



The Wolfe Clinic News

Don't Diet, Live It

Sound Advice On How To Achieve Natural Good Health

Many of us know we should lose weight, but the sheer numbers and types of weight loss programs are overwhelming and can bewilder even the most knowledgeable people.

The simple fact is; our "developed" society makes it far too easy for you to gain weight. We have hundreds of pastimes that promote inactivity, such as malls, arcades, game consoles, computers, movies and TV. We also have very efficient transportation systems such as cars, escalators and elevators that keep us from the most basic exercise; a simple walk. As well, tasty high-calorie, fatty, junk foods are easily available in all the markets and stores. Furthermore, let's not forget about the fatty fare served up in the fast food restaurants, a lot of the responsibility for the fat epidemic lies here.

These are the main reasons why there are so many diets promoting easy weight loss. It's human nature to want a quick/easy fix and there is always someone willing to take advantage of such

situations for power or financial gain. Statistics tell us that over 66 percent of the adult population in North America were classified as overweight or obese in 2001. And each year, these good folks cough up more than \$30 billion fighting fat. Often for programs that are unhealthy and do not work.

There is Atkins, Cambridge, Diet Patches, pills to remove cellulite, Scarsdale, Stillman, Ski Team, Air Force, Drinking Man's, Calories Don't Count and on and on. Several have been popular for many



years. Their books re-appear as new or revised editions and continue to be best sellers. Unfortunately, there is nothing new or revised about the diets, they just appeal to a new generation of obese and frustrated dieters.

We are obsessed with dieting and willing to try the latest diets appearing in trendy magazines, promoted on TV or displayed at the local bookstore. Many of these diets defy common sense, logic, basic biochemistry and even appetite appeal. They are fashionable because they promise speedy results, they are easy to use and claim amazing improvements in how their followers will look and feel. Unfortunately, the one thing most fad diets have in common is that they seldom promote sensible weight loss. Most important, though, they only work short-term.

People that are truly losing fat on fad diets are doing so because they are eating fewer calories. That's the bottom line. There is no miracle or magic, the same can be done on a healthy diet.

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"FEAR IS THE GREATEST DISEASE"

All diets that result in decreased caloric intake will work. When energy intake is less than energy expenditure, the result is lost weight. Anyone who eats 850 calories a day is going to lose weight, even on a fad diet. Regrettably, though, fad diets cause serious health problems and are nearly impossible to maintain. If you follow such diets long-term, you will keep the weight off, but who wants to live on cabbage soup forever or do away with carbohydrates for the rest of their life. So you break the diet and gain back the weight you lost; often even more.

This is why these diets only work short-term. As many as 95 percent of people who lose weight gain it back within five years. The inevitable return of weight with even more pounds, discourages people. They feel like they're failures and go back to their old habits. Multiple diet disappointments strengthen the misconception that that permanent weight loss is impossible. It's not. There are healthy diets.

What Are Fad Diets?

Fad diets are typically diets that promote a controlled eating-plan which is usually unhealthy and lacking in necessary nutrients, fiber and sufficient calories. This includes certain liquid-only diets (fasts) that are promoted as healthy. Not every aspect of these diets is bad. For instance, many of them recommend decreasing sugar intake. We can't argue with that because high-sugar foods are elevated in calories and low in nutrients. They do have other merits as well but those are only small aspects of a healthy diet.

Generally, with fad diets, the negatives outweigh the positives. So what exactly constitutes a fad diet?

Does the diet promise rapid weight loss?

That's an obvious signal that it's impractical. Steer clear of diets that promise you a quick weight fix. Seriously, if it took you 10 years to gain the extra pounds, you are not going to get rid of them in a few weeks. When you start a diet, water weight is the first to go. The maximum amount of weight (fat or muscle) a person can lose in a day is about a half a pound. Any additional weight lost is water. However, when your body replaces the water lost, weight gain will re-occur. So you are right back to where you started. After the initial water loss if you lose much more than two pounds a week, you're drawing from both fat and muscles. That's not good, because your metabolism will slow down and the yo-yo cycle begins. If it's fast, it won't last.



In diets that contain fewer than 1000 calories, all food eaten including protein and fat is broken down into glucose to provide fuel for the body. Protein and fat are costly fuels for your body. You can only convert thirty percent of the fat and seventy percent of the protein you eat to glucose. The nitrogen from the protein is excreted in the urine. This leaves no protein for repair or maintenance of muscles and organs. Also, in diets containing fewer than 130 grams of carbohydrates, ketosis (a physiological state associated with chronic starvation) occurs and your body starts breaking down muscle and lean tissue to provide glucose for brain and nerve fuel. Your body's first need is for fuel. The reason many of these diets are so popular is a quick initial but deceptive drop in scale weight due to dehydration.

