

# Health Mentor Programme

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## IN THIS SESSION:

- Have you been trapped by a fat trap promise?
- Have you tried a crazy diet?
- Has your special piece of exercise equipment become part of the furniture?

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# Weight management part 5

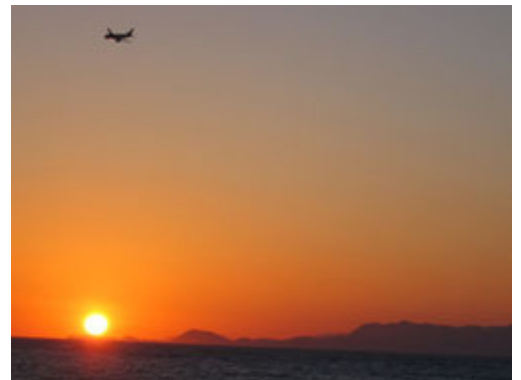
MENTOR SESSION 25

## Fly by night!

**Now here's an interesting part of our weight management journey...**

The amount of money involved in the weight-loss industry is simply staggering and that has sadly attracted an equally staggering number of 'fly-by-night' solutions, diets, exercise equipment and many more.

In this session I will try to give you enough information to equip you to discern if the weight loss programme that you are considering flies by day, or by night...



## Trap principles

**Principles 20-23**

**Avoiding all the weight loss traps**

**20—How much & how fast?**

**21—Fad diets**



**22—Exercise equipment**

**23—Medication & weight loss**

## 20 — How much weight loss & How fast?

**OK, so what do I NOT want...?**

**That you lose a whole lot of weight and soon afterwards just pick it all up again!**

Sadly, that is the route many people follow with some diets<sup>1</sup> because they do not subscribe to the basic principle that healthy weight loss is **ALWAYS** a gradual process!

**So how much then?**

Lose 0,9kg per week and you'll probably keep it off.<sup>2</sup>

Lose more than that per week and your chances are pretty good to pick up **MORE** than what you lost!

So a good approach to have is to eat moderately less and exercise constantly 4-5 per week (the exercise doesn't have to be that extreme in this case).

(Take note that in the first 2 weeks of a new weight loss programme you may lose more than 0,9kg/week due to water loss)



## 21 — Fad diets

**Fad diet trap:**

It would be impossible to give a review of all the diets that are currently available on the market and thus we will, once again, try to give you the tools to do the detective work yourself!

**Want to know if a diet is a 'fad diet'?**

**Here are some steps to catch the 'fad':**

1. The diet claims that you will lose more than 0,9kg per week.
2. The diet necessitates you to buy a product that is touted to be 'revolutionary' or 'uniquely patented' or 'a first of its kind' **BUT** no scientific evidence exists to support any of these claims. (I don't have a problem with a good nutritional supplement to support you on a daily basis but be careful of products that promise the earth!)
3. The people used to sell the products look like Greek gods! And yes, obviously you're made to believe they got that way using this particular diet!
4. The diet or product advert applies the principles of pressurised selling. They tell you to buy immediately if you want to get this product plus all the extras at the one-time-only special-offer price. The irony is that you'll probably see the same advert weeks later on the same TV station!
5. Many of the fad diet and supplement programmes give you the assurance that you can eat whatever you like, as much you like.
6. Some of the programmes promise that no or minimal physical activity would be necessary to reach weight-loss goals.
7. The fine print usually corrects any false hopes that the product very prominently creates, but who reads the fine print anyway?!



Do these fad diet programmes make money? Well, how does **33 billion US Dollars per year** sound?!  
(and that's only in the USA!)<sup>3</sup>

**'To safeguard one's health at the cost of too strict a diet is a tiresome illness indeed.'**  
**Francios de La Rochefoucauld**

## 21 – Fad diets—a look at 3 specific diets

In this section we will briefly look at three diets that have raised a lot of attention. We will evaluate them and determine if they're any good...

### The Grapefruit or Hollywood diet



If you look on the Internet you will find several references to the so-called 'Grapefruit diet'.

It's also called the 'Hollywood diet' by some and others have erroneously called it the 'Mayo Clinic diet', a title which the Mayo Clinic has tried to shake off for many years.

There still does not seem to be much hard evidence in the scientific libraries to support all the claims made for the Grapefruit diet. One preliminary study that did support the Grapefruit diet was done over 12 weeks by the Scripps Clinic in the USA. In their 12 week study (which has not been published yet) the participants who ate half a grapefruit with each meal lost an average of 3.6 pounds, while those who drank a serving of grapefruit juice three times a day lost 3.3 pounds.

I'm still taking the abovementioned study with a pinch of salt because I believe that the reason people lose weight on these types of diets is because they eat less!

