

Weight Loss

A Non Pharmaceutical Houstonian
Experience:

***Junk Food Starvation
Syndrome***

Description Cost Treatment

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Is it the future we want ?



Weight Loss

MondiereC51106@2.30 pm DM

Houston: the “B” city

- Bigger is Better
- Barbecue
- Baseball
- Bible

Houston: the “No” city

No season

No urban structure to walk

No gastronomy

No window to the world:

Houstonian lifestyle is imposed upon foreigners who are being introduced to Houston life

Material and methods

The signs:

- Overweight
- Fatigue, pain
- Grey skin, poor hair
- Poor sleep
- Constipation
- Acid Reflux disease
- No or limited activity

Material and methods

The patients:

Middle class persons, some having no healthcare. Men and women working

Patients

	Ages				BMI			Weights					period of survey		
	20 <	20- 40	40- 60	60 >	26 <	26- 30	30 >	150 <	150- 200	200- 250	250- 300	300 >	3months	3m- 1year	1-2years
Female	3	12	22	6	2	11	26	3	28	6	2	1		43	
Male	1	6	18	3	3	6	19	0	4	17	4	3		23	5

Purpose of the appointment

	Overweight					Non Overweight				
	WO other PB	Diabetes	Vasc. Dislipidem y	blood pressure	Estheti c	FamilyATC	Misc	FamilyATC	Misc	Cardio
Female	22	12	8	12	3	1	1	2	5	1
Male	6	4	22	20	1	1	2	2	3	2

Material and methods

Questions :

- 1) Purpose of the appointment
- 2) Personal and family history
- 3) Nutrition and physical habits
- 4) Existing treatments and medications

Material and methods

Decision:

Choice of nutrition plan

- 1) With or without fasting
- 2) With or without weekly coaching

Choice of physical activities

- 1) Workout
- 2) Floor exercise
- 3) Nothing

Material and methods

Organization

Shopping healthy:

- ***EMPTY HOME OF JUNK FOOD***
- Freezer, Frig and Pantry full of healthy stuff
- Learning the biochemistry of cooking
- Learning what nutrition does in terms of thoughts and actions

Material and methods

ACTION: Changing a lifestyle

- A) New routine: preparing a plan to eat right
This may take from 2 weeks to a few months
- B) New product choices:
Health and Pleasure compliant
- C) New size
Making the numbers, calculating the portion until the targeted weight is reached

The nutrition plan to be healthy

Weekly Nutrition Plan							
	First	Breakfast	9-11 AM	Lunch	4-5 PM	Dinner	9-11PM
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Avoid: Soft drinks, Mayonnaise, Commercial dressing Hydrogenated oils Modified sugars Starch : Rice Pasta Bread Pizza			DRINK: Water Teas		Exercise : Floor 10 mn every day Workout 30mn 3 times a week		

An example for BMI > 30

Weekly Nutrition Plan							
	First	Breakfast	9-11 AM	Lunch	4-5 PM	Dinner	9-11PM
Monday	Lemon juice+water+mapple sirop	Go lean+nuts+ fruits+ Non Fat Plain yogourt	!/2 apple + 3 almonds (example)	Fish + veggies	cup of soya milk unsweetened	Soups+ fish	Tea
Tuesday	Lemon juice+water+mapple sirop	Go lean+nuts+ fruits+ Non Fat Plain yogourt	!/2 apple + 3 almonds (example)	Fish + salad	cup of soya milk unsweetened	Soups+ fish	Skim milk
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Sunday							

Teas:
Puer'h 3 cups a day,
Oolong 3 cups a day

NO STARCH No Hydrogenated oil No modified nutriments

Results: Personal benefits

Weight loss :

Each individual has his own chart

Well being:

- ***Self confidence***
- ***Reduction of headaches***
- ***Improvement of sleep***
- ***Better digestion***
- ***Decrease of aggressiveness***

Side effect:

Some mood swings at the beginning due to hypoglycemia

A couple

L. and L. before the plan



L. and L. after 6 months on the plan

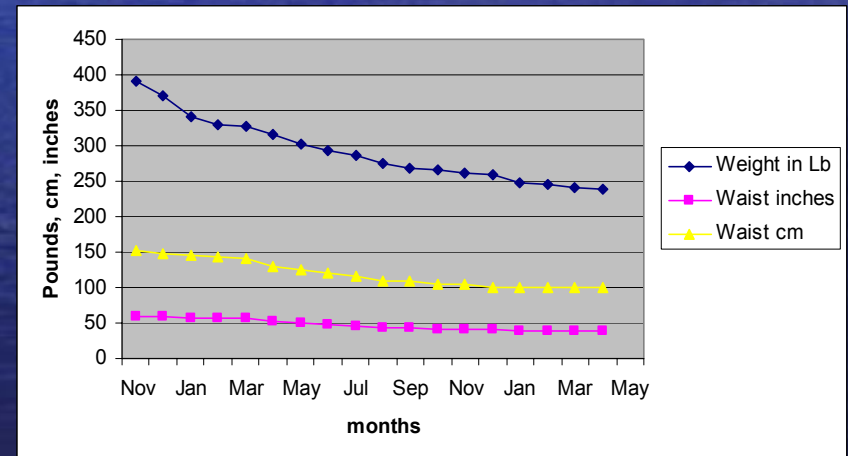


A new lifestyle



Both are eating right since November 2004
They look 10 years younger and have resumed a very active and playful lifestyle

A Healthy 58 Years Old American



Results: Public Health Economy

SHORT TERM

Decrease treatments

- Cholesterol
- High blood pressure
- Heart and vascular surgery
- Diabetes and complication
- Antidepressant

Results: Public Health Economy

LONG TERM

Better productivity at work

Decrease cost for healthcare

Healing every day without costly treatments:

- Normal blood cholesterol (increased brain activity)
- Normal blood pressure (reduced depression)
- Normal blood glucose (reduced mood swings)
- Less depression and related diseases

Discussion

Importance of education in eating habits

Balance of psychology and biochemistry

change a patient who is starving with junk food to a human being pleased to feel well and to overcome the aging process

Conclusion

What budget have we to consider:

Education

Who have to be convinced:

- ✓ ***The grocery stores and the distribution***
- ✓ ***The Government agencies***
- ✓ ***The health care providers***
- ✓ ***The hospitals to provide better food during treatments***