

Two methods of losing weight

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Two Methods of Losing Weight Teri Holland-Hill Com/155 November 11, 2012

Meghan A. Anderson A high protein diet and exercise vs. Gastric bypass are two different approaches to the same conclusion, one involves major surgery the other a lifestyle change. A newsletter from the Wolfe Clinic stated that by the end of an average lifetime, a person would have consumed between 60, 000 and 100, 000 pounds of food. It would be good to know, that eating that amount of food is more healthy than not. Maintaining a high protein diet combined with exercise is important to a person's health.

I. Visiting the Doctor First A. Asking the right questions B. Lab Work II. High Protein Diet A. More meat, Less Vegetables and Carbohydrates B. Number of Meals A Day C. When To Eat III. Exercise A. How Many Times a Week B. Exercise Programs Home or Gym IV. Gastric Bypass A. The History of Gastric Bypass B. The Cost

Visiting the Doctor Before beginning any diet and exercise program, it is important to see the doctor, ask questions, and pass a health exam before proceeding. In order to be successful in the execution of a plan, the groundwork must be laid and have a solid foundation. Asking the right questions and formulating a plan or a roadmap is important when beginning to develop a weight loss plan. Not all body types can succeed on the same weight loss plan, some need more diet changes and some need more exercise. Once the doctor has gathered all the information and he has answered all questions, the next step would be lab work. The lab work will make sure there is no underlying condition that may slow things down. High Protein Diet Researchers have stated that high protein diets are the most popular because they do a better job of satisfying hunger than fats and carbohydrates. Participants in a study published by the American Journal of

Clinical Nutrition reported higher weight loss when they deleted 20% of the fat from their total calories, 30% protein was increased, and 50% accounted for carbohydrates. That is still a high ratio of carbohydrates but as long as there is an exercise plan to go along with the diet, burning them off should be no problem. Another point to consider is number of meals to consume each day. Eating smaller meals more often may be better for a person's particular metabolism. Life is fluid. We never know what is going to transpire when we will wake in the morning, so having an adjustable diet plan might be important. Other variables to consider are energy level, stress levels, and getting enough rest. One must maintain a high enough energy level to keep going throughout the day. Managing stress levels and making sure to get enough rest each night will go a long way to helping achieve definite weight loss goals. The key is to make every effort to maintain the diet once it is started, bearing in mind to keep it skewed towards higher levels of protein. Many have asked the question, when is a good time to eat, before exercising or after? According to experts and researchers in the field, it is advantageous to feed the body before and after exercising, as this is most beneficial in helping to burn more calories. Some people will skip meals because they think they will lose weight faster, but the body goes into a survival mode drawing protein from the muscles, therefore causing loss of muscle mass. With the proper diet and the correct number of meals, the liver and kidneys are where the protein is normally stored. So if the subject is consistently missing meals when exercising, not only are they slowing metabolism but also depriving the body of the fuel it needs to complete the workout, thus sending the body to another source for protein, the muscles. Therefore, loss

of muscle mass minus protein equals a slow metabolism, which makes it harder to lose weight. When eating, the meal should not be too heavy while still providing enough energy for the workout. The meal should include complex carbohydrates and a protein. Some examples of meals are brown rice, which has a nutty flavor, broccoli, and beans are a good source of protein. For snacks, try apples, nuts, bananas, and even a good fiber bar etc. Stay away from processed foods and packaged foods as they have too many chemicals that the body does not need. It can be as simple as eating a hamburger without the bun or baked chicken instead of fried. There is a multitude of sources for protein, it is all about keeping an open mind and trying not to limit them. Exercise A question that seems asked quite often is “ how often should a person exercise? ” This all depends on what one wants to accomplish. If a person is looking to build muscle, working out every day is what they will have to commit to or if they just want to get in shape, once every three days for about two months is good. However, if one has never worked out, or it has been years since they have worked out, they need to take things slowly and not rush. Pacing oneself and if they need to stop or cannot finish the whole workout, that is ok. It is better to be safe than sorry! Exercise Programs: Home or Gym Another question that seems to be on the minds of some is “ where is the best place to exercise? ” This is a simple answer exercise wherever is the most comfortable surroundings. Whether it is going to a gym or exercising at home, the environment should be conducive to achieving a positive outcome. Gastric Bypass Not everyone can lose weight simply by diet and physical exercise some have to take a more radical approach. One example would be Gastric Bypass surgery. This type of

surgery is for morbidly obese people who have tried losing weight on their own but have run into roadblocks or through no fault of their own cannot accomplish their goal. For these people there is a procedure called Gastric Bypass. Although it was first attempted in the 1950s it is only recently, within the last 15 years or so that it has become popular as an extreme measure for weight loss. As with any surgical procedure, gastric bypass surgery is a serious undertaking that the doctor will approve when all other weight loss attempts have failed. Additionally, gastric bypass should probably only be performed in cases where the person is 100 pounds overweight or more. It is important to make sure that the patient is willing to follow through after the procedure and change their diet and eating habits, as well as getting more exercise. In a recent study of gastric bypass surgeries with a five year follow up, of 88. 6% of patients contacted, 93% of obese or morbidly obese patients and 57% in super obese patients managed to keep the weight off. The average cost of gastric bypass surgery is between \$25, 000 and \$35, 000 dollars, with complications in some cases driving the cost even higher. Unfortunately, this is an extreme hardship financially for those without insurance to cover the procedure. Conclusion We have looked at a couple of different methods of weight loss. One involves behavior modification in terms of diet, meal planning, and exercise, the other involves a more radical surgical procedure. Either way the benefits to the patient will be a healthier lifestyle and a longer lifespan. Each patient is an individual and the type of plan that works with one, may not work with another. Flexibility, desire, determination, and responsibility are all important if the patient desires a successful, positive outcome to their

weight loss plan. References American Journal of Clinical Nutrition <http://ajcn.nutrition.org> (n. d.) retrieved from <http://WebMD.com/diet/guide/high-protein-diet-weight-loss> Annals of Surgery 2000 April; 231(4)524-528 <http://ncbi.nlm.nih.gov/pmc/articles/PMC1421028> MacLean, L. MD, FACS, Nohr, C. MD, FACS, Rhodes, B. PDt, MSc (Nutr), FDC Wolfe Clinic (n. d.) retrieved from <http://thewolfeclinic.com>