

Life in LAMORINDA

Losing Weight After Forty

By Dr. Theresa Tsingis, D.C., M.S.

What you'll learn from this article:

- What to do
- Expected results
- How easy it is
- A success story



Photo courtesy of www.istockphoto.com

Full is an ideal time of year to trim a waistline before the holiday season sets in. Enlarging waists and the diseases associated with it are increasing in epidemic proportions. Since losing weight after age forty is a challenge for many, here are some basic guidelines that if followed, will help with weight loss.

Get enough rest and drink enough water. Water is required by the body in order to chemically burn fat. How much water is enough? A simple guide is urine color from pale yellow to clear, indicating that hydration is adequate. How much sleep helps with weight loss? Seven to eight hours allows for the nocturnal rest and repair of tissues and metabolic enzyme production needed for weight loss. Studies show that insomnia and lack of adequate sleep increases obesity.

Eating breakfast revs up metabolic engines. Skipping meals causes the liver to access muscle tissue for blood sugar, resulting in a loss of lean mass. Eating every 4 hours keeps blood sugar levels normal, and amounts to five small meals daily. Protein intake is important to "feed" muscles.

Eat like a hunter-gatherer, most of the time. Our genetics are geared towards breaking down the foods in our environment that we had as a species from the beginning of time. Factory made foods contain ingredients that

our enzymes have not genetically had a chance to figure out. Food additives, dyes, and colors are relatively new substances for the liver to detoxify so that we are not poisoned by these chemicals. If you want to feel and look better, decrease the processed foods in your life. Hunter-gatherers ate nuts, seeds, vegetables, fruits, berries, fish, meat, anything that came out of the ground or sea. Agriculture began about 10,000 years ago, which is a lot more time than processed foods have been around, so dairy products may be all right for most people to consume. There are tests which can determine if dairy products are compatible with an individual's digestive tract.

Surprise your muscles. If workouts are a part of your life already, the added element of changing the workout periodically usually increases muscle mass and burns fat. One hour of activity daily is recommended by national health associations in Nordic countries, typically very health-oriented organizations. Think about it – as hunter-gatherers previously spending 12 hours daily foraging and hunting, the current time expenditure in our culture takes the form of eating, sitting, watching tv, working at a desk, etc. Humans were probably engineered for much more activity than they have exerted in the last 200 years, and the "diseases of seden-

taryness" have increased proportionately.

Keep track of your body composition. "Nancy", a forty five year old client of ours, came in for a nutrition workup for high cholesterol and arthritis. She looked a trim size 6 and did not list weight loss as one of her goals. To her surprise, the body composition reading showed that she had too much body fat. It's what's inside that counts when it comes to weight. Too much fat causes an overactivity of fat-based inflammatory cells, which irritate joints, and predispose to heart disease, cancer and diabetes. It could also contribute to her high blood fat (cholesterol) levels. It's possible to be an "overly fat" normal weight person, and that impacts health in fundamental ways.

Work with a knowledgeable nutritionist. Our clients begin a weight loss program with a body composition analysis used in research labs, for an age-matched starting point and goal. It's the smart way to run a weight loss program. At Lamorinda Nutrition, we work with medical doctors and other health professionals to provide a program that is easily implemented, consistent in results, changes eating habits for a lifetime, and fosters longterm preventive and positive health changes. The rate of fat loss to expect is between 1-2 pounds per week, depending on effort. When more complex guidelines than those we've described are required, we can unearth underlying metabolic dynamics that need to be addressed.



Theresa Tsingis, D.C., M.S., owns Lamorinda Nutrition, 89 Davis Road, Orinda. She has over 20 years of experience helping individuals improve their fitness and health. Dr. Tsingis can be reached at drtsingis@comcast.net or (925) 360-2729.

Tieren Zhou Sees Big with TechExcel in Lafayette

... continued from page 13



Tieren Zhou in his Lafayette office

Photo Sophie Braccini

Another important step for Zhou was to start operations in his original country of China. Zhou returned to Beijing in 2005. Seventy people are now employed by the Chinese branch, doing QA and sales. Despite his CEO responsibilities Zhou continues to be the chief software architect. He loves the

brainstorming and creative process and says that for him, "good software has a soul."

Within a few years TechExcel has become a leading provider of ALM, Defect tracking, IT Service Management and help desk solutions. The company now employs 100 people in the United States with offices in

England and China. TechExcel reports \$20 million in revenue, counts 1200 customers worldwide and about 1 million users.

In spite of a very demanding job and a family with two young children, Zhou has time for another demanding activity: classical singing. In that field too, you won't find him hiding in the back of a choral group. He works with a private tutor and will be presenting a solo performance on stage at the Orinda Community Church on October 21st. And what's in his dream for the future? "I never gave up the idea of becoming a professor," says Zhou, "I will go back to the academic world." In this area, too, Zhou sees big: His dream is to create his own university, dedicated to software development.

Shop locally whenever you can. Only your support of our local businesses will keep them open!

Jumpstart Your Weight Loss

Lose 15 to 60 pounds in 12 weeks!

Physician-Supervised Weight Loss • Dietary Guidance
Safe and Effective Medication • Long Term Weight Management

jumpstart
MEDICINE

Walnut Creek: 710 S. Broadway, Suite 110 • 925-277-1123
San Ramon: 2301 Camino Ramon, Suite 290 • www.jumpstartmedicine.com

Seasons Interior Design

Is this the Season for change? We combine creative ideas with budget-friendly solutions to restyle the rooms you live and work in.

Selling a home? At Seasons Interior Design our goal is to make your home "show" ready, for the greatest first impression to homebuyers.

Building/Remodeling? To create your dream kitchen call: Shannon Boehme at (925) 385-0293, (425) 444-4221 or Shanboe@comcast.net P.O. Box 1835, Lafayette, CA 94549

LAMORINDA CONTRACTOR

- Kitchen & Bathroom Remodeling
- Decks
- Room Additions
- Hardwood Floors
- Door & Window Replacement
- And More

JAD Construction is a Lamorinda based company. Family owned and operated with over 20 years experience

Home office: (925) 254-4080 • Mobile: (925) 286-8685
Email: Lamorinda contractor @ gmail.com
Licence #598907

Please send story ideas to storydesk@lamorindaweekly.com
Your friendly neighborhood newspaper

Tubz The largest selection of whirlpool bathtubs in a single showroom anywhere in the world!

1,000 Tubs in Stock! Unusual shapes and sizes from 4-7 feet! 100's of closeouts!

50 Corner Tubs - all sizes and shapes	Granite, Copper, and Corian-like
16 Free-Standing Tubs	1 token Cast Iron Tub
4 ½ foot, deep Tub - available nowhere else!	16 Clawfoot Tubs
6 Oriental Soaking Tubs	5 Brands of Handicapped, Walk-in Tubs

"Come put your tootsies in our tubz"

Fremont - 400' 4840 Davenport Pl. Fremont, CA 94538 800-729-8827	Sacramento - 200' 830 National Dr Suite 120 Sacramento, CA 95834 916-575-9100	Oakdale - 100' 441 Greger Rd. Oakdale, CA 95361 209-845-9115
--	---	--

Please see our website for hours of operation

www.tubz.net