helping Hand' is written in yellow text to the left of the climber. Below the title is a horizontal line. Further down, two lines of black text are present: 'You don't have to do this on your own...' and 'I will be there to help you!'.

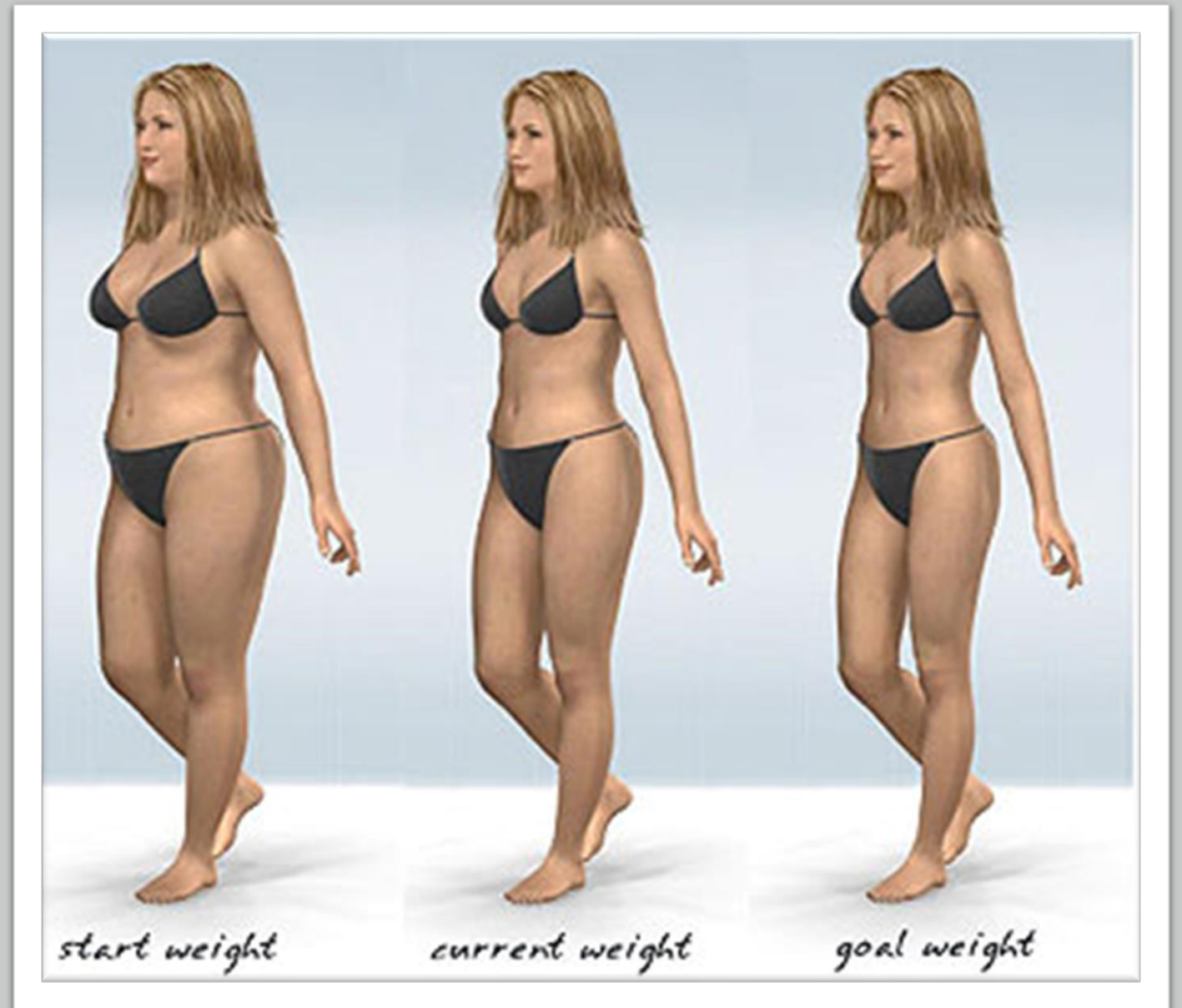
A Helping Hand

You don't have to do this on your own...

I will be there to help you!

Imagine...

If in about 12 months
you could be at your
goal weight!



