

NEWSLETTER

DYNAMIC DIETETICS

nutrition news you can use

WEIGHT VERSUS WELLNESS

Do you make New Year's Resolutions?

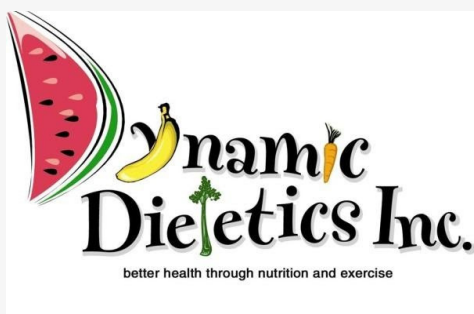
Challenge yourself to avoid the gimmicks of a purely weight-loss focused resolutions.

Approximately 45 million Americans go on a diet each year. Research shows that weight loss diets do not work long term.

Statistically, dieting for weight loss is often associated with weight gain, due to the increased incidence of binge-eating (Field, et al., 2003) and 95% of all dieters will regain their lost weight in 1-5 years. (Grodstein, 1996).

Weight is not the most important indicator of health-there is so much more to the picture than the number on the scale. Developing a sustainable wellness routine is the key to creating a healthier you. Anti-diet does not mean you forego nutrition and wellness. Challenge yourself to focus on creating healthful eating habits and finding physical activity that you enjoy doing and does not feel like a chore. Do things that make you feel well, regardless of what the scale says. There is more to life than merely focusing on shrinking your body.

Let's make 2021 the year to focus on health, not size.



Call us at **423-339-1415** to schedule an appointment with one of our Registered Dietitians. Medical Nutrition Therapy is covered by most insurances. We offer in-person and telehealth appointments.

SUCCESS STORY

Brian Dvorak worked in the health and fitness field and competed in triathlons. He later took a job in education helping special needs children. With a new job, marriage, and daughter, his life became busy, and he watched his weight go up. In January of 2020 he started feeling “off”. He made a doctor’s appointment and found out his weight was 276 pounds. He already had high blood pressure and he was encouraged to lose some weight to get his blood pressure in control. He was referred to a kidney specialist in March as well as Dynamic Dietetics to work with a dietitian. His kidney function was impaired, liver enzymes were elevated and he was told he was in stage 3 or 4 of liver disease, and his A1C was 11. He knew he had his work cut out for him and he started making changes immediately. He worked with Laurie McGuire, R.D, L.D.N. and his supportive wife, Heather, to make changes in his diet. He gave up soda, started counting carbohydrates, and drastically decreased his portions. He started eating yogurt, berries, oatmeal, vegetables, hummus, nuts, seeds, and switched his meats to turkey, chicken, and fish. He learned to drink his coffee black and his tea unsweetened. Keep in mind, this is a southern boy! He continued to make gradual changes including more vegetables on his plate and less starch. He started exercising in July including running and occasionally doing exercise videos with his wife and daughter. He added several supplements and vitamins to his regimen. After all the healthy eating, exercise, and weight loss, his liver is now at a stage 0 to 1 and he is able to maintain his weight at about 215. His A1C is currently under 5.7, blood pressure 118/70 (without medication!) and his liver enzymes have improved. He was able to get his kidney function back to normal with these gradual changes. Laurie worked with him monthly to motivate him and answer questions. She will tell you he did all the work. She is proud of his approach, staying consistent while constantly improving his diet. Laurie and Brian still check in monthly to help him stay on track.

