

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

wl16. Weight Loss Formula the OptimalHealthSecrets.Com way **Page 6 of 7**

Dr. Victor Jean Ouellette
Modified March 6, 2008

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

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.

Psychology

Psychological factors set in as weight goes up and coping skills are relied upon more and more frequently. Emotional/psychological defence mechanisms are set in place to deal with the excessive weight and the social implications of that problem. Depression, which may also come from many other sources, interferes with normal metabolism and may lead a person to crave food as a coping mechanism.

Certain foods make you feel good, namely the sugars and the fats. Starchy foods convert to sugar almost instantaneously and give a mild high that is craved over and over. The person can very easily fall into the trap of living to eat rather than eating to live.

Some people are affected much more by this psychological factor than others. These people need more than just the simple Calories In vs. Calories Out approach. They need psychological counselling to discover more effective coping strategies. Unfortunately, a lot of overweight people resist counselling. It is a shame because talking to a specialist can often provide a lot of insight into the weight problem and can improve the quality of life of that person.

See the next article for more information.

Copyright October 24, 2003, Dr. Victor Jean Ouellette, All Rights Reserved