

# Obesity

## Obesity



**Obesity** is one of the few major health problems in the modern world, mostly due to the sedentary life style. It is a physical condition that results from excessive storage of fat in the body. In simple terms, it can be defined as a weight more than 20% above what is considered normal as per the body mass index, which is calculated from an individual's age, height, and weight. Though presence of fat tissue is essential as natural energy reserve in our bodies, yet excess fat tissues result in obesity and causes health disorders. Because of obesity, many other serious health risks may develop like type 2 diabetes, hypertension and cardiovascular disease.

**Symptoms** : Due to an increase in the size & the number of fat cells throughout the body, excess body fat develops on certain parts. Waistline is the first victim generally. A waist measurement of 40 inches or more in men and 35 inches or more in women is linked to an increased risk for heart disease and other health problems associated with obesity. An obese adult has an increased risk of complications from other diseases, like :

Type 2 diabetes, High blood pressure, Gallbladder disease, High cholesterol, Heartburn, Stroke, Osteoarthritis, Sleeping & breathing problems, Depression, Difficulty in walking, Rashes in the skin-folds, Shortness of breath with exertion, Snoring or sleep apnea and Some types of cancer.

**Causes** : Many factors could lead to Obesity. One key cause is over-eating as the intake of calories (the energy value of food) exceeds the requirements of the body over a long period of time. (In many cases, it could also develop in short period of times depending upon the individual's genetic and other factors). This excess energy is stored in the body cells in the form of fat & sugar and gives the individual the outward appearance of being overweight. Other key factors include: Genetic or hereditary traits including social, behavioral, cultural, & physiological factors, metabolic (the body's process of using energy) factors; & some medications that may contribute to the development of Obesity. Following is a list of possible causes of Obesity that are most relevant in our times :

- Inactive or Sedentary lifestyle
- A high glycemic diet. (Diet that gives high postprandial blood sugar).
- Genetic disorders
- Certain medications such as atypical anti-psychotics
- Underlying illness such as hypothyroidism
- Weight cycling, caused by repeated attempts to lose weight by dieting
- Eating disorders such as binge eating disorder
- Stressful mentality
- Insufficient sleep



**Home remedies for obesity : (Important Note: Every human being is different with different genes, genome chart, emotionally and physically. Not everything suit everybody. Hence, never try any treatment or exercise whatsoever, without consulting a qualified doctor, Expert or consultant)**



**Lime Juice-Honey:** Take one lukewarm glass of water first thing in the morning. Add two full teaspoons fresh lime juice, less than a quarter teaspoon powdered black pepper and two teaspoons of honey. Continue for a minimum of 3 months.

**Trifala :** Trifala, an herbal combination of amalaki, bibbitaki, and haritaki is good for losing weight.

**Jujube:** The leaves of jujube or Indian plum are another valuable remedy for obesity. A handful of leaves should be soaked overnight in water and this water should be taken in the morning, preferably on an empty stomach.

**Cabbage:** According to latest research, a valuable chemical called tartaric acid is present in cabbage which inhibits the conversion of sugar & other carbohydrates into fat. Hence, substituting a meal with cabbage salad would be the simplest way to stay slim.

**Tomato:** One or two ripe tomatoes taken early morning as a substitute for breakfast, for a couple of months, are considered a safe method of weight reduction. They also supply the food elements essential to preserve health.

**Guduchi:** It helps in reducing fats in the body and is very effective in obesity.

**Indian gooseberry (amalaki):** It is an effective herb for the treatment of obesity. It is an integral component of Triphala, which is also prescribed in the treatment of obesity.

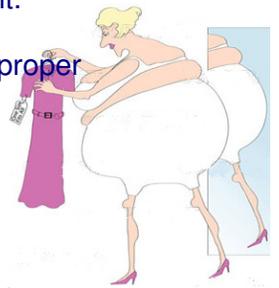
**Guggulu** is used in the reduction of fat accumulation in the body, giving people a leaner physique. Aloe Vera herb is very beneficial in controlling obesity.

**Black pepper:** Add some black pepper powder in vegetable soup and vegetables. It helps in controlling obesity and burning excessive fat.

