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is to set goals that you can really achieve."
—Shannon Bahrke, two-time Olympic medalist**

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**The Definitive Guide to
Maintaining a
Healthy Body Weight**

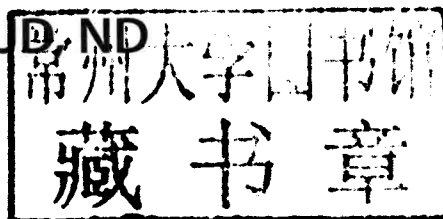


D. LEE WALLER, JD, ND

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Endorsements

Anyone in my field knows that if you want to get healthy and stay healthy, it's all about body composition. *Sustainable Weight Loss* is a must have book for anyone, including physicians like myself, who want to go above and beyond the limits of just diet and exercise. *In the war against aging, the bigger your arsenal, the better the outcome.* This book has expanded my arsenal considerably.

**Michael Reilly, MD - Holistic Practitioner &
Board Certified in Anti-Aging Medicine**

In my nearly 70 years of health and fitness, I have never seen a collection of health and weight management information as comprehensive, complete and well researched as *Sustainable Weight Loss*. My only regret is that it wasn't available years earlier.

**Bill Pearl - Mr. America, five-time Mr. Universe and author of the
best selling books, *Beyond the Universe* and *Getting Stronger***

In our society people are always looking for a quick fix to anything and everything. In *Sustainable Weight Loss* the thing that really resonates with me, as an athlete is to set goals that you can really achieve and let people encourage you and help you reach those goals. It's exactly the same way in sports. This book is full of important facts about why we all need to be fit and healthy. After reading it even I need to make some changes to live a healthier life. Thank you Lee, now I'm heading off the gym!

Shannon Bahrke - two-time Olympic Medalist (Freestyle Skiing)

Dr. Waller's book on weight management offers a unique and interesting perspective on a subject that has no dearth of information in the popular media. Dr. Waller examines the psychological dynamics as well as giving sound nutritional advice for success in achieving weight goals and overall balance.

Carla Edwards, MS, PhD, LAc, Dipl OM

Obesity, diabetes and cancer could bankrupt our country. *Sustainable Weight Loss* leaves no stone unturned in its search for helpful suggestions to these problems, while at the same time allowing its readers an array of choices in line with their health, lifestyle, age, mental well being, etc. I think that Primary Care Physicians might want to keep this book handy as a valuable desk reference.

Bob Quesnel - 1977 Mr. Arizona Over Age 35

Dedication

This book is dedicated to military men and women worldwide, who have throughout the history of mankind, been called upon to give of themselves for the cause of freedom. Especially the freedom to:

- Read, write, speak and think what we want to,
- Elect those that govern our political institutions,
- Live our lives without undue interference from government.

Frequently we disagree with the conflict, venue or engagement but we should never lose sight of what is at stake. It should be obvious to all of us in the free world that many people don't enjoy the same freedoms we do. We must also realize without the commitment from the men and women who protect our freedom, there are those who would take it away from us.

My deepest thanks go out to all of them. Without their efforts it is possible this book could not have been written.

Acknowledgements

An undertaking like the writing and publication of this book can only be fully appreciated by a first-time author, as the task progresses. From the beginning, I was prepared for a sizable task; however, I had no idea how much I would come to rely on the skills and talent of other people. Although the group of contributors was fairly small, the magnitude and significance of their contributions cannot be overstated. I offer each and every one my deepest gratitude and most heartfelt thanks. Following is what each individual did to help me move my idea from an embryonic stage to a fully developed and functional finished product.

Research

- **Lillian Hardison** - is a Graduate Secretary in the history department at Chicago's Loyola University, who through the course of this project helped me locate my research assistants from the Loyola student body.
- **Kirsten DeVries, PhD** - was my first research assistant and even though juggling her time between teaching and finishing her doctoral thesis, she found time to research two thirds of the material used in this book, before she moved on to take a full-time teaching position in Virginia.
- **Andrew Altepeter** - picked up where Kirsten left off, and while working part-time and conducting his own graduate study work, he found time to collect the remainder of the research needed to complete this project.
- **Barbara Wilensky** - is my personal assistant and the person responsible for locating and initiating conversations with all of the individuals who endorsed this book.

