

BOBO GAZETTE

OCTOBER 2023



FROM THE EDITOR: As a professional editor-in-chief I am embarrassed to admit that I like dressing up this time of year. This is the only time I can run around the yard with my clip-on wings pretending I'm flying, and no one thinks I'm strange (at least I don't think anyone thinks I'm strange). This month's issue of the Gazette we are presenting educational material on Visceral Fat. Hope everyone gets lots of good candy to give away (or eat) before we worry about today's subject. Glad the boss doesn't read my column.

LOVE TO ALL, BOBO

The Skinny on Visceral Fat

Fat stored deep in the belly is the most harmful kind. Find out how to cut it down to size.

People can carry their extra weight in different places on the body:

- All over
- On the hips and thighs
- Around the waist.

Years ago, we did not know that where we carry extra weight matters. Now we know it does. Scientists have found that one place – within the belly – is most harmful. It is worse for your health than fat anywhere else in the body. In fact, a large waist size makes you more likely to get heart disease. It is just as harmful for your heart as high blood pressure and smoking.

Fat around the belly makes you more likely to have a heart attack. It also makes you more likely to have a stroke. These are the leading causes of death in diabetes. This type of fat makes it hard for your body to use its own insulin (“insulin resistance”). And, it may even lead to certain cancers.

Read on to learn more about belly fat. There are steps you can take to avoid gaining weight around your middle.

Understand Your Risk

Our bodies have fat just under the skin. But there is another layer of fat that is deeper (called “visceral” fat). This is deep within a cavity in the belly. It surrounds some of the vital organs of the body. They are: the stomach, the liver, and the intestines. In fact, this fat is very close to the liver. It is so close that the liver can turn it into cholesterol. From there, this fat goes through the

bloodstream. It may collect along the walls of the arteries. This leads the arteries to get hard and narrow (called “atherosclerosis”).

Diabetes Education

You may be more likely to get health problems from this kind of belly fat if:

- Your waist is more than 40 inches if you are a woman



- Your waist is more than 35 inches if you are a man. And it is not just people with diabetes who are at risk. Deep belly fat is a problem in healthy adults. It makes it harder for the body to use insulin well (causes “insulin resistance”). This often leads to type 2 diabetes. Here is what we found in one study at Johns Hopkins. Take a man with a big waist size (over 40 inches). Compare him to a man with a small waist size (29 – 34 inches). The man with the big waist is 12 times more likely to have diabetes.

Know Source Of Deep Belly Fat

Our genes certainly play a part in our body shape. But we can still do a lot to stop a bulging waist and the health risks that come with it. Diet and exercise are two things we can control. And these determine how much fat builds up in our bodies.

Watch how much you eat of foods that are high in fat and calories. These foods can lead to obesity. For many, this extra weight goes to the stomach area. You should keep overall fatness—and deep belly fat—at bay. The American Diabetes Association (ADA) suggests you:

- Keep total fat to 20 to 30 percent of your total calories.
- Keep saturated fat to less than 7 percent.
- Limit harmful trans fats.

Here is an example. What if your diet has you eat a certain number of calories a day (such as 2,000)? Then, you would eat no more than:

- 700 calories (about 77 grams) of fat
- 140 calories (about 15 grams) of saturated fat

There are many common sources of the “bad” (saturated) fats. They are:

- Foods from animals (dairy and meats)
- Some plants (coconut and palm oils)
- Packaged snacks and desserts.

To lower your intake of these fats, stick with low-fat milk and yogurt; lean cuts of meat and poultry, without the skin; heart-healthy margarines; and “good” fats like olive, canola and safflower oils. You can find out how much fat is in most packaged and fast foods. Be sure to check the nutrition facts panel. It lists how much total fat are in the food.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Exercise To Keep Fat At Bay

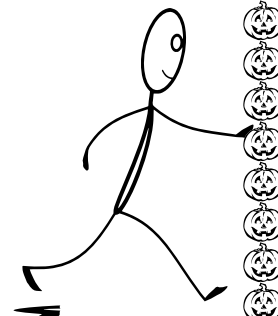
Diet is only part of the equation. Researchers have found that exercise plays a key role. It works to prevent and to reduce the build-up of belly fat. Here is what some studies have found.

- Diet alone is not enough to reduce deep belly fat. A study looked at the effect of diet and exercise. The study had 33 older women take part in it. They were all obese and had type 2 diabetes. It looked at 3 ways to lose weight: a low-calorie diet; a low-calorie diet plus walking for 50 minutes 3 times a week, used as exercise; or just walking. This lasted for 14 weeks. The low-calorie diet did not work on belly fat. But diet plus exercise (walking) did. And just the exercise (walking) worked too. Those two groups lost about the same amount of belly fat.



- Exercise is key to prevent and lose belly fat. Here is what the first major study found (published in 2005 in the Journal of Applied Physiology). There were 175 people who took part in this first study. These were people who did not do exercise. They were all overweight. They were put into 1 of 4 groups: a no-exercise group; or 1 of 3 exercise groups. After just 6 months, there were differences in belly fat. Those in the no-exercise group gained more belly fat. But not the people in the exercise groups. They were able to prevent or lose belly fat.

