

In the last issue of ECO HGram we mentioned that hypertension, diabetes, and heart disease very often occur together. You can be thin and have these conditions, but if you are obese, it is much more likely you will have one, or even worse, all three of these conditions. Therefore, obesity must be eliminated!

There is a medical condition called metabolic syndrome (ask your doctor about it) which leads to diabetes mellitus. If you are male and your waist measures more than 40 inches, or female and your waist measures more than 35 inches, you are obese, probably have hypertension and likely have metabolic syndrome and diabetes. See your doctor, now!

### Losing Weight is Simple in Theory:

Eat the right foods, the right amount of daily calories and exercise.

#### **Here are some hints:**

- Unless you are very physically active you need only 1200 to 1500 calories daily. Most Americans eat more than 2500 calories/day.
- Don't eat at restaurants. They serve high calorie and high salt foods. (Well, OK, eat out occasionally but choose the right foods.)
- Be a vegetarian and you will be thin.
- Don't munch foods at work or in front of the TV.
- Don't drink regular soft drinks.
- Don't eat animal fats or refined carbohydrates (white bread, pastries, sweets, refined flour foods).
- Eat 3 meals a day. Breakfast is most important (oatmeal with a few walnuts and berries is a great start every day).
- Exercise: walk 10,000 to 12,000 steps a day. Get a pedometer and wear it. Better yet, walk 3 miles per day (all at once), 5 times per week or 5 miles per day (all at once), 3 times per week; for a total 15 miles per week.



#### **Did you get a blood pressure cuff yet?**

Every family needs one. *Consumer Reports* says ReliOn is the best buy. I mentioned Omron in the previous ECO HGram. Check with your druggist.

Google these websites for many health tips:

AHA American Heart Association  
AIM America in Motion  
America on the Move

Sincerely,  
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