Presentation Review

- **Jayne Kurschner** - is a close friend and fellow natural health devotee who offered to review my work because of her: (1) interest in the subject, (2) outstanding grammatical skills, and (3) voracious appetite for reading. Thanks Jayne for your input.

- **Bruce Braker** - is a long-time business associate and wise old sage who I welcomed as a reviewer because of his common sense, superior writing skills and previous reviewer experience. I am very grateful to Bruce for the depth of his review.

Technical Content Review

- **Michael Reilly, MD** - is board-certified in the use of anti-aging treatments. His extensive background in the effective use of hormone protocols, his understanding of the genetic contribution to weight loss, coupled with his personal exercise and nutrition experience made his review invaluable.
- **John Funovits, DC** - is a long time friend, natural healing counselor and fellow natural health devotee, who brought a broad knowledge of biomechanics, exercise physiology and nutrition to the review process, making his contribution to this work priceless.
- **Joseph Harbosky, DC** - is a long time friend and natural health care professional and confidant, whose broad array of skills in nutrition, kinesiology, biofeedback, herbology and homeopathy gave his review exceptional credibility.

Publishing and Marketing

- **Helen Gallagher** - is my Publishing Consultant who brought knowledge and experience that only comes with having been immersed in this field for years. Although I have read several books on the topic of publishing, Helen was able to distill that looming cloud into simple, easy to follow steps that moved this project forward expeditiously. Without her help the lengthy transitional period from writing to publishing would have been all but impossible.

It has been both an honor and a privilege for me to be able to rely on the expertise of these people during the life of this project, and I will always regard them as personal friends.

About the Author

I was born November 4, 1942 in Saginaw, Michigan and spent most of my life in Michigan. I have been driven by an interest in personal health and physical fitness for over fifty years. While I have never suffered from any of the maladies that have driven many people to seek improved health practices, I have been moved by the burning notion we all can improve our current health status, if we just apply a little knowledge, patience, energy and will power. Although I didn't initially choose a career in healthcare, my interest, curiosity and propensity towards personal health improvement and preservation has increasingly moved me from my business roots to a very well rounded and knowledgeable devotee of natural health practices.

I have worked in a number of businesses over the years while at the same time formally pursuing my passion for natural health and weight control. In 1991 I founded Genesis 1 Technology, Ltd., a Chicago based consulting firm, which also serves as a platform for my healthcare ventures.

I have achieved an extensive and diversified educational background, which includes:

- Doctor of Naturopathy - Trinity College of Natural Health,
- Certified Personal Trainer - American Council on Exercise,
- Certified Lifestyle and Weight Management Coach - American Council on Exercise,
- Juris Doctor - Thomas M. Cooley Law School,
- MA Business Management - Central Michigan University,
- MA Personnel Administration - Central Michigan University,
- BS Mechanical Engineering - General Motors Institute.

I want you to understand in writing this book I have no competing interests. I am not selling any products, services or anything else that might bias me in terms of what I tell you and I have tried to keep my personal opinions in check, basing this work on solid, factual research. My interpretation of the research was done with an open mind and an honest heart.

It is my deepest hope you will be able to tap into all that is offered within these pages, for the benefit of your own successful and *Sustainable Weight Loss*, coupled with outrageous health improvement.

To learn more and obtain the companion workbook, visit www.sustainableweightloss.net

Foreword

Obesity really is the major disease of the 21st Century. For reasons no one fully understands, excess weight and true obesity have doubled in the last 30 to 40 years. There is evidence, of course: (1) the fast food industry is partially responsible, (2) the excess of sugar and fructose in many processed foods is partially responsible, and (3) monosodium glutamate is partially responsible. In addition, there is evidence the widespread use of mood drugs, tranquilizers, and antidepressants are contributors. Whatever the cause, obesity is now the number one recognizable cause of death in the United States. Interestingly, only 3 percent of Americans have the four essentials for optimal health:

- Body mass index between 18 and 24,
- No smoking,
- A minimum of 5 servings a day of fruits and vegetables. (The average American is 2.4),
- Exercise a minimum of 30 minutes 5 days a week.

I have spoken to well over 100 groups of people in the past few years and the best I have found when asking people how many have these four habits is approximately 25 percent. That low percentage even applies to a group of so-called holistic nurses. Personally, I don't think you can be a holistic nurse or holistic physician or a conscious, sane individual if you don't have those four health habits.