- Doing just a moderate type of exercise works best. The scientists in this last study found something else. Doing just a moderate type of exercise worked well. This was a brisk 30-minute walk, 6 days a week. It was enough to prevent more build-up of belly fat. And, doing more-not harder-exercise worked best to lose belly fat.



These results all suggest a clear message. Exercise is a key part of losing belly fat.

Diabetes Education

Include both aerobic and resistance exercise.

Exercise is the key to fighting deep belly fat. But what is the best exercise plan? According to the experts, your best bet is to combine two types. They are:

- Aerobic exercise
- Strength training (also called “resistance training”) such as weightlifting.

A 6-month study was done at Johns Hopkins. The people who took part in it were 104 men and women. They walked on a treadmill or cycled, plus they did strength training. They lost an average of less than 5 pounds of weight on the scale. But, they lost about 18 percent of their belly fat. This is measured using MRI (“magnetic resonance imaging”). Those in the no-exercise group lost no belly fat. And, many who lost belly fat had more health benefits. They reversed a set of risks (“metabolic syndrome”):

- Blood pressure
- Obesity
- Insulin resistance

This lessens their risk of heart disease, stroke, and type 2 diabetes.

The ADA has a plan for you if you have diabetes. It is based on what we now know about both types of exercise. They recommend:

- Moderate-intensity aerobic exercise, for at least 30 minutes, 5 days a week
- Strength training 3 times a week that targets all major muscle groups.

Check with your doctor before you start a new exercise plan. See your doctor first if you have not exercised before.

The message on deep belly fat is clear. Fat that builds up around the middle puts you at risk. It makes you more likely to get heart disease and other health problems. The good news is that we now have proven ways to avoid these risks. If you do the right kinds of exercise, on a regular basis, it helps. You can lose the bulge around your waist and the more harmful, deep belly fat. (**Authored by Johns Hopkins University and Johns Hopkins Health System **)



HALLOWEEN SAFETY TIPS

To help you and your loved ones enjoy a safe and happy Halloween, here are some tips from the U.S. Food and Drug Administration, the Consumer Product Safety Commission, and the Centers for Disease Control and Prevention.

Wear costumes that say “flame resistant” on the label. If you make your costume, use flame-resistant fabrics such as polyester or nylon.

Wear bright, reflective costumes or add strips of reflective tape so you’ll be more

visible; make sure the costumes aren’t so long that you’re in danger of tripping.

Wear makeup and hats rather than costume masks that can obscure your vision.

Test the makeup you plan to use at least 24-48 hours in advance. Put a small amount on the arm of the person who will be wearing it. If a rash, redness, swelling, or other signs of irritation develop where the makeup was applied, that’s a sign of a possible allergy.

Vibrantly colored makeup is popular at Halloween. Check the FDA’s list of color additives to see if the colors are FDA approved. If they aren’t approved for their intended use, don’t use them. This is especially important for colored makeup around the eyes.

Don’t wear decorative (colored) contact lenses that appear to change how your eyes look due to the risk of eye injury, unless you have seen an eye care professional for a proper fitting and been given instructions for how to use the lenses.

Safe Treats

Eating sweet treats is also a big part of Halloween fun. If you’re concerned about food safety, there are some things to know before you or your children go trick-or-treating.



Don't eat candy until it has been inspected at home.. In case of a food allergy, check the label to ensure the allergen isn't present. Tell children not to accept – or eat – anything that isn't commercially wrapped.

Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies, or small toys from the Halloween bags.

Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

PARTY PEOPLE

For partygoers and party throwers, the FDA recommends the following tips for two seasonal favorites:

Unpasteurized juices and juices that have not been further processed are at higher risk of foodborne illness. Look for the warning label to identify juice that hasn't been pasteurized or otherwise processed, especially packaged juice products made on site. If unsure, always ask if juice has been pasteurized or not. Normally, juice in boxes, bottles or cans from your grocer's frozen food case, refrigerated section, or shelf has been pasteurized or otherwise processed to reduce harmful microorganisms.

Before bobbing for apples – a favorite Halloween game – reduce the risk of bacteria by thoroughly rinsing the apples under cool running water. As an added precaution, use a produce brush to remove surface dirt.

MBIT WEIGHT LOSS PROGRAM

Each plan will include ALL of the following:

- **Initial consultation with our Nurse Practitioner and monthly follow-up visits for a total of 6 months.**
- **Weekly injections, weigh-ins, and vital signs for 6 months.**
- **Initial Nutrition Coach 30-minute consultation, and bi-weekly virtual 15-minute check-ins for 3-months.**
- **Monthly Semaglutide prescription for a duration of 6 months.**
- **Initial consultation with our Personal Trainer.**
- **Educational materials.**
- **Personal trainer plan**
- **View complete details on our website**

Mindandbodyinfusiontherapies.com