

Holistic Weight Loss at GOHS

by Dr. Michael Gorman

There is probably nothing more common than people who are looking for alternatives and options for weight loss. We live in the age of information overload. With so much out there, how do you know what or to whom to listen to? We would like to be that resource for you and your family's health and weight loss concerns.

We are often referred to as the premiere place in Bucks County for holistic weight loss because we look at all of the causes of weight gain and see each person as a whole: physically, chemically, and emotionally. With this approach, we can evaluate and treat the root causes of weight gain to help you with your goals, and improve your overall health during the process; something most weight loss programs lack. Our stand-alone programs are successful, but what makes us unique is that we evaluate each patient and recommend what will work best for each unique situation, typically a combination of programs and treatments.

When most people think of weight loss, they think of restricting calories and increasing exercise. The problem with this approach is that, we think, to reverse it, all we have to do is eat less and exercise. Although this statement is ultimately true, we are missing a ton of medical and physiological factors. Once you gain weight, all of your organs, glands, hormones, digestive system, toxins, pH (how much acid is in your body), emotions, habits, the brain and nervous system are affected. Unaddressed, these can be reasons why you either aren't losing weight at all or have plateaued. Very often, even if you lose weight, it is difficult to keep it off. This is because the root causes of the weight gain were not addressed. In a sense, the effects of the weight gain, not the root causes were being treated. In this article, I have included some of the things we have found to work the best for permanent weight loss, as well as the most common reasons people have difficulty losing weight.

A big factor in overall health and weight gain is blood sugar. The rate of diabetes is rising at an alarming rate in the United States. We, as a society, consume massive amounts of sugar and junk food. The effect of blood sugar issues and emotions is one of the most common problems I see in my practice. Most patients with depression, anxiety, phobias, and panic attacks have major blood sugar imbalances. Why is this important? Because this sets people up to not only crave sugar and carbohydrates, but may also lead to a cycle of depression, food cravings, and overeating. When the blood sugar is balanced, emotional issues improve by about 80 percent.

Our number one medical weight loss program is called Ideal Protein. It is a four-phase program that bases the whole diet on balancing blood sugar. Not only do we see dramatic weight loss, but we see major improvements in other measurable areas including blood pressure, cholesterol, A1c, and fasting blood sugar. Some major benefits of this program are that it eliminates sugar and carbohydrate cravings while resting and rebuilding the pancreas, as well as resets the blood sugar in the body. As a patient works through the four phases, it moves them to a very balanced and healthy diet that they can easily sustain.

The second biggest issue I see related to weight loss is pH, or how much acid is in the body. This is something that is rarely addressed or associated with weight loss. Interestingly, if you balance blood

sugar, pH levels will improve because sugar turns into acid in the body. The most common causes of too much acid are emotional stress, sugar, toxins, poor diet/too many carbohydrates, and too much or too strenuous exercise (which causes lactic acid). In our office we address this by recommending the Weight Loss Made Simple Program from SevenPoint2, The Alkaline Company (<http://gorman-health.com/sevenpoint2-greens.html>) and following an alkaline diet. This also works great as a stand-alone program, and like most things we do, we can assess other factors and recommend what the patient needs in order to supplement it, if necessary.

In addition to our two main programs, we also address weight loss with our nutritionist. We offer diet/lifestyle coaching to find the right eating program for you. This may include incorporating your blood type, body type, or lab testing to test your blood and hair for functional imbalances and toxicity. Once we receive the results, we will recommend a program with lifestyle changes and specific nutritional supplements. We put the results into a computer program that evaluates disease and pathology at optimal levels, which then gives us detailed information about the patient. For example, most people do not know that the liver and kidneys can be functioning at only 20% and not cause symptoms or show up on a standard blood test. Therefore, many of us believe that fatigue, chronic pain, and weight gain are a “normal” progression to aging. The truth is they are not normal, and as we evaluate and treat these imbalances, we are often able to get to the root cause of weight gain, and help with so many of these common symptoms. This is just one of the forms of testing we do in our office that indicate what parts of your body are not functioning optimally. A great example of this dysfunction vs disease model (insert picture here or somewhere else on page) is the thyroid gland. It rarely shows up in the blood, but very often is dysfunctioning and contributing to weight issues. This can be from an iodine deficiency, excess estrogen, and heavy metals like fluoride, bromine, and chlorine blocking the thyroid receptors. The hair testing will tell us if heavy metals are blocking your thyroid and other hormones, or affecting your digestive system causing weight gain. If you do have toxins, we may recommend foot detoxification baths to help pull the toxins out of your body and test for specific nutritional, herbal, and homeopathic pharmaceutical grade supplements to help gently detoxify, repair and rebuild your digestive and other systems.

