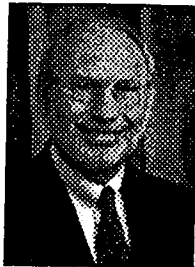


Lose weight, gain health

Although most people lose weight for vanity's sake, weight loss in the 21st century is not only the key to health, but to longevity. We all know what is to be done. Doing it is another matter. The equation of calories consumed minus calories lost equals net weight gained or lost is still valid. But, in our society, the consumption of food is tremendous and the amount burned is meager. Even if one exercises, it usually is not enough compared to the food consumption and weight does not go off rapidly at all.

Eating a large breakfast, a moderate lunch and a minimal supper



**DR. J.E
BLOCK**

ALL THINGS
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are advised, but diets are not the answer. If they were, we would all be skinny! In general, minimal carbohydrates, high-density protein and essential fats are recommended. Fats must include the Omega 3's (fish oil) and some of the Omega 6's (vegetable oil) and 9's (olive oil). The saturated fats are not nearly as good and the hydrogenated fats are terrible for your health and weight. It is the latter that is found in most commercially prepared foods. A good amount of fiber is also recommended.

There are many natural over-the-counter products that can be taken. No need to talk about carbs, because they are already too plentiful in our diet. An excellent source of good protein is whey. It's better that the Omega 3's come from eating fish, but they can also be obtained in over-the-counter capsules. Products such as ground flax seeds and Nature's Sunshine product, Nature's Three (contains psyllium, oat and apple) and new Life

Extension product, PGX® (Glucomannan), can be used for fiber. Fiber should be taken prior to the meals to decrease the absorption of cholesterol and fats and help to ease the appetite.

Green tea, whey, almonds, garbanzo beans (or better, Chana Dal), brown rice, bitter orange, Garcinia Cambogia, and GLC (gamma linoleic acid), help in the conversion of fat to muscle, increase the metabolism, and decrease the appetite. Used for decades to treat diabetes, the prescription drug, Metformin, is fat reducing, in that it reduces glucose output from the liver and turns off insulin. Insulin causes whatever energy food is consumed recently to go into fat cells.

Easier than the various supplements separately, there are also products such as Nature's Sunshine, Nutri-Burn® and Life Extension Well-Bet X®.

[Editors note: Views and ideas in this column do not necessarily reflect those of The Coffeyville Journal.]