



Balanced Weight Management (Part 3)

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It's not always easy!

Reducing weight and improving your general health is not always an easy road.

There will be many temptations along the way!

But nutritional eating is far from bland and does consist of many wonderful and very tasty foods.





Image: healthy-holistic-living.com

Causes of Obesity

- **Genetics** – in only a few cases
- **Overeating** – eating foods with little nutritional value (eg: fast food) causes you to overeat as the body is still nutrient deficient
- A diet high in **simple carbohydrates**
- **Physical inactivity** – which becomes more demanding with weight increase
- **A few diseases** – Hypothyroidism, insulin resistance, polycystic ovary syndrome, Cushing's syndrome
- **Some medications**
- **Low fat** – many products are filled with sugar and simple starches so they still taste nice
- **Psychological factors** (5)

Symptoms of Obesity 1

Symptoms include: (8)

- Breathlessness
- Increased sweating
- Snoring
- Inability to cope with sudden physical activity
- Feeling very tired every day
- Back and joint pains
- Low confidence and self esteem
- Feeling isolated





Symptoms of Obesity 2

Obesity can also cause changes you may not notice, but that can seriously harm your health, such as:

- high blood pressure (hypertension) and
- high cholesterol levels (fatty deposits blocking your arteries)

Both conditions significantly increase your risk of developing a cardiovascular disease, such as:

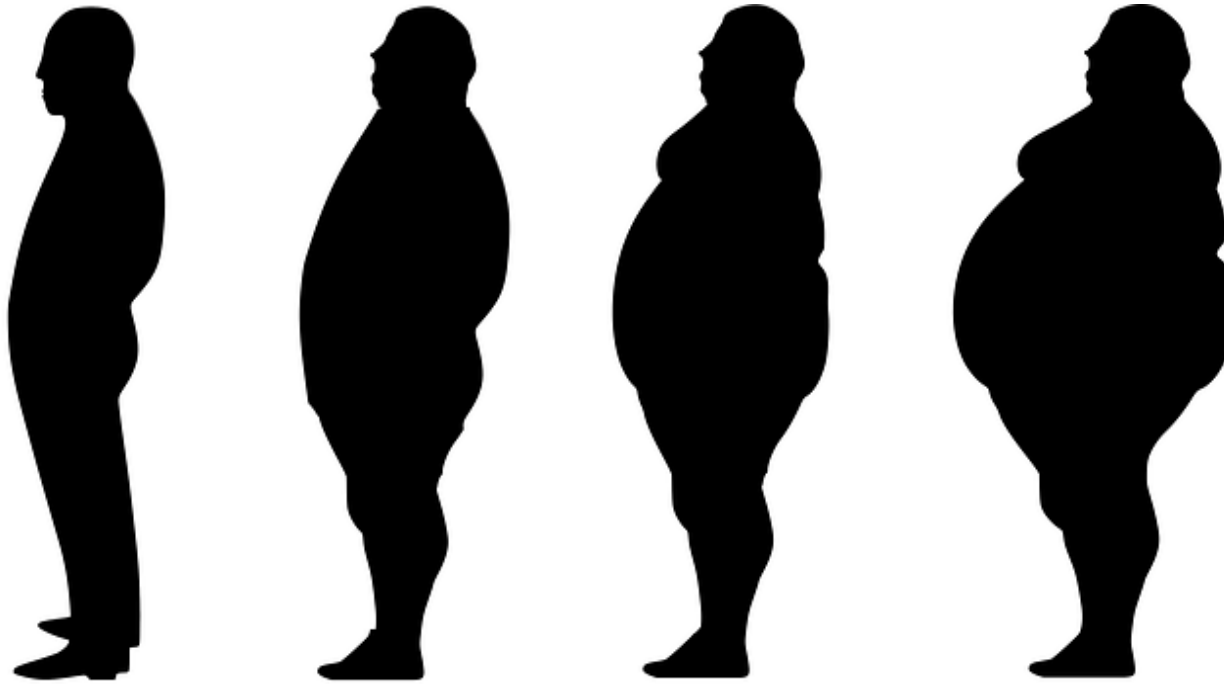
- Coronary heart disease, which may lead to a heart attack
- Stroke, which can cause significant disability and can be fatal (8)



Symptoms of Obesity 3

Another long-term problem that can affect obese people is **Type 2 Diabetes**.

- It is estimated that just under half of all cases of diabetes are linked to obesity.
- The main symptoms of diabetes are:
 - feeling very thirsty
 - going to the toilet a lot, especially at night
 - extreme tiredness.



Unless action is taken to halt obesity, there will be nothing to stop you from continuing to add more weight on.

- The more weight that's added, the greater the risk involved in coming down with the list of potential sicknesses and diseases that those who are overweight and obese face.
- Even remaining at your current level opens you up to the risk of disease and your Diabetes will become more difficult to control.

Will Your Health Deteriorate?

How Can Weight Be Reduced?



There are various methods used to control weight... some may be more efficient than others:



Calorie counting



Low-Carb



Low-Fat



Ultra Low-Fat



Atkins Diet, Paleo..... etc. etc. etc. The list goes on and on...

Learn to Listen

But in the light of all the various weight loss diets around, I believe the main thing is to **learn to listen** to your body.

Your body knows exactly what it wants, and when it wants it. It will not lead you astray!

It's like putting on some head-phones and learning to hear what your body is saying.





Examples:


Many times we think we are hungry when in reality our body is saying we are thirsty!

- So, make it a rule to always have a glass of water before reaching for some food. Many times the drink will satisfy you.
- Endeavour to drink around 2 litres of water a day.
- Drink a glass of water half an hour before each meal.
- Different slices of fruit such as lemon or lime can be added to the water if you prefer flavour. How about mint?

Emotional v Physical Hunger

Learn to understand when you are hungry, and why (10)

Emotional Hunger	Physical Hunger
Hits in an instant	More gradually
Craves specific foods	Almost anything sounds good
Leads to mindless eating	More aware of what you are doing
Not satisfied once full – want more	Satisfied when stomach full
Craving in head – will not go away	Growling pang in stomach
Leads to regret, guilt, shame	Giving body what it needs – no guilt



Identify
Emotional
Eating
Triggers

Trigger	What it Does
Stress	Food brings emotional relief
Stuffing down emotions	Numb yourself with food
Boredom or feelings of emptiness	Distracts from underlying feelings
Childhood habits	Rewarded for good/bad behaviour
Social influences	

Identify Emotional Eating Triggers

Symptom	Some Alternatives
Depressed or lonely?	Call someone, play with dog, favourite photo
Anxious?	Dance, brisk walk, squeeze stress ball
Exhausted?	Treat yourself – cup of tea, bath, candles
Bored?	Good book, comedy, explore outdoors

(Continued in Part 4)