

2

Resetting the Stage

Throw the scales away and focus on rebuilding your health.



THE ALMIGHTY SCALE

For many of us, the scale rules our lives. It has the power to dictate what we eat, how we feel, and how we act. We weigh in and according to the needle indicator we feel happy or depressed. Weight up, weight down. Our moods swing with the needle. Eighty percent of the women in Canada believe they are overweight, yet data from the Canada Fitness Survey indicate that only 20 percent of women over 20 years of age experience a health risk due to excess body weight. This same survey showed that 33 percent of Canadian men are at a health risk because of excess body weight.

Men are at a higher health risk because of obesity, yet women are more preoccupied with food and the number on the scale.

In fact, many women allow the number on the scale

to put their life on hold until they reach their weight goal. This obsession with weight prevents them from getting on with their lives. They rationalize: "I'll be happy only when I've lost 10 pounds. I'll start exercising once I've lost the weight. I don't look good in a sweat suit now." Unfortunately this kind of weight loss is usually temporary. Your moments of happiness are gone when you gain back what you lost and the cycle begins again. Your problem with weight is not solved and your self-esteem gets lower and lower.



When did this preoccupation with weight begin? Probably in the late 50s when the new Metropolitan height/weight tables came out followed by Twiggy's shape in the 60s. Women discovered that according to the tables they were 10 pounds overweight and the image that was projected in the media reinforced an ever slimmer figure.

Dieting began as women tried to obtain the ideal figure. The intense pressure that society's cultural values place on women to conform to specific body shapes creates an obsession with external appearance at the expense of basic body needs. Focusing on the scales ties your self-worth and self-esteem to an

external artificial cue and doesn't allow you to discover yourself and pay attention to your body's needs. It prevents inner growth.

Because you admire society's ideal shape and want to lose weight to obtain it, you are temporarily motivated to pursue a diet and lose the pounds. But you haven't dealt with why you overate in the first place so when you stop the diet and the weight returns you are devastated. Focusing on a life-style change that will deal with the basics of your problem is the only way that you can prevent this up-and-down cycle and the depression that accompanies it.

In order to use life-style change as a measure of success, let go of the control the scale has over you.

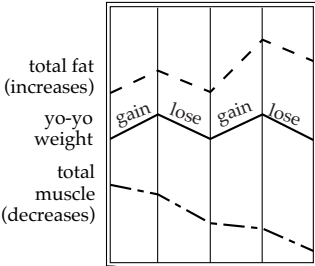
Deanna, 18, came to see me for weight loss. She had been in a weight-loss program and her mother was attending one of the popular weight-loss programs and was constantly on and off a diet. Deanna and her

mother both attended the first session with me. Her mother remarked that I was trying to deprogram them from the diet mentality. That was true. No diets and no scales were involved in what I had to say.

A few months later, Deanna said that her clothes felt looser and she and her mother were curious to know if she had lost weight. Deanna was down 2 sizes, yet she had lost only 5 pounds. She had a noticeable improvement in her waist/hip ratio (from .80 to .73) which means that she was healthier. Her menstrual period resumed, and she was no longer cranky or grouchy. She was eating only until she was satisfied, not stuffed. She was more energetic.

It was obvious that scales had not told the true story. The composition of weight for each pound lost during the first 3 days on a 1500 calorie reducing diet is 70 percent water, 5 percent protein, and 25 percent fat.¹ Over the long term, without exercise, only 50 percent of the weight is lost as fat, the rest is muscle tissue and water. The big weight loss the scales indicate is water loss. This deceives the dieter

The Yo-Yo Syndrome



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into believing that progress is being made—until the weight comes back.

Since muscles burn more calories at rest, they are more metabolically active than fat is. The trouble is that when we lose weight, we lose some of that tissue, and when it is gained back, we gain back more fat (see graph p47). The result may be less on the scale, but we have traded valuable muscle tissue for fat.²

Muscle weighs more than fat since it needs to be stored with water. So if we gain more muscle, we may not lose as much on the scale or may actually gain some weight. Exercise preserves muscle mass.

Women are often concerned about large hips. Yet nature intended it that way. This extra fat around the hip area is to protect women in childbearing so they will have enough energy stores to call on. Fat around the stomach area is a higher health risk, and is lost more easily than fat situated lower on the body.

Take a moment to determine your present waist/hip ratio, a measure that will be used to check your indicator of health risk. You can throw out the scales. From now on use the waist/hip ratio to replace it.

