

Don't Pay the Ransom! I've Escaped...

By Chuck Jumpeter

As most of you probably noticed (at least I hope so), I took off the month of May and didn't post a *Health Awareness Forum* article. May was just a crazy busy month for my family and me. Lots of great things happened. My younger daughter got engaged, a couple of high school graduations, a few first Communion, and on top of all that, I ran a local charity golf tournament and generated over \$6300 for my church's youth ministry. I also spent some time helping Dennis edit one of his publications. All in all, those 31 days in May just flew by! While all of those things were really positive activities, they were, at times, highly stressful and very demanding. I was rereading some of my previous articles on how to cope with stress and follow sound nutritional principles and practices to make sure I was ready and able to meet the challenges presented. One of the most difficult challenges was to eat a balanced diet through all the travel, meetings, plays and parties.

What really struck me and stuck with me was how easily I could fall into new – and not necessarily positive – dietary behavioral patterns. Family gatherings, engagement dinners, commencement parties, Communion celebrations and golf dinners, while fun and certainly tasty, simply are not a good way to stay healthy and slim. These are the kinds of things that we are all faced with on a daily basis. As a result, our health dwindles as our waistlines grow.

As a result of my training and experience, I was able to get through May with only a 2-pound increase in my body weight. If I were to have 10 months like this May each year, I'd be packing on an extra 20 pounds each year - which, by the way, is what most of us do. As a result, I've committed to use June to get rid of those extra few pounds and, while I'm at it, drop a few more. Yup! It's time to really get down to my goal weight, and I have just the tools for the job. That's where this month's article will focus. How to achieve your goal weight and maintain it. In addition to the info, I'll be issuing a challenge and a goal. So, if you're ready, read on and see if you've got what it takes to accept the challenge I'll issue at the end of this article.

In July of 2006 I posted an article here called *Shape Up So You Don't Ship Out!* In that article I talked about America's bulging waistlines, and the impact of "Chemical Calories" as defined by Dr. Paula Baillie-Hamilton, MD, PhD. In her book **The Body Restoration Plan**. I encourage you all to reread that article and incorporate those ideas with the ones I'll present here. Even though that article was only 11 months ago, I feel it important to reprint a couple of critical paragraphs:

We are facing a full-blown fatness epidemic. William Dietz, Director of Nutrition at the Center for Disease Control said, "This is an epidemic in the US, the likes of which we have not had before in chronic disease."

Gallup, Find SVP / NBC News, report the following:

- 1 in 3 are obese
- 1 in 5 are extremely obese
- Child obesity has tripled since 1980

- 65% of adults are overweight
- 1 in 2 face chronic weight related illnesses
- Weight related illnesses cost \$117 billion per year
- Weight related illnesses cause 300,000 premature deaths each year

You have all seen lists of diseases and illnesses that are exacerbated by obesity, but I feel it is important to review just a few of the more notable ones. Obesity is known to increase your risk of heart disease and cardio-vascular disease (these are actually beginning to show up in children as young as 2 years old!), liver disease, allergies, stress, diabetes (we'll cover this more fully in the next issue), irritable bowel disease, and depression just to name a few. Did you realize that for every additional pound you carry, your body creates 1 mile of additional blood vessels and capillaries to nourish that pound? If you are 30 pounds overweight, that's an extra 30 miles of circulatory system, and think about how much additional stress that places on your heart which now has to pump that much harder to get the blood through all those extra miles.

So why am I focusing on this topic for the second time in year? Well, the facts are that America isn't listening. We are continuing to slowly – and in some cases not so slowly – kill ourselves with a knife and fork. Every day a new “diet pill” or miracle cure hits the market. More and more people are opting for serious surgical procedures to shrink the size of their stomach in an effort to eat less and get slim. All of these approaches are having a marginal impact on our girth, but don't seem to be solving the problem.

In the June 11th issue of TIME™ magazine Jeffrey Kluger posted an article entitled *The Science Of Appetite*. In his article Mr. Kluger discusses why we may be pre-wired to eat the wrong things. He discusses numerous chemicals and hormones that are produced within the body to signal us when we are hungry and when we are full and how modern science is trying to create that magic pill we can take to make us stop eating. Unfortunately, that fix seems to be in the distant future. As I read the article I couldn't help but wonder if Dr. Baillie-Hamilton's chemical calories played a significant role in these complex chemical reactions that occur within our bodies. Obviously, there is still a lot of research to be done in this area. If you haven't already read this article, I would encourage you to get your hands on a copy and give it a look. It's kind of technical, but does provide some valuable insight into our daily battle of the bulge.

Some of the more startling statistics in the article are:

- 67% of the U.S. population is either overweight or obese
- 17% of children ages 6 to 19 are overweight or obese
- Collectively, Americans are more than **5 billion** pounds overweight

With all this data pointing to our growing waistlines you might think that we're fighting a losing battle. Well, maybe we were - and the operative word there is “were.” You see, recent scientific study and clinical research has just proven that reaching and maintaining your goal weight has become a **CINCH™**! Curious? OK then, read on and see how you can incorporate this new science and techniques into your own lifestyle, as I already have. (By the way, those 2 pounds that May so graciously provided have already disappeared!)