**What I did find in the literature is that grapefruit is, as we all know, a VERY healthy food to consume.**

**Here are some other benefits that are reported in scientific literature:**

- 1) Grapefruit contains antioxidants which protect the human body.<sup>4,5</sup>
- 2) Grapefruit contains phytochemicals, especially phenolics, which are VERY healthy compounds in fruits and vegetables.<sup>5,6</sup>
- 3) Dietary grapefruit-pectin supplementation can lower cholesterol and protect against artery clogging.<sup>4,7</sup>
- 4) Some studies suggest that the active enzyme in grapefruit called naringenin may suppress the growth of cancer cells.<sup>5,8</sup>

**The bottom line:**

- Burning more energy than what you consume makes you lose weight.
- Eating more fruit is a healthy habit and helps manage your weight.



### Blood type diet

**Blood type diet:**

When it comes to the widely publicised 'Blood Group diet', solid science is scarce and controversy abounds!

Thus, in the light of the information being as hazy as it is, I will note a few basic principles that are very well scientifically-founded:

1. All people are unique and have individualised needs and thus every person has to be aware of the fact that he/she may not mix well with certain foods.
2. To find out if a food doesn't work for you go an elimination diet by removing foods from your diet one at a time for a 2-week period and then re-introducing them, being fully aware of any changes in your energy levels or sense of well-being.
3. This method has been tried and tested to help people determine if they may have foods that cause allergies or other adverse reactions in their bodies.



## 21 — Fad diets—a look at 3 specific diets

### High protein diets like the Atkins diet

#### The ‘Atkins diet’ or carbohydrate-restriction diet:

##### What it is:

The long and short of a typical ‘Atkins’ or ‘no grains’ or ‘high protein’ diet is that people exclude most carbohydrates (like grains and sometimes fruit) and then focus on the ingestion of meat, fats and vegetables.

Some diets, like the Atkins diet, have different phases in their approach where carbohydrates are initially heavily restricted but later low glycaemic index carbs are brought back in.

##### Does the diet work?

Yes, it seems to cause significant weight loss in the short term and that has been substantiated through large online surveys conducted in the USA.<sup>9</sup>



The Atkins motto — ‘eat meat not wheat’

##### What is good about the diet?

It helps people to get away from the mass of refined carbohydrates that litter the average westernised diet. These carbohydrates definitely make you fat but they also cause numerous diseases like heart disease, cancer, diabetes and stroke. (Don’t forget session 24 that shows that you shouldn’t avoid healthy carbs!)

##### What is bad about the diet?

###### a) Misconceptions:

Many people think they know what these diets are about and they then embark on their own ‘home-made low carb’ diet that is firstly unhealthy and secondly definitely not conducive to long term weight management.

**b) High meat intake:** Remember what I said in the earlier sessions about the Mediterranean diet? People eating this diet have MUCH less cancer and heart disease and their focus is on grains, legumes, nuts, seeds, vegetables, fish and oils like olive oil. Their diet is LOW in chicken and red meat.<sup>10,11,12</sup>

I think with the dangers associated with modern livestock production, high animal protein consumption is not a good idea unless you know the meat producer personally and can vouch for the safety of the meat.



###### c) Neglect of plant material:

In session 15 on raw foods I explained clearly how important the phytochemicals found in fruits and vegetables are to human health. People on a un-supervised low carb diet can easily fall into the trap of not eating enough raw foods with resulting negative health impact.

Healthy people eat enough plant-based foods!<sup>13,14,15,16,17,18,19,20,21,22,23,24,25,26,27</sup>

###### d) No long-term sustainability:

Studies have shown that people who eat diets too high in protein have difficulty managing their weight in the long run.<sup>28</sup>

##### My conclusion;

If you want to lose weight it’s definitely advisable to be part of a programme that will assist you in the process like ‘Weight Watchers’, ‘Weigh-less’ and then using diets like the Atkins diet **BUT:**

- 1) Remember my 23 principles of weight management.
- 2) Remember that a diet like the Atkins diet **NEVER** excludes the consumption of vegetables.
- 3) The really high protein part of a typical ‘Atkins’ diet shouldn’t be more than **2 weeks to a month**.
- 4) Make sure your animal products are **free of hormones, antibiotics and other pollutants**.
- 5) Follow a lifestyle diet that focuses on **legumes, vegetables, healthy oils and fruit**.
- 6) Don’t drop the carbs too much! See the next page, it will blow your mind!
- 7) **Exercise!** In the presence of a calorie-restricted diet, exercise is going to tip the scale in your favour!

## Are you switched on!?

### The thyroid switch.

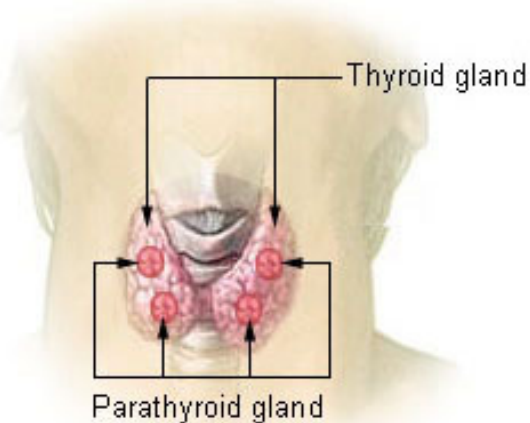
The thyroid gland secretes thyroid hormone which plays a super-important role in the management of the body's metabolism.