With a tape measure, measure your girth at the waist, at your navel, and around your hips at their widest point. Be consistent each time you measure. Be careful not to measure more frequently than once every few months. Otherwise, the obsession with the

As the saying goes, "If you don't use it, you'll lose it." What counts is not how much you weigh, but how much of that weight is fat.



Measure of Health (Annual Health Log)

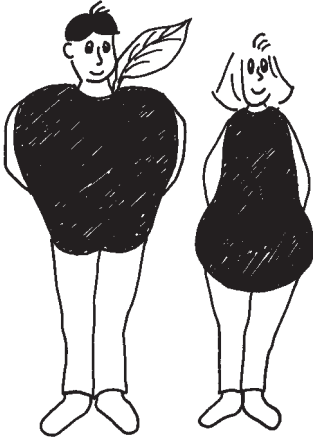
	BEGIN	3 MONTHS	6 MONTHS	9 MONTHS	12MONTHS
WAIST					
HIP					
WAIST/HIP RATIO					

* The risk increases sharply when the ratio of waist to hip circumference exceeds 1.0 in men and 0.8 in women.

Resetting the Stage

scale may be inappropriately replaced by a new crutch, the waist/hip ratio. The purpose of this measurement is simply to provide a periodic indication for those individuals who wear loose-fitting clothes and are therefore unable to measure change by the way their clothes fit. Normal values are 0.8 for women and 1.0 for men.

This example is for a full-figured woman and demonstrates that a larger body size does not necessarily determine one's health status.



Female waist 40 inches
hips 50 inches
waist/hip ratio $40/50 = 0.8$

This means that this woman's waist is 80 percent of her hip measurement, or putting it another way her waist is 20 percent less than her hips. This ratio gives her a slight curvature. Since fat around the waist determines the risk for heart disease, high blood pressure, and diabetes, this woman whose fat is more concentrated around her hips, is at a lower risk for these diseases.

Male waist 50 inches
hips 40 inches
waist/hip ratio $50/40 = 1.25$.

This signifies that this man has a pot belly. The weight concentrated around the waist is a higher health risk for disease. He is more apple-shaped, in contrast to the woman who is more pear-shaped.

Don't despair! Fat comes off easiest from the waist, the area which lowers your waist/hip ratio and improves your health status.³

Now plot your own waist/hip ratio on the chart on the opposite page and note your progress on a quarterly basis by retaking measurements.

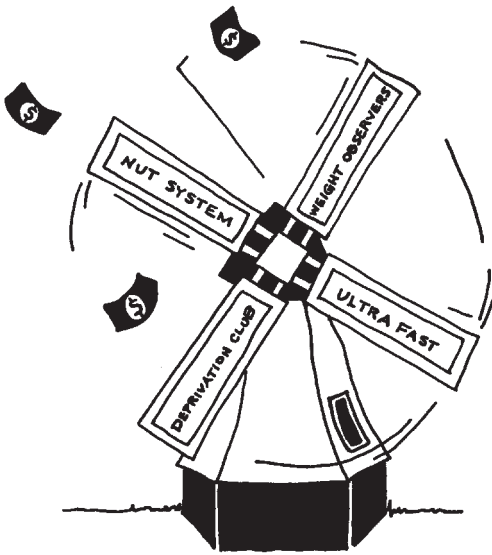
REALITIES OF DIETING

Most people go on diets to lose weight quickly. If quick weight loss does not occur they become bored and are not motivated to stay on the diet. According

YOU COUNT,
CALORIES
DON'T

to some scientists, quick weight loss is barbaric because these individuals are being set up to gain that weight back very quickly.

Individuals focusing on achieving quick weight loss usually do well for a few months. Then, with a loss of interest or as they plateau, weight gain inevitably occurs. These individuals are not in tune with their body's needs which is why they put weight on in the first place. The half pound per week weight loss recommended to minimize a drop in metabolic rate⁴ is exceeded on quick weight-loss programs which focus only on weight and not life-style.



Losing weight quickly causes the weight to return 3 times as quickly. Dr. Wayne Callaway, Associate Clinical Professor of Medicine at George Washington University stated that with rare exceptions, none of the popular commercially available programs for treating obesity are based on current scientific knowledge. They could no longer promise rapid weight loss if they were.⁵ Yet women fall prey to these quick weight-loss schemes to shed unwanted pounds for some important occasion or social event that they believe requires them to be slimmer. Some actually achieve their goal, only to regain the weight once the crash diet is stopped.⁶

These people need to look a certain way in order to feel good about themselves, instead of making the best of what they already have. Rather than focusing on one event and living for the moment, they could take a broader focus and enjoy the process of life-style change.