Personally, I have tried many approaches to offer individuals opportunities to lose weight in programs that would work if they would do them. In one such program, 12 individuals showed up for an initial two-hour visit. The following week only one of them showed up. In another situation seven smokers and eight obese people showed up for a weekend workshop designed to help them. By Sunday morning, less than half of them were still involved and at the follow up a month later, four showed up.

In other words, as far as I can tell, obesity is no different from drug addiction, alcoholism or smoking. It is a serious psychosocial problem, as well as a public health problem. Theoretically, if everyone in the United States just adopted the four basic health habits, within 10 to 20 years

our average age of death would go up to about 100 years of age, instead of the current 78 years of age. Our total expenses for managing disease would probably drop at least 50 percent. That is how simple health is. And, of course, we all know there is a new weight control program at least once a month to make some kind of national news.

Dr. Waller's book is a true encyclopedia of health information for everyone who has the most essential requirement, WILL. This outstanding work offers all the information you need to assist you in making willful choices that will normalize and optimize your weight. The vast majority of people who do lose weight, stop drinking, stop smoking, and stop drug use, do so with willpower. If you have the will to live, *Sustainable Weight Loss* offers you all you need to accomplish your goals. I know of nothing that can actually give you that WILL but for those intelligent individuals who have the WILL and are willing to use it, this is the best guide I know for accomplishing your goals.

C. Norman Shealy, MD, PhD
President, Holos Institutes of Health
Professor Emeritus of Energy Medicine
President Emeritus, Holos University Graduate Seminary

Preface

Why I Wrote This Book

Growing up in the 1940's and 1950's was a time quite unlike it is today. Life was simpler, less stressful, and people seemed to have a greater interest in taking care of themselves, or at least they were more successful at it. As the decades rolled by many changes took place, many not so good. Among the most noticeable changes I have seen are:

- A reduced consciousness about our dietary habits,
- A decline in the quality of the foods we eat,
- A decrease in the amount of physical energy we expend,
- An increase in the size of people,
- An increase in the recognized health risk factors associated with obesity,
- A decrease in the general health of the population. Wow, could there be a relationship between these changes and obesity? We will explore that concept in later chapters.

As the process of growing larger has ratcheted up over time, the data reveals people are growing heavier at a much faster rate than they are growing taller. As far back as 1998 it was reported that the number of adults in the US who were obese had doubled over the previous 30 years.¹ In 2006 the Center for Disease Control reported that 60 percent of the US adult population was overweight and 24 percent was obese.² In the early years of my delving into health and weight control there didn't seem to be enough impetus for me to write a book on the subject. However, as time passed the problem continued to grow and with that growth, the engineer/health devotee in me decided to further investigate the causes. After a lot of study on the subject I decided the time was right for this book. After thoroughly evaluating the available information, the book's framework began to take shape.

As I learned more about obesity and its cause, I noticed the vast majority of the solutions offered were focused on a single remedy. Many of the so-called experts are actually nothing more than one-trick ponies. They haven't figured out there is no such thing as the proverbial silver bullet. They suggest if you do the one thing they propose (e.g. diet or exercise) you will easily control

your weight and possibly your physical condition. To verify what I am saying is true, turn on the television on Sunday morning and look at the advertising. It goes like this: if you use my one of a kind exercise apparatus or if you follow my diet or if you take my weight loss potion you will soon look like the beautiful person in the ad. These claims generally aren't true and don't offer a healthy, lasting result! Complete and sustainable weight control is a combination of multiple factors and those factors vary amongst individuals, much like hair color or eye color. If you get the combination right and are persistent you will be successful. If you get the combination wrong or are lazy with your approach you will struggle. This book: (1) exposes the factors you need to consider, (2) gives you a game plan for determining which of those will help you the most, and (3) helps you develop a personalized strategy for solving the problem.

Another problem is often the solutions offered by the gurus are so complicated they become unworkable. Some of the diet experts advocate every time you eat you need to count the calories you are about to consume, or the grams of fat or the grams of carbohydrate. This kind of complexity is one of the reasons many people fail with diets. Again these one-size-fits-all approaches are only a small part of the overall reality and as you will see later they need to be integrated into the bigger picture.

