

# *Health By Choice-- Not By Chance*

## *Obesity Counseling Sheet*

### **Facts About Obesity**

Obesity is one of our leading public health problems. 36 million people are suffering from this disease, which places them at significant increased risks for all lifestyle diseases.

Obesity leads to a multiplicity of diseases. Obese individuals are three times more likely to suffer from heart disease, four times more likely to suffer from high blood pressure, and five times more likely to develop diabetes and elevated blood cholesterol. They are also at a high risk to develop cancer of the colon, rectum, cervix, uterus, and ovaries, and to suffer osteoarthritis and lower back pain.

Obesity is caused by an excessive intake of calories. Whether calories come from fat, protein, sugar, or starches, the leftovers are turned into fat. Some of this fat floats around in the blood, plastering and gradually plugging vital oxygen-carrying arteries. The rest of the leftover fat ends up in the body's central fat bank located around the midsection and hips. For every 3,500 excess calories received by the body, one pound of fat is placed on deposit.

Every extra pound shaves about one month from you life span. Sixty extra pounds, in other words, can cost you five years.

*“When you sit down to dine with a ruler, note well what is before you... Do not crave his delicacies, for that food is deceptive.”*

**Proverbs 23: 1-3**

### **What is Obesity?**

Obesity, by definition, is being 20 percent or more above ideal weight. Being 10 to 19 percent above ideal weight is termed overweight.

**\*Please refer to page 171 in your Health Power book for information on how to calculate your ideal weight.**

### **What causes Obesity?**

Calories – Too many of them. Overweight happens when you eat more calories than your body can use.

### **How to lower Obesity Diet**

- Cut out all flesh foods (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) If one so desires to use milk, non harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.)  
*Recipes can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods and their Healing Powers vol. 3.*

- **Fried foods** as well as **highly processed foods** should be eliminated from the diet, and all free oils should be avoided while cooking.
- Avocado, coconut, and nuts do not contain cholesterol. They can be used, but in moderation.
- Eat more foods “as grown” simply prepared without all the sugar, grease, and salt.
- ALL white breads, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items.
- Never skip breakfast. Fruit, whole grain cereal, whole grain bread and a few nuts, seeds or nut/seed butter makes a great breakfast.
- Eat two meals a day (breakfast and lunch) with nothing but water between meals. All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minute time difference in schedule. Meals should be eaten 5-6 hours apart.
- Drink water instead of juice. Juice is void of fiber and is calorie dense.
- Control portion sizes. Use a smaller plate. Serve yourself smaller portions and put away leftovers before you eat.
- Eat 1/3 less food at each meal. Remember: If you consistently eat a little less food and get a little more exercise, you will regain and maintain your ideal weight.

## ATTENTION

**Before making any lifestyle changes, it is imperative that you contact your health care professional.**

Breakfast should be taken between \_\_\_\_\_ am to \_\_\_\_\_ am.

Lunch should be taken between \_\_\_\_\_ am/ pm to \_\_\_\_\_ pm.

Figure 1:1: Daily Meal Schedule

<b>Sample Meal 1</b>	
<b>I. Fruit:</b>	<b>3-5 servings</b>
<b>II. Whole Grain Cereal sweetened w/ Fruit</b>	<b>1 cup serving</b>
<ul style="list-style-type: none"> <li>• 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.</li> <li>• <b>¼ cup of pumpkin seed can be eaten during breakfast.</b></li> </ul>	
<b>III. One slice of bread w/ 1 teaspoon of natural almond or peanut butter.</b>	
<ul style="list-style-type: none"> <li>• Other natural healthy spreads/butter are acceptable as well. (i.e. Tahini, cashew)</li> </ul>	

<b>Sample Meal 2</b>	
<b>I. Salad and/ or Vegetables w/ sesame sprinkle or Braggs Liquid Aminos</b>	<b>½ of the plate</b>
<b>II. Grains</b>	<b>¼ of the plate</b>
<ul style="list-style-type: none"> <li>• Grains consist of starches (i.e. brown rice, baked potatoes, whole wheat pasta.)</li> </ul>	
<b>III. Nut or Bean Loaf ¼ of the plate</b>	
<p><i>Recipes for nut, grain and bean loaves can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods with their Healing Power vol. 3.</i></p>	

## Dinner

### PASS ON DINNER.

If third meal is required, a few fruits or a slice of toasted whole grain bread can be eaten. No nut butters or fruit spread should be used.

**At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.**

## Lifestyle

- Increase the rate at which calories are burned by increasing physical activity and muscle size.
- Exercise is very essential to good health. One should walk 3 to 4 miles per day or for 1 hour, seven days a week. Also, one should walk 10-30 minutes after each meal to assist with digestion.
- One should get between 15- 20 minutes of sunshine daily before 9:00am or after 3:00pm.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00 pm and 2:00 am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- Try to get as much fresh air as possible. Keep windows open/cracked at night to keep fresh air circulating through your room.
- Remember: Excess weight lays the foundation for nearly every degenerative disease. Attaining and maintaining your ideal weight is worth all the effort it takes so don't give up.

For further information please go to [www.nhtlh.org](http://www.nhtlh.org) or call us at (678) 520-1547 and ask for James Luke. **Please send all donations to:**

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**THANKS FOR YOUR SUPPORT!!**