



The Spinal Column

The Fat War Myths – Part 1 of 4

By Dr. Alfin Miitha, Hons. B.Sc., D.C.

Special points of interest:

- Did you know reheating oils (sunflower) increases your chances of Cancer.
- Did you know 2% milk has 33% of its calories from fat
- Did you know a McDonald's small fries (12.5g) has more saturated artery clogging fat than a McDonald's Big Mac (9.5g)
- Did you know a large popcorn with butter has the same amount of fat as 8 McDonald's Big Macs
- Did you know that Haagen Daas ice cream has 2 times the fat of regular ice cream.
- Did you know the Sunny Delight is a non-carbonated soft drink that has been spiked with a tablespoon of juice.

Millions of people battle the bulge each year only to fall victim and foster the same frustration that ignited so many ill-advised attempts to destroy it in the first place. Ever wonder why North America; with the lowest rate of fat consumption in the world has the highest obesity rate. We must be doing something wrong both in the gym and in our diet. With diet, people tend to follow one of two paths: starvation or indulgence. Always remember you are what you eat and 60 million North Americans are Big Macs with extra cheese and a large side of fries. However, starvation is also not the answer because your body needs fuel to remain healthy.

Myth #1: Starve and lose weight.

The Dieter believes the body will have no choice but to begin slashing inches off the gut if you don't eat. Not TRUE!!!! In fact, the opposite occurs. The body will place a strangle hold on its fat stores to make sure you are able to live for as long as there is a food shortage.

Another interesting fact about eating less is that your metabolism will slow down so you burn less fat. This makes fat loss almost impossible. Remember, your body is a machine able to adapt to any situation. Evolution's millions of years have geared us **not** for the production of a slim waist or muscular arms, but for survival and a pair shaped torso. It brings new light to the phrase "survival of the fittest". Food is not the problem but can be the cure. Food is the most important drug

you will ever put into your body and should be used as fuel. When food is eaten in the correct amounts the body adapts by accepting its needed energy will be granted. The body can then release its own fat stores and you can use them up.

Myth #2: A Big meal once a day or skipping meals will allow you to lose weight.

The digestion of meals requires calories by itself, so the more often you eat, the more efficient it becomes. Therefore, small meals should be consumed throughout the day to maximize the metabolic response, burn energy and lose weight.

Myth#3: Skipping Breakfast.

Break-fast is the most important meal of the day. The consumption of a large breakfast has been shown to result in significantly greater fat losses than diets that avoid it. The reason is simple, the metabolic rate is fastest in the morning and slows throughout the day. Thus, calories consumed during breakfast will be utilized by the body and not stored as fat. Skipping breakfast, on the other hand may result in vital losses of muscle and loss in your body's ability to burn fat. Eating after a workout is also important because your body is burning more energy and if you don't eat your body goes after the muscles and breaks them down, not the fat.

Myth #4: The Pre-workout Meal.

How many fitness enthusiasts eat a bagel before going into the gym. It is the most common food eaten before a workout. When you eat a bagel your body releases a hormone called insulin that tells your muscles to grab as much food from the bloodstream as it needs. If your body is taking up food how can it burn fat you already have stored. The answer is you can't. Try not eating anything before a workout, but if you have to make sure it takes time to be digested like fruit or something with a lot of fiber.

Consistency

Losing weight too quickly is a sign of muscular and water loss, not necessarily fat loss. Therefore, those individuals who experience quick weight loss when beginning an exercise program should increase their caloric intake slightly by eating more.

If there is one truth about building an improved physique ' it's that it takes time, dedication and consistency. Losing or gaining weight should be a slow, gradual process to ensure changes are of the healthy type. This is one of the reasons why so many diets fail and gimmicks appear. Fat loss can be attained by fat burning exercises. These exercises consist of using the major muscle groups in the body which are most importantly your

legs. So working out your biceps or swimming are not the most efficient exercises to burn fat because your legs aren't working as hard as they could.