The main reasons I wrote this book are:

- People need help with weight loss,
- People need something workable,
- People need something based on sound science,
- People need something affordable,
- I am knowledgeable and experienced in this field, and
- I am a master at taking the complex and boiling it down into something simple, that can be used. As we progress I will show you how easily you can manage your body weight without obsessing over watching your bathroom scale).

There are a few concepts that will be repeated throughout this book. They will be discussed at length and are of vital importance to your weight loss success. They are:

- **Weight Control = Good Health** - Weight control and good health go hand-in-hand. As detailed in the chapter on the functioning of the human body, the affects of modest weight loss on personal health can be enormous; in fact the success of any weight loss program should be evaluated by the overall health improvement achieved.³
- **Goal Setting** - The importance of good goal setting and sound implementation of your plan cannot be overstated. As explained further in the chapter on the psychological aspects of weight loss the ability to set good goals and to achieve them is paramount to the success of any weight loss program. If I were working directly

with you, I would ensure you never lost sight of your goal(s) and you adjusted them as often as needed.

- **Lifestyle Changes** - Good weight management cannot be accomplished without some basic lifestyle changes. This does not mean you must give up everything you like but it does mean some of the things you like may need to be done in moderation and some additional changes will probably need to be integrated into your daily activities.
- **Caloric Balancing** - The hallmark of good weight management is a balance between calories consumed and calories burned. Obviously to maintain your body weight the number of calories consumed must equal the number of calories burned. In order to lose weight you must burn more calories than you consume.
- **Rarely is it Simple** - Weight-loss approaches touted as overly simple and easy rarely provide the lasting results you want.
- **Have Fun Maintaining Your Weight** - The process of losing weight and improving your health doesn't have to be an onerous task. It can actually be fun. As you will see throughout the chapters to come much of the fun comes from what you feel, what you believe and the successes you experience.
- **Reasonable vs Perfect Body** - We all see people in magazines, on TV, and in the movies with what appears to be the perfect body. We must take an honest look at ourselves, and our own personal traits to determine what body size and shape is reasonable for us. It has recently been proposed we abandon traditional weight-loss goals based on tables, charts and measurements in favor of attaining a reasonable weight. Good health benefits are associated with even a modest weight loss.⁴ Don't be fooled into believing anyone who wants to can have the perfect body that is being advertised. I don't say this to discourage you but setting realistic and attainable goals is very important.

This book is not about discovering a great new secret to weight management rather it is about coming to grips with the basic requirements of weight control and being able to apply them in your life. In the real world obese people experience an endless accumulation of problems affecting all aspects of their lives.⁵ A lot of people hope to make a major transformation in themselves through weight loss but what they find is frequently their loss of weight produces only subtle changes in them.⁶ This book is intended to be a self-help tool that you can use to change your life with minimal outside help. For those who need outside help, you will be able to use this book to determine what help you need, how much help you need, where to find help and to determine the quality of the help you are getting.

How to Use This Book

By looking at the title of this book you are already aware the subject is *weight loss*. If you are a body builder, athlete or any other person who is trying to gain weight, while there may a lot of pertinent information in this book for you, it is not intended to serve your needs. If you want to maintain continuity in your understanding of the subject of weight loss and if you want to fully understand my logic, please read this book from the beginning to the end. If you have a fairly good understanding of anatomy then you will not lose much benefit if you begin with Part Two. Please don't skip both Part One and Part Two.

Part One - Presents an overview of the body. It describes what entropy is, how health and weight control are inseparable, the set point theory of weight loss, body type and composition, how the cells produce energy, what they use for fuel and how metabolism affects weight loss. It also explains the role of genetics in weight loss and how to work with your genetics to achieve desirable results.

Part Two - Discusses the things you need to consider to lose weight and to keep it off the rest of your life. These considerations include the importance of what you eat and drink, what your exercise habits are and what they need to be, what psychological roadblocks can impede your progress, the role hormones can play and a discussion of special needs.

Part Three - Is the *how-to* portion of the book. It goes into detail as to what you need to do to make a difference in your life. The topics discussed are the importance of proper support systems, motivation and discipline and the hidden traps you might want to avoid. Finally you will gain an understanding of how to evaluate your readiness for change, how to determine the right lifestyle for your personal success, how to implement the changes needed, how to monitor your progress and how to maintain your new lifestyle.

