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- Are you a yo-yo dieter?
- Do you know what hunger really is...

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Health Mentor Programme

Weight management part 2

MENTOR SESSION 22

Stop the yo-yo!

So, where's the mentor programme miracle diet?!

The anxiously-awaited answer to this question is... no, I have no miracle diet, because I don't like dieting!

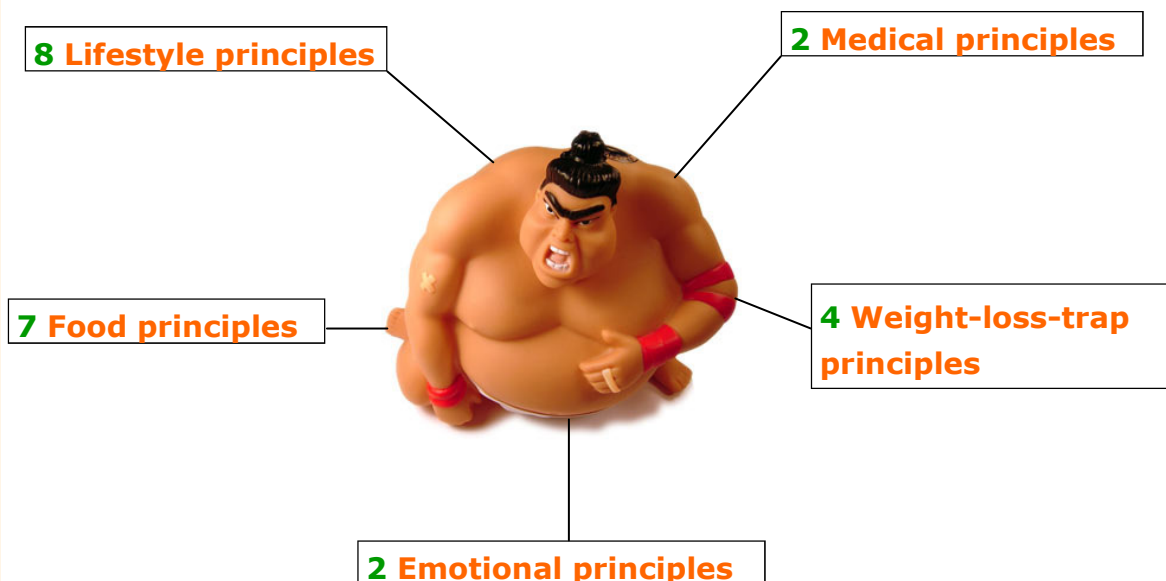
Instead, in the following sessions I'll be giving you 23 principles that are logically and scientifically sound to protect you from the dangers of yo-yo dieting, like increased risk for heart disease¹ and reduced immune function!²

Take note that these principles do not just pertain to weight management! They are principles that will impact your health in general!



The weight-loss wrestle..

Want to manage your weight? Well, here's the outline for my 23 principles that should help you to get the job done! (In this session we'll deal with the 8 Lifestyle principles. In the next session we'll deal with the medical and emotional principles and in the session after that we'll deal with food and weight loss-trap principles).



Lifestyle principles:

1— The perpetual diet

Here’s a principle regarding weight-loss to hold onto - STOP constant dieting!

If you’ve tried one diet, then you’ve tried several, right?!

The problem with dieting is that you’re pushed into a lifestyle that is:

- a) Strange! (And looking at some diets that are out there, we’re talking freaked out!).
- b) Not sustainable.
- c) A lifestyle that you only follow while on that specific diet.
- d) Going to cause you to regain all the weight you lost or even pick up more weight after the diet! This fact has been proven scientifically!³
- e) Potentially hazardous to your health!

So, please STOP the perpetual dieting! If you follow the principles of the mentoring sessions, and specifically focus on these weight-loss sessions, then you’ll still enjoy food while managing your weight (and health)!

Note: Yes, you might have to start a weight-loss programme of sorts (like ‘Weight Watchers’) to initially shrug off excess weight, but don’t even think of starting a programme like that unless you have the principles sorted out!



