

**OptimalHealthSecrets.Com**  
**LIA Lifestyle Instruction Aid**

**wl15. Weight Loss Formula the OptimalHealthSecrets.Com way**      **Page 5 of 7**

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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.

**Anatomy**

Once the genetic factors have been set in the genes then a person's lifestyle can modify what the genes have predisposed a person to. The anatomy is then **CHANGED** by the lifestyle that a person takes on. A yo yo diet lifestyle can cause fat cells to multiply thus, leaving the person with more fat than before. This is not good and leads to much psychological stress as fat comes back in even greater quantities when one goes off the crash diet. Bummer eh. That bum just won't go away.

In addition, as the fat increases and the body weakens, the strength of muscles goes down. This person can move their body around against gravity, but little else. Sports and recreational activity are pretty much out of the question for these people. Newer scientific discoveries are increasing our understanding of these genetic factors and the role the lifestyle plays right from the time of conception.

Right now we know crash diets can be quite harmful and the anatomy can be altered permanently. This makes weight loss difficult and sets off of stress and emotional trauma. A good solid weight loss plan will minimize damage from anatomy changes.

See the next article for more information.

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