

## **WEIGHT LOSS HEALTHILY & EFFECTIVELY FOR LONG TERM**

Enjoy Life & live healthily at ideal weight.  
Fit easily into clothes to look and feel good .

**REACHING A HEALTHY WEIGHT THAT IS STABLE** requires having a regular form of exercise and being mindful of choices for a good diet . If you like to cook, observe good cooking tips ( provided) which will improve your health of the whole family .It is vital that you have the desire to change for and lead a happy quality lifestyle.

### **MEDICINES TO HELP**

We recommend 3 effective complementary medicine , with few side effects, that

- \* allow you to eat your favorites but less by promoting satiety,
- \* keep better cholesterol levels and opens fat cell membranes to release fat , and
- \* pushes sugar into cells to ensure they feel satisfied.

Let us know if you have diabetes, hypertension or any other medical problem as the medicines you take may have to be adjusted as you begin to lose weight .

### **CHOICES FOR A GOOD DIET/NUTRITION**

You do not need to feel deprived of your favorites(usually many). Pick those that are with **LESS CALORIES AND LESS FAT**-from “keeping Fat in Check book(provided) . Know your Body Composition Analysis(BCA) and set healthy checks .

Remember to drink at least 2-3 litres of plain water or calorie-free fluid a day .  
Avoid sweet drinks/juices, take coffee/tea without milk/sugar and take fruits blended .

#### **As regards food intake :**

- a) control your overall appetite
- b) take fresh fruits as preservatives can reduce metabolism
- c) take time to chew your food thoroughly, thereby also eating less
- d) cut snacks, especially those with trans-fat
- e) moderate alcohol consumption as they contain sugars too
- f) blend that rather juice your fruits
- g) reduce caffeine( eg: coffee/tea/cola)-it increases insulin and cortisol
- h) eat more high-fibre foods, vegetables and lean meat.
- l) use sugar alternatives like stevia, if you need sweetness
- j) take appropriate nutritional supplements(ask me if you need advise)
- k) have sufficient sleep of 7-8 hours (actually reduces weight)
- l) check for polycystic ovaries(and hormonal profile if needed)
- m) get off the couch, reduce television time and get active
- n) mix more with friends for activities(not only to eat)

## **COOKING TIPS FOR GOOD WEIGHT AND HEALTH- FOR THE WHOLE FAMILY**

You must have the right amount of carbohydrates and proteins to cause shedding of fat . Body stress from exercise increases cortisol and adrenaline to burn energy . Adoponectin, a natural fat burning hormone, increases cortisol. It is reduced in fat people .

Further, mental stress usually leads to less exercise and more eating.

1. Grill, Roast or Bake instead of Frying
2. Blend instead of juice your drinks- to retain fibre and reduce sugar
3. Whole grain wheat bread is better than processed like apple pie, cakes, beer and wine .
4. Remove all visible fat from meat before cooking .
5. Marinate very lean meat in soy sauce/wine/herbs/garlic/spices to prevent drying.
6. Steam vegetables -thus avoiding oil needed for frying
7. Microwave is also a great way to cook- no need to add fat/oil.
8. Dry-fry in a non-stick pan or lightly spray vegetable oil to stop food from sticking.
9. If using minced meat , brown it first in a dry pan and drain the excess fat .
10. Choose lean meat like pastrami, leg ham or turkey
11. Remove skin from chicken or use skinned fillets
12. Low -fat yoghurt or cottage cheese is better than butter- but butter (saturated fat) is better than margarine (it contains trans fat to prolong shelf-life) which raises LDL & reduces HDL .
13. As salad dressing ,use lemon juice/herbs/mustard/vinegar instead of oil .
14. Use low-fat natural yoghurt instead of mayonnaise and flavor/spice with parsley.
15. For take -aways, avoid fried, crumbed or battered and sausage/meat pies choose plain hamburger and fresh fruit instead .
16. Avoid chips-try popcorn or baked pretzels instead(turning whole potatoes to chips meaning adding 4 times the calories and 6 teaspoon of fat)

## **EXERCISE AND DETERMINATION**

These two are important for maintenance of a healthy weight in the long term .

Medicines can be used when necessary. Choose less weight-bearing exercises such as cross trainer, bike or swim when you are still overweight-so as to reduce stress to your knees and spine . Walk up stairs(not down) whenever you can .

Walk the dog. Graduate to more vigorous(aerobic) exercise once you are closer to your ideal weight. Do it regularly-at least twice a week . Determination matters.

Best wishes in your journey to good health and better enjoyment in life .

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