5 kilo Increments each 10 weeks

Small goals of just 5 kilos each 10 weeks (or half a kilo per week) would look something like this:

$$79.5\text{k} - 5\text{k} = 74.5\text{k} \text{ (10 weeks)}$$

$$74.5\text{k} - 5\text{k} = 69.5\text{k} \text{ (10 weeks)}$$

$$69.5\text{k} - 5\text{k} = 64.5\text{k} \text{ (10 weeks)}$$

$$64.5\text{k} - 5\text{k} = 59.5\text{k} \text{ (10 weeks)}$$

$$59.5\text{k} - 5\text{k} = 54.5\text{k} \text{ (10 weeks)}$$

$$54.5\text{k} - 1.5\text{k} = 53\text{k} \text{ (3 weeks)}$$

* Please note this is only a guide designed to help you see the potential. It may not always go to plan... occasionally you can lose more and sometimes you may plateau as your body readjusts itself to your new weight.



Scales

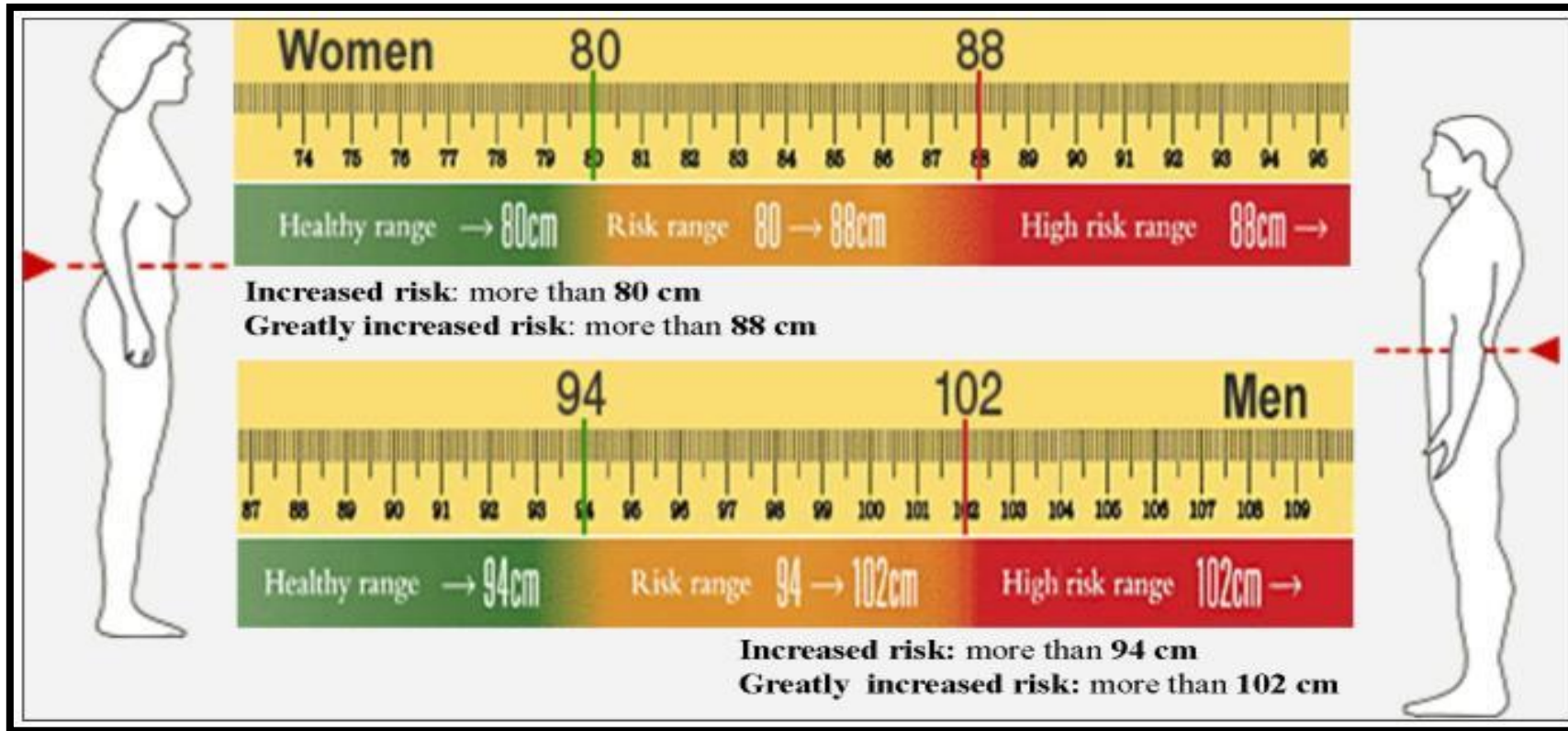
Scales are not always the best indicator of weight loss. Sometimes it will be down, but other times your weight will rise slightly. This is normal!