Laxatives won't help dieting or weight control. Approximately 5 to 15 percent of the U.S. population are laxative abusers. These are people who use these drugs at least weekly for several months. They include not only many elderly patients but also

When someone has heart disease, diabetes, high blood pressure, or any ailment, they are told to lose weight. Yet in a study of a community with a high incidence of overweight but in which obesity was socially acceptable, levels of heart disease and diabetes were found to be below the average for slender Americans.⁸ It is losing the weight and gaining it back known as weight cycling that makes one more susceptible to disease.⁹ The obsession to be thin causes more people to be on a diet than off a diet at any given time.¹⁰

individuals with eating disorders and others who are preoccupied with weight. However, studies have shown that a maximum of only 12 percent of calories are unabsorbed as a result of laxatives.⁷ Laxatives are not a quick fix.

If you take regular exercise and enjoy healthy eating by putting food in its proper perspective, your body will do the work for you to get you to the size right for you. According to Dr. David Williamson, an epidemiologist at the Center for Disease Control in Atlanta, it may be better for a woman in the long term to maintain a given weight, and focus efforts on counseling to accept herself and how she views herself at her current weight, unless the weight is actually causing some medical problems.

*It is not how much you weigh that counts, but rather where the fat is distributed.*¹¹ Stabilizing at a higher weight is actually healthier than yo-yo dieting.¹² This shift of weight down and then up results in a higher percentage of upper body fat distribution, in other words, more fat in the stomach area.¹³ This tendency to carry fat in the upper body is associated with higher risk for diabetes, high blood pressure, and heart disease.^{14,15} Rather than concentrating on weight loss, focus on health and wellness.

Enjoying the process of self-discovery associated with life-style change lasts a lifetime. During the course of the HUGS™ program, the involvement and enthusiasm of participants are high, and this results in steady progress in life-style changes.

However, in Jill's case, her progress led her to believe that she could tackle the internalization of life-style changes on her own. Her success was short-lived. She was intimidated by projected media images of slim, svelte, perfect bodies and this destroyed her progress towards her personal goal. She joined yet another diet program. Success was once again measured by the number on the scale. She was creating a stressful situation for herself and the physical and psychological shortcomings of dieting resulted in eventual weight gain. It is interesting how many times we have to reach the wall in order to realize that **diets do not work.**



Another example may also be convincing. Kerry participated in the HUGS™ program in its developmental stages when it was still focused on diet, exercise, and behavior modification. Kerry lost weight and, in fact, a year later when I saw her she was even slimmer, almost too slim.

I spoke to her about how the HUGS™ program had evolved to a nondieting approach to healthy living. She was not very receptive because she was doing well on her diet. Her focus was to eat and exercise in the right way for weight loss. Finally, however, the constant deprivation years caused cravings for food that resulted in binging on chips, cheesecake, and all those “forbidden” foods that were now unbearably enticing.

Once Kerry began to regain weight she was interested in hearing the HUGS™ message. Her body was going through a normal reaction as she was rebelling against dieting. Binging does not occur without periods of restriction (dieting). Kerry realized that it was only by changing her thinking that she would be able to prevent more weight gain.

It is true that stressful situations may cause you to go off the diet; but a healthy life-style helps you to take control and work through the situation.

Life-style changes help you to deal with stressful situations more positively, allowing you to learn from your mistakes and accept life’s hills and valleys as challenges. Diets which cause body stress are difficult to maintain when the stressful situations occur. Since life is filled with everyday stresses, you need the tools to handle stress positively.

As you have seen diets and scales are not the answer to weight problems. I hope by now you have been convinced to put the scale in the cupboard. If you are unable to let go, your preoccupation with your weight can prevent you from focusing on life-style changes. If you think you can do both, think again. By worrying about your weight and feeling unhappy about the way you look, this unhealthy attitude will lead to an energy drain and you will lose your motivation to correct your life-style and lose weight

permanently.

The message in this book focuses on life-style skills that you can use for a lifetime. The results will be feeling better about yourself, improvement in overall health, and increased energy. You will accept yourself the way you are and use newly learned skills to focus on your strengths and improve your weaknesses.

Accepting yourself the way you are is one of the most difficult skills to master. Most of us have been conditioned to believe that we should aim for size 10 or even size 6. Unfortunately only 10 percent of the population can naturally fall into this category.

Understanding and accepting who you are will help you progress with the HUGS™ philosophy. Once you are happy to be you the HUGS™ techniques will help you to make some positive changes in life-style.

