

Weight Loss: A Different Approach

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America is now the fattest nation on earth and getting fatter at a fast rate. Yet weight loss is a huge industry. Why are we failing? Its time for a rethink.

Americans are getting fatter in spite of about 15 years of low fat foods, lots of exercise equipment, and tens of different weight loss diets. Maybe, instead of being overly focused on weight loss, we should see overweight as evidence that the person's life style is unhealthy and initiate appropriate changes. The basic premise here being that the healthy body/mind will tend to normalize its weight.

Back to Basics

Last year at the TFHKA Annual Meeting I described how the Italian economist Vilfredo Pareto had discovered that 80 percent of the wealth went to 20 percent of the people. In broader terms, the 80/20 Principle, Pareto's Principle ~ asserts that a minority of causes, inputs or effort lead to a majority of the results, outputs or rewards. Therefore, the majority of health problems (the 80%) will be caused by a few significant factors. If the client's goal is to lose weight, what are the few changes or life style corrections needed in order to maximize the client's results?

The excess weight is an obvious symptom that their body/mind is out of balance. However, rather than over focusing on the weight why not broaden (no pun intended) the picture. As a person becomes more overweight they can develop hypertension, heart disease, stroke and diabetes. They have a greater chance of developing cancers of the breast, uterus, ovaries, colon, rectum and prostate. As one gets heavier it becomes more difficult to move and energy decreases. Decreased self-esteem can lead to use of comfort foods (junk foods) that make one feel good temporarily. Yet those same foods are usually biocidal and accelerate the decline in health.

Thus rather than having weight loss as the

only issue it would be wiser to see that goal in its proper context of improving health. That way the client is less likely to try to lose weight with Fen-phen or liquid protein diets and kill themselves in the process. No sense in winning the battle (weight loss) while losing the war (dying prematurely).

Our client's goals are then going to be about adequate restful sleep, appropriate exercise, a diet that supports all aspects of life, having an appropriate balance between recreation and work, etc. As their body/mind goes back into balance their weight should normalize.

Because we are more interested in improved health rather than the quick fix probably the number one need is for proper motivation.

1. Motivation

If a client comes in to me wanting to lose weight, I want to see the extent of their desire to succeed. If their major reason to lose weight is to get their spouse off their back, then I know their chances are poor. They are not losing weight for the right reasons. What will happen as soon as they have a major conflict with their spouse? You are right! Gain weight ~ to punish the spouse. To lose weight the client needs to have their own very strong internalized reasons.

I believe that for a client to be successful in losing weight and improving health the number one requirement is to make it a BURNING DESIRE (what motivational speaker Jack Zufelt calls a CORE DESIRE).

Probably the top two New Year's resolutions are to lose weight and to get fit. Yet 15 percent of those people who

sign up for memberships to gyms and fitness clubs around the New Year don't even show up a single time. Hardly a core desire! To successfully achieve their goals clients need to make weight loss a '€100' on a 0-100 scale. The desire needs to be so strong that they will do whatever it takes. Setting a goal doesn't ensure success. However, crystallize the desire into words to provide a focus and commitment, make it a core desire and achievement becomes inevitable. Looking back on my life at the goals I've achieved ~ such as running a sub-3 hour marathon, and climbing the Matterhorn ~ I recognize that I made them core desires.

Ask your client what their goal is. Is there enthusiasm and conviction in their voice? How would you rate them on a 0-100 scale? How do they rate themselves? Repeat the process with muscle testing:

"On a 0-100 scale, with 100 being maximum, your desire to achieve this goal is 30 or above (test indicator muscle, IM)... 40 or above (test IM)... 50 or above (test IM)", etc., until the IM switches off: If less than 100% what does the client need to do to bring it to 100%?

Once their goal becomes a core desire they will make the other life style changes necessary, they will do whatever it takes.

2. Oxygen

Anyone who is serious about significantly improving their health will want to do aerobic exercise for improved metabolic functioning, better circulation, assimilation, digestion and elimination, blood purification, strengthened immune system, and fat reduction. Last year I recommended Body Flex as a very convenient exercise routine to oxygenate the system. Oxyrise is another possibility.

Diets can decrease subcutaneous fat. However, to change the body's metabolism so that you burn more calories 24 hours a day you need to make the muscles leaner by decreasing the intramuscular fat through aerobic exercises.

3. Water

W. Duane Albert, M.D., at the Orange Coast Medical Clinic in Southern California, says: "Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off." Why?

- When the body gets less water, it thinks this is a threat to survival and it begins to retain as much water as it can. This results in swollen feet, legs and hands. Therefore, to get rid of fluid retention, drink more water.
- Drinking more water suppresses the appetite naturally. There is a decrease in hunger almost overnight.
- Water helps the body metabolize stored fat; a decrease in water intake will cause fat deposits to increase. The kidneys cannot function properly without adequate water. When they don't work to capacity some of their load is dumped onto the liver. However, one of the liver's primary functions is to metabolize stored fat into usable energy for the body. The liver cannot function optimally if it has to do some of the work of the kidneys. Consequently the liver metabolizes less fat and more remains stored in the body.

Dr. Albert recommends that maximum fat is burned by consuming 1 quart of water over a 30-minute period in the morning, 1 quart during 30 minutes around noon, and 1 quart between 5-6 p.m.

4. Minerals

When animals chew or gnaw on a wooden fence or gate, an intelligent farmer recognizes this behavior (cribbing) as a symptom of mineral deficiency. When pregnant women eat coal, clay, chalk, etc. (geophagia) we think it is strange and fail to recognize the innate drive to get more minerals into the diet. These are examples of pica, defined by Longman's English Larousse (1968) as "a morbid craving to eat things not normally eaten, e.g. coal, chalk".

