

>> Rona Brynin: Okay, so we left off with this chart, I was showing you how you can calculate how many calories you burn with different activities. Again, you can Google that. There's other ways that I'll show you in a little bit how you can find that out. Here's from your book, smart activities. Pretty interesting. Again, I refer to the book to get more of that or you can Google that. But remember, such a key thing here with weight loss is the more muscle tissue you have, the higher your metabolic rate, the more calories you're going to burn even while you're sleeping. Also working out, you'll strengthen your bone density which is great. You can wear a pedometer, pedometers are pretty inexpensive little gadgets that you wear that counts how many steps you take a day. The goal is to take about 10,000 steps a day. Which is about five miles. Nowadays phone apps, you can set your phone to count how many steps you take a day as well. There's also something called the body bug, which counts how many calories you burn in a day that you can buy. So that's a pedometer. A little thing, you can buy that for under ten dollars at Wal-Mart. Again, measuring your steps everyday and just kind of making a contest with your family, you know, who takes how many, you know, the most steps per day is great. Again, the goal is 10,000 steps per day. This is the body bug, that counts how many calories you burn in your day. There's other gadgets. Well nowadays with the fit bit and there's other things you can wear. It can count how many calories. So it's really easy nowadays. Between apps and gadgets that you can wear. And remember the behavior modification is why do you overeat? You know, is it because you're bored or angry or upset or stressed? The comfort eating, the comfort foods, you know, trying to change your habits and get healthier ones to deal with that, those emotions, would help you in the long run. In here you see this lady and a candy bar would make me feel better, I mean yes, it would, of course. It does with everybody. But how about when you're stressed, maybe go take a walk or exercise. I know at first you're like I don't want to do that, but you actually will feel better. It will burn off your anger, your stress, it increases some brain chemicals that you do actually feel better. You can see here about comfort eating in various ways. You know, filling up a void with food. You know, find and think ahead of time healthier ways. Knowing when you come home from school or work and you're stressed and you want to overeat, maybe come home and go for a walk right away. Maybe have a plan with a friend to do it. So have some kind of new actions in mind ahead of time. Avoid things like snacking in front of a TV. You know, you've probably all done this, you have a bag of chips and before you know it, you're not paying attention and you're watching TV and the whole bag's gone. So we tend not to pay attention when we're watching TV of how much we've eaten. Try to avoid, you know, off limit foods. You know, I will not have chocolate, you know. Well, when you deprive yourself of a certain food, you want to crave it even more. So trying to learn to have less of it might be a better way. There's tools, the NutriCalc, that you have worked with already. FitData, NutritionData, Sparkpeople, there's different ones that you can get online and share with the community. Sometimes other people have helpful hints. The behavior modification, like I said, is such a big part, key to weight loss. And your book goes through more methods. This is just

some you know, not skipping meals because you tend to overeat. Maybe having a healthy salad before you go to a party, so you're kind of full, tend not to overeat the bad stuff. Putting down your fork in between mouthfuls. So you know, you take a mouthful, put your fork down and just chew it. It tends to slow you down. Research shows that people that eat quickly tend to be heavier. Because you eat real fast, you finish your meal in five or ten minutes and you're, remember, it takes about 20 minutes for your brain to get the signal from your stomach that you're full. So if you slow your meal down and you know, you stretch it out some, by the time you're done, if you can get to that 20 minute mark, or just wait, if you finished early, and see are you actually hungry still? Chewing thoroughly will slow you down as well, you know. Overeaters tend to not chew very much. Not watching TV while you're, like I mentioned, because you tend to get distracted. Portion control, maybe use a smaller plate instead of that big plate. Take your desert plate and just whatever fits on it, that's what you eat. Asking for a doggy bag when you eat out. And not having, feel pressure to eat it all. Okay, there's a lot of medications nowadays for weight loss. You go to a medical doctor, or again, this is not helping you to change for lifelong, lifestyle changes. This is a crutch. But some people you know, need something to kind of get going. I'm not going to test you on this, but they usually only use medication if your BMI is 30 or more. Or maybe less, but you have health related problems to your weight, you have diabetes or heart disease. Then they might give you some medication. If your BMI's less. So you have the amphetamine type medications, amphetamines change some of your brain chemicals. Epinephrine, and your brain tends to decrease your appetite. But again, they limit it only to about 12 weeks because it can be addictive, some of these medications. Meridia, again, changes some of your brain chemicals like serotonin, which can help reduce your appetite. They all have side effects of course. So that's something that you have to weigh. Again, it's not changing, it's not helping you change your diet, it's a crutch. Orlistat or Alli, is the over the counter form of Orlistat. Alli, you know, you've probably seen that in stores. This works by reducing your fat digestion, it blocks the enzyme to digest your fat. So if you don't digest fat, if you recall, if you don't digest something, you basically poop it out. So if you don't digest and you poop it out, you're not going to gain new weight. Sounds nice, but you also don't absorb your healthy fats. And your fat soluble vitamins, and again, you can't stay on this forever. And it also has crazy side effects like, well gas, bloating, but oily discharge, anal leakage, things like that. This is how that medication works. If you remember, this is a triglyceride. This is the lipase enzyme. That should break down this triglyceride to be absorbed. But with the Orlistat it latches onto the enzyme so it can't work. And this fat will just go right through your colon. Other things for weight loss if you're really severely obese, your BMI's 40 or more, or you're way over 100 pounds more than you should, there's very low-calorie diets that are medically controlled and the surgery. The very low-calorie diets, you know, they'll do this because these are extreme diets. If you tried other methods and it hasn't worked, it has to be supervised by a medical doctor. Optifast is an example of one. There are risks of these very low calorie diets like