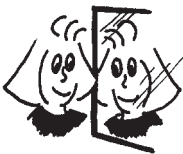
Instead of having to be thin to feel good about yourself, reverse the process. You have to accept yourself and feel good about yourself first in order to want to nurture yourself and take care of your body and mind. Accepting yourself as you are does not mean that you are absolutely okay and you will do nothing to improve yourself. Rather, it implies that you have the energy to feel good about yourself, and because you do care about yourself, you want to do what is best for your body and mind so that you can be the best that you can be!



"I like myself."



"I am a worthwhile person."



"I am going to have a great day!"

To help put this into practice, say the phrases to the left to yourself first thing in the morning and last thing at night.

Gradually this will become part of your subconscious mind and set up your day on a positive note. This is a very important step. If you are having problems saying it with conviction, keep saying it until you believe it. Give yourself time to gain confidence. It will happen if you believe it can and take the steps to increase the chances.

Being unhappy with the way you look provides only temporary external motivation which usually results

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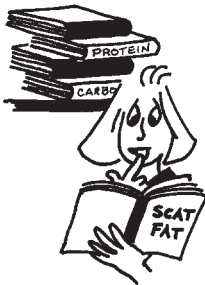


in a diet and eventually weight gain. When you focus on the positive, you will eventually start saying the phrases with conviction, allowing them to move you forward on your road to better health.

You will gradually learn to tune into your body and when you understand your body you will learn to fuel your body according to its needs. Accepting yourself allows you to understand these needs and listen to your body more attentively. Your body will naturally adjust to what it is meant to be. This will help you to stabilize your weight. No more up and down weight and no more diets!

Let's go a step farther. In order to focus on life-style changes, you need to accept that diets don't work. Remember that a lot of the weight lost when dieting is your state of dehydration (water loss). Even some popular "balanced" diets are relatively low on carbohydrates. So when you start depleting or getting rid of your carbohydrate stores (glycogen), out goes the water with it. No wonder you are always running to the washroom, since every pound of glycogen is stored with 3 to 4 pounds of water. Also restricting carbohydrate foods such as potatoes, bread, cereals, pasta, and rice leads to an energy drain along with your dehydrated state. No wonder this produces a cranky, irritable you.

The diet fad of the 80s was low carbohydrates resulting in energy drain. The calorie-obsessed, protein-is-in, starches-are-out habits of this generation of adults are in part responsible for high rates of cancer and heart disease. After all, low carbohydrate automatically implies higher protein content at meals and that is more hidden fat.

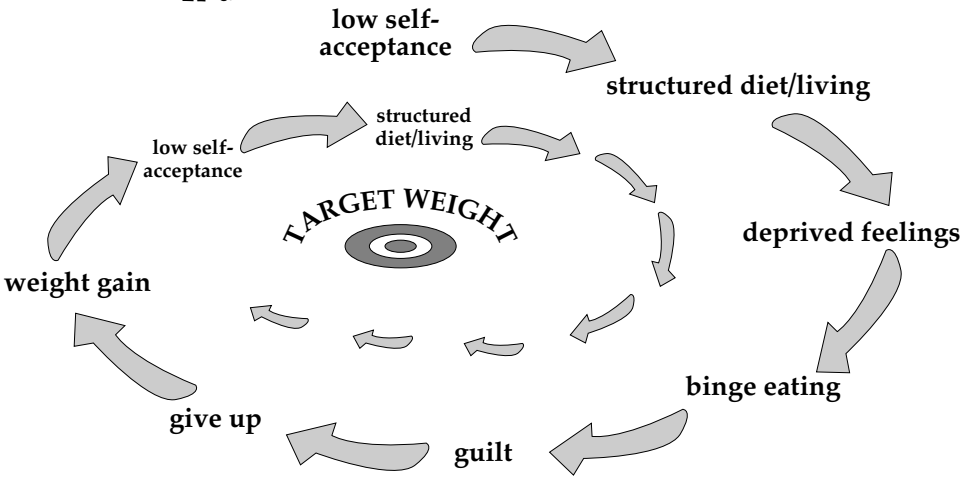


Now a new round of diets is evolving based on an obsession with fat and cholesterol. Instead of counting grams of carbohydrate, we are told to count grams of fat. A new set of health problems will emerge from this.

DIETS AREN'T THE ANSWER¹⁶

John had an iron deficiency. For 8 months he had been on a low-fat diet that he considered to be

Caught in a vicious diet cycle?



Give the HUGS Healthy Living Cycle a try!

It's a positive, energetic approach that improves your mental and physical health.

