

GHT LOSS

ustralia almost half the men and one third of women are overweight. The main health hazard is associated with fat in the upper body, which is where men tend to gain weight.

Sometimes it seems that we are constantly bombard with information about ways of losing weight. Much of the information provided notes the concept of looking good rather than being fit. This pamphlet includes information about various methods that may or may not assist you to lose weight. It might encourage you to think about which is the best method for you.

Weight Loss Products

Weight loss wraps are an innovative way of losing weight. They cleanse, nourish and remove toxins that are held in and around the fat cells. The producers claim that they can pamper their customers in a way that results in lost inches that will stay off for up to a whole thirty days (as long as you maintain your weight).

Weight loss wraps may well work. However what happens after thirty days? Will it be necessary to undergo a soothing treatment once the inches start to come back again, followed by tepid showers for several days. Probably yes - The recommendation is to use a wrap every couple of months. As stated by weight loss wrap promoters themselves, the bottom line is that people who diet notice better results than those who do not.

Dietary Supplements

It is easy to come across dietary supplements that claim they can help decrease cravings for sweets and carbohydrates without the need to diet or exercise. This claim is an encouragement for those who are looking for easy results. However, the concept of decreasing cravings, by definition, should be associated with a change in diet. Clearly the hard work of dieting will have to be undertaken if any results are to be achieved.

Herbal weight loss

Yes, there are herbal weight loss pills. For example, *Ultra Diet Pep* claim to be the "most effective natural herbal weight loss pill, ever to hit the market". *Ultra Diet pep* also claims to contain some of the most popular thermogenic (calorie burning) herbs.

Some of the claims made regarding herbs, metabolism and weight loss are:

- Citrus Aurantium enables the body to accelerate the removal of fat stores;
- *Coleus Forskohlii* aids in better utilization of fatty acids for energy;
- Guarana increases metabolic rate, suppresses appetite and enhances physical and mental performance;
- White willow is thought to lengthen the fat-burning effects of Guarana;
- Green Tea has been shown to increase resting energy expenditure;
- Korean Ginseng - Researchers have discovered that ginseng may enhance the body's ability to burn fat during physical activity;
- Taurine helps to emulsify dietary lipids in the intestine, promoting digestion.



An alternative theory is that herbs work against weight loss. Along with spices, their best use is in enhancing the flavour of food, thereby causing increases in food intake, instead of reductions.

Cellulite

The word "cellulite" was invented by the fashion industry. In the words of one promoter:

Almost all women have cellulite. The culprits are weight gain, genetic predisposition, and inevitable hormone changes throughout life. These factors cause the fat cells in the subcutaneous fat layer to increase up to 300 times their original size and stick together inside the pockets in which they are enclosed. The pocket is stretched upward while the fibers in-between the pockets are strained, circulation is inhibited and toxins and water are trapped. The result is cellulite. Cellulite does not respond well to weight loss, exercise, creams, or even surgical liposuction.

That sounds fairly scary. The Macquarie dictionary more simply describes cellulite as "fatty deposits resulting in a dimply appearance of the skin".

One product called Endermologie claims to temporarily, yet effectively reduce the appearance of cellulite in a non surgical approach which embraces the physical and aesthetic needs of the whole body. It takes a course of weekly sessions using rollers, suction and deep massage. One can't help thinking that it would be so much easier just to spend that extra two hours per week exercising and save your money for a nice bowl of fruit.

Surgery

Jaw wiring, and other forms of surgery also have the problem that unless there is a change in behaviour, weight loss will not be sustained.

Energy balance

Clearly, the key to weight loss is a balance between the amount of energy being consumed and the amount being used. For many people there is no need to use herbs or wraps or anything to get rid of your cellulite. The reality is that most people who want or need to lose weight just need to exercise more or eat less or do both. There is a wealth of information about exercising and dieting. Everyone has their own preferences on how to achieve a balance they feel happy with.

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Weight loss is often, in the main, a loss of water and lean muscle tissue. Once you go off the diet the lost water soon returns. The lean tissue does not come back unless you exercise so your body will weigh much the same as before but be more flabby. Fat does not increase rapidly if it won't disappear quickly. To lose fat and keep it off, you need to change the eating and exercise habits which caused the fat to accumulate in the place.



Tips

Here are some dieting tips. Some work for some people while others work for others. For example, some people find they can only lose weight by adhering to a strict diet, while others can be more flexible.

Nothing need be forbidden but some foods should dominate the diet more than others.

Aim to lose no more than one kilo per week.

Do not waste money on short term or fad diets.

Do not shop for grocery items when you are overly hungry.

Avoid popping in and out of food shops. Ideally, stock up weekly and make sure you buy enough.

You don't have to be hungry.

- Eat out less often. You will have a better knowledge of what you are eating.
- Take each day one day at a time.

Quotes

Eat to live, and not live to eat.

Benjamin Franklin (1706-90)

The only exercise I get is acting as a pallbearer at the funerals of my friends who exercise regularly.

Mark Twain (1835-1910)

Whenever I feel like exercise I lie down until the feeling passes.

Robert Hutchins (1899-1977)

To ask women to become unnaturally thin is to ask them to relinquish their sexuality.

Naomi Wolf (1962-)

Web Addresses

www.diet-pills-4-weight-loss.com/

www.bywd.com/products/evo_thermogenic_burn_tropin-ef.htm

www.shapechangers.co.uk/salon.htm

www.powerup.com.au/~mps/bodywrap.htm

www.celluliteusa.com/whatisdermologie.htm

www.quackwatch.org/02ConsumerProtection/survey.html

www.woolworths.com.au/dietinfo/rsa6.asp

www.weight-loss-diet-i.com/weight-loss-tips.htm

For further information on the Australian Skeptics and their journal, *The Skeptic*, contact

www.skeptics.com.au

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Weight Loss Information



Canberra Skeptics



