Weight Loss
Myths and Tips for Health Coaches

Getting RESULTS for your Clients Without Targeted Clinical Interventions
Myth #1:
The scale is the most useful marker for healthy weight loss.

Tip #1:
Measure Fat loss, not Weight loss. Have clients put their scale in the closet/garage. Use an article of clothing tried on weekly to assess progress.
Fat is Beautiful

* Make friends with your fat.
* Major evolutionary advantage.
  Not an accident!
* Natural weight loss is not a race.
  Persistence, not perfection, is the goal.
* Many things prevent weight loss…
Stop Eating This!
Eat More of this!
IF I **EAT** FAT – WON'T I **BE** FAT?
Know your Fats

Saturated fats (e.g. butter, coconut oil)
Monounsaturated (e.g. olives, nuts, fish, avocado)
Polyunsaturated - use care.
Omega-3 fatty acids are one of most common dietary deficiencies in the US.
Sources of *Trans* Fats
Commonly found in *industrially processed* food items

- Chips, snack foods
- Fried foods
- Cookies, crackers, baked goods, bread, etc.
Don’t you sell anything without the dreaded trans fatty acids?

Sure... we sell cigarettes!

Courtesy of Sally Fallon and Weston A. Price Foundation
Myth #2:

Calorie reduction will drive sustained weight loss.

Tip #2:

Generally, counting things makes people obsessive!
Calories are not created equal.
Insulin-driven fat storage is extremely common!
Protein stimulates fat-burning.
Fat increases satiety.
Severe calorie restriction suppresses thyroid hormone.
High Glycemic: the way it usually is.

Low Glycemic: the way it’s supposed to be.

From Walter Willett, Chair of Dept. of Nutrition, Harvard University, 2009.
The Average American Day?

- **Tiny (or no?)** Breakfast: Coffee and Refined Carbs
  - Dunkin’ Donuts Drive-thru Hour (~10am)
- **Medium** Lunch: Pasta, Pizza, Sandwich, Chips, Cookie, Soda
  - Vending Machine Hour (~3pm)
- **Giant** Dinner: Pasta, Pizza, Big piece of protein
  - Late-night “Whew” Snack Time (~9pm)

- A likely Recipe for Exhaustion, Weight Gain, Poor Digestion, and Poor Sleep. Energy zapper!
Insulin: Friend or Foe?! 

- A life-critical hormone that 
  - Is released from the pancreas when blood sugar rises 
  - escorts sugar out of your blood and into your cells for energy 
  - promotes limited storage of glycogen by the liver 
  - triggers fat storage in the body
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Pathway to Diabetes
- With chronic, blood sugar spikes, your cells become “insulin resistant” a.k.a sick and tired of having to process and bring on board so much sugar
- The pancreas works harder and harder to secrete even more insulin - to force the cells to accept sugar.
- Meanwhile, your cells are suffering from low energy AND your organs and cardiovascular system are suffering from too much sugar AND your body is storing more and more fat.
Soda, lattes, and similar sugary drinks are the #1 source of sugar in the American diet.
Which has more sugar in it?

Sugar Content per container: *almost the same*
Which has the higher percentage of sugar?

OR

Sugar Content of smoothie much higher!
A healthy breakfast on-the-go?

Jamba Juice Chocolate Moo'd Power Smoothie (30 fl oz)

900 calories, 10g fat, 183g carbs  (166g sugar)

