



# the spinal column

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Dr. Issam Ayache - Abdul Aziz St - HSBC Bldg. 4th Floor - Hamra - Beirut - Lebanon  
Phones: 01 / 747165 - 03 / 747165 - e.mail: issam@drayache.com - www.drayache.com

## Will Exercise or Diet Help Lose Weight ?

Given the choice, men / women will usually choose exercising more, rather than eating less, as a way to lose weight. But which road is the wiser to travel?

"If you have to choose one, it should be **exercise**". "Dieting without exercise risks loss of muscle tissue, Research indicates, that weight loss via exercise results in more favorable changes in blood-fat ratios: Those heart-helping high-density lipoproteins (HDL) get a boost, while the villainous low-density lipoproteins (LDL) get a boot. Dieting without exercise usually results in decreases in both HDL and LDL.

Eating better-and notice I didn't say eating less - can facilitate a weight-loss program. "The key to making weight loss as healthful and as easy as possible is to get diet and exercise working in tandem. "Fat will be lost faster, muscle tissue will be spared and health will be optimally enhanced." Here are some dieting tips:

### **Don't go on a diet-fix the one you've got.**

The biggest mistake most people make in dieting is that they bite off more than they can chew. "When you make a dietary change, ask yourself whether

you'll be able to keep with it for the next 10 years. If not, it may be too extreme. Ease into a more healthful style of eating gradually than trying to become a convert overnight.

### **Remember that the longer weight loss takes, the longer it's apt to last.**

You shouldn't try to lose weight at a rate faster than about 1 percent of your existing body weight per week. For a 100-kilogram, that's no more than 1 kilo a week. Go any faster than that and you risk more than making yourself miserable-your body could flip into what weight-loss experts call the "starvation response," where the body conserves fat as it would during a famine.

### **Consider dietary fat your worst enemy.**

Not only does fat contain more calories than protein and carbo-



hydrates (by more than two to one; fat has 9 calories per gram compared with about 4 for carbohydrates and protein), but it also is a proven no-no for the heart. Only one-fifth as much energy is required of the digestive system to convert dietary fat into body fat as is required for carbohydrates,

### **Throw away your scale.**

Or at least hide it. Frequent weighing can confuse a weight-loss campaign by showing temporary fluctuations such as water retention or positive situations such as muscle gain. Simply looking in a mirror or keeping track of your waist size can tell you more about your progress than any scale.

### **Expect plateaus.**

Plateaus are a natural part of the weight-loss process and should not be cause for disillusionment or concern. Weight loss will resume as soon as the body has had a chance to make certain necessary metabolic adjustments.

### **Consider dietary fiber your best friend.**

High-fiber foods are more than filling. Research suggests that fiber may actually help erase calories from other foods by sweeping them through the intestines before they've had a chance to be digested. And that certain types of fiber are effective at lowering blood fats and blood pressures.

### **Don't seesaw.**

It's OK and perhaps even advisable to take occasional vacations from a weight-loss effort-periods where you maintain rather than continue to lose-but don't backslide. Research shows that weight loss may get more difficult each time you do it, so do yourself the favor of doing it just ONCE.

## **WEIGHT MANAGEMENT PLAN THAT WORKS:**

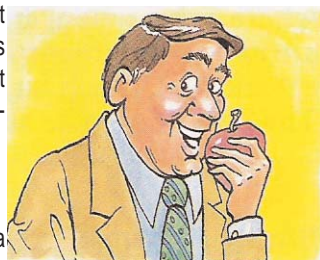
As you start your weight management plan, remember that weight loss does not happen overnight. Take one step at a time, and you'll find that weight management does work.

### **1. Get started.**

Try to see yourself differently. There is a new, healthier you waiting to break through. Go ahead .....you can do it.

### **2. Know how much to lose.**

Find out what your weight range should be by using a weight table or formula. Then set your target weight loss goal.



### **3. Keep Records.**

Record your eating and activity habits to help you determine your present patterns. Keeping records can also help you chart your weight loss.



### **4. Substitute Behavior.**

Once you recognize your old patterns, you can substitute new, positive behaviors for your old, unwanted ones. A good place to start is by

passing up those high -fat snacks. Try a bike ride instead.

### **5. Balance Eating and Activity.**

Balance the calories you take in with the calories you burn off. to help maintain your target weight.