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A Note From the Founder

I love being a part of people's lives as they make that sometimes difficult transition with their health. Whether your goal is to make small changes and adjustments to your lifestyle or a total lifestyle shift, we want to help! Remember that with any program you begin, the commitment for change can only come from within you!! I challenge you to make small changes every week, stay focused, stay positive and decide right now that you are worth the effort.

In good health,

Lisa Moser

Featured Article

Center Weight

by Dr. Ray Strand

Central weight gain is a hallmark sign of insulin resistance. Even though not everyone who develops insulin resistance will also have central weight gain, approximately 85 to 90% will gain a significant amount of weight around their middle. This is why physicians are beginning to take out their tape measure during an annual physical exam, instead of just weighing their patients. Central weight gain is associated with elevated blood pressure, elevated triglyceride levels, low HDL or good cholesterol, high total and LDL or bad cholesterol, along with an increase risk of developing clots (increased fibrinogen levels).

Another hallmark sign of central weight gain is a tremendous increase in the amount of inflammation you have in your arteries. Central fat releases a tremendous amount of inflammatory products. Your highly sensitive C - reactive protein (hsCRP), which measures inflammation in your arteries and is a very good indicator of having a higher risk of a heart attack, can rise significantly. You can see why I am so concerned when a patient who comes into my office for their annual physical and is showing signs of an expanding waist size. All you have to do is take out a tape measure and measure 1 inch below your belly button and over the top of your hips. This is the best measurement for central abdominal fat. Women should become concerned when this gets above 32 to 33 inches and men should become concerned when it gets above 36 to 37 inches.

I measure the waist an inch below the belly button and across the top of the hips. The reason I become concerned is because this is an early sign that my patients are beginning to develop insulin resistance. This central weight gain is associated with all the other problems regarding the metabolic syndrome. When a woman's waist size is over 34 ½ inches or a man's waist size is over 40 inches, the metabolic syndrome may already exist.

Once patients have developed the metabolic syndrome, their arteries begin aging a third faster than they should. This is why physicians are now beginning to refer to this unusual weight gain around their middle as "Killer Fat." This weight gain is associated with all these risk factors for developing cardiovascular disease. Another important recent finding is that this central obesity, by itself, creates a tremendous amount of increased inflammation in our arteries.

