



THE ROAD TO HEALTH & WELLNESS

HEALTH TOPIC OF THE WEEK

4/8 - Weight Loss Advice Doesn't Work

Introduction

This week's newsletter is not intended to throw stones at all physicians. We know that many physicians treat their patients with compassion, give targeted advice and refer them to appropriate clinicians to assist in their health and weight management.

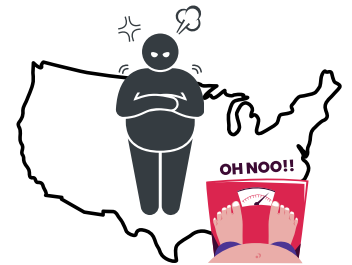


Unfortunately, according to a study published December 13, 2022, in the Journal of Family Practice, this is not the norm. In it, researchers conclude that in most cases, primary care physicians (PCPs) give patients weight-loss advice that is more abstract than actionable, too vague to be beneficial, and not always scientifically accurate.

What This Weight Loss Study Found

Primary care physicians are an important and often first point of contact in the medical field for individuals who are overweight. Approximately three quarters of adult Americans are overweight and receive advice from their physicians during annual exams and other office visits.

A team of experts at the University of Oxford in England investigated audio recordings of consultations between general practitioners and their patients who were overweight and obese based on their BMI (Body Mass Index). Superficial advice was common, including comments such as "you should change your lifestyle a bit." Less than 20% of the recordings included doctors offering advice about how to effectively carry out the weight loss they were recommending.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Common suggestions included the following abstract tips, some which aren't backed by current science and, in some cases, are patently false:

- eat less, move more
- just take the stairs
- be careful what you eat
- reduce your carbs
- use an app to track calories
- move as much as your joints allow
- make your own gluten-free flour since it won't have sugar [which is completely false because gluten is a protein]
- go on a diet



The Author's Conclusions

The authors of the research study concluded, "Our analysis identifies that clinicians generally do not provide effective advice, and even so, if patients were to follow the advice, they would be unlikely to lose weight". Furthermore, when patients asked for resources, the fallback recommendation was simply to "eat less and do more".



Let's Be Realistic and Fair

Now, let's be realistic and fair to PCPs. A physician's primary role is to diagnose disease and to provide disease management. Their time constraints do not allow for meaningful intervention even if they were knowledgeable and trained to do so. Furthermore, clinicians are rightly frustrated by clients who want a quick fix for their disastrous lifestyle but won't follow through with sound advice.



The Bottom Line

Health and wellness management is extraordinarily complex. It requires knowledge and application of exercise science, injury management, proper and sustainable nutrition as well as behavior modification. Unhealthy lifestyle habits will not be easily overcome by clichés even when they are well intended and scientifically correct.

If you really want to improve the quality of your health and extend your longevity, it starts by making a firm commitment to do so. It then requires experienced and knowledgeable clinicians to prescribe and oversee exercise and nutrition programs.



SCAN ME



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When it comes to health management, don't try to go it alone. Don't repeat patterns that have failed. Once an individual is overweight and has developed a metabolic disease such as high blood pressure, diabetes, high cholesterol, it becomes exceedingly difficult to reverse it on your own.



Dangerous visceral (belly) fat has complex physiological mechanisms to protect itself and to make more fat cells. Trying to do this on your own is like bringing a squirt gun to a rifle shootout.

Let EPT help you. We are experts in health management. This is what we do every day. Reach out to us today so we can help you prevent disease and promote health.



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