- All scales can do is measure the relationship your body mass has with gravity!
- Scales are unable to determine what is muscle, what is fat, what is water or anything else.
- Body composition can change without any change on the scale... eg:
 - Gained additional muscle
 - Lost some body fat
 - Improved hydration
- Weigh in not more than once a week at the same time of day and dressed in similar clothing... or none at all!

Waist Measurement

Taking your waist measurement once a week is a better indicator.



Women: Waist should range between **74cm – 80cm**


Men: Waist should range between **87cm – 94cm**

Optimal Health

To obtain optimal health, it has been suggested that we should only eat foods that our grandparents would recognise as food.

(The supermarkets are full of packets and tins which bear little relationship to the real food given us by nature.)





Feeling Good! Full of Energy!
Isn't that what you want?

There is much more to losing weight than simply weighing less!

Losing weight needs to be about gaining optimal health.

That is... feeling well as we continue to mature is worth all the effort of reducing weight.



Little Known Additional Benefits

- You'll feel so much better about yourself
- Self-confidence will be restored
- Seasonal allergies may go
- May not need medication
- Sexual drive may be enhanced
- Better sleep
- Lower risk of many diseases including cancer
- You'll sweat less
- People will be nicer to you
- Skyrocketing energy
- People will ask you for advice!
(3)

Other Options

I need to put before you some other options...

- It is possible to go on some medications that are designed to help you lose weight, and...
- There are some surgical procedures which are carried out in extreme cases, sometimes for life-saving measures...





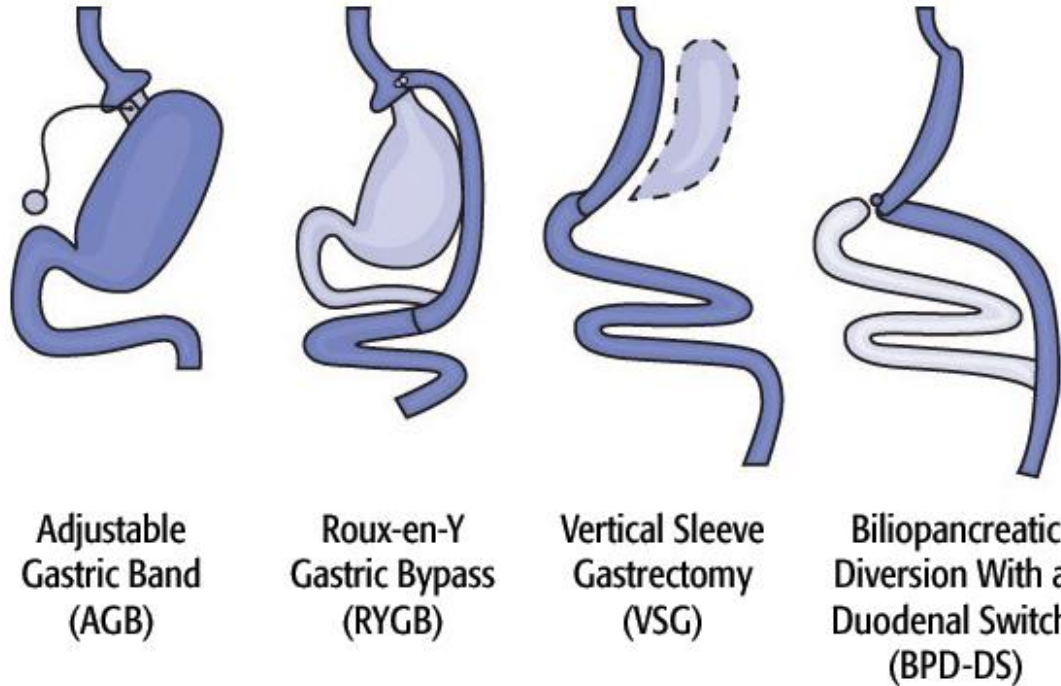
Medications

Drugs and Hormones prescribed for Weight Management

- Orlistat (Xenical, Alli)
- Phentermine
- Sibutramine (Meridia)
- Thyroid Hormone
- Somatropin (Growth Hormone)

Although many of them do have some advantages, there are many more disadvantages and side-affects. (4)

Surgical Procedures



Sometimes surgery is done as life-saving treatment:

- Laparoscopic Gastric Banding
- Gastric bypass
- Gastric Balloon
- Biliopancreatic Diversion (BPD)

Here too, although there can be some advantages, there is quite a list of disadvantages. You would need to think long and hard, and seek much advice, before undertaking any of these operations. (4)

(Continued in Part 3)