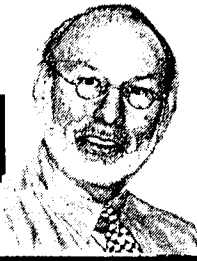


## **All Things Medical**

**Dr. J.E.  
BLOCK**



### **Obesity and weight loss**

It has recently come to my attention that one only needs to do one set, doing between eight and 12 repetitions, going very slowly. I advised the patient to count when they flex a muscle to eight, and then, as they release it, to eight. The group of exercises I recommend are bench press, a military press, an incline press, curls and shrugs for starters. One may need to get barbells rather than dumbbells. A weight bench would be great. All this can be bought for less than \$100 at discount stores such as Wal-Mart, or better yet, at a garage sale for \$25. many folks have had plans to get fit, but like most people, fallen by the wayside and their equipment has fallen into disuse. Do not think of weight lifting as something to do for just a short time, but something that must be woven into your lifestyle forever.

Coupled with your exercise, a lifestyle change in eating, such as cutting down carbohydrates (sugar and starches) to a minimum will

help. I recommend grapefruit or grapefruit juice. Naringenin seems to be the active substance in grapefruit. It slows down the cytochrome P 4550 isoenzyme 3A4 in both the liver and the intestinal wall. One large glass or a grapefruit twice a day is my recommendation. This may be why grapefruit is the cornerstone of the Mayo Clinic Diet for weight loss. There is much variation between grapefruit juice brands. "Tropical Ruby Red" seems to be the most potent.

In extreme or very resistant cases, surgical procedures are effective and are occasionally paid for by insurance. Although there have been at least 10 procedures, the only ones that have shown to be effective and safe in the 21st Century is the laparoscopic banding of the stomach with subcutaneous reservoir, and a variation of the Roux-en-Y gastric bypass. I have had several patients with these who have done extremely well, losing and maintaining at least 100 pounds' weight loss. However, the best way to do it is how my famous patient Debbie Ross has, with prudent eating and exercising. She is available for consultation if you have any questions and are serious in your decision to be "Fit For Life." Deb is my talented transcriptionist, working at my office.

Please take heart — there is weight loss in your future!