

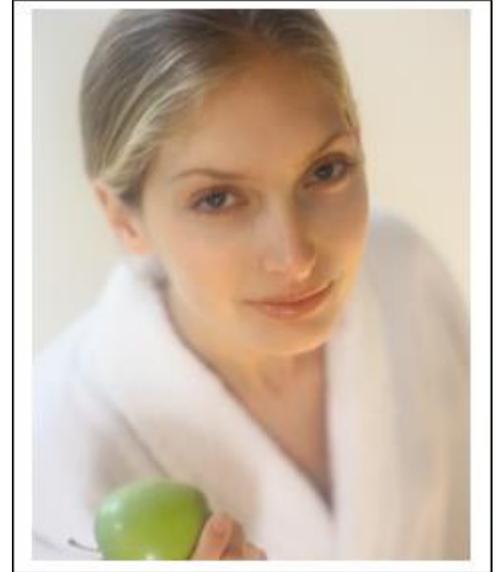
# Weight Loss and Anti-Aging Without Dieting, Drugs, Packaged Meals, or Diet Products

A Clinical Nutritionist's Perspective

Written by Christopher Fuzy MS, RD, LD. Edited by Nicole Pinkerton, MD

## Why Is America Fat?

According to American Heart Association and American Cancer Society, 70% of your risk for heart disease and cancer come from your lifestyle and diet, and only 30% comes from genetics. Heart disease and cancer, the primary causes of death in the United States, have been increasing for the last 100 years. The National Institute of Health (NIH) reports that more than half of Americans are overweight. The Office of Disease Prevention and Health Promotion has determined that the typical American diet includes too much sugar, fat and sodium and not enough vegetables, fruits, dairy and healthy oils. These lifestyle choices are affecting our risk for heart disease and other chronic disease, cancer and premature aging.



The food industry, both the agriculture industry and the companies that market food to consumers, are not helping Americans make better choices. Due to consumer demands for lower prices and corporate goals for higher profits, the foods in the U.S. have been modified to increase yield, which allows more food to be produced in the same amount of space. These modifications can also produce a sweeter grain which means the food has more sugar and less fiber. Additionally, food-like products created using these modified grains, such as potato chips, rice cakes, crackers, and breads have very little nutritional quality. Secondly, advertising agencies are using high pressure and highly visible techniques to make you think these products are healthy when they are not. And lastly, fierce competition among restaurants can cause them to modify the ingredients in a recipe to increase profit, which could also change the nutritional quality of the food. In other words, they are serving you inexpensive food to satisfy you, at the expense of your health, and for the benefit of their profits.

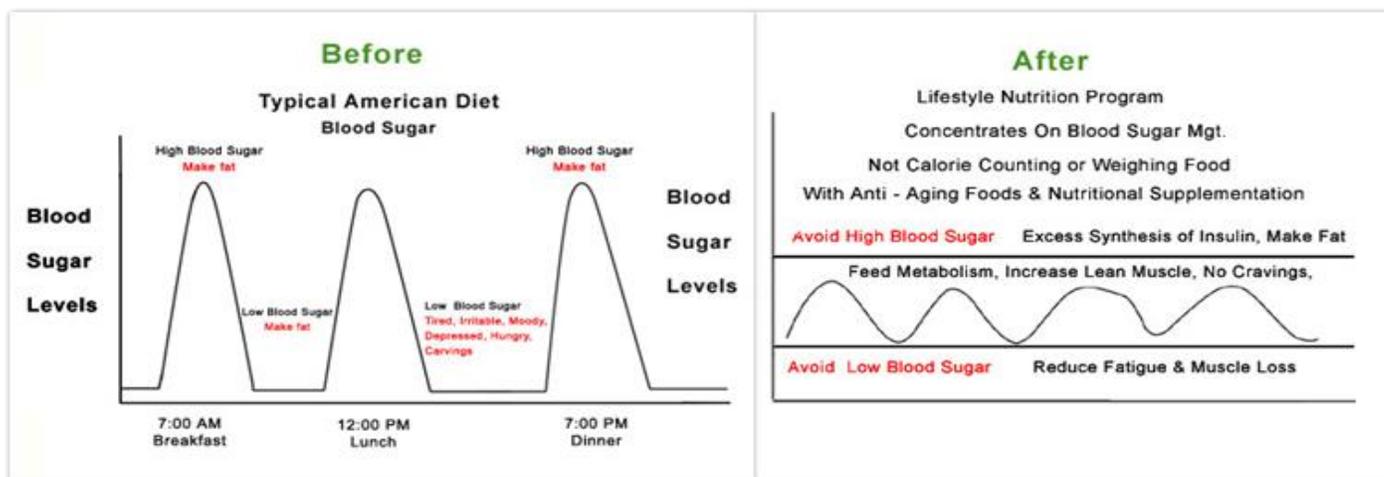
It's not your fault, it's Americas' problem.

