

Today's show – all about weight loss

- 1/3 of children ages 6-19 are overweight or obese
- **70%** of American adults are overweight or obese, including **3 out of 4 men**
- America also has an exercise problem – over **20% of Americans get ZERO physical activity** other than their jobs

But **the number of Americans who are actively trying to lose weight has been in decline.** Between 1988 and 1994, 56% of overweight people said they were trying to lose weight. Between 2009 and 2014, that number fell to 49%.

People are giving up on weight loss.

Weight Loss is Possible!

- No matter the reason for your weight gain, committing yourself to making healthier choices will lead to results!
- If you have tried to lose weight in the past and were not successful don't give up!
 - Goal setting can be very helpful

**Featured Topic: Formula for Weight Loss
Fiber, Grape Seed Extract, and Ginger
(6 slides)**

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A boost for weight loss - fiber

- Fiber
 - **Helps fill you up** (increases satiety) – trips the triggers that tell your body it is full so you don't eat as much
 - **Reduces cravings** by slowing the conversion of carbohydrates and stopping blood sugar spikes and drops, so you have fewer cravings
- A 2015 study found that getting more fiber daily was almost as effective for weight loss as following a standard fish/vegetable/fruit/no sugar, salt, fat diet
 - After 12 months the standard diet group lost an average of 5.9 lbs while the high fiber group lost 4.6 lbs

Fiber clinical study results

- Randomized, placebo-controlled 90 day clinical study with 86 participants who received a unique fiber or a placebo; no requirements for diet or exercise
- Over **90%** of participants in the fiber group experienced some amount of weight loss versus 55% (n=16) in the placebo group
- 32% of the fiber group lost 5-10% of their body weight after 90 days versus only 3.3% of the placebo group
- Participants in the fiber group also experienced reduction in HbA1C levels, waist size and BMI
- No significant adverse effects were reported in the clinical study

Grape seed extract for weight loss

- Animal study - rats were fed standard rat chow, or rat chow plus 3 different dosages of grape seed extract
- The animals in the highest dosage of grape seed extract **ate 20% less food** than the control animals
 - The animals receiving the most GSE also had higher levels of a hormone (GLP-1) that is associated with satiety and delayed gastric emptying (feeling “full” longer)
- In a study in humans, grape seed extract reduced energy intake by 4%, which translates to an 8 lb weight loss (or preventing an 8 lb weight gain)
- Grape seed extract has also been shown to prevent the buildup of abdominal fat

Ginger for weight loss

- In a study of obese women, ginger extract for 12 weeks significantly reduced BMI and serum insulin levels
- In an animal model of obesity, gingerol (from ginger) for 30 days led to reduction in body weight, glucose levels, and insulin levels versus animals on a control diet
- In a study of ginger versus the weight loss drug orlistat (Xenical) in an animal model of obesity, both were effective for weight loss but ginger also increased HDL levels and unlike the drug did NOT have any adverse effects on liver or pancreatic enzyme function

What to know

- Dosage: 1500 mg of fiber, ginger and grape seed extract before meals
- Take with water

Paleo Diet for Weight Loss (2 slides)

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Study on the Paleo Diet in Metabolic syndrome

- Researchers wanted to study the effects of the Paleo diet on the body WITHOUT inducing weight loss
- 34 people with at least two symptoms of metabolic syndrome (obesity, high blood pressure, high glucose, or high triglycerides, or low HDL) followed a Paleo diet or a “healthy reference diet” for two weeks
 - Because weight loss can improve metabolic syndrome, participants had to maintain the same weight throughout the study
- Results
 - Paleo diet group had lower blood pressure, insulin levels, cholesterol and triglycerides, and higher HDL than the standard diet
 - 38% of the Paleo group had to get extra snacks (increased calorie intake) because they were losing weight - although they did not report feeling hungry
 - Despite extra calories the Paleo group still lost an unintended 3 pounds at the end of the 2 week study

Paleolithic Diet vs Standard Diet

Paleolithic Diet

- 30% animal protein
- 60% animal fat
- **10% non-starchy carbohydrates** from fruits and vegetables
 - no more than 72 grams of carbohydrates daily
 - 50 or less on the Glycemic Index

What are most Americans consuming?

- 15% of calories from protein
- 33% of calories from fat
- **52% of calories from carbohydrates**

Go to TerryTalksNutrition.com/diet for details

**Three foods that promote weight loss:
Nuts, Apples, Olive Oil
(6 slides)**

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Full of fat, but not fattening!