Shaklee's Chairman of Medical Affairs, Health Sciences and Education, Dr. Jamie McManus, describes why most diets fail by identifying the yo-yo effect with which we are all too familiar. It goes like this.

1. You start a "diet" and lose some weight (fat and muscle).
2. When you lose muscle, you lose your ability to burn fat.
3. Muscle = Metabolism
4. When you go off your diet you can't burn calories like you did before.
5. So, you gain weight back faster – mostly fat.
6. Repeat with the next diet

With each subsequent diet, it becomes harder and harder to lose weight because muscle burns more calories than fat and you've just lost the muscle and regained it as fat. Eventually we get frustrated and many are turning to those surgical procedures and putting their health in jeopardy just to lose a few pounds. That's the yo-yo effect and who among us hasn't experienced this? What if you could **keep** the muscle you have, **burn** the fat you don't need, and **lose** the inches you don't want? Well, now you can and the secret to this little puzzle is a substance called leucine. Leucine is an essential amino acid (that's tech talk for protein). Clinical studies of world-class athletes (Shaklee has fueled 54 gold medalists and 82 world-class athletes to higher achievements) have proven that leucine is the key amino acid that helps athletes maintain their muscle mass throughout their rigorous workout routines. Leucine is also what powers the **CINCH™** Inch Loss Plan.

Dr. McManus noted that in all the clinical trials on the **CINCH™** Plan, not only did the participants maintain 100% of their lean muscle mass¹, lose weight and inches, but also they had a significant reduction of their cholesterol, triglycerides, and blood glucose levels. That's the big 6 of weight management and I doubt you'll find another program anywhere that can make those claims and back them up with the clinical data. You see, the real science behind your firm behind happens in the laboratory, not the boardroom. The only thing that gets slimmed down from all the advertising hype and gimmicks of traditional diets is your bank account.

OK, you now have lots of data on a topic that is all over the news. You know all the basics and have heard over and over to eat a balanced diet, eat a variety of foods in moderation, drink adequate quantities of water, start/maintain an exercise program, add more fiber to your diet, etc., etc., etc. How confusing are all those messages? What does balanced mean? What is a "variety?" How much is "in moderation?" No wonder we can't stick with a program.

Now here comes the challenge I promised earlier. I told you that I've already lost those couple of pounds that May brought my way. Well, I'm going for a minimum of 15 more and I'm challenging you to set a goal and come along with me by issuing the **10,000-pound CINCH™ Challenge**. That is, can we, collectively lose 10,000 pounds by Christmas 2007?

I know that there are around 700+ of you who get this forum each month. I am also willing to bet that you will fall into the statistics that show about 67% of us are overweight or obese

¹ Findings based on lean mass estimates in a 12-week preliminary study.

(Obesity is typically defined as being 30 or more pounds overweight). You can calculate that by using the Body Mass Index scale I published in the July 2006 article, or, you can go to <http://www.halls.md/ideal-weight/body.htm> and there is a handy BMI and ideal weight calculator there. So, go ahead and pick a target weight and let's get started.

If you want in, just drop me an E-mail at healthyone@gmail.com and let me know. Put 10,000-pound challenge in the subject and "count me in" along with your name and how many pounds you are committing to lose with the **CINCH™** plan in the message. (I'm not going to ask you what you currently weigh – although, if you want to provide that info I'll keep it confidential – just what you are committing to lose. Before and after pictures would be nice to have if you're willing.)

Then, go to <http://www.shaklee.net/members/shopNowProd/CinchStarterKits>, pick your favorite flavor and order your starter kit. (Hint: you can save 15% on your first and every subsequent order by joining our team. Call me or drop me a note for more info on this option.) Then, when your **CINCH™** kit arrives, start your program and watch the pounds and inches fall away. Keep me posted on your progress and I'll keep tabs on how we're doing with the total of 10,000 pounds.

Do you have some friends or relatives who are also looking for a healthy way to get fit? Bring them in and let them be part of the challenge. Everything you need and everything you know is in that starter kit. Refills can be ordered individually as you progress toward your goal. As always, feel free to contact me with any questions.

It's always good advice to check with your doctor before starting any exercise program or diet and I encourage you to do just that. If your doctor has any questions on **CINCH™**, tell him or her they can go to <http://physicians.shaklee.com/index.html>, that's a web site that has been created specifically for medical professionals to research anything about Shaklee. You see, we know our products are not only effective, but also safe and we're willing to prove it with the clinical data. So, have your doctor do the research.

I've already shared my goal of 15 ponds with you. If each of the 700+ of us does that same thing, we'll not only reach our goal, but also improve our health. If we can set the example, others will follow and, maybe, just maybe, we can start to reverse the current trends and help create a healthier population. What are you waiting for? Every pound counts. Whether you have 2 or 3 pounds to shed or 30+ pounds, now is the time to get control of your wellness and go for it.

By the end of this year each of us will be able to repeat the title of this article and say, "Don't pay the ransom, I've escaped." Escaped from your "old" body into your new, slimmer, and healthier you!

Yours in Good Health,

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