

IN THIS SESSION:

- Weight management is a life-style
- Are you really overweight?

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Shaking it!

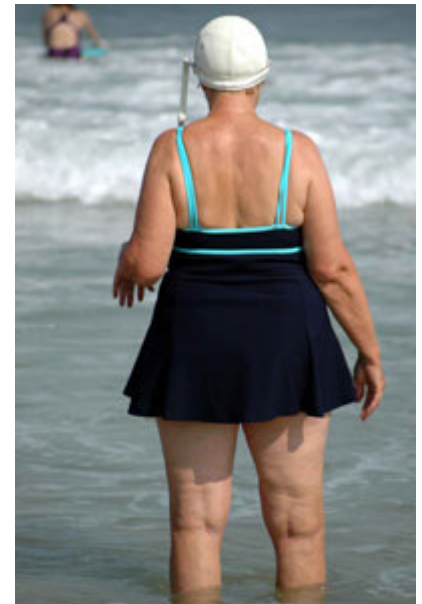
I trust that the next sessions focusing on weight management will be useful lifetime tools for all our mentor programme members!

I will also try to introduce you to life-style changes and reachable goals to take the pain out of weight management.

In this session we will:

- Try to understand what a healthy body weight is.
- Show you how to determine your body weight most effectively.
- Determine if you may have a medical condition causing your extra body weight.

In the follow-up sessions I'll share my 23 principles that govern weight maintenance. These contain issues relating to types of food, types of weight loss diets and weight loss supplements that really work!



No more dreading summer!

You are not alone...



Remember what I said in one of the carbohydrate sessions...?

Obesity is a condition that occurs all over the world like and The World Health Organisation (WHO) officially declared obesity a pandemic in 2003!

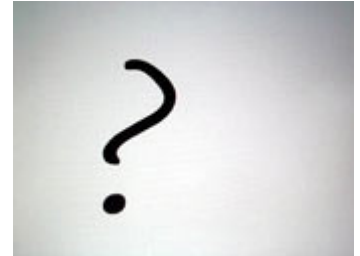
There are an estimated 1 billion people on the planet that are regarded as obese (that's about 1 in every 6 people)!

Am I really overweight?

This is the big question for most people. But before we go any further, we need to try and classify what a healthful body weight really is!¹

This is not so easy to define, but here are what some researchers regard as a healthy body weight:

- a) A weight that is appropriate for your age and physical development.
- b) A weight that you can maintain without severely limiting your food intake or constantly having to diet.
- c) A weight that is acceptable to you.
- d) A weight that is based upon your genetic background and family history of body shape and weight.
- e) A weight that promotes good eating habits and stimulates you to engage in regular physical activity.



How to determine if you're overweight?

Here are some measurements and devices that are available to help you determine if you're over-or-under weight.

Note - a word of caution here: Some of these techniques require a trained professional and not just anybody can do this for you.

It's also important that you monitor your weight by using the same scale, if possible.

First we will look at 'BMI' and then at 'body composition measurement'.

BMI

Body Mass Index or BMI is determined by using the following equation:

$$\text{BMI} = \text{weight (kg)} / \text{height (m}^2\text{)}$$

(Height m² is determined by just multiplying your height with itself. So if you're 155cm tall then converting to m² is 155cm x 155cm)

How to use BMI:

These are the ranges of BMI:

- Above 35: Morbidly obese
- Above 30: Obese
- Above 25: Overweight
- 20 - 25: Normal

If your BMI is above 30 you are at risk of developing:

- Heart disease
- High blood pressure
- Type 2 diabetes
- Other diseases



Note: I regard BMI as a rough measurement. People who have a very muscular frame will easily fall into the overweight range so be sure that you take this into account and use body composition in conjunction with BMI.

Determining if you're overweight, continued

Body composition

There are several methods of determining body composition but we will only look at the ones most commonly used.

Skin fold testing

This is a fairly accurate test but it has to be performed by a person that knows what they're doing, preferably a trained biokineticist. The fat percentage is measured by determining the thickness of certain skin folds with a specific measuring instrument.



Bioelectrical impedance analysis

This test, which is quite commonly done at gymnasiums, is a device that sends a low-level electrical current through a person's body. The rate by which electricity is conducted gives an indication of a person's lean body mass and fat mass.

To do this test more accurately you have to carefully follow these guidelines:¹

- No eating for 4 hours before the test.
- No exercise for 12 hours before the test.
- No alcohol consumption for 48 hours before the test.

This test is less accurate than the skin fold measurement.

