

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

wl11. Weight Loss Formula the OptimalHealthSecrets.Com way

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By Dr. Victor Jean Ouellette

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Over weight people have more happening than just excessive weight. They often have fatigue that is blamed on the extra weight. They often have pain in several parts of the body that is blamed on excessive weight. And, to top it all off, they have very poor cardiovascular fitness which they blame on the weight because they are too tired and too fatigued to exercise.

This triumvirate of symptoms, that shadows over weight people, is compounded when a person further aggravates their body by taking up smoking under the assumption that it will help them lose weight. The combination of smoking PLUS poor Flavonoid intake, which usually accompanies dieters, is devastating to the vascular system in the body. The heart and blood vessels cannot withstand this onslaught and so, break down early in life. Early death or disability is the result.

In the past, we have been saying the excessive weight has caused all the problems. The OptimalHealthSecrets.Com Weight Loss Formula points to several other factors, some of which may be more important than the simplified Calories In vs. Calories Out approach. OptimalHealthSecrets.Com teaches that there are five parts to the Weight Loss Formula.

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

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.

See the next article for more information.

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