

## Recent News

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A July, 2007 article in the Annals of Internal Medicine provides evidence that **diet counselling** works in the long run only by **regular repetition and reinforcement**. Otherwise, the weight returns within one to three years.

Currently, over 65% of the American population is at least overweight, if not obese. That is the **major health issue** for this country - and for each overweight individual.

Beware of your **social network**. Obesity can be "catching" from your obese friends.

Know about **bad and good fats**. Saturated fats, trans-fats and partially dehydrogenated oils are bad. Poly-unsaturated fats like olive and canola oil are good fats. Read labels...and avoid the "Gorilla Glue".

**Sodas, including "diet sodas"** have been found to promote weight gain. Stick with water, low fat milk and unsweetened fruit juices, together with the modest intake of wine in appropriate circumstances.

It has been reported that **75% of Americans are chronically dehydrated**. In fact, thirst can be misinterpreted as hunger. So, aim for two quarts of water intake daily under ordinary circumstances, and much more during heat spells.

**Children these days are too fat**. However, weight loss and traditional dieting is not recommended during years of growth. Instead, measure height and weight regularly (eg. monthly), motivate the child to maintain stable weight while demonstrating some growth in height, encourage the right foods, eliminate the wrong foods, and increase regular exercise. All this should be part of a comprehensive education in healthy living from an early age. And TV and other advertisements about foods...usually sweet and high-fat foods...should be avoided and counter-balanced in the home and in school. There is a lot at stake here besides an unhappy childhood. Obese children are developing enlarged hearts and even heart failure.

**Fat-blocking drugs like Alli and Xenical** are certainly not the answer. And they can give rise to a lot of embarrassing problems...like increased intestinal gas, oily anal discharge, and frequent and loose stools.

See the article by Betsy McKay entitled "*When Buying Organic Makes Sense - And When It Doesn't*" (WSJ Tuesday, Jan. 16, 2007, Personal Journal, pD1).

For a steady dose of good nutrition information and advice (besides ours), check out the regular **Health Journal of Tara Parker-Pope** published in the Personal Journal section of the Wall Street Journal.

GS