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# A Natural Way

## Family Health Clinic

# Weight Management

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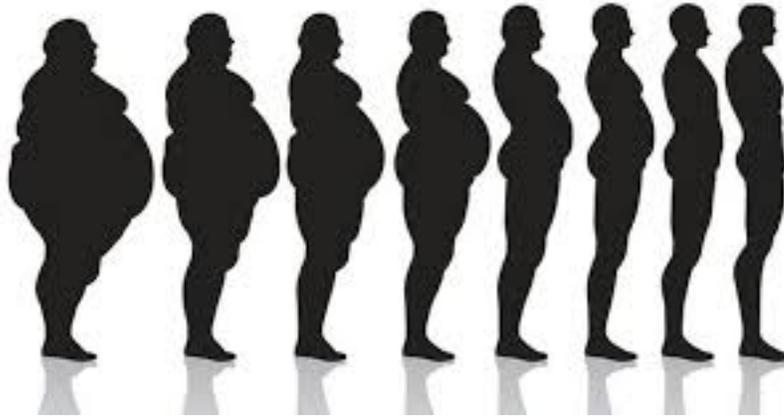
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The Health of the Family = The Health of the Community

**Safe and Effective Weight Loss Methods. Yes you can!**



According to CDC – Centers for Disease Control and Prevention, weight that is higher than what is considered as a healthy weight for a given height is described as overweight or obese. Body Mass Index is used as a screening tool for overweight or obesity.

Adult Body Mass Index (BMI)

Body Mass Index is a person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness. To calculate your BMI:

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

- BMI < 18.5 = underweight
- BMI 18.5 to < 25 = normal weight
- BMI 25 to <30 = overweight
- BMI 30 or higher, it falls within the obese range

**Obesity is subdivided into categories:**

- Class 1: BMI of 30 to < 35
- Class 2: BMI 35 to < 40
- Class 3: BMI of 40 or higher

Donnie is 5' 10" and weighs 260 pounds. What is his classification?

BMI \_\_\_\_\_ Class of his obesity \_\_\_\_\_

Height	Weight Range	BMI	Considered
5' 10"	190	27.3	Overweight
	200	28.7	Overweight
	220	31.6	Obese Class One
	240	34.4	Obese Class One
	260	37.3	Obese Class Two

In the U.S. (2011 – 2014) the prevalence of obesity among middle-aged adults was up. Who shares the greatest obesity burden: Men, Women, White, Blacks, Asians, or Hispanics?

#### Adult Obesity Prevalence

- Asians 11.7%
- Whites 34.5 %
- Hispanics 42.5 %
- **Blacks 48.1 %**

#### Obesity in Women

- Asians 11.9%
- Whites 45.7%
- Hispanics 45.7 %
- Blacks 56.9%**

#### Obesity in children and youth

- Asians 8.6%
- Whites 14.7%
- Blacks 19.5%
- Hispanics 21.9%**

#### Obesity in female children

- Asians 5.3%
- Whites 15.1%
- Blacks 20.7%
- Hispanics 21.4%**

#### TIPS TO LOSING WEIGHT:

1. Determine your **Basic Metabolic Rate** – the number of calories you normally burn during the day. Go to: [healthstatus.com](http://healthstatus.com) (calculators)
  - a. Type in your: gender, age, weight, height and activity factor
    - i. Sedentary – little or no exercise
    - ii. Lightly active – little exercise /sports 1 -3 days week
    - iii. Moderately active – moderate exercise/sports 3 -5 days week
    - iv. Very hard- hard exercise/sports 6-7 days week
    - v. Extremely active (very hard exercise/sports & physical job or 2x training)
2. What is your **weight goal**? Dray is 260 pounds and he wants to lose **75 pounds**. Go to: <https://www.lifespanfitness.com/fitness/resources/weight-loss-calculator>
  - a. This calculator will inform how many days required for one to lose the weight
  - b. Informs the exercise intensity one should engage in
  - c. The number of calories to cut out of existing dietary intake
  - d. Results for Dray reveals that:
    - i. He can lose the weight in **187 days** if he
      - a. Does 60 minutes of moderate intensity exercise each day and 39 minutes of vigorous intensity exercise each day.
      - b. Reduce calories by 869 per day
      - c. This calculation assumes that one is currently not gaining or losing weight and one is not doing any special exercise as a starting point.

**OR**

    - ii. He can lose the weight in **187 days** if he:
      - a. Does 30 minutes of moderate intensity exercise each day and 19 minutes of vigorous intensity exercise each day.

- b. Reduce calories by 1135 per day
  - c. This calculation assumes that one is currently not gaining or losing weight and one is not doing any special exercise as a starting point.
3. To lose weight, one has to reduce calories and/or do exercise. The calculator informs what one can expect from a combination or balance between the two: exercise and diet.
4. Other tips for weight loss include:
- a. Claim and believe the promise that you can do all things through Christ who strengthens you. HE **really** wants you to be healthy.
  - b. Commit to primarily a **plant-based diet**.
  - c. Learn to cook and eat for strength.
  - d. Always eat a good **high fiber breakfast**. Breakfast should be your largest meal.
  - e. Become knowledgeable about nutrition. What is fiber and the foods it is found in? There is absolutely no fiber in meat and meat products!
  - f. Eat a moderate second meal (lunch/dinner) at least 5 hours after the first meal of the day.
  - g. If you eat a third meal, let it be your **very lightest** meal.
  - h. Include at least 1 tablespoon of ground flax seed with your meal (high fiber).
  - i. Drink **adequate water** throughout the day.
    - i. 16 ounces at least 30 minutes before breakfast
    - ii. 16 ounces about one hour after breakfast
    - iii. 16 ounces one hour before second meal
    - iv. 16 ounces between the hours 7 – 8 pm
    - v. You may use lemon water, herbal tea or very weakened fruit juice as a substitute for at least 2 of your waters.
  - j. Get plenty of **rest**.
  - k. Plan to have your digestion complete so that your body can go into a fasting state while you are asleep. During a fasting state, your body begins to burn fat. You become a **fat burning machine during your sleep**. This only happens if your body is in a fasting state. To get to a fasting state, your last meal needs to be no later than 3:00 or 4:00 pm (you need a good 12 hours to reach the fasting state).
  - l. After your morning worship, **exercise while your body is still in the fasting state**. You will really begin to burn body fat. This will also help when you eat your breakfast. Your metabolism will have speeded up.
  - m. Take a 10-minute walk after your breakfast and again after your second meal.
  - n. It is a good practice to **include beans with each meal**. Remember that hummus consist of beans. Beans help in slowing down the stomach emptying so that you stay full longer. Beans also slow down the uptake of sugar from your food so that your blood sugar rises slower. In other words, this is very good news for keeping your blood sugar levels down after meals.

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**\*Disclaimer: Health information provided is for Educational purpose only. Please confer with your Primary Care Health Provider prior to implementing changes in health care practices.**

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**A Non-Profit Business with an Alternative Natural Health Approach**