Body fat levels for different age groups

Here is a basic guideline for body fat levels:²

	Ideal	OK	High
Men:			
20-30	<15%	<19%	>19%
30-40	<18%	<21%	>21%
40-50	<21%	<23%	>23%
50-60	<22%	<25%	>25%
60+	<23%	<25%	>25%
Women:			
20-30	<19%	<23%	>23%
30-40	<21%	<25%	>25%
40-50	<24%	<28%	>28%
50-60	<27%	<30%	>30%
60+	<28%	<31%	>31%

Dangerous extremes

Let's have look at why it's so important to have the right body weight despite all the aesthetic reasons...
 An important point to make here is that being underweight is just as dangerous as being overweight!



Risk factors of being underweight



In the westernised world this is less common than being overweight, but being underweight definitely carries its own risk factors and it's usually associated with malnutrition or anorexia.

People who are underweight are at risk for:

- Decreased brain development and functioning
- Bone formation problems and osteoporosis
- Fatigue
- Skin problems
- Loss of libido
- Fertility problems
- Multiple abnormalities associated with micronutrient deficiencies

This can become quite serious, as seen in the 'female athlete triad', where the female athletes have disordered eating, amenorrhea (they don't menstruate anymore) and resulting osteoporosis.³

Risk factors of being overweight

Risk factors of being overweight:⁴

- Diabetes
- Heart disease
- Stroke
- Gallstones
- Arthritis
- Gout
- Less energy
- Impaired sleep due to breathing problems
- Social problems

and many more...



Medical reasons for weight gain

Although this is scarce, it's a reality. So, before you go on the 'mother of all diets' you should exclude any of the following conditions: ⁵
(If you suspect one of these conditions you should visit your health care practitioner).

1. Decreased thyroid functioning
2. Right-sided cardiac failure
3. Acute renal failure
4. Endocrine disorders including Cushing's syndrome or polycystic ovary syndrome
5. Drugs such as corticosteroids, cyproheptadine, lithium, tranquilizers, phenothiazines, oral contraceptives and tricyclic antidepressants
6. Medications that increase fluid retention and cause oedema (abnormal pooling of fluids in the tissues)
7. Immobility due to injury
8. Insulinoma (tumour that produces insulin)
9. Intracranial space-occupying lesion-like cancer of the brain
10. Orchidectomy (removal of testicles)
11. Pituitary tumour (secretes growth hormone)
12. Prader-Willi syndrome



Moving on!

Weight management and maintenance is a pressing issue for most people and this can easily be seen in the growth of the weight loss supplement industry!

Utilise this session to determine where you are regarding your body weight.

Are you overweight?

Are you underweight?

Hang in there for the next session as we explore 'Dr Anton's 23 principles of life-long weight management!'

'Now there are more overweight people in America than average-weight people. So overweight people are now average. Which means you've met your New Year's resolution.'

(Jay Leno)

Kathy's kitchen



MARINATED HERB CHICKEN

If we're going to be talking weight loss it definitely has to be combined with healthy, non-fattening food recipes!

- 1 big chicken
- 3 large carrots, thickly sliced
- 1 large onion, quartered
- 6 garlic cloves, peeled and sliced
- 8 teaspoons (40ml) Ina Paarman chicken stock
- 4 cups (1 litre) boiled water

MARINADE

- 1 cup (250ml) cold pressed olive oil
- ½ cup (125ml) fresh oreganum, basil or mint leaves
- 10 garlic cloves, cut lengthwise in thin strips
- 1 teaspoon (5ml) salt
- Freshly ground black pepper
- 2 cups (500ml) fluid remaining after cooking the chicken.

-Cut all the skin off the chicken. Place in heavy based pot with the breast facing up. Add the carrots, onion and garlic. Add stock to the boiled water, then add to the chicken. Cover chicken with wax paper and then put lid on the pot. Simmer for 11-12 hours slowly, until meat is soft and falls from the bone.

- In the meantime mix all ingredients for the marinade and leave at room temperature.
- Remove pot from the stove. Turn the chicken around in the pot and leave to cool in the fluid.
- When cooled, take chicken from the pot. Keep 2 cups of the remaining fluid aside, as well as the onions and carrots. Keep the rest for stock for later use, e.g. when cooking soup.
- Slice the meat into thin, long strips. Whisk the fluid with the marinade. Spoon the meat and marinade in layers in a serving dish. Cover with cling wrap and press wrap flat on chicken to press out as much air as possible. Leave at least for an hour or overnight for the flavours to develop.

Serve at room temperature with a variety salad and use the marinade as your salad dressing. Add a small amount of rye pasta to give the salad more body.

References

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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