

# Total Wellness Concepts

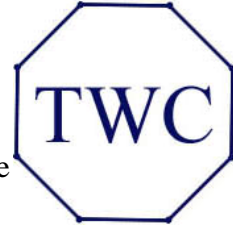
## February 2010 Newsletter

### By Steve Seater, MA, CN, CNC, CPT

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#### **A Safe, Healthy Program for Weight Loss, and Fitness (Part I):**



Are you on one of the popular fad diets? If you are, you are likely killing yourself. All of these diets are unhealthy and usually lead to yo yo dieting where your body loses weight only to gain it all back and then some. The latest ads on radio tout Right Size Smoothies and up to 12lbs of weight loss in seven days. Fact: you can only lose two lbs of body fat in a week. The rest is lean muscle and water. Loss of muscle is not healthy or desirable. The following is what I believe is a sensible, very safe, and effective way to obtain optimal health and lose weight. It is my answer to dangerous fad diets, over exercising and how to manage stress. The only drawback is that it can take up to a year to work. Losing 40 or 50 lbs quickly does not work long term.

**To lose weight you must be healthy to begin with and not the other way around.** If you are overweight you are not optimally healthy and, in fact, you could be very unhealthy and on the brink of one or more serious degenerative diseases. Many Americans, especially women, are on one of the popular weight loss diets. All have two things in common even though they are very different. These diets will cause significant weight loss to begin with and all will ultimately fail because your metabolism has been altered and your body fights to return to the heavier weight to which it became accustomed. Moreover, these diets when coupled with too much exercise will cause your weight to fluctuate so that you gain back all the weight lost and actually become heavier than before. Such practices lead to accelerated aging due to their heavy toll on hormones, neurotransmitters and essential biochemicals leading to destructive effects on your muscles and even promoting wrinkled skin among other things.

Most degenerative disease is caused by such dieting, poor eating habits such as skipping meals, environmental toxins, lack of rest, high levels of stress, and over exercising. Degenerative diseases of aging are acquired not genetic as so many people suppose. And yes you can actually exercise too much, especially where prolonged intense cardiovascular exercise is concerned. Longevity and optimal health are not correlated with running marathons, ultra marathons, long distance triathlons or spending hours in the gym. Moreover, being very thin is not necessarily healthy either. A sensible program of eating right and moderate exercise together with adequate rest and stress reduction activities such as yoga and body work will heal you, reduce stress and promote a long healthy life. Here are some basic steps to follow to wellness and weight loss.

- **Eat a healthy diet.** Learn to eat according to your metabolic type. I can help you discover your type. Forget about counting calories and eat plenty of whole foods, preferably organic foods. Avoid as much refined and prepared foods as possible. And incorporate the right supplements into your diet. Never skip meals.
- **Manage stress.** Get at least eight hours of sleep a night. Incorporate yoga and or meditation into your daily routine.
- **Taper off refined sugar and white flour and get off toxic chemicals** such as caffeine (no more than two cups of coffee a day), alcohol (a half to one glass of wine/ day is permissible), nicotine, high fructose corn syrup, artificial sweeteners (aspartame, sucralose), and most prescription and over the counter drugs( many cause weight gain ) and all recreational drugs must be avoided.
- **Moderate and sensible exercise.** Moderate exercise such as walking or bicycling is an absolute necessity for optimal health. Strength training either with weights, kettlebells or body weight exercises is good if kept moderate. Prolonged high intensity aerobic exercise is best avoided because it actually breaks down your body and promotes accelerated aging. No running of marathons, long distance triathlons etc. allowed on my program.

Next month I will discuss metabolic typing and healthy foods you should eat and which to avoid.

**Where to go to relax, reduce stress and heal your body.** As mentioned above, stress reduction is necessary for most Americans to be healthy and to lose weight. A good place to go to relax is Blueberry Gardens at 237 Ashton Road (Rt 108) in Ashton, Md. Here you can avail yourself of yoga classes, massage, acupuncture and other holistic modalities so important in reducing unwanted stress and that promote optimal health. As an added attraction during the summer, you can pick delicious organically grown blueberries rich in health promoting antioxidants. The owners are Deborah Boggs and Robert True. Give them a call at 301-570-5468 or visit their web site at [www.blueberrygardens.org](http://www.blueberrygardens.org) .

**According to Nobel Prize winning economist, Milton Friedman, the FDA should be abolished!** A new book published by Praktikos Books documents the abuses of this agency and its failure to rein in unscrupulous drug companies that make and market unsafe and deadly drugs. I've discussed some cases in past newsletters in which drug companies are being sued for causing harm and even death due to FDA approved products they are promoting and selling on the open market. *FDA: Failure, Deception and Abuse* is a book that documents the cozy relationship FDA has with the industry it is supposed to regulate and how gross ineptitude and corruption within the agency has put millions of Americans at risk. The book also indicts many mainstream physicians for accepting favors as a reward for prescribing many dangerous FDA approved drugs. Such things as free dinners at fancy restaurants, all expense paid vacations to attend and speak at drug promoting conferences, fees to sign on to articles touting a drug's efficacy when the doctor played no role in the research done, tickets to sporting events, etc, etc. Most of the material in the book was compiled and originally written up by William Faloon of the Life Extension Foundation. Here is a real block buster of a book you should not be without. It is the reason why every

thinking human being should choose a holistic MD rather than a traditional hack who will only pump you full of dangerous drugs without ever considering any natural alternatives.

Copies of this book are available from Life Extension by calling 1-800-544-4440 or at [www.LifeExtension.com](http://www.LifeExtension.com) . Members may purchase it for as little as \$10. Read this book and discover why Milton Friedman was right in saying that the FDA should be abolished. I say the sooner the better.

**Don't let your doctor give you horse urine.**

That's the title of the opening chapter of another important book from Jonathan Wright, MD, a pioneer in holistic medicine, and Lane Lenard, PhD. *Stay Young and Sexy with Bio-Identical Hormones :The Science Explained* is about the benefits of bio-identical hormone replacement in menopausal women and why it is preferable to the use of dangerous conjugated equine estrogens or CEEs also known as horse urine. Through various subterfuges and propaganda, the drug companies have convinced doctors, regulators and many women that dangerous CEEs is the treatment of choice for menopausal women. Wright and Lenard explode this myth and explain why the natural estrogens your body produces are best to get you through menopause and help you to feel your best. Available at most bookstores for \$19.95.

The benefits of regular moderate exercise: Long term moderate exercise does the following: Reduces the risk of premature death and of contracting heart disease; reduces the risk of developing high blood pressure and Type II Diabetes; promotes psychological wellbeing and reduces feelings of anxiety and depression; reduces risk of colon cancer; helps control weight, and builds strong bones and muscles, and helps the elderly be stronger and prevents falling. The latest research findings appearing in the December 2009 Journal of Circulation reveal that regular exercise has an anti aging effect on humans. A good Example is Jack LaLane who at 95 still works out every day and looks 75.

If you have any questions about your diet or how to adopt a therapeutic lifestyle, which is without question the most powerful tool there is to positively impact your health for the rest of your life call me at 240-888-5453 or 240-345-7328. You can also visit my web site at [www.totalwellnessconcepts.com](http://www.totalwellnessconcepts.com). Please also note that my email address has changed to [steve\\_seater@yahoo.com](mailto:steve_seater@yahoo.com). Be Well.

Steve Seater, CPT, CNC, CN, is a life long fitness enthusiast with a strong interest in holistic nutrition and wellness. He is a certified nutritionist (CN), and a certified nutrition consultant (CNC). Additionally, he is a certified personal trainer (CPT) and a certified spinning instructor.