Is it a crash diet?

Most of the problems associated with diets that promote rapid weight loss also occur with a crash diet. These are 3-day diets, 5-day diets and the diets that promise you'll drop a pound a day for 2 weeks. They are very alluring for those who want to lose weight for a special occasion. Unfortunately, as soon as you drop the diet and resume eating the way you always have, the pounds will come back. And chances are, they'll come back with a vengeance. The nutritional deprivation of the quick diet will have slowed your metabolism, requiring fewer calories and causing your body to store the excess as fat.

These diets usually claim to start you on the right track to weight loss, but in fact they do just the opposite. You haven't altered your eating habits. You haven't included

more activity into your day. All you've done is temporarily forced your metabolism into starvation mode. And this is starvation. You are losing glycogen and lean muscle tissue. The only difference here is you are doing it voluntarily and for a short term. If continued, death would occur.

Does the diet involve eating just one food or eliminate whole food groups?

Diets that prescribe a single category of food are just plain unhealthy. No one can stay on those diets very long. It doesn't matter if it's only greens, grains or only meat. And yes, it is possible to stay on such a diet for the short term with some success. Such diets usually lower your food intake to less than a 1000 calories causing your body to go into a state of ketosis. This suppresses your appetite so ultimately you don't eat as much. Even the most bizarre diets will reduce weight because the basic formula to weight loss is burning more calories than you intake.

Does the program help you change long-term eating habits?

If not, you'll just get caught up in an ongoing loss/gain cycle, better known as yo-yo dieting. Most diets are short-term fixes for a long-term problem. Those who are successful in getting slim and staying that way have changed their lifestyle, eating habits and attitudes toward food.

Does the diet involve exercise?

Another sign of a fad diet is if they say you will lose weight without exercise. Research shows that individuals who exercise on a regular basis have much greater success at losing weight and keeping it off. Exercise is critical to weight loss success. To keep the weight off

your metabolism needs to burn calories. Two-thirds of the calories a person burns over the course of a day are from resting metabolism. If you're on a controlled diet and not exercising your resting metabolism will decrease. Simply put, you will lose far less weight without exercise.

Are pills, creams or patches involved and does it sound too easy?

Diets or supplements that hype "permanent weight loss, even if you stop using the product" or "no dieting or exercise needed," are bogus. There is an old saying, "if it sounds too good to be true, it is." Do you think we would have a fitness epidemic if it was as easy as popping a pill? By and large, these types of products and diets are not capable of helping you lose weight. They are either unhealthy, simply do not work or give a false sense of feeling well. Products that block absorption of fat, such as Xenical or Orlistat, do have some minor weight-loss potential but they are drugs and as such may have unknown side effects as well as being very pricey.

Is the diet compatible with your way of life?

If they want you to eat every few hours or to buy their foods and prepare them in special ways then it's probability far more costly, time consuming and trouble than it's

worth. You simply won't do it for very long and the yo-yo will start spinning.

Fad diets are a health problem

The health risks of dieting must be considered. Far too many of these diets mess with our metabolism in a negative way. Research shows that, in the long term, fad diets either made no difference or led to increased weight. In addition, they are known to cause some serious health problems. These diets will provide an initial loss of weight from loss of water and lean muscle. However, in the long term, the loss of muscle tissue lowers the metabolic rate so the body needs fewer calories and the rate of weight loss slows down. So when people who have been on fad diets return to their normal eating habits, they will put the pounds back on more easily. The vast majority go off the diet and gain their weight back.

From a nutritional standpoint, most fad diets lack important nutrients. For example, high-fat, low-carbohydrate diets are low in vitamins E, A, thiamin, B6, folate, calcium, magnesium,



iron, zinc, potassium and dietary fiber. Because of this they require supplementation. In addition, many are high in saturated fat and cholesterol.

