

# **UNIVERSITY OF HOUSTON HEALTH CENTER**

## **-HEALTHBERRY-**

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### **TO DIET OR NOT TO DIET....**

January is the month when many decide to take off those extra pounds. The decision is made to “start over this year and look better” or to “get rid of Thanksgiving and Christmas pounds”.

Whatever the motivation, you’ve decided to lose weight. How should you go about it? Many fad diets, including diet pills, are on the market today. With the internet at your fingertips, there seem to be endless “miracles” for weight loss.

The truth is **THERE IS NO MIRACLE**. Losing weight and keeping it off requires a strong commitment on your part. Chronic dieting causes many problems:

1. Failure and loss of self-esteem
2. Health problems related to “starving yourself”
3. Weight fluctuations, which can result in redistribution of fat and more difficulty in losing the next time
4. Diet pills have many side effects that could be life threatening.

to name a few.

The way to lose weight is to make lifestyle changes. Your goal is to eat healthy, forgive yourself when you overeat (and don’t give up), and exercise. We would all like to lose weight fast and keep it off, but you should only lose 1-2 pounds per week.

It’s always a good idea to consult with your physician before beginning a weight loss regime. Your physician can ensure that you are in good health to make the dietary and activity changes necessary. He/she can also assist you with information about a healthy diet, a reasonable exercise plan, and provide encouragement as you begin a new life.

The UH Health Center would like to help you with your weight loss program. Come see us.



**Healthfully yours,**

**Dr. Healthberry**

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For questions or comments you can;

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