2— Health over looks



Are you thin but neglected?

For some this may be a hard principle to swallow...

Many people sacrifice healthy living in their quest to have a thin body. This, in our opinion, is nothing more than shooting yourself in the foot because you’re probably dramatically shortening your life in the process!

So, the rule here is to adopt a lifestyle that ensures optimal health and well-being while enabling you to maintain a healthy weight!

Dangers of some diets:

Not all diets are bad but be careful if you start a weight-loss programme to avoid the following health risks related to unscientific diets:

- Increased bone loss and osteoporosis risk
- Hormone abnormalities
- Loss of libido
- Fatigue
- Skin problems
- Multiple abnormalities associated with micronutrient deficiencies

3— Habits die hard

So, you've been eating a fast-food lunch for the last 21 years and you have absolutely no idea how you're going to change this?

Well, the good news is that you're only going to need 21 days of constantly avoiding this bad habit to get rid of it. The bad news is that this is usually easier-said-than-done and that's why we advise our members to replace every bad habit/food with a good habit/food to make the transition **MUCH** easier!



4— If you fail to plan you plan to fail!

This is VERY true when it comes to eating! Plan your meals properly during the week and plan to have healthy foods with you if you're not at home. Basically, don't get caught without good food when you start getting hungry because the urge to stop at the fast-food drive-thru will probably overcome you! Also, skipping a meal because you don't have food with you just isn't a good idea.

When monkeys become gorillas...

This is the story of how a 'late night craving attack' is born...

You live a rushed lifestyle and you don't have time to eat breakfast, so you skip it. It is at this point that you unknowingly acquire a 'pet monkey' (a craving) that sits on your shoulder, so to speak (i.e. is with you all day).

During the rest of your day, your 'monkey' grows as your diet goes from bad to worse while you try to manage your blood sugar dips with quick soda drinks and 'eat-on-the-run snacks'. Before you know it your 'pet monkey' has grown into something **MUCH** less manageable - a 'pet gorilla'. Later that night it drags you to your sweets cupboard (mmm...you still have one of these?) and you indulge in an unexpected late night feast!

We all know this scenario too well! The reason for these 'late night crave attacks' is simply bad dietary habits during the day, leaving your body craving for nutrients at night, which causes you to lose control.

Don't let the monkey get you!



By the way, studies have shown that people who eat breakfast find it easier to lose and maintain weight! ⁴

5 — Home sweet home

This principle follows closely behind the ‘failing to plan’ principle.

Your house is supposed to be your safe haven and not a treacherous minefield where every next step could harm you!

Keep your home nutritionally safe and sound by surrounding yourself with all the good, healthy stuff.

It’s also important that if you’re in a time of specific weight loss, you should avoid eating out at restaurants and at other people too much. One always tends to eat more when you’re at a ‘function’ of sorts.

BUT, if you are at a function/restaurant/party/banquet etc., then here are some handy tips on how to reduce your total calorie intake:

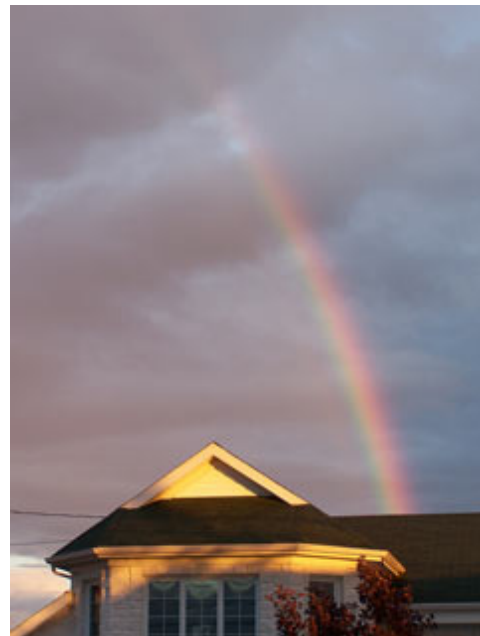
-Prepare yourself mentally regarding what you will and won’t eat before going out. That way it’s easier to avoid the bad food.