**Cinnamon :** Use cinnamon in tea and other food preparations vegetables.

### **Obesity Diet and Diabetes Management.**

- Increase the quantity of fruits & vegetables and low calorie foods. Fruits like carrot pineapple, papaya & apple are very effective in keeping you healthy and fit.
- Eat fresh green vegetables like lauki, palak, methi, cabbage and beet.
- Eat tomato in the morning and in salad.
- Mint is very beneficial in losing weight. Have some salads, vegetables with it.
- Have raw or cooked cabbage regularly. Or Drink cabbage juice.
- Take luke warm water after regular lunch and dinner as it is effective for proper digestion of food and burning of excessive fat.
- Include a source of vitamin B-12 in the diet
- Use vegetable oil instead of butter or margarine.
- Prefer eating steam, boiled, microwave vegetables
- Replace whole milk with skim or low fat milk.
- Roast, bake or boil meat, fish, to destroy all the fat present
- Eat papaya or take vegetable soup as dinner for 2-3 months for quick results.
- Green tea or ginger tea is very effective in burning excessive fat in the body.
- Drink 1/2 teaspoon honey & 1/2 teaspoon basil (tulsi) paste in a luke warm water.





- Soak 1-2 tablespoon of horse gram in a glass of water overnight and take the soaked solution every morning in an empty stomach.
- Avoid intake of too much salt as it may be a factor for increasing body weight.
- Avoid dairy products, sugar, margarine
- Say a strict no to smoking and alcoholism.
- Avoid all kinds of milk products. Be sufficient with twice a glass of milk.
- Avoid rice and potato. Among cereals wheat is good.
- Avoid high calorie foods like chocolates, ice cream, sweets, butter etc.
- Avoid red meats as they have high fatty contents
- Avoid meals when under stress or tension.
- Small frequent well-spaced meals are desirable. Instead of eating only 2 meals during the day like lunch, dinner, it is advisable to eat 4-5 more small mini-meals spaced between 2-3 hours apart during the day. Never skip meals. Meals should not be oily, spicy and fatty.
- Drink 8-10 glasses of water daily to avoid fluid retention.
- Drink a glass of boiled water daily after every meal.

**Other Treatments:** Exercise is an important part of any weight reduction plan.

A workout for at least 30 minutes to an hour every morning is beneficial.

Walking is the best exercise to begin with.

Other exercises include swimming, bicycling, trekking and so on.

Do sit ups and push ups as they make body flexible and tones body muscles.

Do some yoga exercises.

Live stress free, be optimistic, curb negative emotions and develop positive outlook

**Acupressure and Obesity :** Acupressure points such as the middle of the upper lip, below the nose and an inch below and one inch up the naval point on the stomach are points of relevance incase of obesity. Press these points 3 to 4 times a day for 5minutes each. It helps control hunger and in the overall control of obesity.

**Behavior Modification towards Eating :** For three months, eat food by chewing a single morsel at least 50 times, so that it turns into almost a liquid before gulping it down. It has very effectively reduced the obesity of many people.

### **Catabolic Diet for the Obese in Particular and for everybody else in general**

The term "Catabolic food" was first used by Dr. Victor Lindlahr. He had his practice in Chicago till around 1950. It refers to foods that had, what he called, "reverse calories". These foods actually break down fats and burn them up (as opposed to foods that add fat to the body).



Since most of us are now conscious about our health, many diets and programs are available in the market. It is however, unfortunate that these diets do not provide lasting results and act only as temporary remedies. Most of the dieters later on discover that, with time, they put on all the weight they took off, actually a bit more. However, the Catabolic Diet has been around since 1929 and is still the choice for responsible weight reduction, without any side effects, pain and hunger.

Dr. Lindlahr's father, Henry weighed 250 pounds & was only 5'7" tall. He was diabetic also. He tried the diets and cures of the time but nothing seemed to help rather it was getting worse on each attempt. Finally a friend advised him to see Father Kneipp - a



nutritionist in Eastern Europe, who had a reputation for curing diseases with fruits, vegetables, sunshine and other natural methods. Upon following the program that Father Kneipp set up for him, Henry Lindlahr cured his diabetes and lost 40 pounds. Following his successes, Henry Lindlahr devoted himself to nutrition and became a doctor in 1904 and founded the successful Lindlahr Sanitarium in the Chicagoland area. Henry's son, Victor, later graduated as a doctor of medicine from Jenner Medical College and took charge of the Lindlahr Sanitarium.