This document is not intended to be a treatise that can be used by researchers to further build the body of supporting evidence for their work but rather was written to be used by everyday folks, who are struggling with reducing their weight. Finally, as you read on you will see I took the liberty of translating the complexity of a lot of technical jargon into plain and simple English.

It is my sincere hope you can use this book to begin an exciting new chapter in your life leading you on a rewarding journey to improved weight control, health and self-esteem.

Endnotes

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Introduction

Throughout the world, obesity is a condition affecting a large and growing number of adults and children.¹ Obesity is a complex phenomenon influenced by a variety of genetic, physiological, psychological and social factors,² and to make matters worse there is a major disconnect between what the general public considers a healthy bodyweight and what the World Health Organization thinks it is.³ This book is based on a broader set of contributors, namely:

- Genetic,
- Hormonal,
- Behavioral,
- Diet and exercise,
- Cultural and socioeconomic.⁴

Although in some cases obesity may be attributable to certain genetic predispositions and metabolic abnormalities, the huge increase in obesity in the past 20 years has been caused by behavioral and social ecological factors.⁵ In 2006 there were over one billion overweight people in the world and more than 300 million of them were obese.⁶ In 2010 annual US obesity health related costs were \$147 billion.⁷ In countries like the "USA, Britain, Canada and Australia as many as one in four children and adolescents, and more than half of the adult population carry excess body fat that puts them at increased risk for a range of chronic conditions."⁸ Parents of children who are transitioning from adolescence to adulthood need to be aware these kids are in a particularly high-risk period for the development of obesity,⁹ since about "50%-70% of obese children become obese adults."¹⁰ Obesity beginning at a young age frequently sets the stage for a lifetime of difficult to overcome, obesity related health problems.

Here's an indication of why I think the study data might be accurate. In June of 2008, I went on the website of a major US underwear manufacturer, to make a purchase. I was quite surprised to find the manufacturer not only stocked



the popular sizes of S, M, L, XL but they found it advantageous to also stock 2XL, 3XL, 4XL, 5XL and 6XL shorts and T-shirts, in several styles. 6XL shorts are a 60-62 inch waist size, and 6XL T-shirts are a 66-68 inch chest size. This prompted me to make a phone call to the manufacturer to convince myself I fully understood what I had just read. I was blown away to find they routinely take special orders for larger sizes. Wow! Just think of the possible implications.

The procurement of food and water is one of the most important behaviors for all living creatures. From the beginning of evolution until the present time a major part of the nervous system has been dedicated to all aspects of survival, one of the most prevalent of them being that of acquiring food; therefore, it is not surprising the human brain has developed an extraordinary ability to deal with the procurement of food.¹¹

Some researchers suggest there might be two basic causes of obesity. They focus primarily on two aspects of the body's control system. First is the claim of a defective sensing of ingested nutrients. When the signals to the brain cannot accurately convey the availability of nutrients, individuals lose their ability to properly control their energy balance resulting in either starvation or obesity. Second is an over stimulated reward mechanism. The downside of a diet that tastes extremely good (e.g. a fast food diet) is it tends to over stimulate appetite and food consumption.¹²

There is a stigma to being overweight or obese. Overweight people are oftentimes the target of a bias against them, because of their body weight. A body weight bias has been documented among employers, educators, healthcare providers and family members, with the result being a significant blow to the individual's emotional and physical well being.¹³ In addition, as the percentage of overweight children has increased over the years, their stigmatization has become worse as well.¹⁴ For example, it has been found overweight children are only half as likely to be named as a friend by another child.¹⁵ It seems obvious people in the developed world need to acquire some specialized skills, honed to perfection, if prompt, effective remedial action is to be taken.

The material used in this book came from a variety of sources. A small amount was taken from my personal experience and an ongoing dialog with other people of similar interest. A much larger amount was derived from my reading and study in the field of natural health. As you can see from the extensive chapter Endnotes, the vast majority of the material included in this body of work was obtained from research data that was collected through an exhaustive search. I realize research data can be found to support almost any view. After reviewing the data for this book, it was initially organized into three different categories: (1) in favor of a specific point, (2) opposed to that point, or (3) some other middle ground opinion. I've tried to promote research points that are supported by a preponderance of the research without excluding opposing views. If the research took a neutral position I presented that as well. I took great pains to ensure in reading this book you would be comfortable with the fact that I didn't just sit in front of my computer and dream this stuff up. My goal has always been to present you with information