## Blood Sugar Management, Not Calorie Management

“Clients are amazed when they finally realize that the more you try to diet, the harder it is to lose weight,” says Christopher Fuzy, the Nutritionist and Founder of Lifestyle Nutrition. Counting calories or points can make you hungry and does not guarantee your blood sugar level will be balanced throughout the day, which is one of the key elements for a healthy metabolism. Diet products and / or medications may provide some

temporary relief or short-term results. Often, this may provide a false sense of wellness or satisfaction. If lifestyle and diet are not changed for the long term, inevitably the weight returns and often with more body fat and less lean muscle, which is detrimental to a healthy metabolism.

Balancing your blood sugar is one of the keys to reducing appetite, cravings, and body fat. It can also increase your energy level and sense of well-being. These diagrams depict the blood sugar levels in a typical American way of eating with three large meals per day versus the preferred way of eating that includes several, smaller meals throughout the day. The first image shows the blood sugar spikes that occur each time you eat. The second shows the blood sugar levels in a more narrow range which is associated with reduced hunger and cravings, reduced muscle loss and increasing fat loss.



## Blood Sugar, Lean Muscle & Metabolism

Common mistakes in your daily eating habits can sabotage your weight loss goals. Examples of these mistakes include not eating at all, not eating a balanced diet, or eating too much food late in the day. In all 3 cases, blood sugar levels are not optimized so your body will turn from burning body fat to burning muscle protein to be used to create sugar for energy. Many times patients find out they are not overeating. Instead, the proportion of carbohydrate, protein, and fat in their diet are not maximized for their age, metabolism, activity level, and gender. This leads to problems with hunger, cravings, and decreased metabolism.

Your body composition (lean muscle mass), sex and activity level determine your daily calorie needs. The more *muscle you develop*, and the higher the activity level you exert, the more calories you can eat! Increasing lean muscle mass through proper diet and exercise will help you raise your metabolic rate. It is important to increase your lean muscle mass for effective weight loss. More lean muscle will allow you to burn more calories. Muscle burns a significant amount of calories even while you are asleep, fat does not.

The key to anti-aging and weight management is to increase your lean mass and decrease your body fat, which will then raise your metabolism, both at rest and during exercise.

This program will teach you ways to raise your metabolic rate naturally through food and exercise. Our customized nutrition program is based on your muscle mass, age, sex and personal goals to promote weight loss

without hunger or cravings. The goal is to be able to implement a customized program for your personal and medical needs so you are able to eat satisfying and healthy foods at home, in restaurants, and on the run and not feel deprived.

It truly is a Lifestyle, Not A Diet <sup>TM</sup>!

## **Long Term Lifestyle Changes – No More Dieting!!!!**

One of the keys to good nutritional compliance is to avoid food restrictions. Instead, all foods can be eaten when balanced properly. All people are different and require different foods depending on their lifestyle, beliefs, culture, and level of understanding of nutrition.

Another key to good nutritional compliance is that you have to like and enjoy your nutritional program. By understanding a little of the science behind nutrition, you will be able to enjoy endless variety and flexibility in your dietary choices, which will help you to develop eating habits that compliment you and your lifestyle. As a result of understanding what you need to do and why you need to do it, you will be empowered. Our nutritional program is intended to create a positive uplifting experience, one that should nourish your body and spirit.

### **ABOUT THE AUTHOR**



Christopher Fuzy, MS, RD, LD is the Founder and President of Lifestyle Nutrition Inc. He has private offices in Fort Lauderdale and Boca Raton, Florida where he has practiced Nutrition Counseling for 20 years. He has a Master's Degree in Clinical Dietetics & Sports Nutrition. Chris completed clinicals in the Texas Medical Center, Houston and was the Chief Clinical Dietitian at Plantation General Hospital. He has trained over 900 physicians nationwide with the Lifestyle Nutrition Counseling Program in the past 24 years.