Low intensity exercises where you are able to speak normally ("the talk test") for a long duration will tap into fat stores directly but it is not the best method for increasing your body's ability to burn fat. The reason is simple: One pound of fat can supply the body continuously for over 10 hours. So you can exercise for 72 hours at a time and even then not burn enough fat tissue. Another way to get rid of fat more efficiently is by stimulating the fat burning hormones (Part 2 of this article coming out next month).

Ephedra

Dietary supplement that contain ephedra alkaloids (Ma Huang) are widely promoted for losing weight and increasing energy. This drug in combination with caffeine and aspirin is not good for you. It is one of the worst things you can put into your body. The Food and Drug Administration (FDA) has proposed limits in dose and duration of this drug. Scientific studies have shown that 31%-62% of those individuals who have taken Ephedra then suffer from some sort of heart (Cardio Vascular) and/or Central Nervous System problem. High Blood Pressure was

the most frequent side effect, followed by heart palpitations, irregular heart beats, stroke, seizures, death or permanent disability. This was frequent even in people under the age of 20 (Haller and Benowitz 2000 The New Eng J. of Med 343(25), pp 1833- 1839.

In the future, our desperation could lead us to utilize measures as severe as chemotherapy to lose weight. There are no miracle pills. Anything that is and will become available in the future either does not work or is not healthy for you. If you do not make the effort on a consistent basis the fat will again settle to the waist line. This may not be all bad. Some Fat is Good for you. Those women and men on Television are anomalies not reality. In fact, for some of them, they have sacrificed there health to look that good. Is it worth it. Short term probably. Long Term definitely not. If you do not take care of your own body- Where will you live?

Did You Know?

One pound of fat can supply the body continuously for over 10 hours.

About the Author:



As a life-long resident of Brampton (34 years), Dr. Alfin Mitha endeavors to provide this city with reliable, informative Chiropractic care. He lives here with his 2 kids, Aura and Zen, and his wife Rupi. Having completed his Bachelor of Science degree in both Biology and Pharmacology at McMaster University, Dr. Mitha had the opportunity to work with Eli Lilly pharmaceuticals in their Research and Development of Non-Small Cell Lung Cancer and Prozac. Deciding that the private sector in medicine was not for him, Dr. Mitha then took one year off to work in Ixtapa, Mexico as a land sports G.O for Club Med. Having considered Chiropractic in the past, it was only confirmed while having the chance to meet many Chiropractors during his time in Ixtapa.

The next part of his journey took him to the Canadian Memorial Chiropractic College in Toronto, Ontario. During his education, he still maintained an active physical lifestyle while working as a personal trainer. His internship year provided him the opportunity to work at 2 very different and unique places. The first part of his internship was at Anishnawbe Health and Native Wellness Center which serviced much of Toronto's aboriginal and homeless community. The second part of his internship allowed him the chance to treat players of the Canadian National Soccer Team, and other elite Canadian athletes. Both of these placements allowed Dr. Mitha to understand many aspects of illness, injury and health. A focus which remains in his clinic; In GoodHands.

Having returned back to Brampton (a resident of 34 years, he has since become an active member of the Rotary Club, Brampton Tennis Club, Brampton Volleyball League, Yoga instructor and more recently the Health Practitioner Advisory Committee for the city. Dr. Mitha wishes to become a more integral part of Brampton's community. "It is imperative that we take care of our body and mind, it is our most valuable asset. The first step is education and if anything else, we provide that for our patients".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre
Bramalea City Centre – Inside GoodLife Fitness
Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
Tues. and Thurs.: 10:00 am - 9:00 pm
Fri.: 9:30 am - 7:00 pm
Sat.: 9:30 am - 2:30 pm
Sun.: Closed

In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall
C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

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Mon. - Thurs.: 9:00 am - 7:30 pm
Fri.: 9:00 am - 7:00 pm
Sat.: 9:00 am - 5:00 pm
Sun.: Closed