



Ahead of the Curve

I often read about new trends in health and wellness. This column shares some of this topical information to help you stay...Ahead of the Curve.

Metabolic Syndrome...

About 24 percent of the U.S. population has the *Metabolic Syndrome*—almost one in four people. Obesity is associated with all of the conventional risk factors of cardiovascular disease included in the definition of the *Metabolic Syndrome*, as well as metabolic markers of inflammation, and the risk of developing diabetes. Excess weight is a very big deal...pun intended!

Metabolic Syndrome was recently defined by the National Cholesterol Education Program Adult Treatment Panel III, and requires the presence of three or more of the factors listed in the box below.

Why should we be concerned about the *Metabolic Syndrome*? All of the variables used to define the *Metabolic Syndrome* can be modified through such simple things as diet and exercise. Weight loss, by virtually any means, decreases the risk for both cardiovascular disease and type II diabetes.

M.-P. St. Onge, S.B. Hemsfield: Reducing CVD Risk Through Appropriate Weight Management. *Medscape*, 5/25/2004
<http://www.medscape.com/viewprogram/3118>.

Criteria for Metabolic Syndrome

requires three or more of the following factors:

- HDL Cholesterol <40 mg/dl in men, < 50 mg/dl in women
- Triglycerides \geq 150 mg/dl
- Fasting bloods glucose \geq 110 mg/dl
- Resting systolic blood pressure \geq 130 mmHG or diastolic blood pressure \geq 85 mmHG
- Waist circumference > 102 cm (about 40.1 inches) in men or >88 cm (about 34.6 inches) in women

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Newsletter

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In The News...Low Carb Diets

When it comes to nutrition, everywhere you turn it seems low-carb dieting is the hot trend in weight management. In fact, these diets are so popular that they are changing the way food is packaged, marketed and sold, and the diets themselves have taken on a certain "cool" factor. But don't be deceived, there are some legitimate concerns about the health and appropriateness of low-carb nutrition, and I encourage you to read more about this subject on page 2 of this newsletter.

Overall, the attention given to weight control and diet is a good thing...if only it weren't so confusing! These are some common-sense themes emerging, through this nutritional evolution:

- Exercise more.
- Eat regular meals.
- Don't forget the palm-sized serving of protein.
- Don't forget fruits and vegetables.
- Be wary of foods with concentrated sugars and starches. This includes just about everything white, with the exception of cauliflower.

So how do you get a handle on healthy eating? Give me a call. Or maybe you know someone else who is having difficulty with healthy eating. Ask them to give me a call.

PROACTIVE WEIGHT CONTROL CLASS

I am changing the name of my 3-hour *Insulin Control Nutrition* workshop to *Proactive Weight Control: Insulin Control/ZONE Nutrition*. It is still based on the principles of insulin-control nutrition, as popularized in *The ZONE™* developed by Barry Sears, Ph.D. *Proactive Weight Control* provides the educational foundation and skills for lifelong nutritional health. See page 3 for the upcoming class schedule.



The "SKINNY" About Low-Carb Weight Loss Diets

What is a "low-carb" diet? In its simplest form, any diet is "low-carb" that advocates a lower consumption of carbohydrates than the current USDA Food Pyramid, established in 1992. Beyond that, "low-carb" often means different things to different people.

Many people unfortunately equate "low-carb" to the Atkins diet, specifically the *induction* phase of the Atkins diet. This diet can initially reduce the carbohydrate intake to 20 grams or less per day. Of note, a properly implemented Atkins-based program also includes a *transition* as well as a *maintenance* phase, where carbohydrates are re-introduced to a moderate level. These latter two phases tend to be overlooked and left undone. In short, few people get beyond the Atkins *induction* phase.

What is the basic purpose of a low-carb diet? The intention of a "low-carb" diet is to minimize the excessive consumption of the dietary carbohydrates, sugars and starch. This in turn regulates the excessive release of the hormone insulin into the blood. Excessive insulin causes carbohydrates to be converted and **stored** as fat. When insulin is over activated by excessive sugars and starch, we over **store**, and, most commonly, gain weight.

There are nuances to the various "low-carb" diets, ketosis and such. However, the primary purpose of effective low-carb diets is to regulate insulin, the **storage** hormone. Generally speaking as carbohydrate consumption decreases, a person's insulin activation decreases. Subsequently the storage of carbohydrate as fat decreases, and a person begins to utilize body fat as an energy source, thus reducing weight.