gallstones, like I mentioned earlier, and heart problems. This Optifast, there's only, the diet is 4 to 800 calories a day. So that's a low, very low calorie diet. It can cause a lot of health problems being that low. You're not going to get the nutrients you need. It's mostly liquids that you're drinking. And weight gain's a problem after you get off this diet. So again, you're not learning how to change your eating style, habits by doing this. Now the surgery's again, they reserve this for people with real high BMI, 40 or more, or maybe less. But you have health problems from being overweight. You have to go through some psychiatric testing, make sure that you're going to be able to handle how life will be after the surgery. Because it's a big change. There's different types of these surgeries nowadays. The first one is the stomach stapling that we'll go over. Basically. And I'll show you pictures of this. They staple off a big part of your stomach so all that's left is your stomach that's the size of an egg or a shot glass. So you can't eat more than a couple spoonfuls at a time. And if you do, you'll vomit, you'll get sick. Basically they've taken out most of your stomach. The problem with this surgery is, well for one, you can't eat much which is why you're going to lose weight. But you, people get very malnourished on this diet. Because they've also bypassed a part of your upper small intestine, which is where we absorb most nutrients. So you're eating very little and now you're also on top of that not absorbing most of what you eat. So it really creates a lot of malnourishment and nutritional deficiency issues later down the line. Again, you get full very easily. And you can very easily eat too much and get sick. So here's the size of a normal stomach. And you can see this is the small intestine. And what they've done is stapled this off. And now your stomach is this. Size, like I said, is the size of an egg. And you can see here we're going this way now into the rest of the intestine and you're bypassing where we absorb most of our nutrients. So that's a big problem. Risk, a lot of risk from this. I've heard horror stories from people after getting this surgery where they've had blood clots and died or all kinds of things where people have died. But then you also hear the successes. So you have to weigh this for yourself. But risk factors include bleeding, blood clots, hernias, severe infections because you are going to be malnourished. Nutrient deficiencies down the road, like bone loss, because you're not absorbing nutrients, your minerals. And anemia. I had a student years ago who needed regular blood transfusions because she was so anemic. And then afterwards, you know, you do lose a lot of weight. A lot of people need skin reduction surgery afterwards. And the surgery itself is very demanding. And some people die just within the surgery. Here's another picture. Again, this is your normal stomach. And small intestine. And this is where they staple off most of your stomach and bypass where we absorb nutrients. Insurance covers it most of the time. But it can be pretty pricy, anywhere from 12 to 40,000 dollars. And again, a lot of times afterwards you need this skin reduction surgery. It's a major change to your lifestyle so you need to plan on eating small, frequent meals. Many people learn to get around this and they somehow gain the weight back. They just pretty much eat all day. Here's the Lap-Band surgery where they just put a band around the stomach. This is reversible, whereas stomach stapling is not. So that's an option. This is

the gastric banding. This is now another new one. Is this it? Oh, okay. Here's the numeral stomach. The band. Stomach stapling. Let me show the sleeves is what I wanted to show you. The sleeve is where they staple off a big part of your stomach here, but now they did not bypass the small intestine where we do absorb our food. So this is a little bit better in that respect. But they do cut out a good 60 to 85% of your stomach. It is newer, some insurances won't do it because it's experimental. Again, with these stomach surgeries, you can only eat a quarter to a half a cup of food at a time. It is a huge change in how you eat. Or you'll throw up. It's as simple as that. And that's how people lose the weight. Again, some people are very happy with it, other people are sorry they did it. But all of them except the Lap-Band are not reversible so you really want to go through this thoroughly and think about it. Again, sometimes the stomach does stretch out after a while so people tend to gain the weight back. But you still need to eat healthier and exercise and with some of these surgeries, the stomach can leak through the staples. And that can be life threatening. So there's a lot of risks. There's another picture. Then there's a bunch of diets. Many of them, you know, we call them fad diets. A lot of them, you can't stay on these for the rest of your life. So again, it's not teaching you to change how you eat or exercise. And that's why they don't work.. You can only stay on them for a short period of time. And once you get off and you gain the weight back because again, a bad diet is one you lose a lot of weight quickly, and they don't try to change your eating habits permanently. It's a short-term diet that you can't maintain forever. One, you'll get sick of it and two, it's too nutritionally deficient. So again the diets, they're not designed for permanent weight loss, they don't try to change your habits. And the food selection is so limited that you just won't stay on it for a very long time. And that's why you lose the weight, you gain it back, you lose the weight, you gain it back. And sometimes you gain more back than you originally were at. And it's not the way to do it. You've got to make the permanent lifestyle changes. Again, we call this yo-yo dieting. And then it's even more depressing, which causes you to overeat on top of that. I'm going to stop the slide here. We only have a few more slides so I'm sorry, I know this is a long chapter. But the next one will probably be about maybe five minutes.