Diabetics came to the Sanitarium and were put on low carbohydrate diets that consisted primarily of fruits, vegetables and minimal sugar and starches. Years of experience with this diet made it apparent that diabetics who incorporated this style of diet into their lifestyles lost more weight than people who used to fasting. In 1925 Dr. Lindlahr saw a patient from Philadelphia who told him she wanted to lose 30 pounds in the following 30 days because she wanted to look good for her upcoming marriage. Under monitored fast, she lost on 4 Pounds in 7 days. Therefore, Dr. Victor decided to put her on the low carbohydrate diet that worked so well for his diabetic patients. During the second week she lost weight at approximately two pounds a day to lose 12 pounds, the next week she lost eight pounds, and, the following week she lost six for a total of 30 pounds. By the time of her wedding day she lost 34 pounds total. Upon analyzing the results of this lady's diet, Dr. Lindlahr thought it strange that this person ate in excess of three pounds of food a day and lost more weight than when she was fasting. After careful analysis of 152 cases of fasting patients, versus 206 cases of people on the catabolic diet, it became apparent that the catabolic diet was more effective than fasting! Another interesting conclusion was that people with greater amounts of body fat experienced greater results than those who were leaner.

**Theory:** The reason why the catabolic diet was so effective is due to the fact that the body requires a lot of energy (calories) to digest food. Think about what must happen when you ingest a piece of food, first you expend energy chewing, then, upon swallowing, the muscles of the esophagus move back-and-forth to deliver the food to the stomach, next the body must manufacture and excrete the acids that continue the digestive process. Finally, the bolus of food must travel through 10 yards of intestines that constrict and convert the food into simpler forms. On top of all this, the body extracts the nutrients from the food and spreads it throughout the body (via the blood stream) to nourish cells throughout the body, the liver, spleen, pancreas and other organs of the body continue to process and assimilate, all of which takes up energy (calories). And don't forget that it takes energy (calories) to prepare and cook the food in the kitchen before we consume it.

Exactly how much energy is required to eat something is very difficult to determine due to the differences of body chemistry between human beings, it is apparent, however that less energy is required by the body to digest a piece of pork than the amount of energy that the pork supplies. It means there is a net gain of calories. Those calories will likely be used up for activities like gardening, walking, house cleaning, etcetera.

Catabolic foods however do not provide a net gain of calories, in fact, they provide a net loss! Catabolic foods like apples require all the same digestive processes as pork, however, the amount of energy that is required by the body results in a net loss of calories. In other words, the body must make-up these calories from the fat stored in the body, thus, weight loss. Eating apples all the time would definitely result in weight loss,



but this may be unhealthy, there are many more foods that also possess this property of negative gain.

**Catabolic:** The body goes through two natural phases: 1) Catabolic, and 2) Anabolic. The term Catabolic is used to define the process whereby the body breaks down tissue and the term Anabolic is used to define the process whereby the body builds tissue. Now you can see why foods that result in a Net Loss of calories are called Catabolic and those that result in a Net Gain are called Anabolic. It must be pointed out that just because certain foods cause a decrease in calories, it does not mean that they lack nourishment, in reality many of these foods provide many essential minerals, vitamins and ash that neutralizes body acids that are caused by the breakdown of fats. Also, many of these foods have an effect on the manufacture of Glucagon by the pancreas gland, glucagon is a dissolver of fat when in the presence of foods that have a catabolic nature. A diet that is based on the catabolic principles is very low in calories, three pounds of these foods contain only 600 calories on average. Many doctors and scientists thought that it was impossible for someone to thrive on so few calories, however it is now known that a catabolic diet not only allows a patient to thrive, but it has also been known to cure them of terrible diseases despite the low calories.



**Benefits:** This is a healthy diet that has been known to make sick people well. Second, this is a diet that allows people to lose weight by eating and not by starving. Another benefit is that you do not have to abstain from eating the foods you love because you can balance off a high calorie dish with catabolic foods to lessen the amount of effective calories being absorbed into the body. You may not lose weight by doing this but you can certainly lessen or nullify net positive foods. Back in 1935, Dr. Lindlahr asked listeners of his radio broadcast to test his new diet and report back to him the results. More than 1,000 people took part in this experiment and reported excellent results, a pound a day for ten days. Later in the year Dr. Lindlahr again tested his diet with 26,000 listeners who reported an average weight loss of eight pounds in seven days.

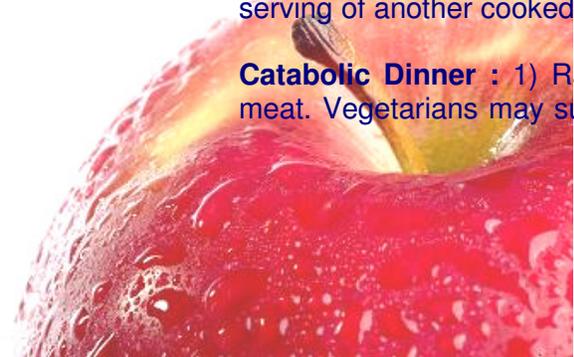
**Catabolic Foods** neutralize the effects of fattening foods and contain Net Loss calories, they cause the fat reducing hormone, Glucagon to be manufactured. Remember that Glucagon only works it's magic when in the presence of catabolic foods. When talking Catabolic I must emphasize that the whole fruit or vegetable must be eaten, as opposed to it's juice. Juices are typically low in calories but are very easy for the body to digest and therefore are not Catabolic. Part of the catabolic process is the digestion of the fiber that accompanies these foods. Lean meats only are allowed on the catabolic diet but do not add significant calories.

