

## Don't Weight Forever!

By Radhia Gleis PhD. C.C.N.

The growing prevalence of obesity in the United States represents a significant health threat to millions of Americans, federal health officials say. "Obesity rose 6 percent nationally over the course of one year, according to the Centers for Disease Control and Prevention (CDC). The increase affected all regions of the country and all demographic groups."

Some 54 million Americans are currently on a diet, according to the International Food Information Council. Some succeed in taking weight off, but perhaps just 5% manage to keep the weight off over the long term.

There are so many diets out there, The Pritikan Diet, The Atkins Diet, The McDougal Healthy Heart Diet, The Fit for Life Diet, The Zone, The Blood Type Diet, Weight Watchers and many more. Americans loose literally millions of pounds a year on these programs. So, which diet really works? Are these diets healthy? And, why can't people keep the weight off permanently?

Let's look at The Pritikan diet. It reduces excess saturated fats. This diet helps with weight loss by an imbalance of fats. The problem researchers are now confirming is that it often lowers protein too much (causing sugar cravings), reduces beneficial EFA's (essential fatty acids), and includes excessive carbohydrates (increasing excess insulin which have been shown to cause obesity, diabetes and heart disease).

Ok, so what about the Atkins Diet? It reduces excess carbs, another weight loss by imbalance. Furthermore, this extremely high protein diet may cause gout and dehydration (water loss), and includes too much saturated fat. Extremely high protein has been shown in studies to produce kidney/liver stress, pH imbalance (creating acid waste); and it is a radical ketosis diet which invariably causes fat rebound, where you gain the weight back as soon as you start eating normally.

Barry Sears creates a healthier approach with the Zone Diet. It is certainly a good balance of food groups; it includes beneficial fats, and reduces excess carbs. I think the 30:30:40 concept is a fairly good strategy for overall health maintenance, but what are some of the problems? The diet still allows poor quality foods, and for some, poor combinations (meat/potatoes). It is still too low in vegetables.

What's the problem with the Blood Type Diet? It can help to eliminate allergenic foods and it encourages more vegetables, but the research it still fallible. My clinical experience shows that, after doing extensive allergy blood assays, many clients show no negative immune response to some foods that according to their blood type they should not have. Yet, others show food allergies and sensitivities to the very foods the diet suggests. Consequently, the diet could mistakenly remove good foods, while including inappropriate foods for that individual.

The Healthy Heart and the Fit for Life Diets are similar, high carb, low fat and protein. A little bit more balanced by including more fruits and vegetables, which adds more fiber and reduces saturated fat, but there are still problems. Eating protein at night may cause poor protein

digestion, eating only fruit in the morning cleanses during the optimal building cycle. But the biggest problem with a high carbohydrate, low protein, low fat diet is it increases insulin.

Ok, forget the popular books what about the weight-clinics? While many people have succeeded temporarily, on the popular weight-clinic diets, frankly many of them end up in my office, hopeless and frustrated. The time and money spent at those clinics did not keep the weight off permanently and most of them ended up making unhealthy and imbalanced food choices. Most popular weight-clinics focus on counting calories instead of changing the metabolism. By only reducing calories and not providing the body with exactly the right balance of nutrients, these programs will invariably cause the weight to return with a vengeance.

It is important to realize that it's not weight loss per say, but rather, fat loss that is the secret to permanent weight loss. Many of these diets will cause you to loose weight but most of it is fluid and muscle loss which is not only dangerous and unhealthy, but will come right back as soon as you start eating normally.

So what is the answer to permanent, healthy weight-loss? Increasing metabolic efficiency and balancing hormonal response is the only way to keeping the weight off permanently.

Recently, I was introduced to a weight loss program that has had incredible success in Australia and New Zealand. It's called Ultra Lite Professional Weight and Health Management System. It is only available through MDs, nutritionists, and special healthcare professionals who have been trained to implement and oversee the program. The Ultra Lite System is the result of many years research by Melbourne based Naturopath, Tony LeVannais. It is a quick, safe, and very effective method of losing unwanted body fat. It is designed as 5 week intervals. Women loose 15 to 22 lbs and men loose 20 to 27 lbs in 5 weeks. You can continue in 5 week intervals until you reach your goal weight. Ultra Lite is not a high protein diet. It is a balanced protein and carbohydrate weight and health management system. Over 250,000 people in Australia have had great success with this diet. It is now being introduced to healthcare practitioners in the United States.

I was recently trained and certified to establish Advanced Health Institute as an Ultra Lite System provider. I have conducted a pilot study with 20 clients including myself. The results are more than impressive; they are remarkable.

The Ultra Lite System is a diet, scientifically designed to provide all the necessary amounts of protein, carbohydrates, vitamins, minerals, and trace minerals in proper balance as you lose weight. No hunger, and no cravings, no meal replacement powders and no handfuls of pills. You will be monitored weekly at my clinic and if you follow the recommended program exactly as instructed YOU WILL LOOSE WEIGHT FAST and PERMANENTLY! To find out more about the Ultra Lite System call Advanced Health Institute @ (512) 416-1810. Make this New Year's weight loss resolution the last time you'll have to.

Radhia Gleis is a Certified Clinical Nutritionist and a holistic practitioner, CCN. She is also a Certified Bio-Nutritional Analyst. She has a PhD in Pastoral Counseling and a MEd. in Nutrition. She is a professional member of the International Association of Clinical Nutritionists (I.A.A.C.N.). She is the president of Advanced Health Institute. She specializes in metabolic testing and rebalancing. For more information see our website at [www.advancedhealthinstitute.com](http://www.advancedhealthinstitute.com) or call (512) 416-1810.