Many low-carb diets, such as the Atkins program, include an initial diet with extensive carbohydrate restriction. The pitfall is usually in the transition to the maintenance diet as a life-long behavioral change. For a low-carb diet to be successful, the transition phase requires particular care and attention, which I've found to be the most common point of failure.

An excellent comparative review of these diets has been written and published by Jonny Bowden: *Living the Low Carb Life*, and is available in most bookstores. I have listed the best of the "low-carb" books in the side bar. If you have questions, please contact me by phone or email.

Recommended Low-Carb Books:

- *Living the Low Carb Life* by Jonny Bowden
- *Atkins for Life* by Robert Atkins
- *The Protein Power Lifeplan* by Michael & Mary Dan Eades
- *The South Beach Diet* by Arthur Agatston
- *A Week In The Zone* by Barry Sears



"Larry's education, knowledge and experience in the field of nutrition, stress reduction and attunement healing have been beneficial for me personally and for clients regularly referred to him. Larry approaches his teaching and individual client sessions with professionalism, respect for the whole person, commitment and compassion." —Peig Myota, B.S.N., M.S.W., B.C.D., Milwaukee, WI

Class Schedule into October, 2004

PROACTIVE WEIGHT CONTROL: INSULIN CONTROL/ZONE NUTRITION.

Learn about the principles and science behind this common-sense approach to diet and nutrition, along with tools needed for implementation. Extensive handout material included. Advanced registration (262 532-0293) is \$30, or \$35 at the door.

June 28, Monday 6-9 p.m.
 July 1, Thursday 6-9 p.m.
 July 15, Thursday 6-9 p.m.
 July 21, Wednesday 6-9 p.m.
 August 5, Thursday 6-9 p.m.
 August 16, Monday 6-9 p.m.
 August 23, Monday 6-9 p.m.
 Sept. 2, Thursday 6-9 p.m.
 Sept. 13, Monday 6-9 p.m.
 Oct.7, Thursday 6-9 p.m.

Chamber of Commerce, N88W16621 Appleton Ave., Menomonee Falls
The Women's Center, W62N225 Washington Ave., Cedarburg
Aurora WiseLives Clinic, 8320 W. Bluemound Rd., Wauwatosa
Chamber of Commerce, N88W16621 Appleton Ave., Menomonee Falls
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PROACTIVE PERSONAL HEALTH MANAGEMENT. This 40-hour teacher-continuing-education course will cover skills and strategies needed to proactively manage personal health, including The ZONE™ nutrition program. Contact McPherson College—Milwaukee Center at (262) 549-2180 or www.milwaukee.mcpherson.edu for details. ED 543.1X, D.P.I. certified.

August 9-13, 7:30 a.m.—4:30 p.m. Section 3: Waukesha County Technical College

ANTI-STRESS GROUP. This workshop will cover how the stress response works, skill-building techniques for proactively monitoring and managing personal stressors, and how practicing these skills integrate into daily living. This on-going monthly workshop will be group-driven, so plan to participate. All sessions at *Center for Women's Well-Being, St. Joseph's Outpatient Center*, 201 N. Mayfair Rd., Wauwatosa, WI. Advanced registration is \$20 per session. Call (877) 226-8362 to register.

Sept. 9, Thursday, 6-7:30 p.m. Oct. 5, Tuesday, 6-7:30 p.m. Nov. 11, Thursday, 6-7:30 p.m.
 Dec. 9, Thursday, 6-7:30 p.m. Jan. 13, Thursday, 6-7:30 p.m.

FOCUSING OUR HEALING POWER: An Introduction to Attunement. Introduces the principles and practice of *Attunement*, a form of vibrational healing that has been practiced since the early 1930's. Advanced registration is \$30. Call (877) 226-8362 to register.

Sept. 22, Wednesday 6-9 p.m. *St. Francis Hospital Reiman Center for Health and Wellness*, 3237 South 16th St., Milwaukee, WI. Call (877) 226-8362 to register.

MASTERING STRESS. Learn about the physiology of stress and get an introduction to *Attunement Self-Care* as a practical tool for monitoring the unconscious habits of stressful reactive behavior. Manual included. Advanced registration is \$30, or \$35 at the door.

Oct. 20, Wednesday 6-9 p.m. *St. Francis Hospital Reiman Center for Health and Wellness*, 3237 South 16th St., Milwaukee, WI. Call (877) 226-8362 to register.

Call TODAY to Register!
262-532-0293

