

Beat Overweight, Reduce Obesity - Sustainable With Diet Based On Cold-Pressed Juices?

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ABSTRACT

Background: An imbalance of energy consumed as calories and expended is cause of weight gaining until obesity. Following the WHO criteria, behind overweight and obesity there is a certain body mass index (BMI). Obesity seems to be preventable, overweight is manageable. Are there limits related to those who are suffering from metabolic-endocrinology driven diseases?.

Method: 4-Person-Case Study-Group with different conditions, daily business and age tested a juice based diet over 3 days with 2 days of preparation and 2 days back to normal food. No coffee, alcoholic drinks and smoking were allowed. DEBEC-Method® for girth measuring and interview about soft facts as motivation, frustration, compliance. MyFitnessPal and Fitbit were used as tracking systems. Blood tests were done before starting the study (laboratory). Determined KALE and ME juice diet (6x320ml juice/daily with 105-188kcal/bottle), every 2 hours a bottle with juice, in addition tea, 1 banana, vegetable stock, (hydration approx. 3.1 l/day), and no endurance sport but walking (approx. 3 km/day). BMI-Control measuring was after 4 weeks.

Results: All participants lost weight during the 3-days-juice based-diet (1.5 (min.) - 3 kg (max.)) and felt well after those days with a daily volume of less than 1000 kcal. BMI could be decreased significantly in correlation to measured waist girth. All other measured parameters which could show activity on body fat remained on the basic values.

Conclusion: The 3-days-juice based-diet was successful as a starter to be motivated by fast weight reduction and good feeling. All participants defined a goal before but no determined timeline. This should be the option to make it in a daily routine and without pressure. To achieve a balanced energy management it is more than only diet and work out. Diagnostic, a lifelong lifestyle change and treatment must be concerted individually.

Keywords

Overweight, Obesity, Diet, DEBEC-Method®, Polycystic Ovarian Syndrome (PCOS).

Introduction

Overweight and obesity are diseases, which mostly are defined by BMI and Waist-Hip Ratio (WHR) are preventable or manageable in spite of their complexity. It is assumed that over a third of the world's population is already affected with increasing trend. Approximately 30% of humans today are in a state of obesity

related to the body mass index table [1]. It must be differentiate because of the reasons behind overweight/obesity. As for example PCOS which is described as a multifactorial metabolic-endocrinology disease [2,3] and which in approximately 50% of the diagnosed cases is related with (to) weight gain [4]. To know more about weight steps and weight levels over an agreed weight reduction period is essential for people suffering of overweight/obesity and related diseases.

A 4-Person-Group Case Study was conducted to show how an

individual based therapy with defined modules (DEBEC-Method® derived from DEBEC-System) can be successfully related to weight reduction and be suitable for daily use. DEBEC delivers the following modules: Diagnostic, Eating, Balance, Exercise, and Coaching. Mandatory are diagnostic and coaching.

To get a high level of compliance and trust, each member of the group decided, if eating or exercise will be the focused step after the 3-day juice diet with two days preparation and one or two adaption days to continue weight reduction activities over three weeks. Balancing or relaxing was in the responsibility of the patient but must be reported as agreed. DEBEC-Systematic with its related method is a new approach in health coaching of chronic metabolic diseases to help patients to help themselves [5].

In general three dietician soft facts had been evaluated by interview to get the whole picture. These are motivation, frustration and compliance.

Anamnesis study group members

- Female, age 57, BMI 25.7 weight 67 kg, working in an office, hypercholesterinemia (LDL 8.1mmol/l), sigma diverticulosis, cholangitis (Gamma GT 45U/l), Ferritin 17.0 ng/ml and HB 15.3g/dl, postmenopausal, rushes, normal blood pressure, normal carb/low fat nutrition in general, daily exercises (>30 minutes, endurance or >10 000 steps), weight-loss goal: 5 kg (BMI 24).
- Female age 25, BMI 24, working as teacher, weight 63, PCOS, hypercholesterinemia, normal blood pressure, low carb/low fat nutrition in general, daily exercises (>30 minutes, endurance or >10 000 steps) weight-loss goal: 4 kg (BMI 22).
- Female 32, age, working 50% in an office, two children (age of 3 and 5), BMI 30, weight 69 kg, hypofunction of thyroid (no medicament since end of 2016), high carb, high fat nutrition, no sport (approx. 10 000 steps daily), no data about blood and blood pressure, weight-loss goal: 20 kg (BMI 24).
- Male 62, C-Level Management Consulting, BMI 27,7; weight 79 kg, cardio vascular disease/high blood pressure medicament treated, night sweat for > 6month, daily exercises (>30 minutes, endurance or >10 000 steps), weight-loss goal: 8 kg (BMI 24).