-Share a meal. Most restaurants are adopting a standard westernised practice of super-sized portions and many times the plate of food is enough for 2 hungry individuals!

-End your meal with tea or filter coffee rather than a creamy beverage/pudding.

-If you do have dessert, share it between several people. The principle here is that a single taste of dessert can be as satisfying as several spoonfuls! As a matter of fact, the taste of any food is diminished as you become satiated.

-Avoid cold drinks or soda pop at **ALL** costs. These drinks are regarded the main culprits in weight gain!



6 — Understanding hunger...

There are 3 things you should always try to manage regarding hunger:

1. Hunger versus appetite.

Due to the convenience-driven and ‘food-is-leisure’ society that we live in, you will benefit greatly from learning when you’re actually really hungry versus just having an appetite for something nice! (Time spent in front of the television has a way of confusing this issue thoroughly).

Hunger is defined as ‘our innate physiological drive or need to eat’.⁵ When you have signs like a growling stomach and lightheadedness, your body is giving the signals of a falling blood sugar and your brain will respond by making you hungry.

Appetite on the other hand is experienced in the **absence** of hunger and is driven by numerous factors like familiar smells, associations with certain times of the day and places etc. Yes, appetite leads people to overeat!



2. Never get too hungry:

This may sound strange but very hungry people tend to eat irresponsibly.

Thus make sure you eat regularly enough, consuming only food that you intended to eat in the first place.

3. Shopping and hunger.

Never go grocery shopping if you’re famished!

Your stomach **WILL** make some of the decisions!

7 — Get a buddy

Some things in life are achieved so much easier when you have a partner. For some people, climbing the mountain of weight loss is no exception!

A buddy also comes in handy if you want to keep to a regular exercise regimen! In any case, exercising with a friend is far more enjoyable than braving the gym alone.



8 — Dealing with all the R's!



Remember the following two R's.

RULE & RESTRAIN

Firstly, teach yourself to **RULE** your will and emotions. Yes, it is possible if you practice this!

Secondly, **RESTRAIN** yourself when it is called for. This is valid for food and pretty much valid for anything else!

How to do these things? Practice! The sooner you acquire a lifestyle of **RULE & RESTRAIN** the sooner you'll start seeing the fruit in many areas of your life!

It's not about depriving yourself...it's about practicing healthy discipline in specific areas of your life.

Hold your horses!

Note that the other two R's, **Rest and Recreation**, are just as important in our lives, but if not kept in check we can very easily throw the first two R's of Rule and Restrain out the window with the result of extreme weight gain during a holiday!

It's not worth it to pig out on holiday; it just leaves you feeling guilty and frustrated rather than rejuvenated.



**Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself.
(Rabbi Abraham Heschel)**

Kathy's kitchen



French bean salad

This is a beautiful, colourful and festive salad! The secret of this recipe is to dress the beans while still hot.

175g cherry tomatoes, halved
450g green beans, top and tailed, do not chop
175g feta cheese, cubed
Salt and freshly ground pepper

Dressing:

90ml cold-pressed olive oil
45ml fresh lemon juice
¼ teaspoon Dijon mustard
2 garlic cloves, crushed
Salt and freshly ground pepper

1. Preheat oven to 230°C. Put the cherry tomatoes on a baking sheet and sprinkle with salt and pepper. Roast for 20 minutes, and then leave to cool.
2. Meanwhile, steam the beans for 10-15 minutes.
3. Make the dressing by whisking together all dressing ingredients.
4. Put beans in serving bowl and pour over the dressing while still hot.
5. When cool, add roasted tomatoes and the feta cheese. Serve chilled.

About Kathy

Kathy de Bruin is a qualified home economist from Pretoria and mother of three busy/hungry boys! She presents classes on how to make healthy home cooking practical. kathydebruin@gmail.com

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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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