- Eight week study – normal diet plus $\frac{3}{4}$ cup of **pecans** daily, or normal diet except avoid nuts
- Results: Total cholesterol was lower in the pecan group, while fiber and magnesium were higher
- Neither group gained weight, despite the nut group consuming an **additional 3,000 calories** a week from pecans
- Nuts are high in
 - healthy **fats** and **protein**
 - **fiber** and **magnesium** – nutrients known to lower blood sugar and blood pressure levels
 - **antioxidants** that protect against oxidative stress, inflammation and cancer
- Some of the healthiest nuts include: almonds, pistachios, walnuts, macadamia nuts, and Brazil nuts

Nuts for weight loss

- Dieters who snack on 3 oz of any type of nuts daily trim their waist
 - One study found every extra serving of nuts PREVENTED a half pound weight gain
- Added benefit – nut intake triples the odds of KEEPING the weight off!
- One study found that snacking on nuts close to dinner time cuts evening calorie intake by 25%

Apples help you stay fit

- Eating an apple before you work out may boost your exercise endurance
- Apples contain quercetin, an antioxidant which increases endurance by making oxygen more available to the lungs
- One study of healthy but untrained cyclists found that quercetin increased oxygen capacity and extended exercise endurance by 13%
- In an animal study, obese rats were fed a normal diet, apple juice concentrate, or apple fruit
 - Results: versus normal diet, apple juice group **gained 6%**, while the apple fruit group **lost 2%** of their body weight

Apples make you skinny

- Study results: Eating one medium-sized apple approximately 15 minutes before a meal decreases caloric intake at that meal by an average of 15%.
 - In the clinical study, meals averaged 1,240 calories
 - Therefore a reduction of 15% meant a reduction of 186 calories
 - A medium apple is about 95 calories, so eating the apple saved 91 calories ($186 - 95 = 91$)
 - If you reduced 15% of your calories for a 2000 calorie meal, that would be 300 calories. Subtract the 95 calories of an apple and **you have a net calorie reduction of 205 calories!**

More fat (healthy fat) to get thin

- Researchers gave 41 overweight women a controlled diet, with half receiving a high fat breakfast with soybean oil, and half receiving **extra virgin olive oil** with their breakfast
- After 9 weeks, the group receiving extra virgin olive oil
 - **Lost 80% more fat** than the soybean oil group
 - **Had a 5 point decline in blood pressure**, versus a slight *increase* in blood pressure in the soybean oil group

Olive Oil for weight loss

- 28 women (all breast cancer survivors) followed a recommended cancer prevention diet (15-30% total fat) or a plant based olive oil diet (3 tablespoons per day) for 8 weeks, and then chose one of the diets to continue on for 6 more months
- Goal was a weight loss of 5% or more
- Results
 - 80% of the olive oil group reached weight loss target versus 31% in the cancer prevention diet in 8 weeks
 - Olive oil group had lower triglycerides and higher hdl levels than the cancer prevention diet
 - Almost all the women chose the olive oil diet for the last six months and all of them completed the study; 3 women chose the cancer prevention diet for 6 months and only 1 stayed on it for the 6 months

Hormones and Weight Loss: Iodine and DIM (4 slides)

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Hormone and Weight Gain (and loss)

- Hormones are chemical messengers that travel around the body, controlling most of the body's major systems
- Many hormones are connected to body metabolism and weight, including **cortisol**
 - High cortisol increases conversion of blood sugar to stored fat
- Two of the most important hormones for weight management are **thyroid hormones** and **estrogen**.

#1: Iodine

- Thyroid gland = metabolism gas pedal
- Thyroid hormones regulate metabolism, thermogenesis (burning calories to create heat), and food intake and fat oxidation
- Classic signs of low thyroid
 - Fatigue
 - **Weight gain**
 - Dry skin
 - Hair loss
- If on a weight loss plateau, or gaining weight despite real efforts to lose, low thyroid function could be the problem!

What to know about iodine

- Iodine experts recommend 6.25 to 12.5 mg of iodine daily for most people
 - Dosage can range from 3 mg to 25 or even 50 mg daily
- To increase thyroid function, take 15 to 30 mg of iodine with 200 – 400 mg of l-tyrosine daily
- Look for three forms of iodine: potassium iodide, sodium iodide, molecular iodine

#2: DIM

- Diindolylmethane or DIM
 - Active form of a compound (indole-3-carbinole) found in cruciferous vegetables, including broccoli and cabbage
- Detoxifies harmful forms of estrogen (xenoestrogens)
- Xenoestrogens act like estrogen in the body
 - too much estrogen increases body fat
- BPA is a well known xenoestrogen –
 - Leads to fewer fat cells, but programs them to take in more fat, so the body is full of very large fat cells
 - Animals studies show that BPA exposure leads in increased abdominal fat

How to use DIM

- DIM (diindolylmethane) is ideal for any hormone-related problem:
 - Weight loss
 - Relieving PMS and other symptoms of estrogen dominance
 - Protection against breast cancer
 - Fibrocystic breast
- Dosage: 120 mg of DIM with 250 mg of curcumin and French grape seed
 - Curcumin and grape seed help the liver detoxify spent hormones and xenoestrogens