Jamba Juice calls it a smoothie. I call it a sundae-for-two-in-a-cup. In fact, this drink contains more sugar than two pints of Ben and Jerry's Butter Pecan ice cream.
In terms of body fat, Sugar and all Wheat Flour are essentially the same thing!
Whole wheat flour has a higher glycemic index than pure table sugar!
You think of cereals like this as being “healthy”, right?
INGREDIENTS: RICE, WHOLE GRAIN WHEAT, SUGAR, OAT CLUSTERS (SUGAR, TOASTED OATS [ROLLED OATS, SUGAR, CANOLA OIL WITH TBHQ AND CITRIC ACID TO PRESERVE FRESHNESS], MOLASSES, HONEY, BHT FOR FRESHNESS, SOY LECITHIN), WHEAT FLAKES, CRISP RICE [RICE, SUGAR, MALT, SALT], CORN SYRUP, POLYDEXTROSE, HONEY, CINNAMON, BHT [PRESERVATIVE], ARTIFICIAL VANILLA FLAVOR), HIGH FRUCTOSE CORN SYRUP, SALT, HONEY, MALT FLAVORING, ALPHA TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, ZINC OXIDE, REDUCED IRON, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), CALCIUM PANTOTHENATE, YELLOW #5, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), BHT (PRESERVATIVE), VITAMIN A PALMITATE, FOLIC ACID, BETA CAROTENE (A SOURCE OF VITAMIN A), VITAMIN B₁₂ AND VITAMIN D.
All Carbs Not Created Equal

Foods vary in their density of carbohydrates and how quickly they are digested and affect blood sugar

- **Vegetables**: LIGHT and SLOW-ACTING
- **Nuts/Seeds**: LIGHT and SLOW-ACTING
- **Beans/Legumes**: MEDIUM and SLOW-ACTING
- **Fruit**: MEDIUM (for most; berries are LIGHT)
  - If unpeeled: SLOW-ACTING
  - Juice: FAST-ACTING (and portion size a problem)
- **Grains**: DENSE
  - If whole-grain: FAST for some and SLOW for others
  - Flour: DENSE and FAST-ACTING
- **Sugar and sweeteners** – DENSE and FAST-ACTING
Choose Truly **Whole** Grains

But not too much!
A little help with sweetness…

- **Try stevia.** No calories. No blood sugar or insulin impact. Great in tea, coffee, lemonade, yogurt, smoothies… But wean off of even using this! To allow taste buds to recover.

- **Add sweet vegetables** to your diet (e.g. carrots, sweet potatoes, red peppers, sugar snap peas, beets).

- Dark leafy green vegetables help to decrease sugar cravings. Cinnamon improves insulin resistance.

- Remember that **protein, fat, and fiber** help to increase satiety – and slow absorption of sugars.

- After-dinner or evening craving? Try a couple of **squares of dark chocolate** (at least 70% cacao). Savor it.

- Where you use sugar today, **withdraw gently.** Be prepared for a little backlash (headaches, cravings, fatigue).

- **Have sweet treats less often.** Allow your taste buds to recover. When you have a treat, make it a “real” one.
Artificial Sweeteners

- Keep you addicted to super-sweet flavors
- Gives you sweet taste without satiety, so you tend to eat more.
- Over time, large ingestion of synthetic chemicals
- Still causes an insulin surge!
- Truths from long-term studies in humans
  - dose response correlation between consuming diet drinks and the development of obesity.
  - correlation between the consumption of diet drinks and the development of metabolic syndrome and type 2 diabetes.
- In a study on rats, they ate more, their body fat increased, they gained weight, and their metabolism decreased.
Beer Belly? Cosmo Belly? Merlot Belly?

- Alcohol typically causes a rapid crash due to rapid absorption from the stomach and a rapid rise in insulin (and the body stop controlling blood sugar as well because it’s trying to get the toxins out).
- There are health benefits to having one small glass per day. Red wine has additional antioxidant benefits.
- Enjoy WITH food.
- Pay attention to how it makes you feel. Most people end up craving desserts or struggling with uncontrollable munchies for “bar food”.
- Be aware of how your unique body responds.
Myth #4:

It doesn't matter when I eat, as long as I limit myself to a certain amount of food.

Tip #4:

* Anything we don't burn for fuel within about 3 hours of eating it must necessarily be stored as body fat.
* For those seeking to lose weight, I recommend not eating anything at all a full three hours prior to bedtime (herbal tea with stevia is a nice alternative).
Try to invert the typical American eating habit by “front-loading”

Breakfast every day: Include Protein and Fat

Two lunches: together, the most Significant “meal” of the day (e.g. 11am and 2:30pm)

Light Dinner: ideally, smallest meal of the day. No refined carbohydrates (e.g. pasta, pizza)

No food within three hours before bed.