As stated above, fad diets will provide short-term results but are difficult to stick to and deprive you of essential nutrients. By cutting out key foods and not exercising fad diets have been known to cause:

- Irritability, aches and pains.
- Congestion
- Dehydration. Much of the weight loss on a low carb, high protein diet, especially in the first few weeks, is actually because of dehydration and muscle loss.
- Loss of muscle and less muscle tone. This means a slower metabolism which means fewer calories are burned throughout the day.
- Depletion of muscle glycogen causes you to fatigue easily and makes exercise and movement uncomfortable.
- Bad Breath. Often called “keto breath” or “acetone breath”, it’s caused by production of acetones in a state of ketosis.
- Nausea and headaches.
- Constipation.
- Blood-sugar problems.
- Weaken the body’s ability to fight infections and inflammation.
- Frequent liquid bowel movements.
- Inadequate vitamin and mineral intake.
- Liver and kidney problems
- Heart disease
- High blood pressure
- Stroke
- Diabetes

Stop the yo-yo

There are many valid incentives for losing weight. The two most important are: to improve health and cosmetic reasons. You can lose weight on just about any diet but most are detrimental for your health in the long run. Diets should promote improving long-term health. Fad diets, even if you lose weight, do not meet that goal. A less crucial problem with fad diets is the serious lack of long-term results. Most people simply can’t stick with them. They inevitably end up back where they started. The vast majority go off the diet and gain their weight back quicker than they took it off. Often, traditional advice for weight management seems dated and dreary but those recommendations lead to many other health benefits.

Proper nutrition will not only make your body look good but also is needed to maintain healthy looking skin and hair. If you really want to maintain a healthy radiant body with less body fat for the rest of your life, you have to learn to properly hydrate, supplement, change your eating habits, exercise and stop snacking on junk food. This is called balanced eating and it’s really nothing new. Combined with moderate physical activity it will change your life in a way that fad diets only dream of. Studies have shown that gradual weight loss, a lower calorie/fat diet, exercise and analyzing what you eat is more likely to result in permanent weight loss. Weight loss of 1 to 2 pounds per week is slow enough and likely to succeed.

A healthy lifestyle is easier than you think. Like fad diets, changing your eating and physical activity habits can be difficult. But unlike fad diets, once you’ve got the ball rolling, it’s easy to sustain. It’s a lot of work at first but once it becomes routine, you’ll feel much better.

Weight loss and Infrared Heat

Perspiring is part of the complex thermoregulatory process of the body that increases the heart rate, cardiac output

and metabolic rate. The process requires a large amount of energy and reduces excess moisture, salt and subcutaneous fat. Fat becomes water soluble and the body sweats it out along with toxins.

Detoxifying the body helps in weight loss. People who have unsuccessfully tried many diets often find success with far infrared saunas because they are able to eliminate chemicals stored in your cells. This makes weight control much easier. This assists in weight loss in three significant ways:

- It effectively reduces heavy metals which have been directly related to metabolic imbalances in the body causing poor digestion and weight gain or loss.
- It decreases fat stored (lipophilic) toxins. Often weight loss cannot be



accomplished unless these toxins are first removed.

- Although weight loss due to perspiration (water loss) is quickly regained, sending more blood to the capillaries and converting fats and carbohydrates results in as much as 1000 calories burned during one short FIR session.

Through deep penetration of fat cells, radiant heat therapy will also help clear away cellulite. Cellulite is a gel-like substance made up of fat, water and wastes, which are trapped in pockets below the skin. Far-Infrared Heat Treatments can assist this condition, as profuse sweating helps clear this form of unwanted debris from the body.

In general all Saunas help clear ugly cellulite. European beauty specialists routinely incorporate daily saunas in programs to reduce cellulite. Because the radiant heat of the Aesta Far-Infrared Sauna Dome and the Aesta Mat warms three times more deeply than conventional saunas, combined with up to 10 times the level of heating in these tissues, it is significantly more effective at reducing cellulite.

Diet and water

No matter what the specific health, weight or fitness goal, one cannot achieve the maximum benefit from any health program without drinking the right kind of water in the proper amount. All experts agree, that next to the air we breathe, water is the most essential thing we will ever put in our bodies. Your body is 70% water, so it follows that the most important compound you put into your body is water. Water is essential to any diet process or to maintaining vital health.

The hydration rate of water is the amount of water that is absorbed by individual cells. Higher rates of hydration means much superior and faster metabolic processes are occurring within the cell, making it better able to flush toxins and move nutrients to where they are needed. The structure of the water molecule is significant in this process. Therefore, it is imperative to know the hydration rates of different types of water. Distilled and reverse osmosis water is lifeless and worthless with a hydration rate of only 10%, the Wellness Filter has a hydration rate of over 60% and the Water Vitalizer Plus has an exceptionally rapid hydration rate of over 80%. When the Wellness filter is used together with the Water Vitalizer the overall hydration rate is an astounding 95%.