**Plan your 7 day-lose 7 pound weight regime : (Advised strictly under the guidance of a qualified practitioner)**

**Catabolic Breakfast:** 1) Drink a glass of fruit juice 2) Eat a piece of catabolic fruit 3) Unsugared coffee or tea 4) Half glass of skim milk.

**Catabolic Lunch:** 1) Fresh salad 2) One serving of a cooked, fresh vegetable 3) One serving of another cooked, fresh vegetable 4) One serving of fresh fruit.

**Catabolic Dinner :** 1) Raw salad 2) Non vegetarians may chose six ounces of lean meat. Vegetarians may substitute lean meat to vegetables and, cottage cheese, eggs,





soy beans. 3) One serving of fresh fruit 4) One serving of cooked, fresh vegetable 5) One serving fresh vegetable

**Catabolic food that is good when eaten Raw :** Apples, apricots, artichokes, blackberries, blueberries, brussels sprouts, cabbage, cantaloupe, carrots, celery, cherries, Chinese cabbage, chives, corn, crabs, cranberries, cucumbers, currants, damson plums, dandelion greens, endive, flounder (sea food), frog legs, fruit salads, garlic, grapefruit, grapes, kumquats (fruit), leeks, lemons, lettuce, limes, muskmelons, mussels (sea food), mustard greens, nectarines, okra (vegetable), onions, oranges, papaya, parsley leaves, peaches, pears, pineapple, peas, peppers - red & green, pickles, plums, pomegranates, prunes, quince (a fruit), radishes, raspberries, salsify (vegetable), sauerkraut, strawberries, tangerines, terrapin (sea food), tomato, watercress, watermelon,

**Catabolic food which is good when eaten cooked :** Asparagus, beets, beet greens, broccoli, cabbage – red, cauliflower, celeriac, chard, chervil, chicory, clams, cod steaks, collards, dill pickle, eggplant, green beans, honeydew, Huckleberries, kale, kohlrabi, lobster, loganberries, mushrooms, oyster plant, parsnips, pumpkin, rhubarb, scallions, sea bass ( fish), shrimp, Sorrel (vegetable), spinach, squash, string beans, turnips, wax beans

And there you have it! The catabolic diet is easy and efficient, very little cooking and very fast to assemble. It only takes seven days to lose seven pounds which will not be put back on when you commence eating normally. Pick from the list of catabolic foods to assemble a variety of meals. Also note that very similar diets are used to treat some types of heart problems, gallbladder problems, diabetes and other diseases. If you desire to continue the diet past the seven days, no problem. Or, you might alternate one week of normal eating with one week of the catabolic diet.

### Remember :

- Do not drink any water with your meals (30 minutes prior to or following the meals are okay). Drink as much as you like during other parts of the day.
- Do not drink or eat anything prior to going to bed or between meals (except for chewing celery).
- Do not cheat, stick to it (it is only seven days).
- Limit the ingestion of salt since it causes water to be retained by the body.
- To increase the amount of weight you lose simply increase your activity levels, exercise, walk, etcetera.
- Some people will not experience a weight loss for the first day or two due to the fact that water is manufactured by the body when fat is burned. Some people will not expel this water for a couple of days and retain it in their tissues. However, in most people it is excreted through intestines, skin, kidneys and even the breath.
- Even hard to reduce areas of the body like the double chin and spare tire are reduced by this diet.
- Scientists tell us that we must consume approximately 10 glasses of water a day to meet the needs of the body, the catabolic diet is very high in water content and keeps you "in balance".



- Other diets may produce "weight loss" but no "fat loss". High protein diets are an example of this phenomenon. Beware of any diets that cause dehydration.
- Eat the same breakfast for the duration of the seven days.
- Eat fresh fruits and vegetables as opposed to canned ones because the heat from the canning process removes enzymes and contain more calories.



(Ref: & Sources : Ayurvedic Cure / myhomeremediesdotcom / fatfreekitchen / Ayurved Nighantu / homeremedies for you / You are what you eat by Dr. Victor Hugo Lindhlar)

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**Control your weight; live longer**