

# Elevated BMI

## Patient Information Sheet

### Causes & Mechanism of the Condition

According to the National Institutes of Health, 60% of American adults are overweight and 29.6% are obese. The percentage of overweight American children has doubled in the last 30 years. “Obesity” is defined as an excess of body fat while “overweight” refers to excess weight relative to height (a muscular athlete could be “overweight” but have a very low percentage of body fat). A Body Mass Index (BMI) of 25-29.9 indicates that a person is overweight while a BMI of over 30 indicates obesity.



A major contributing factor to obesity is a high calorie diet coupled with a lack of physical activity. Insulin disorders, nervous system disorders, rare genetic diseases, hypothyroidism, low BMR (basal metabolic rate), and medications such as steroids and antidepressants may also be causative factors.

Obesity greatly increases the risk of serious preventable diseases such as diabetes, heart disease, stroke, high blood pressure, gallbladder disease, osteoarthritis, and respiratory disorders. Increased physical activity and a healthy low calorie, low fat, high fiber diet are considered the best treatment options.

### Suggested Dietary & Lifestyle Modifications



- Eat a predominantly vegetarian diet based on vegetables, fresh or frozen whole fruits, whole grains (especially brown rice) and legumes.
- Eat an apple, fresh pear or serving of berries (fresh or frozen) 20 minutes before each meal.
- Include a leafy green salad with lunch whenever possible.
- Dinner should be the smallest meal of the day (eat soup with veggies, brown rice or other whole grain and legumes for dinner whenever possible).
- When a snack is needed, snack on high fiber, low fat snacks such as carrot sticks, celery, apples, whole grains.
- Strictly limit **refined** carbohydrates (sugar, high fructose corn syrup, white flour, white rice). Strictly limit foods high in saturated fat (cheese, butter, fatty meats).
- Eliminate artificial sweeteners. Stevia is OK. Eliminate hydrogenated (trans) fats.
- Limit potatoes (favor brown rice instead).
- Drink plenty of fluids (mostly purified water with fresh lemon juice added or herb tea). Avoid soft drinks (natural sparkling water without added sugar is O.K.)
- Choose rice milk or almond milk with a little added coconut milk over cow’s milk.
- Limit red meat (favor fish, especially salmon, and poultry instead).
- Get at least 7 hours sleep per night.
- Intermittent Fasting (eating for 6-8 hours during the day and fasting for 16-18 hours per day) can keep your weight down and your cravings in check. Keep a food journal.
- Join a support group.
- Walk for 30 minutes at least 3 times per week. Add the following to your walks to increase the health benefits: Speed bursts (alternate moderately paced walking with short, faster-paced intervals). Plyometrics (bounding, jumping, and skipping moves). Choose a walking area with slopes and hills.



## Supplements That May Be Beneficial

- Ultra Preventive Capsules or Ultra Vites (high potency multi vitamin & mineral supplement)
- Metabo-Trim (African Mango, Cissus, Coleus Forskohlii Extracts)
- Metabo-Lift (Blackberry, Nettle Mother Tinctures with Essential Oils of Bergamot, Cinnamon, Ginger, Grapefruit, Lemon, Peppermint)
- Tranquility (5-HTP\*, passionflower, inositol)
- Hepacleanse (milk thistle, plantain & yarrow supplement)
- Super Alpha Calm (Passionflower, Hawthorne, Melissa, CA Poppy MTs w/Lavender, Petitgrain, Bergamot EOs)
- Fiber supplement (guar gum or psyllium) with a full glass of water before meals
- Custom tincture & essential oil blends as recommended by a trained Endobiogenic Consultant



\*5-HTP should not be used in combination with SSRI antidepressant medications, Carbidopa, Sumatriptan, Tramadol or Zolpidem.

## Complementary Treatments That May Be Beneficial



- *Appetite Balance or Energize* Essential Oil Combination (one or more of the following methods)
  - place a few drops on a handkerchief and inhale
  - use in a diffuser
  - dilute a few drops in a natural lotion and massage on feet and legs each morning
  - dab a tiny amount on finger and rub on pulse points or under tongue

- Massage Therapy, Chiropractic Care
- Reflexology, Acupuncture or Acupressure
- Weight Loss Support Group
- Mind/body medicine
- Counseling

*Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner. Patients with cardiovascular disease or other chronic diseases should undergo a medical evaluation before initiating any exercise program more vigorous than walking.*

### References:

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