

HealthStyles

November, 2009

The Best Time of the Year

As I sit in my office at lunch, I find myself reflecting back to my anniversary here at CNC. I have now been with the practice almost three years. November of 2006 I started following Dr. Lazarus around getting to know the routine of the office and the flow of new, return and ongoing patients here. Many of Dr. Lazarus's new patients starting a week or two prior to Thanksgiving were second guessing the timing of starting a weight loss program during the holidays. "I must be crazy out of my mind to start now!" and "I should have waited for New Year's Resolutions to get started." were often repeated phrases.

Guess what? The procrastinators put on an additional ten plus pounds from Halloween to New Years and the "crazy people" actually dropped weight by January 1st! The "early starters" actually were ahead of the game for the New Year. Were they all perfect on their meal plans during all of the holiday celebrations? Probably not. But the majority had already established their exercise routines prior to the resolution crush, the majority were aware of their food choices and didn't want to completely blow it at their weekly weigh-ins. I liken starting now to training at altitude. If you can achieve weight loss during the hardest time of year, imagine how well you'll do when the temptations are fewer.

I have also had many of our monthly maintenance patients comment recently that for the next two to three months, they are coming to CNC more frequently (every 2-3 weeks instead – some even weekly) so that they are able to maintain it and not "blow it" like they used to do every year at this time. Reflect back to prior patterns and ask how well you typically manage your weight this time of year. Journaling should be foremost. The accountability does an amazing job of keeping us on track. Is exercise as consistent as it has been? Are you stepping on a scale at home and keeping tabs on your weight? Are you drinking alcohol much more like the old days instead of keeping it in better check? How many times have you eaten just one little piece of candy to then find yourself mindlessly returning for seconds, thirds....

If you need the additional accountability of CNC, we are here for you. The dietitians always have great suggestions this time of year to help you past those holiday cravings and temptations. I also have many patients that have not used prescription appetite suppressant medication lately, but find them very helpful to make it through this time of year; whether it is as needed for special eating occasions or for daily help with the break room holiday goodies. How many times can you resist Ethel's special cookies and fudge? If you are mindful, sleeping, exercising, journaling and slowing down instead of rushing around, you stand a better chance.

We would love to see everyone at their healthiest weight today and throughout the holiday season. Let's keep that blood sugar, cholesterol, blood pressure and waist lines in check. As always, we are here for anyone needing our support. Don't wake up January 1st, 2010 full of disgust, self hate and disappointment. End 2009 on a great note and start the year off in a state of wonderful health. You can do it! Let's hold on to that great momentum. Or for those who have let their guards down ever so slightly, this is a critical time of year to be vigilant.

-Heather Thomas, PA –c

Diet and Weight Loss Can Prevent Type 2 Diabetes

Every week here at CNC I diagnose both new Type 2 Diabetics, and countless people at risk for developing diabetes. All too often, I see patients develop diabetes as a result of continued weight gain.

Now, we have new information shedding more light on this matter. In a recent study researchers followed 3,234 overweight and obese people with impaired glucose tolerance on blood tests for 10 years. They were able to show that weight loss, healthy diet and exercise can reduce the risk of diabetes for a decade, not just for a few months or years. The Diabetes Prevention Program reported data back in 2002, and now we have additional follow-up from this study giving us 10 year data.

The results are clear: the lifestyle intervention group had the lowest risk of developing diabetes (58% risk reduction), metformin also was helpful (31% risk reduction).

If you are at risk for diabetes, remember this important message. The most important thing is to not gain weight! If you can set a goal of having a healthy lifestyle and losing 7% of your weight, you can lower your risk 58%! If you are having trouble figuring out how to accomplish this, many of our patients at risk for diabetes have been going on our brand new Advanced Program with great results. The Advanced Program is similar to the fasting programs in that it emphasizes protein, but with the addition of a fruit and a dairy daily, has none of the side effects or risks of being in ketosis. Many of our Type 2 Diabetics have also been tremendously successful in obtaining better diabetes control by following this style of eating plan.