It should be obvious why we stress the importance of consuming chemical free, clean, restructured and alkalizing water. When your body is properly hydrated, all health programs including diets become more powerful, more efficient and work faster. And, for those who simply want to maintain their good health, drinking clean restructured water is just as essential to maintaining strength, weight, fitness and vital wellbeing. Water is critical to any health program. The right water even more critical. For instance, distilled (dead) water leaches minerals from the body. This can

become a serious health issue for anyone on a fad diet who is already mineral deficient.

Diet and exercise

To lose a pound of fat, you need to drop 3,500 calories. If your goal is to lose one pound per week, this works out to 500 calories per day. While it's possible to eat 500 fewer calories every day, that much of an adjustment in your lifestyle could feel like a major sacrifice, leaving you famished and making you more susceptible to gaining the weight back once you start eating normally again. But if you add exercise to your plan, you can create the necessary caloric deficit by cutting just 250 calories from your diet and burning off the remaining 250 calories through exercise.

Exercise like diet requires an individualized approach. For instance, a person may have physical problems that prevent him or her from doing much activity, so we have to focus more at diet or infrared heat. Others believe they have to overdo vigorous exercise. Instead, we encourage them to look for ways to easily increase



their daily activity, such as parking farther away when they go to the store.

Mainly, though, people must approach changes in a positive manner, looking at them as an opportunity to do something that is enjoyable. People should focus on the process instead of the end result. They want to lose pounds quickly and only look at the number on the scale. They need to focus on making lasting lifestyle changes. The pounds will come off as a result. Whatever changes people make, they need to be comfortable enough with them to make them permanent. If they feel uncomfortable or limited by something, they shouldn't do it.

Be active every day. Healthy eating patterns will increase your vitality and being active will start to feel not only possible but also fun and desirable. Think of movement as an opportunity, not an inconvenience and put together at least 60 minutes of moderate to vigorous physical activity on most days. Look for ways to make physical activity a normal part of your life, whether it be walking, running, playing sports, dancing or whatever works for you. But be sure to choose activities suitable for your health condition.

Moderate exercise:

- Is valuable for moving breaking down and building up tissue
- Is excellent for dopamine and serotonin levels in the brain
- Is a good stress reliever
- Evens the temperament, attitude plays a very large part in the big picture
- Improves energy and sleep

Proper Nutrition

- Eat organic foods whenever possible. Fresh organically grown fruits and vegetables are loaded with nutrients and fiber.
- Eat organic berries (blackberries, saskatoon berries, blueberries, raspberries, strawberries, cranberries, etc)
- Stay hydrated, drink only clean and hydrating water.
- Rotate foods, especially common allergens, such as milk products, eggs, wheat and yeast foods.
- Practice food combining.
- Eat a natural, seasonal cuisine.
- Include fruits, vegetables, whole grains, legumes, nuts and seeds and for omnivarians, some low-fat dairy products and fresh fish (not shellfish) and organic poultry.
- Cook in iron, stainless steel, glass or porcelain.
- Avoid or minimize red meats, cured meats, organ meats, refined foods, canned foods, sugar, salt, saturated fats, coffee, alcohol and nicotine.
- Avoid hydrogenated and partially hydrogenated oils
- Limit your intake of refined sugars
- Consume foods that contain the essential omega-3 fatty acids, include flax seeds, pumpkin seeds and hemp seeds.

At first, when you choose to change your lifestyle, focus only on one day at a time. Make sure you eat regular healthy meals, drink plenty of hydrating water, exercise and use the proper supplements. Focus on your goals and don't punish yourself for the occasional slip. Most of all be realistic with your expectations. Listen to your body, develop a healthy life-long relationship with it and you will be on a constructive road to success.

If you need assistance, the Wolfe Clinic consultants are available to help you make the right choices. There is tremendous value and support in a one on one discussion with a knowledgeable professional. They will give expert advice and design a protocol, that works, specifically for you. Your questions or concerns are promptly answered via email or phone... We are always there for you. The Wolfe Clinic will simplify and take the mystery out of your situation.

We have over 27 years of successful practice and experience in creating successful health programs. This expertise is available to you for the price of a bottle of supplements. It includes a one on one consultation, unlimited follow up support and our highly acclaimed and comprehensive health video "A Healthy Family."

Make sure to visit our web site at www.TheWolfeClinic.com or www.ShopTheWolfeClinic.com.

Read the "Spoiled Rotten" and the "Reclaim Your Inner Terrain" booklets and look at the Food Combining and Acid Alkaline Charts. It is never too late to start living a healthy life.

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