It just keeps getting better as you repeat the journey through the cycle!

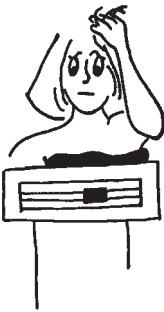


healthy. After all, he was eating more fruits and vegetables, very little fat, and chicken and fish were his only protein sources. He was not eating any foods rich in iron such as red meat and any iron he ingested from vegetable sources was not effectively absorbed because of his consumption of coffee with his meals (see Chapter 11 for more detail).

John ate very little breads and cereals which are rich in vitamin B and his low-fat diet probably impaired the absorption of some fat-soluble vitamins such as A, D, E, and K.

His reason for going on the diet in the first place was to lose weight. He lost 15 pounds in the first 2 months. Then he began to go on and off the diet. After 8 months his constant weight fluctuation had provided a weight loss of only 5 pounds below his starting weight. John loved fatty foods and whenever he went off the diet he binged on some of these fat-laden foods.

His unhealthy attitude towards food and his temporary drastic change in eating because of his diet caused a starve/binge cycle and consequent up-and-down weight which provided a greater health risk for heart disease. It took some convincing to make him realize that he was doing harm to his body by his eating habits. Since he realized he could not diet for the rest of his life he decided to opt for life-style change.



What about those diets that reduce calorie intake and are nutritionally sound? They don't work either. After all, if you normally consume 2000 calories a day, you would have a hard time staying healthy on 1200 calories, or even staying on such a diet for a long time without becoming physically incapacitated.¹⁷

We've all tried to diet. Did you ever notice that after a few weeks of losing weight you plateau and you don't lose weight anymore. Think about why this happens and it will help you to understand why diets don't work.

The plateau occurs because of a drop in metabolic

rate, the number of calories that the body burns at rest in order for your heart to pump, your blood to flow, and your lungs to work. When you begin a calorie-reduced diet your metabolic rate may drop slightly.¹⁸ When you diet, your body slows itself down and packs on a bit more fat so that it has something to call on when you put it in a starvation situation again. It is your body's natural reaction in order to defend you from the sudden drop in calories that you are experiencing.



*One small bite for
man, one giant leap
for Sandra.*

**You didn't fail.
Diets failed you.**

Eventually, when you deprive yourself of food to reduce your caloric intake, especially if it's the kind of food you like or the quantities you are used to consuming, you won't be able to maintain the diet. For some people, even the thought of going on a diet conjures up a desire for those forbidden foods, and the cravings for those calorie-laden foods are too strong to resist.

Once there were 2 dogs named Sable and Chelsea. Sable, the more dominant one, controlled the approach to the food and the amount eaten, thus keeping Chelsea's eating controlled. When Sable aged and died, Chelsea constantly binged on food. In a short time the dog was quite obese and died of a heart attack. Because Chelsea had felt constantly deprived of food she binged when the other dog died and her overeating was responsible for her death.

It's easy to cheat but it's always accompanied by feelings of guilt. In this way we are not extracting the full enjoyment from food and need more food to derive psychological satisfaction. If diets worked, there would not be a new one on the market all the time. People would not have to go back to the same program over and over again for the rest of their lives. Yet it's not their fault. Dieting failed them.

Unfortunately, during the loss-and-gain cycle of a weight-loss diet you lose the same 20 pounds over and over again. Each time the weight comes back it's more difficult to lose and easier to put back on.

In fact, *diets make you fatter*. What about the traditional safe weight loss of 1 to 2 pounds per week

YOU COUNT,
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DON'T



you ask? This may be safe but even these diets cause dieters to experience a drop in their metabolic rate. Most dieters (95 percent) who lose weight regain the weight within a 5-year period and many gain back even more than they lost.¹⁹ It's nature's way of protecting you for the next onslaught of deprivation.²⁰

Some movie stars, for example Delta Burke from *Designing Women*, are leading the way into new ways of thinking about their own bodies and dieting. In an interview with *National Enquirer* she states "You can make the most of your shape with good nutrition and exercise for fitness, but you can't make yourself tall and willowy if your body type is squat and muscular." She goes on to say that the only answer is to accept the body type you were born with, and learn to feel comfortable in your own skin. People weren't meant to be stamped out with cookie cutters, and wouldn't it be boring if we all were?

