



THE TRUTH BEHIND WEIGHT LOSS

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WHAT IS OBESITY?

Obesity is a very serious problem. Almost 69% of American adults are classified as overweight or obese, meaning they have an excess amount of body fat that may have a negative effect on their health. This problem cuts across lines of gender, age, and background: In fact, about 33% of children are overweight or obese.

Obesity rates have been climbing since the 1950s, but rose dramatically after 2000. In 1960, less than 10% of American adults were obese, but those numbers more than tripled in a few generations. Despite media attention, the trend shows no sign of reversing.



WHY IS OBESITY A PROBLEM?

Recent studies from McGill University, the National Institutes of Health and other prominent research institutes have shown obesity is a serious health risk for those suffering from it. According to a 2014 study, obesity can shorten life expectancy up to eight years!

The effect is even more profound for youths suffering childhood obesity. They are more likely than their ideal weight peers to develop many illnesses and chronic conditions that can reduce their quality of life and increase healthcare costs in adulthood.

Although everyone understands obesity is dangerous, few know how to reverse it and reclaim optimal health. Furthermore, the typical diet of “calories in equals calories out” has not proven effective in providing permanent long-term results. Traditional dieting typically results in a yo-yo effect, which is detrimental to health and counterproductive.

Therefore, the common belief that “weight loss is just a matter of burning more calories than you take in” must be false. Obviously, there must be other factors involved.



OVER WEIGHT VS. OVER FAT

Obesity is a disorder of excess fat accumulation in our fat cells. Why this happens is the question we should ask and explore in order to address the diseases associated with obesity disorder. These diseases include: Diabetes Type 2, Hypertension, High Cholesterol, and Heart Disease, just to list a few. The underlying etiology of these diseases is what is causing the body to accumulate fat and become overweight.

Basically, the factors that lead to these disorders also contribute to obesity. In order to successfully treat these conditions, we must treat obesity at its root cause.

In the past, food with high caloric content was often hard to come by. When energy was stored in the form of fat, it meant our bodies were better prepared to cope with a food shortage or other emergency. In a healthy body, fat serves as a store of energy to which is used when intense activity demands it.

In modern times, food shortage is not an issue. Actually, the opposite is true. An abundance of food combined with lack of information about how to



regulate diet can contribute to problems that make obesity more common. Worse yet, once the body is acclimated to high fat stores, it fights to preserve them.

Three major factors accelerate weight gain and inhibit weight loss, making optimal health harder to achieve.

DIET AND EATING HABITS

The average American diet is high in carbohydrates and deficient in protein. Protein is essential in all vital functions of the body. It is slow to digest and therefore, it provides sustained energy for the body. In contrast to proteins, “carbs” digest faster for a quick burst of energy; however, when over-consumed, they cause substantial fat gain.

The typical American meal consists of foods like pizza, pasta, chips, and soda creating a recipe for disaster. In an effective medical weight loss plan, diet NOT exercise, has been shown to be the top determinant of how much weight is lost. Done correctly, a positive change in eating habits will not provoke the “cravings” many dieters expect.



HORMONAL IMBALANCE

(VERTICAL VS. HORIZONTAL GROWTH)

Both types of growth are hormonally influenced. When a child is in their growth spurt, they produce and release the human growth hormone, which is responsible for vertical as well as other growth in adolescence.

Similarly, horizontal growth or obesity is also influenced by hormones, mainly insulin. One of insulin's main functions is to regulate blood sugar and manage excess energy. It performs this function by providing easy access to your fat cells where both carbs and fats are combined and stored as triglycerides (high triglycerides are an indicator of heart disease). This is done to protect us from the harmful effects of carbs in the form of glucose circulating in our blood stream.

Once this is accomplished, insulin shuts down most of the hormones that are responsible for releasing the triglycerides from the fat cells back into the blood stream to be used for energy again. Insulin does this function very effectively.



CHRONIC INSULIN RESISTANCE

Hyperinsulinemia is a disorder where the pancreas releases high levels of insulin in response to high and consistent or frequent intake of carbohydrates (simple and complex) in the diet. As a result, a person may develop a condition called Insulin Resistance or Diabetes Type 2.

Furthermore, it is very likely that this individual may also become overweight or obese (horizontal growth as mentioned above). This hormonal imbalance is the root cause of obesity and its associated diseases. To reverse these health issues, a diet must address this chronic hormonal imbalance first; otherwise, as most of us have witnessed and personally experienced, the typical diet and exercise protocols have been ineffective.



IDEAL PROTEIN WEIGHT LOSS IS THE KEY TO OPTIMAL HEALTH

Ideal Protein Weight Loss is a medical weight loss solution that addresses the root causes of weight gain effectively and in a healthy way. The diet does not incorporate any of the typical weight loss gimmicks such as stimulants, appetite suppressants, or injections that artificially induce unsustainable weight reduction. It has been my experience that these methods do not have a lasting result, are not health promoting, and patients usually gain their weight back plus more. With the Ideal Protein Weight Loss Protocol, the focus is on fat loss, nutrition education, and maintaining your ideal weight.

Education is one of the key components in maintaining a balanced diet with a healthy lifestyle, which is the ultimate goal. This is not a high protein diet, it is an adequate amount of protein to maintain health while losing excess fat. Since protein is vital and essential for life it must be properly supplemented in order to preserve health and prevent loss of vitality while on a restricted diet.

On the Ideal Protein Diet, in a matter of weeks the body's physiology naturally adjusts to reduced carb intake and re-learns how to use its fat stores for its energy needs. At the same time, the dieter is introduced to the concepts of



medical weight loss so he or she can confidently make sound nutrition and weight management decisions in the future.

You cannot out-exercise a bad diet! Instead, call or email Dr. Vaziri today to learn more about how we can help you achieve your weight loss goals.

ABOUT THE AUTHOR



Dr. Vaziri completed his undergraduate studies at the University of California, Davis earning a Bachelor of Science degree in Nutrition Science with an emphasis in Biochemistry. He received his Doctorate from Southern California University of Health Sciences in 1989 and post-graduate studies were completed at Emperor's College of Traditional Oriental Medicine with a degree in Acupuncture and Herbology in 2001.

In addition to Chiropractic, Acupuncture, Nutrition and Herbology, Dr. Vaziri specializes in Pain Management, Sports-Related Injuries, Automobile Accident Injuries, Orthotics and is trained in Veterinary Orthopedic Manipulation. He also hosts corporate lectures focusing on workplace and lifestyle ergonomics as well as providing Ergonomic Evaluations. While building his diverse practice, Dr. Vaziri has successfully integrated both Western and Eastern philosophies.

Dr. Vaziri was first introduced to Chiropractic care as a college student while recovering from a back injury. In his spare time, he enjoys reading, SCUBA diving, sailing, traveling, and time with his family.

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