

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

wl12. Weight Loss Formula the OptimalHealthSecrets.Com way

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$$\left(\frac{\text{CalorieIN}}{\text{CaloriesOUT}}\right) \times \left(\frac{\text{TypeXFood}}{\text{TypeYFood}}\right) \times (\text{GeneticFactor}) \times (\text{AnatomyFactor}) \times (\text{PsychologicalFactor})$$

If you want to be thin, then think thin, eat thin, and do thin.

If you can't do thin then do somethin.

Do thin things that thank your body.

Calories In vs. Calories Out

Calories In vs. Calories Out, is the old, behind-the-times thinking, that says weight is just a simple thing. Just eat less and exercise more and all will be okay. If it were that easy then there would not be any overweight people. Weight is far from simple. Yes, the amount of total Calories consumed is very important, however, it is very difficult to judge the number of calories one eats and it is even more difficult to reduce that number. Lowering that number clearly helps lose weight. There is no argument on that point. Lowering Calories also helps keep the blood clean and that helps reduce the strain on the immune system.

The Pain Relief Diet is an excellent tool to help people lower Calories and reduce pain at the same time. It is also a very healthy diet. Research has shown that Europeans (the French) tend to eat a lower volume of food. Restaurant portions are smaller in standard restaurants and in fast food outlets. Could it be that they have less obesity because they eat 25% less than North Americans? When you sit down to eat, either at home or in a restaurant, take an extra plate and scoop one third of the meal onto that plate, cover it with plastic wrap and put it in the fridge.

Calories Out, Exercise

With some people the Calories consumed plays a smaller role in the total weight than the other factors. Exercise certainly burns Calories. But, more importantly, exercise raises one's metabolic rate thus, burning extra Calories even when resting.

Exercise increases muscle mass. It is known that muscle mass in humans decreases by one percent a year in non exercising people starting at about age 25. By the time a none exerciser is 70 he/she has lost about 50% of their muscle mass. Combine poor choice of foods and negative calcium balance risk factors, it is no wonder that these people end up in wheelchairs.

Increased muscle mass, that comes with exercise, burns more calories at rest than fat tissue because muscle has a higher metabolic activity than fat. Exercise also strengthens the heart and vascular system which leads to less heart attacks and strokes. That is good isn't it?

Successful weight loss starts with a simple mathematical equation: you've got to BURN more than you consume. To lose 1 pound a week, you must consume 3,500 fewer calories than you expend. This amounts to decreasing your caloric balance by 500 calories/day.

The most sensible approach to weight loss is to decrease caloric intake and increase energy expenditure through exercise. Most people will begin to lose weight if they decrease their caloric intake below 1,500 calories/day and do aerobic exercise for 15-20 minutes three to four times per week.

See the next article for more information.

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