Aim to eat at least ¾ of your day’s food by mid-afternoon (by ~3:00pm).
Myth #5:

Diet and exercise – if one is disciplined enough 😊 - will always yield weight loss.

Tip #5:

* Hormones are in control!
* The thyroid gland has primary control over the metabolism. A “TSH” test is not enough.
* Too high or too low cortisol (adrenal stress hormone) will prevent weight loss.
* Estrogen dominance will promote weight gain, especially in the belly area.
* Insulin surges interfere with sex hormone levels.
Epidemic of Thyroid Problems

* Body’s thermostat. Controls metabolism

* Hard to diagnose! Symptoms of “sluggish” thyroid

  feeling cold, hard time getting up in the morning, trouble losing weight,
  hair falling out, thinning of outer 1/3 of eyebrow, thin or splitting nail,
  easy bruising, puffy face/eyelids, swollen legs/feet/hands, dry skin,
  increases in LDL cholesterol…..

* A full Thyroid Test Panel is needed to see what’s really going on: TSH, free T4, free T3, and thyroid antibodies.

* The roles of iodine and selenium (brazil nuts) and the importance of zinc and B-vitamins for absorption of iodine.

* Iodine competes with other “halides” for absorption in the body: fluorine, chlorine, and bromine.

  Think toothpaste, municipal water or swimming pools, pesticides, Splenda, and most commercial wheat flour.
Fact: Stress will make it impossible for you to lose weight!
Myth #6:
You have to exercise every day in order to lose weight.

Tip #6:
* Exercise can be helpful or counterproductive.
* Feeling a requirement to exercise can be a major source of stress (and thus prevent weight loss).
* Extended-time, moderate exercise promotes the body's need for fat.
* Interval training with short duration bursts of activity followed by slow-pace recovery is very effective!
Move.

Increase **natural exercise** in your day. Take the stairs instead of the elevator or escalator. Park near the back of the parking lot. Buy groceries using two baskets instead of a cart. Open garage doors manually. Vacuum with gusto. Turn up your favorite music. Do simple floor exercises vs. sitting on the couch while you watch TV. Sit-ups, Push-ups, Squats, Arm exercises with free weights,… Walk the dog every day, a little bit further.
Move.

If you hate the gym, cancel your membership.
  – Skip the guilt.
    Find something else that you *do* enjoy.
Start with simple activities, like walking or yoga. **Start small**: 10 min/day
**Do something**! Don’t make the mistake of doing nothing because you don’t have 90 minutes to spare or can’t make it to the gym.
In fact, the most powerful cardio exercise to burn body fat (& increase true heart capacity) is interval training. **AND** do it for no more than 30 minutes!
Myth #7: Immune system issues don't interfere with weight loss.

Tip #7:

* IgG food sensitivities are extremely common.
* By triggering an inflammatory response, they can prevent weight loss.
* IgG antibody tests are available, but an elimination diet is ultimately the “gold standard” test.
* Eliminate food 3 months before reintroducing.
Food Sensitivities

Antibody generation: IgE and IgG
IgE = Immediate (and usually fixed)
IgG = Delayed (and frequently variable)

Inborn or Leaky Gut (Food on wrong side of the tracks)

Often you are sensitive to something you eat all the time, especially something you crave often or relish

Most common sensitivities
- gluten (including wheat, barley, rye, spelt, triticale, and kamut grains – and oats unless labeled gluten-free),
- dairy (milk, cheese, butter, yogurt),
- corn, eggs, soy, nuts, citrus fruits,
- nightshade vegetables (e.g. tomatoes, bell peppers, potatoes, eggplants),
- yeast (e.g. baker’s yeast, brewer’s yeast, wine, and fermented products like vinegar).
Myth #8:
Weight loss just gets rid of fat and is good for all my body's organs, including my liver.

