

Deal with Obesity Prescription; Body, Mind and Right Food

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Obesity is a disease that affects all world and comes with a lot of problems: high cholesterol, triglycerides, depression, anxious, diabetes, acne, heart problems and in most of time you have des-nutrition.

So obesity it's not just a body problem, it's the incapacity to control the emotions and as result appear the compulsion the craving for sweet and food, behind these situation people are also "eating" their feelings like fear, anxious and unfullfield wishes. And the drugs doesn't treat by themselves or make any kind of miracle.

The Obesity disease is easy to treat, the difficult is treat the patient's mind. The treatment has to be in all ways, like psychology, exercise, nutrition re education if it is necessary prescribe some minerals. Ask for test of disbiose, search for anemia, test insulin pos-prandial, insulin resistance and low metabolism, test the cholesterol, and vitamin 25OH (D) that we know when it's low helps to get fat in abdômen, test lactose intolerance, gluten intolerance, ask

for a USG of liver to research if there is esteatosis, test vitamin C, test the thyroid hormones serotonin levels and all the metabolism.

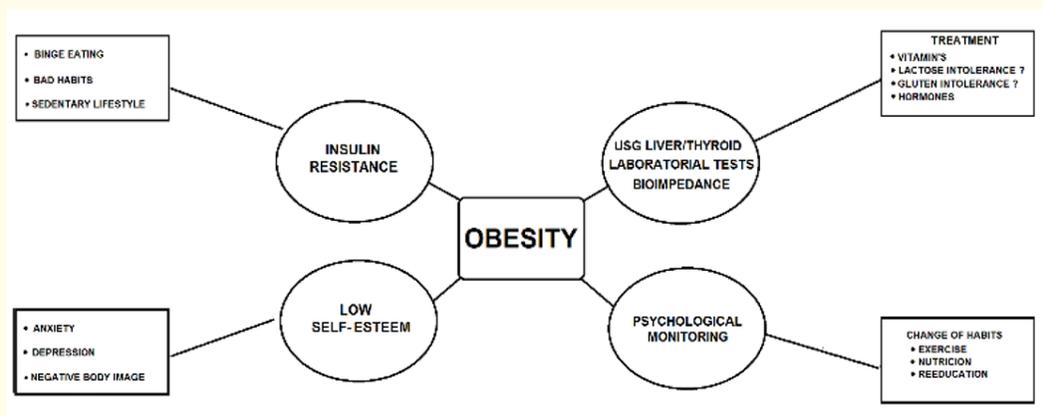
First of all it's important to do the body composition, how much fat percentual ? With the result of the IN BODY it is possible to advice a better type of sport activity to them and analyse if the patient is retaining water, how much they need to gain of muscle and how much they need to lose of fat.

After doing the consultation ask for a food registration for five days, including weekend, try to find out what he likes, you can do a nutritional education. There is no secret to choose good and healthy food, the problem is the power of bad habits [1-10].

Think in your patient as a Whole universe to be treated

Recent Publication and books

- Sacks FM Bray GA Carey VS et al Comparison 2009
- Willians text book of endocrinology
- Prescription of a Nutrition Healing Bernard Jensen



Figure

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