If you don't have enough thyroid hormone (a condition called hypothyroidism) your chances of picking up weight are very good, as is the case with people suffering from hypothyroidism.

Thyroid hormone can be seen as a switch that makes sure your body's metabolism stays switched on.



### Thyroid and Parathyroid Glands



### Now here's the deal...<sup>29</sup>

-Since the mid 70's research has been pointing to a link between carbohydrate consumption and the conversion of the weaker thyroid hormone called T4 into the more active form of thyroid hormone called T3.<sup>30,31</sup>

People who fast basically convert much less T4 into the more powerful T3. (Yep, this is going to slow down your metabolism making it easier to pick up weight.)

-If you fast for a few days your active thyroid hormone (T3) levels drop.

-In a recent study this drop in T3 during a very low calorie diet was found to be as much as 66%!<sup>32</sup>

-The moment you re-introduce more calories, and specifically carbohydrates, to the diet the T3 levels return to normal.<sup>33,34,35</sup>

-It's not a good idea to take T3 in the form of medication during a diet because you will lose more muscle than fat!<sup>36</sup>

**Restricting calories too much can turn down your thyroid hormone...  
Not good for weight management!**

### The bottom line – stay switched on!

My advice is that you eat 5 - 6 small meals per day and that most of these meals contain HEALTHY carbohydrates in the right portion size (for the average person that's a portion the size of your fist).

Healthy carbs are not refined, they have a low glycaemic index and they supply you with sustained energy! You'll feel more energized, you'll have more motivation to exercise, your mood will be better and you'll eventually drop the weight!



**Go from 'no carbs' to 'healthy carbs'!**

## 22 – Incredible exercise equipment

**'The amazing muscle transmogrifier!!'**



**Go from this..**



**...To this!**



**...In 20 days with just one rep per day!!**

**AND**  
**Eat whatever you like, as much as you like!**

**Extras:** '...If you buy our amazing piece of equipment we'll throw in some extra goodies which you probably would have never thought of buying if it wasn't for this ludicrously cheap deal!...(sarcasm intended)...

**The fine print::**

Weight loss goals can only be reached by combining the 'muscle transmogrifier' with a daily regimen of cycling, running, rock climbing, aerobics, swimming, pilates, calanetics and weight training.

**Point made, I hope...!**

I'm not all together against the purchase of exercise equipment but:

- You really should be using it. (Are you the type of person that will be able to exercise in-doors for several years, using the same piece of equipment, or did you purchase another ornament for the bedroom/living room?
- You should ignore the people promoting the equipment because they **DID NOT** get their bodies from that piece of equipment.
- Don't believe the incredible speed of weight loss on offer!

**See my sessions on how much exercise and what exercise will do the job for you.**

# 23—Medicines and supplements



This is where you have to be careful because MANY weird and wonderful therapies exist that will make you lose your money and not fat!

**The fine print::**  
 Weight loss goals can only be reached combining 'Trick you' weight loss caps with 'WW Therapies food replacement shake', 'WW Therapies protein shake' and 'WW Therapies Protein bar'. Oh yes, don't forget that weight loss will only be attained through the combination of a calorie-restricted diet with a daily regimen of cycling, running, rock climbing, aerobics, swimming and weight training.

## Weight loss supplements that work...

**Not all supplements are equal so here is a list of supplements that do actually assist with the weight loss process!** <sup>37,38</sup>

**Take note!:** Once again these supplements only affect the human body in a mild way and they will only be of value if combined with other supplements, a calorie-restricted diet and an exercise programme!  
 (This is not a prescription. If you want to follow a supplemented weight-loss programme consult your healthcare practitioner first.)



**Vitamin C** – Enhances all bodily functions. Use buffered calcium ascorbate tablets or powder.

**Magnesium:**  
 Take at least 600 mg of elemental magnesium daily.

**Green tea** – Preferably in green tea extract capsule form. Drinking green tea is in any case a very healthy habit.

**Chromium picolinate:**  
 Take one 200-mcg capsule of chromium picolinate with each meal.

**CLA** – Conjugated linoleic acid. Stimulates fat burning. Do not take at the same time as the chitosan caps.

**Soluble fibre caps:**  
 Something like Glucomannin, guar gum, pectin etc.  
 Take these capsules carefully according to directions.

**Other products that show promise:**  
 -Pyruvate  
 -Glucomannin  
 -Fenugreek  
 -Gymnema sylvestre  
 -Ephedra (Be careful here, this product has side-effects and is banned in some countries)

Yes, you need a detailed protocol on how to use these supplements.

## What about prescribed medication?

There are prescribed medications that will help with weight loss but they have to be given under the auspice of a healthcare professional.

We feel that trying more natural ways right from the start ensures long-term weight management and stimulates good habits. If you really feel you need to use a prescribed medication then do so for a short period of time and then revert to managing your weight in the most natural way possible.

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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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