If you think you are ready to get back on track, we are only a phone call away! Remember, when it comes to weight management, a little bit goes a long way to helping you lead a longer, healthier life.

-Ethan Lazarus, MD

Latest Book Reviews

As the holidays approach, do you find yourself trying to decide on a good book to read? A trip to the bookstore and you'll certainly find a slew of new "diet books."

But which are safe and effective? Which will help you with long-lasting changes that make sense?

To help consumers sort out their choices and make healthy decisions, registered dietitians who are media spokespeople of the American Dietetic Association have reviewed more than two dozen of the latest diet and lifestyle books.

"Some of the titles offer sound nutrition information and can be a resource for eating right," said ADA spokesperson and registered dietitian Marisa Moore, who is one of the contributing reviewers. "Others contain many of the usual fad diet red flags: promising rapid weight loss, glorifying and vilifying certain nutrients or food groups, featuring nutritionally deficient meal plans or touting complex step or phase programs. And some books are basically new incarnations of popular diets from the past."

According to Moore, common elements among recent diet books include:

- **Attitudes and emotions.** Several of the new diet books focus less on an actual diet plan than to the emotional and behavioral dimensions of weight loss, body image and relationships with food.
- **No animal products.** Where vegetarian and vegan titles traditionally have targeted particular audiences, several new diet books aimed at mainstream readers offer plans ranging from total elimination of all animal products to gentler versions of plant-based diets with significant reductions in meat consumption.
- **Beyond the bookstore.** Diet and lifestyle book authors and publishers are thinking beyond the bookstore and building entire marketing programs, complete with interactive Web sites where readers can create user accounts and track their progress, in addition to name-brand lines of food products and nutrient supplements.

"No matter what advice you may get from a diet book, it's important for people to remember no book can deliver the individualized counseling, meal planning and nutrition expertise that lead to healthy and long-lasting weight-loss success," Moore said. "Your best route to a healthful diet comes from working with a registered dietitian."

To read the reviews, visit www.eatright.org/dietreviews.

Titles reviewed by registered dietitians from ADA include:

- *The 4 Day Diet* (St. Martins Press)

- *The All-New Atkins Advantage: The 12-Week Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals* (St. Martin's Press)
- *The Best Life Diet Cookbook* (Simon & Schuster)
- *The Cheat to Lose Diet* (Three Rivers Press)
- *Complete Beck Diet for Life* (Oxmoor House)
- *The Diet Selector: From Atkins to Zone, More than 50 Ways to Help You Find the Best Diet for You* (Running Press)
- *Eat This Not That! for Kids!: Be the Leanest, Fittest Family on the Block!* (Rodale)
- *The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds* (Wellness Central)
- *Flat Belly Diet* (Rodale)
- *The GI Diet Clinic* (Workman Publishing Company)
- *Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health* (Anchor)
- *The Hot Latin Diet: The Fast Track Plan to a Bombshell Body* (Celebra Hardcover)
- *La dieta del Gordo* (Grijalbo)
- *Neris and India's Idiot-Proof Diet: A Weight-Loss Plan for Real Women* (Grand Central Publishing)
- *Never Say Diet: Make Five Decisions and Break the Fat Habit for Good* (WaterBrook Press)
- *The No Crave Diet: Lose Weight by Conquering Your Cravings* (Virgin)
- *Skinny B*tch Bun in the Oven: A Gutsy Guide to Becoming One Hot (and Healthy) Mother!* (Running Press)
- *The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life* (Rodale)
- *Thin Is the New Happy* (St. Martin's Press)
- *T.O.'s Finding Fitness: Making the Mind, Body, and Spirit Connection for Total Health* (Simon & Schuster)
- *Women's Health Perfect Body Diet* (Rodale)
- *Your Big Fat Boyfriend: How to Stay Thin When Dating a Diet Disaster* (Quirk Books)

The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the American Dietetic Association at www.eatright.org.

-Tracy Boykin, RD