Weight Loss

Name

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“Diet doctors” is an article about weight control that proposes a mechanism for loss of excess weight. The article proposes various tips and mechanisms on how to lose weights and correct mistakes that people make as they try to work out on their excess weight. The first mechanism proposed in the article is choosing a low Carb diet. In order to lose weight, the victim is advised to start her weight control program by avoiding sugar and starch. This is because sugar and starch increases hunger thus, if avoided the appetite level decreases (Weinstein, 2009). The advantage with taking of low carb foods is that, they tend to make the victim want to eat less.

The article proposes eating when hungry as another mechanism that a victim of obesity or overweight need to incorporate in her weight loss program. Avoiding both carbs and fats causes hunger and fatigue. The solution to this is to eat more natural fat until satisfied. It is also very important to always eat enough when embarking on a weight loss program. This means that the intake of fat will be burned as fuel in the body thus loosing weight without hunger (Chatham, 2012).

 It proposes eating of real food as another mechanism of weight loss. Real foods acts as the best basis of effective low carb diet for weight loss. Real foods include; nuts, olive oil, meat, fish, eggs, vegetables and butter. High carb food stuffs such as cookie, pasta, bread, ice cream and chocolates should be avoided so as to effectively lose weight. A person embarking on a weight loss program should focus on eating good quality and minimally processed foods (Samelson, 2011).

 Measuring of the progress of the program wisely is also another proposal that the article has mentioned. Focusing only on the weights and weighing everyday may be very misleading thus it may undermine the motivation of the victim embarking on the program. The best thing to lay emphasis on is the tracking of the disappearance of the belly fat through measuring the waist perimeter. It is always good to follow the long term trend as the there might be short term changes due fluid imbalances and stomach contents (Samelson, 2011).

A person embarking on a weight loss program is advised to be patient. It can take years or even decades to gain weight thus it is impossible to lose weight quickly. To succeed, it is advisable to get a program whose results are long term. Maintaining weight loss requires long term change and a lot of patience. These long term changes seem to be challenging at the beginning thus a lot of patience is necessary (Chatham, 2012).

Women are advised to avoid eating fruits. This is because fruits contain a lot of sugar and this sugar shuts down the fat burning which causes a lot of hunger thus slowing down the weight loss process. On the other hand men are advised to avoid drinking beer when in a weight loss program. Men drink more often than women. Beer contains carbs which are rapidly digestible thus they slow down the fat burning. Instead, they are advised to take dry champagne, pure spirits, and wine. These drinks hardly contain sugar thus they are better than beer. However, the best idea is to moderate the alcohol taking because alcohol slows down weight loss (Weinstein, 2009).

Another mechanism proposed by the article is sleeping more and having less stress. Chronic stress increases the level of stress hormones which cause increased hunger thus weight gain. A person looking to lose weight should seek for possible ways of reducing stress as well as handling excessive stress. She should also ensure that she gets enough and good sleep preferably every night (Weinstein, 2009).

The victim of overweight is advised to supplement vitamins and minerals. The body needs a certain amount of essential minerals and vitamins to properly function. Reliable access to minerals and vitamins decreases the hunger levels thus promoting weight loss. Smart exercise is another mechanism of weight loss. The article advises a person who is on a weight control program to avoid using elevators but should instead use stairs as it is a simple way to lose weight. It is also advisable to walk to work instead of boarding a bus to get to a walking distance place (Weinstein, 2009).

 Analyzing the provided information on eating and weight regulation, I find the proposal very relevant. It is good to control the diet and keep the weight loss goals upfront. The proposals suggest that it very important to avoid skipping meals which is very relevant in weight loss programs. This is because when one skips meals, the body tops breaking down fats and turn to breaking the body muscles instead. It is very vital to eat food made from home as ordering food from the restaurants means that the person has limited control over the food thus ends up eating more than anticipated. Criticizing the articles, it talks of women avoiding taking of fruits. Centrally to what the article says, fruits contain fiber which helps the person feel full quickly thus avoiding taking more (Samelson, 2011).

Based on the proposals from the article, I would recommend my friend to embark on such program as it advocates for long term results which means that is slow and convenient. It also gives a step to step process as well as alternative ways of loosing weight. The other advantage of this program is that, it does not lay much emphasis on exercising as the way to weight loss as exercise may be very demanding (Chatham, 2012).

References

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