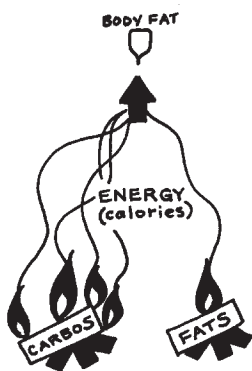


Take the first step. Start right now by accepting your body and stop separating your wardrobe into thin clothes and fat clothes. Stop concentrating on the hope of being thin again and make the most of what you have right now. You're you and proud of it. The next time you go shopping treat yourself to a new outfit that looks good on you right now. Learn to accent your best features. It's amazing the lift in energy this will give you, and it will help to channel that energy so you will take care of the rest of your body. Accepting the way you are is a lot easier if you help it along with something nice that will make you feel better immediately. Stop punishing yourself and start pampering yourself. You are worth the effort!

*Calories don't count. It is not how much you eat, but the type of food you eat that counts.*²¹ It takes about 4 times the calories to convert carbohydrates into fat than it does to convert the fat you eat into fat tissue.²² Switching to eating more carbohydrates *without guilt* allows you to shift the type of calories you eat without significantly changing the total quantity of calories. This

minimizes the drop in metabolic rate.²³

This may be a difficult concept to grasp since it is the direct reverse of what many dieters are used to hearing. "How can I expect to eat properly and in a healthy manner and expect to lose weight," you ask? My reply is a question also. "Do you have to subject your body to some type of torture, denial, and restriction in order to feel that you are accomplishing something? When you exercise do you expect to feel pain in order to feel that you have had a good workout?"



The secret is to fully enjoy the food while you are eating. If you do not allow yourself the enjoyment of tasting and savoring the food *without guilt*, you will be hungry later on. You will need more food to satisfy you psychologically since you were not focusing on your food while you were eating. Remember, eating bread (carbohydrates) does not mean eating the whole loaf. You need to understand your body's needs and change your thinking about food so you can take charge of your eating.

An increase in calories, especially carbohydrates, is necessary to increase your metabolic rate. Most diets are low in carbohydrates which initiate immediate weight loss. It is the depletion of carbohydrate stores which results in water loss that makes the scale register weight loss. Eventually the incomplete

breakdown of fat produces ketone bodies. This is a very unhealthy way of losing weight.²⁴ It is also very temporary, since rehydration occurs once carbohydrates are eaten again. An example of this would be to lose weight to get into that special dress for the wedding only to regain the weight (rehydrate) by eating some cake at the wedding. "I only have to look at cake and I gain weight," you say. In order to minimize the feelings of deprivation and to make healthy eating a life-style change it must be done gradually so there is no shock to your body.



HOW DIETS RULE YOU

- Diets decrease metabolism, slowing your motor down to a halt as you eat less and less to prevent weight gain.

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- Diets foster poor eating habits which lead to periods of starving and binging.
- Diets decrease your self-esteem because the weight comes back and you feel that you are a failure. In this

HEALTHY LIFE-STYLE PUTS YOU IN CHARGE

- **Stop dieting and get your metabolism moving again. Food of the proper types will get your system revved up again.**
- **Eating regularly and not starving yourself prevents overeating. If you know you can have it, the desire for it is less.**
- **Don't equate self-worth with the number on the scale. Focus on health rather than weight. Kick that scale into the garbage and take control of your health.**

scale. Focus on health rather than weight. Kick that scale into the garbage and take control of your health.

DOES SLIMNESS EQUAL HEALTH?

According to Ellen Parham²⁵ a new set of goals and benefits for health can be defined.

- Relieve a health problem.
- Increase fitness and flexibility through exercise.
- Achieve a sense of control over your eating.
- Increase your self-esteem.
- Improve nutritive adequacy.
- Develop a family life-style that will reduce the risk of obesity for children and others.

Think about these alternatives. They will help you to be successful.

I think you will agree that slimness does not necessarily mean healthy. Many slim people compromise their health to retain their ideal figure. How do they do it?

- Are they starving and binging?
- Are they more preoccupied with food and weight?
- Is their life focused around food?
- Are they over-exercising?
- Are they happy with their lives and their bodies?
- Are they using cigarettes to control their weight?
- Do they get more colds; are they sick more frequently?

Resetting the Stage

Dieting exacts its price. Protein breakdown results in breakdown of the immune system which makes you more susceptible to disease. The physical and mental stress of dieting add another stress to weaken the immune system. According to scientific studies, deficiencies of protein and some amino acids, the building blocks of protein, as well as vitamins A, E, B₆, folate, zinc, iron, and copper are associated with reduced functioning of the immune system which wards off disease.²⁶

Some research indicates that even mild upsets causing swings in daily mood can disturb the immune system. Since the immune system is the central link that controls disorders such as heart disease and cancer, upsetting this balance is not good for the body.