Most medications, prescription and over the counter drugs, have side effects that affect digestion and weight fluctuation. Always be aware of the side effects as well as vitamin and mineral deficiencies that are caused by different medications. We can put them into our computer program which will provide you with that information in a report.

Another great example of dysfunction is food allergies and sensitivities. Such allergies can affect digestion, which affects weight. Traditional medical testing for allergies, including food, rarely shows. What we can do differently is order blood tests that will show foods you are allergic to, as well as test for food sensitivities through what is called muscle response testing or Applied Kinesiology. As with all tests they have their advantages and disadvantages, but we often discover foods that a patient is eating regularly to be found to be sensitive. We are certified in a technique called ASERT (Allergy and Sensitivity Elimination and Reprogramming Technique) where we can easily test and desensitize you to the foods you are sensitive to.

Most people are unaware of one of the common issues that affect our body and interferes with our brain and nervous system. Your brain controls your body through the nerves that go up and down your spine. It is literally the information highway in your body. This is the hallmark of Chiropractic. Most

people think of Chiropractic for back pain like they think of seeing a dentist for tooth pain or a podiatrist for foot pain. However, Chiropractic is more important than most realize. We evaluate everything that interferes with your brain sending messages to all your organs, glands, muscles, etc. When there is interference, it affects your structure which determines your function or dysfunction. We can locate interferences very easily and those most common to weight loss are located at the lower neck. Since most of us sit for many hours, we put a lot of stress on the upper back and lower neck. The nerves in our spine also send messages to our stomach (mid back), small intestines and large intestines (low back). If they are only getting 50-70% of the messages, there is a negative impact on digestion, assimilation, and elimination of food. There is another very important nerve in our head and upper neck called the Vagus nerve. When interfered with, which is very common, it affects the whole digestive system, along with blood pressure and breathing, its primary function

The last factor I will mention is stress. Now, I could write a book about stress, but for this article I just want you to realize this can and will affect weight gain. We all tend to mention stress like it is something that happens to us or that we "caught." To a degree stress is good and helps us to be our best, but only short term. However most of us deal with stress on a continuing basis. When we have chronic stress, our bodies push 50% of our blood and energy from our digestive system to our extremities; which make it impossible to digest our food. Many digestive problems improve dramatically by going back to the basics such as simply chewing our food and sitting down and relaxing when eating, instead of eating on the run. There are very specific mental and emotional blocks related to past experiences regarding weight. Some patients have had negative experiences with food, but challenging weight issues go much deeper and have nothing to do with food. How do we handle stress? One of the best techniques for discovering what may be the cause and correcting it is called Neuro-Emotional Technique (NET). It helps identify the mind-body connection and is the best way to quickly identify the root cause of emotional eating or the feelings of self-sabotaging behavior related to diet and eating.

We believe in looking at our patients in a holistic manner. There is rarely only one major disease or pathology, but often several different things dysfunctioning that affect weight. If all factors are not addressed, patients become frustrated, never get truly well or reach their goals. It is certainly not in their head, and often has little to do with willpower.

In summary, I have spent the past 20 years of my life looking for all the best techniques to help address weight loss and optimal health within the body. We use each technique to evaluate which eating plan and strategy may be best for you, what might be stopping you from losing weight, and what else you might need to help you reach your ultimate goals. We offer a free consultation with our nutritionist to see which approach may be best for your specific weight issues. We also conduct regular workshops in our office on the Ideal Protein program and SevenPoint2. For more information please visit our website or call our office to reserve your spot!