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LIA Lifestyle Instruction Aid

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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.

Genetic Factors

Genetic factors set the amount of fat cells we carry and the types of fat cells, brown fat vs. white fat, for instance. Brown fat has a higher metabolic rate and burns more energy than white fat because it has more mitochondria in it. Mitochondria are the powerhouse units in cells. Fat cells are not inert storage facilities as was taught to medical doctors in the past. We now know they can have some metabolic functions and thus, genetic factors also play a role in how efficient our digestive system functions.

The more efficient and effective a digestive system one has, then the more food that will be absorbed and eventually stored as fat. Genetic factors play a role in setting one's metabolism. A faster metabolism means less weight. Exercise dovetails with this factor in that regular exercise can temporarily raise ones metabolism. This generally lasts for about eight hours.

Genetic factors may predispose a person to develop certain endocrine gland problems, as in Thyroid insufficiency, that lead to excessive weight. There is a group of medical conditions that fall into this category and that is why a medical check up is important for overweight people.

See the next article for more information.

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