Interview results of soft facts: Motivation, Frustration, Compliance

Motivation

All participants were willing to increase health and reduce weight. The diversity of the group motivated because there was no challenge to be better and faster than a team member. It was an individual challenge with group character. The taste of the juices was better than their aspects (see comment about the green ones). After day 3 the man noticed an improved blood pressure (RR 133/87 instead of the days before with RR 155/101, RR 147/99 measured 8 a.m. under influence of the typical medication). A good mixture of vegetables and fruits increased the acceptance for all who were skeptic about kale, celery, spinach and beet. Impressive was the perseverative saturation and missing of adhepagan.

Frustration

Day 2 showed at the end withdrawal symptoms because of less energy with the male of the group. Some juices didn't meet the expected taste, 3 bottles of the milky juice were spoiled and had to be replaced and 2 of the green ones looked precarious. End of the diet was for one of the participants a little frustrating because the last weighing showed a 100g increase of weight and not the expected decrease.

Compliance

All study participants followed the diet guideline, except of the 2hour fueling because of external factors or no appetite. Compensation was done with one banana per day, tea and vegetable stock. To avoid coffee was easy for the participants who normally were drinking coffee in the morning and for the heavy user with >6 cups/day. Helpful was doing the diet within a group where an exchange about the experience or in case of a mental crisis was possible.

Summarized results of the 4-Person-Case Study-Group

- Female, age 57, BMI 25,7. Result: -2.8 kg after 4 weeks (BMI 24,7) stop of rushes and night sweat.
- Female age 25, BMI 24. Result: -4 kg, reached the goal within the 3 weeks after the juice based week by stop eating after 4 p.m. and 1200kcal restriction (BMI 22,2)
- Female age 32), BMI 30. Result: 2kg after the juice diet. No confirmation of next step result.
- Male 62, BMI 27,7. Result: Reached 3.8 kg (BMI 26, 4) by daily coaching with DEBEC-Method® and a 1500 kcal/day diet, no night sweat over the whole time.

After 30 days with moderate calories per day (approx. 1500 kcal) and in combination with endurance sport 3-5 times a week approx. 30 to 40 minutes an effect on body shape and girth was visible and measurable and a reduction of body fat could be stated. With achievement of the defined goals the balance of "in and out" should be done by a 200 kcal restriction on a daily bases. This is a kind of help because it is not realistic that everybody knows exactly the calories of each kind of food. Helpful are tracking systems as the used ones until awareness and better personal understanding of volume and calories are in mind. A weekly measurement of weight is recommended to steer the balance and avoid weight gain. A very positive result of this short term diet experiment was to notice that there was a rethinking of how the day could be structured to live healthier, to decide for vegetables, fruits and salad as main nutrition reduce the volume of snacks and alcoholic drinks as well as increase the volume of water and tea. All of them mentioned that the great individual benefit was possible by the structured method they could understand, mentally follow and the coaching on demand.

Limitations

This was a new approach to test the DEBEC-Method® within a group. Preparation by the members was done individually, blood testing with different laboratories based on the country the participants live in and the doctors as well as the time period

(November/December 2017). Each study member used their own scale and personalized tracker. Therefore steps, burned calories and basal rate as basis were not comparable. Only one provided juice was chosen based on positive comments and natural juices without additives and preserving agents.

Conclusion

This 3-day-juice-diet with additional 4 days of bland diet has a positive effect on the intestines as a kind of decompression. There was high motivation and compliance and less frustration. To reduce weight sustainable more time is needed and a balanced diet plan <1000 Kcal/day in addition with moderate endurance exercise is a must. All members were willing to reduce more weight over - in total - 30 days within normal life circumstances and with coaching sessions on demand. The youngest and the oldest ones with the most weight reduction demanded the coaching on a daily base. The 32 year old person complained about less coaching offer but did not use the hints and did not lose more weight but found new ways to decrease stress. This showed the individual part of health coaching and how important it is to respect the human nature. The 57 year old woman was struggling with herself and showed a rather balanced weight situation with a tendency to lose weight but over a longer time period. With weight loss success the expectation increased but the slacking effect stopped this development. She was really aware of that weight step and weight level process as

a result of the DEBEC-Method®. A significant recognition was to explain what happened in their organism when weight stagnates for a certain period and motivate to continue. Stagnation could be a week, 10 days or longer based on various reasons (received weight, circumstances, health, mood, weather etc.). And stagnation made high psychological pressure. More studies are required which are sufficient to be done within daily life.

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References

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