We see pica in children who pick their nose and eat it, or eat lead paint, or children and adults who bite their fingernails. However, in America most pica, largely unrecognized, is manifested as chewing gum, cravings for sugar, chocolate, snack food, soft drinks, as well as smoking, alcohol and drug use. Such substances cannot correct the underlying mineral deficiency, cravings continue unabated, the empty calories contribute to weight gain, and the health becomes more and more endangered due to further depletion of vitamins and minerals.

Therefore, if anyone is serious about improving their health and losing weight they will decrease their intake of biocidal foods, increase their intake of biogenic foods and supplement to ensure they are getting adequate minerals, especially chromium and vanadium (these deficiencies result in thirst for soft drinks and hunger for carbohydrates (soft drinks, coffee and teas with added sugar, alcohol, pasta, candies desserts, bread, etc.).

5. Stop Training Like Sumo Wrestlers

The world's experts at gaining weight are the sumo wrestlers of Japan. They use four major eating behaviors in order to gain colossal weight. Mary Roach, in her article *Advice from the World's Biggest Weight Experts: Their Gain Can Be Your Loss* points out that people wanting to lose weight are often using the same behaviors and are mystified as to why they are becoming more like sumo wrestlers.

Sumo wrestlers have learned to put on maximum weight working out five hours a day seven days a week on a low fat Japanese diet comprising mainly rice, fish and vegetables. They have determined that it isn't primarily what you eat that makes you gain weight, but how and when you eat, and what you do before and after eating.

a. **Sumo Wrestlers Gorge**

Sumo wrestlers eat most of their food in one or two large meals a day and never eat breakfast. Gorging apparently allows more weight gain

than eating the same number of calories spread out through the day. Fooling your body into thinking you are starving by skipping meals slows down your metabolism so that you burn fewer calories in order to conserve energy.

In 1972, Franz Halberg, an expert on chronobiology, the study of physiological cycles, conducted a study where for one week subjects ate a 2,000 calorie meal within an hour after getting up. The following week, they ate the meal 12 hours later. Most of the subjects lost weight on the breakfast-only pattern, and gained on the dinners (Roach, 1993). The sumo wrestlers had already figured this out.

b. **Sumo Wrestlers Sleep After Eating**

Even though the typical midday meal of fish stew, rice, and pickles isn't all that rich, sumo wrestlers help ensure that most of it goes to their waistlines by taking a nap after lunch.

c. **Sumo Wrestlers Exercise Then Eat**

Normally, exercise would boost the metabolism so more calories are burned. However, sumo wrestlers have found that by exercising on an empty stomach the metabolic rate is reduced and the exercise burns up fewer calories.

d. **Sumo Wrestlers Eat Their Meals Together**

A meal eaten with other people is likely to be considerably bigger than a meal eaten alone: 44 percent larger, according to one study, and with an average of 30 percent more calories and fat.

Lessons from the Sumo Wrestlers

Sumo wrestlers' behaviors are designed to put on excessive weight. Ironically, Americans trying to lose weight are often doing the same ~ reducing the number of meals,

skipping breakfast, sleeping soon after their evening meal, exercising then eating, etc.

To lose weight do the opposite of the Sumo wrestlers:

- Eat lots of small meals, e.g. breakfast, lunch, dinner, and a couple of snacks.
- Don't skip breakfast.
- Never starve yourself.
- Eat your biggest portions early in the day.
- Don't exercise on an empty stomach.
- Do aerobic workouts. Anaerobic exercise won't burn fat.
- Avoid eating more than you need when dining with family and friends.

6. Psychological Reasons for Weight Gain

In an article entitled "Is marriage making you FAT?", Richard Stuart and Barbara Jacobson point out that they surveyed almost 25,000 women and found that by the thirteenth year of marriage, wives had gained an average of 24.7 pounds, while their husbands had gained 19.4 pounds. Happily married women had an average weight gain of 18.4 pounds while unhappily married women had gained 42.6 pounds.

Stuart and Jacobson concluded that married women gain weight for three major reasons:

- a. Because of the responsibilities and stresses of being a wife and mother.** Stress leads to the consumption of comfort foods. Therefore, use ESR; exercise to burn up stress hormones, and carve out some 'alone time'.
- b. The security of a trusting, loving relationship may mean that a woman does not make an effort to keep the weight off.**
- c. Marital and sexual problems.** Food is eaten to tranquilize anxiety and provide comfort against feelings of

loneliness, anger, depression, or helplessness. Rewards for over eating include:

- To avoid being attractive to other men.
- To lessen chances for an affair or becoming sexually promiscuous.
- To diminish her husband's sexual desires.
- To inhibit her own sexual desires.
- To have a less feminine body.
- To protect from abuse -- sexual, physical, or emotional.
- To hide her true feelings.
- To keep from leaving her partner.
- To have more power. To stop from being pushed around.
- A way to rebel against someone who wants her to be thin (parents/husband).
- To mask fears of marital failure. Being fat justifies a husband's disinterest and even his abuse.
- Being fat means that when people accept her, they like her for who she is, not for how she looks.
- Food is a convenient substance when love, affection and sexual pleasure are lacking.

Muscle testing can be used on statements to see if there is any stress around these issues. Stress can be defused using eye rotations and brain integration as described in Topping (1985 and 1990).

Conclusion

Weight loss should not be overly focused on weight reduction but should be aimed at improving health and the quality of life. This will include getting sufficient aerobic exercise, drinking adequate water, supplementing with a mineral complex or whole foods. It means eating three or more times a day, not skipping breakfast, not eating a large meal just before sleep. It means addressing marital and sexual problems and stress reduction rather than using food to tranquilize the body/mind.

However, the number one requirement to improve one's health and lose weight is to make this a core desire. The client will then do whatever it takes until they succeed.

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