Tip #8:

* We store the majority of toxins in our body in adipose tissue (that is, fat).
* Significant weight loss will necessarily release toxins and perhaps cause symptoms or liver overload.
* Always support liver detoxification during weight loss.
* Highlight the criticality of water (for flushing) and heavy vegetable intake (for potassium).
Cruciferous Vegetables: Natural Detoxifiers

• High in fiber, vitamins, and minerals. Explore beyond the typical (boxed below) choices and try to find some new favorites.

• Contain indole-3-carbinol (I3C) and other important natural phytochemicals which support the liver’s Phase 2 detoxification.

• For example, they change the way estrogen is metabolized and may help to prevent estrogen-driven cancers.

arugula
dai
k
no
daikon
mustard greens

bok choy
flowering cabbage
napa cabbage

broccoflower
garden cress
radish, greens & sprouts

broccoli, greens & sprouts
horseradish
rapini (broccoli rabe)

kale
(real wasabi)
(green, red, lacinto,...)
rutabaga

brussels sprout
cabbage
kohlrabi
siberian kale

cauliflower
komatsuna

tatsoi

chinese broccoli (kai-lan)
mizuna

turnip root; greens

chinese cabbage

mustard cabbage

collard greens

mustard seeds

watercress
Myth #9: If I lose weight, then I can be happy.

Tip #9:

* Get happy first. Then the body will lose weight.
* The body follows the mind, not the other way around.
* Do exercises to identify primary food gaps.
Consider this... each excess pound could be the physical result of putting the needs of others before your own.
Put Yourself First

Most of us struggle to do this. **Why?**

Do any of these sound familiar?

- I put others’ needs before mine. When I just can’t take it anymore, I feel guilty.
- I pay attention to others’ feeling but try to ignore or rationalize my own. I’ll be *fine*.
- My standards for taking care of others are much higher than mine for taking care of myself.
- I’ll take care of myself “when I have some time” or after I take care of everyone else first.
- Someone criticized my efforts, and I decided they were probably right and gave up.
- I really want to achieve my goals, but I am afraid of someone else seeing or thinking of me as selfish.
Myth #10
Drinking a lot of water with meals is good for weight loss.

Tip #10:

* High liquid intake during meals impairs digestion.
* Hydrate in between meals, not during.
* Focus on Chewing and SLOWING DOWN!
Chewing Experiment

1. Imagine you are in a hurry. You have to be at an appointment in ten minutes. You’re starving. Put a few nuts in your mouth. Think about your meeting. Worry about being late. Chew the nuts quickly and swallow them.

1. Imagine it’s a warm, sunny Sunday afternoon. You are sitting outside in a comfortable chair under a tree enjoying the day and the lovely dappled sunlight. Put a couple nuts in your hand. Look at them. Observe how they feel in your hand. Smell them. Put a couple in your mouth. Chew very slowly. Keep breathing deeply. Allow the flavors to develop. Savor them. Chew at least 30 times before you swallow.

What do you notice?
How are the 2 experiences different?
Chewing

Improve your digestion!
  Chew each bite until liquid (often 20-30 times, or more!)
  Allow the flavors to develop. Savor.

Allow your brain and body to enjoy the food.
  Chew slowly and thoughtfully.

Don’t swallow unless the food is thoroughly chewed and broken down.

If you are in a hurry, eat less and chew it well.
  Avoid using liquids (even water) to “wash down” foods.
Mindful Eating

* When you eat, do just that. Eat. Don’t multi-task. Give eating your 100% energy, focus, and attention.
* Avoid watching TV, doing email, talking on the phone, driving, and having stressful conversations. Even reading for pleasure distracts you from a full focus on eating.
* Use all your senses to experience eating.

You *will* eat less and be fully satisfied with it if you allow yourself to slow down and fully (100%) focus on and enjoy what you do eat while you are eating it.
Good luck to you!
You CAN do it!