

CHOICE CARE

March 2, 2009

Issue Number: 31

[Http://www.z-doc.com](http://www.z-doc.com)

MARCY ZWELLING:
3771 KATELLA AVENUE
Suite #108
Los Alamitos, California
TELEPHONE
562-596-7584 (W)
562-900-2650 (c) FACSIMILE
562-596-4360

Want to lose Weight?

Stop Eating

The risk of premature death in an obese adolescent is the same as the risk of heavy smoking.

THE NEWEST NEJM STUDY

THE NEW ENGLAND OF MEDICINE PUBLISHED

A study on February 26, 2009, and demonstrated that regardless of the specific diet, weight loss can be expected if calories are reduced.

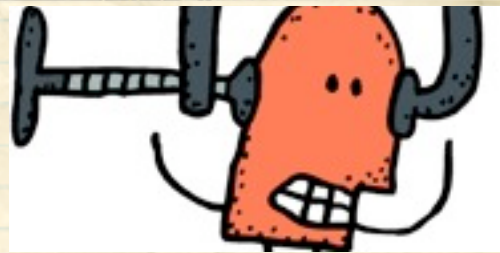
This study looked at high protein vs low protein and high fat vs low fat diets. Most of the weight loss occurred in the first 6 months of the diet regardless of the "type" of diet you preferred.

BUT, after 12 months, all groups gained body weight. Only 23% continued to lose weight. After 2 years, 31-37% had lost about 5% of their initial body weight, 14-15% lost at least 10% of their initial weight and 2-4% lost 20 kg or more .

The low fats diets decreased LDL (a cardiac risk factor). The lowest carbohydrate increased the HDL (the good cholesterol). Fasting insulin levels decreased with all diets excepting the high carbohydrate diet.. Blood pressure decreased in all groups.

The success of the various diets were directly related to how close the diet structure was to the usual and customary diet of the participant.

The bottom line, eat less of what you usually eat and you will lose weight, slowly but surely over time.



THE HEADACHE OF HEALTHCARE REFORM(S)

So, what is President Obama and his mighty health care reform team up to ... and how will that affect us at Choice Care? I have read thru the CBO report (Congressional Budget Office) and it is very confusing. On the one hand, the government wants to "get a handle on the financing of health care and decrease costs" but on the other hand, the government is promoting very expensive "population based" health care protocols that can only increase cost, minimize your choices, and decrease quality. This reform is clearly all about money and not about care. But, since I know that Nancy Pelosi has a concierge doctor, I am betting that they will leave us alone. Concierge type medical practices are the only types of practice that are increasing all over the country. Patients are recognizing that the only way to get care is to find a medical home that is not institutionalized with administrative burdens is to join a Choice Care type of model. It turns out we are the one sound investment you can make these days. I guarantee it will only INCREASE in value.