

Happy Healthy New Year Everyone!

January 2006 Newsletter

Reluctantly I have put the Christmas decorations away and have done my winter cleaning. Now I am in the process of beginning to tackle my New Years resolutions. Since I will be turning 40 this year, I am particularly more determined to accomplish many of the same goals I have set for myself year after year! In our first newsletter of the year I would like to share some of my resolutions with you and a proposed plan of action to accomplish these goals this year!

Resolution #1 Lose fat, gain muscle, gain health.

My goal here is to lose the baby fat I have accumulated over the past 10 years and feel even better!

I have always been health and nutrition conscious and have always had to battle my weight. At age 15 I became a vegetarian because of my strong family history of heart disease and the research I read led me to believe a vegetarian and low fat diet would help. Yes, I went Vegan, then quickly changed to lacto-ovo. Soon I found that it was very easy to have bread, salad, and desert and still be a vegetarian. However, after 12 years I realized I was not getting enough protein and that my soon to be husband who ate 3-4 times more than me and remained slim always passed on the breads (and dessert – but I still try to ignore that fact). I realized at that time that the food pyramid was not correct. One day, approx. 13 years ago, while I was practicing my suturing on my roommates uncooked chicken breast, and thinking about my protein deficiency, and beginning to observe the carbohydrate link to fat, I decided to stuff the chicken I had been suturing and have it for dinner! It took about 4 more years before I began occasionally having red meat again, to my husband's joy. Now I realize that I not only was protein deficient but fatty acid and nutrient deficient. Through my observations, self experiments, and research I know that we all need to daily have balanced meals and nutrition, but there are differing opinions as to what a balanced meal really is. I prefer the description Dr. Diana Schwarzbein gives in her book entitled The Schwarzbein Principle. Every natural food has a purpose and if we can pick it, peel it, grow it, fish it, hunt it, catch it, then we can eat it! Balance is key.

With the guidance of several experts in weight loss resistance and learning what it means to 'heal your metabolism' I am following a basic program of therapeutic lifestyle changes which I advocate for my patients as well.

Here are some of the key steps:

1. Balanced dietary plan – the First Line Therapy program. Again, if we can pick it, peel it, grow it, fish it, hunt it, catch it, then we can eat it! Balance is key.
2. Proper supplements and adjust as needed. Key for me are our Women's essentials, cod pure plus, carnitine synergy, and conjugated linoleic acid, and the medical food shakes.
3. Drink plenty of water. It is easier if you carry a water canister with you.
4. Get more fiber in my diet.
5. 3 bite Polite rule. (If you absolutely must have a sweet)

Resolution #2 Get enough sleep

Certainly I had completely lost the concept of what that is, and honestly it has been even before medical school that I had a solid night sleep. In med school I was in the habit of finishing classes, go for 1-2 hours of vigorous exercise, have dinner, a nap, get up at 10p and study into the wee hours of the morning (I was already training myself to be an Obstetrician!) Certainly, even now as a mother of 4 and breast feeding, I have yet to sleep a solid nights through. The good news is that it is much better than it ever has been in my life!

Here are some suggestions on accomplishing that:

1. Avoid caffeine
2. Get to bed and get up at the same time each day
3. If you have a drink don't drink more than one glass of alcohol, however even one glass can possibly disturb your sleep.
4. Try some lavender aromatherapy for relaxation
5. Don't eat for at least three hours before going to bed
6. Exercise
7. Supplements that can help are a heaping teaspoon of Inositol powder and 400mg of Magnesium Malate Chelate a half an hour before bed. If you are still having problems there are other supplements that can help.

Resolution #3 I resolve to exercise 5 times per week.

1. Beginning easy, walking, yoga, tennis, and adding weight training.
2. Create a buddy system, it really helps.

Finally, think success, set goals in steps, be positive and smile!

Happy New Year!
Dr. Anna Cabeca

Join us for our weight loss resistance class this coming Monday night, January 23rd at 6 pm. Call our office to register @ 267-7780.