Many movie stars and models undereat and overexercise to maintain their figures. Since their careers are built on ideal shapes, they can't afford to lose them.

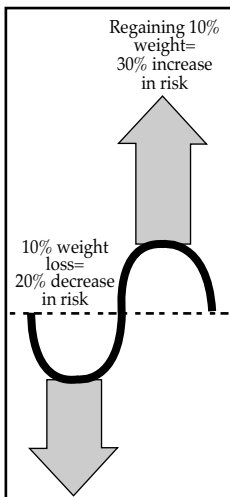
Cher exercises 2 hours or longer every day. She eats very little, but if she overeats or will be appearing in public, she increases her exercise up to 4 hours a day.

Kenny Rogers who has tried every diet without success had fat surgically removed from his stomach and chin. Dolly Parton, Jane Fonda, and Karen Carpenter suffered from anorexia nervosa. In fact, Karen Carpenter died in 1983 from a heart attack brought on by complications of this eating disorder.

Fluctuation in body weight due to yo-yo dieting is more harmful to your health than stabilizing at a higher weight.²⁷ It causes an increased risk for heart disease, gall stones, and high blood pressure. In the Framingham Heart Study, which monitored more than 5,000 people for 40 years the following was reported:

- people who lost 10 percent of their body weight had a 20 percent reduction in risk of heart disease.
- people who gained back 10 percent of body weight increased risk of heart disease to 30 percent.²⁸

In other words, stabilizing at a higher weight is



Relationship between weight loss/gain and the risk of heart disease

healthier (i.e. 20 percent increase in heart disease) than losing and then regaining weight (i.e. 30 percent increase in heart disease).²⁹ Genetically, if both parents are large, children have an 80 percent chance of being large. If one parent is large, children have a 50 percent chance of being large.

We are not all meant to be model size even though slim females and lean muscular models are paraded before us as ideals. In reality, there is no perfectly shaped person without the help of plastic surgery.

Three Main Body Types

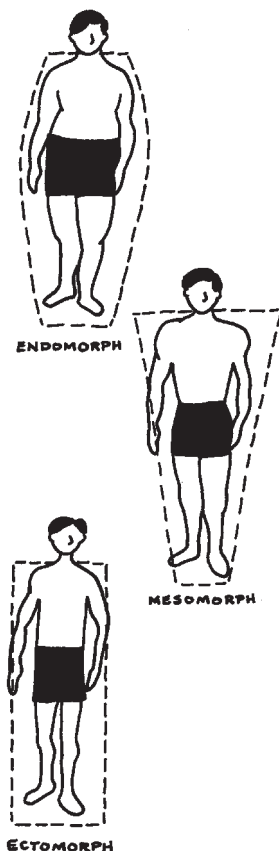
Endomorph heavy build, rounded on all sides, shoulders often narrower than hips, higher percentage of body fat, often carried on the hips, waist, thighs, and buttocks; stocky individual with round body features, prominent abdominal viscera, large trunk and thighs, and tapering extremities.

Mesomorph broad shoulders and some narrowness in the rib cage, waist, and hips; weight concentrated in the upper body, giving them extra power and strength, more muscular than other body types, relatively predominant bony and muscular framework, strong physique.

Ectomorph tall, slim body, small-framed with narrow shoulders, often hips narrower than shoulders, low levels of body fat, low muscularity.

If you understand and appreciate your body you will be able to work with it, not against it. You cannot become another type. No matter how you starve yourself, your basic body shape will remain.

The HUGS™ program will allow you to work with your body and develop your full potential. It will show you a new way of thinking about yourself. Acknowledging 2 basic premises is crucial to allowing you to move forward in this program. You must accept yourself as you are and develop your potential and you must be convinced that diets don't work. Now you can forget past failures and move into a positive future. You're doing very well. Now, check the following chart to make sure you are ready to proceed.





In order to make life-style changes you need to

- accept yourself as you are
- believe that diets do not work
- give up the past failures and move on to the present
- give up judging your self-worth by the number on the scale
- trust your ability to let go and relax and allow changes to happen naturally rather than forcing them; by letting go, you are better able to experience who you really are and to give yourself permission to develop and actualize who you might become
- care about yourself enough to listen to your internal hunger signals and your physical and psychological needs to guide you
- listen to your body with regard to food intake, physical activity and its intensity and benefits, as well as psychological needs to schedule special time for yourself
- begin to observe how dieters and nondieters handle situations differently, especially with regard to food.



