

THE NATUROPATHIC PERSPECTIVE

BY SHELBY WORTS, BSc, ND

Sustainable Weight Loss

Are you looking for a long-term solution to your difficulty losing weight and keeping it off? Have you followed weight loss programs in the past only to find the weight creep back over the next few months?

Often, weight loss programs only address your short-term goals, such as achieving a noticeable loss of pounds and smaller pant size before a big event. But within months after the party/wedding/reunion the pants are feeling tighter, the interest in 'dieting' is waning and you are left wondering why it didn't work when you were convinced you would keep the weight off, this time.

The naturopathic approach to weight loss is **education, therapeutic lifestyle changes** and **sustainability**. We don't do 'diets'; rather, we educate our patients on how they can make healthier choices for overall mind/body health... once your body is functioning more efficiently, you can regulate your weight with less effort.

Education includes:

- how your body uses food as fuel
- how your body interprets physical inactivity and activity differently with respect to food energy storage vs. usage
- when to eat certain foods for optimal energy, digestion, sleep quality and weight loss
- optimal types of and times for physical activity
- how you can make therapeutic lifestyle changes that are valuable for long-term health

Insanity: doing the same thing over and over again and expecting different results.

- *Albert Einstein*

Emma is a 37year old woman with a strong desire for weight loss. After the Easter holiday she joined yet another local weight loss program like she had done many times in the past. They always gave her desirable short-term results but she found they never provided long-term solutions. Frustrated, she came to me seeking answers and education for successful, sustainable weight loss for a healthier and more energetic future.

Emma was keen. She knew that what I was proposing would take effort on her part... but agreed to make a 1year commitment to all of my recommendations. She also agreed to have her body composition results posted monthly in this column over the next year. I am putting a great deal of faith in Emma that she will follow my recommendations (knowing that she will naturally falter a couple of times...and that's okay) and be a living testament to the naturopathic approach to healthy and sustainable weight loss. I believe in Emma. And part of the education process is having Emma believe in herself as well.

Emma's statistics on May 23, 2006

Weight: 172 lbs

Fat mass: 31.2%

Phase angle*: 6.9

Resistance**: 551.1

Waist: 33"

Hips: 43"

*indicator of cellular health

**value will decrease as fat-free mass increases

Check [The Naturopathic Perspective](#) each month for Emma's progress.

Did you know??! The average person will experience a loss of 0.45lbs of fat-free mass and 0.55lbs of fat mass for each pound of weight loss while dieting without maintenance exercise.

Body composition analysis can monitor your weight loss to ensure you are indeed losing fat mass.