Discuss with your family the philosophy of HUGS™ so they do not sabotage your efforts. Otherwise if they think you are on a diet and do not understand the HUGS™ philosophy and catch you eating a piece of cake or some cookies they may try to make you feel guilty. This can lead you to eat more, since you are being robbed of the satisfaction from the piece that you ate. This can once again lead to “secret eating” which puts you right back into the diet mentality.

LIFE EXPECTANCY VERSUS HEALTH EXPECTANCY

My dentist does not practise HUGS™. He told me that he heard a renowned speaker say that losing weight to ideal body weight improves how long you live by only a few years. So what’s the point of giving up those foods you like. “I want to live and I want to die happy,” was my dentist’s conclusion.

What he said is true up to a point. Achieving ideal weight for large persons, as a group, would gain an average of only 0.7 to 1.7 years for men, and 0.5 to 1.1 years for women. Further evidence suggests that lowering the risk factors of high blood pressure and

YOU COUNT,
CALORIES
DON'T

high serum cholesterol to recommended levels would add 1.1 to 5.3 and 0.5 to 4.2 years, respectively, for men; 0.9 to 5.7 and 0.4 to 6.3 for women. Further evidence shows that male smokers, as a whole, would gain 2.3 years from quitting smoking; female smokers 2.8 years.³⁰ These projected gains from weight loss are minimal. So if this is the case, why are we as a society focusing on weight to begin with? Is doing the bare minimum in order to live longer the answer? What about quality of life?

Some studies indicate that 20 million Americans will be over the age of 85 by the year 2000. This may indicate their life expectancy but what about their health expectancy, which is a measure of their quality of life?

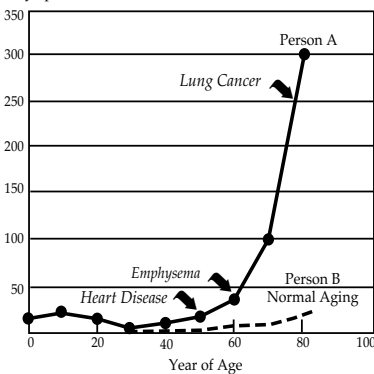
Health expectancy indicates how long you are likely to be healthy and active, rather than how many years you may live. Let's compare the health expectancies of two individuals who live to the same age. Person A smokes, is overweight, and has high cholesterol. This person develops heart disease at age 50, emphysema by age 60, and lung cancer at 75. The later years are filled with pain, mental depression, financial problems, and emotional isolation.

Person B does not smoke or have high cholesterol and is at a healthy weight. Because of hereditary factors, Person B develops heart disease diagnosed at 75. The later years for Person B are vital and fulfilling up until death.

Annual Restricted Activity Days

Chronic Disease vs Aging

Days per Year



(from The National
Centre for Health
Statistics)

Giving up the foods you like is not where we're heading. My dentist was partly correct when he said "I eat what I want and enjoy it." HUGS™ wants you to do this. The difference is to retrain your taste buds so that you acquire a taste for less fattening foods. The roller coaster effect of eating perfectly and cutting out all fats even though you may enjoy these foods is not the

answer. Such a drastic denial only leads to feelings of

deprivation and cannot be maintained. Take it slowly and gradually for lasting effects.



"I can't wait till the fat substitute gets into more products. Fat is the culprit in obesity, but I like the taste of high fat foods."

Fat substitutes that my dentist thinks will be the answer to the fat problem, won't help him to acquire a taste for less fattening foods. Just as sugar substitutes don't make a person lose the taste for sweets. My dentist's theory is that sugar substitutes caused everyone to indulge in more fats. Was it that the sugar substitutes were not satisfying enough? The incidence of obesity has not decreased.

Since fat-substitute products will have few calories we probably will eat more of them. But are we solving the basic problem or are we fooling ourselves into believing that we are actually improving our health?

It's human nature to want instant gratification, instant success. Why bother trying to modify eating habits when a fat substitute will do the trick? The answer is healthy living. It's the long term that's important.

Being healthy is the key. The proper weight for each individual which is called the set point, should be the weight focus for health. *Listen to your body.* It will guide you to the right weight for you. Accept yourself as you are. It's fun to be you. You don't have to try to remake yourself according to someone else's fantasy.

Let's start anew by having an open mind and trying to fine-tune our present life-style and grab onto a healthier one. Make mini-changes one day at a time. The "internal quick fix" of healthy living is one that will "kick your

When preparing for the later years, investing in your health now may be as important as investing your money for retirement.