

# Weight Loss Myths

## What You Should Know

### Extra Pounds Don't Matter—And You Can't Lose Them Anyway

by James M. Rippe, M.D.

(NAPSA)—Some diet myths are so powerful that they can stop you from even trying to lose weight.

Fortunately, two of the most discouraging myths, "A Few Extra Pounds Don't Matter" and "You Can't Lose Weight and Keep It Off," are based on kernels of truth but learning the whole truth tells a very different story. Here's the whole truth behind these myths:



Dr. James Rippe

#### Myth #1. A Few Extra Pounds Don't Matter.

Adding pounds as you add years is so commonplace that many people wrongly assume it's a natural part of aging. They also expect to develop health problems such as high blood pressure and diabetes.

While it is true that people gain a certain amount of weight as they age, it doesn't have to be this way, nor do they have to develop these health problems. In a study released in the October 7, 1999 New England Journal of Medicine that included over a million adults, the researchers found that extra pounds increase the risk of death among adults.

Weight gain can increase your risk of diabetes, heart disease, unhealthy blood cholesterol levels, breast cancer and such gastrointestinal cancers as colon cancer.

Finding a comfortable, healthy weight is a good idea. You'll not only look better, you'll feel

healthier.

**Myth #2. You Can't Lose Weight and Keep It Off.** You may have heard the same statistic over and over again—95 percent of diets end in failure. No one is going to tell you that it's easy to lose weight, but it is possible.

Reports about diet failure generally use statistics that date back to the 1950s. Weight-loss methods are different today—often employing a sophisticated combination of behavioral strategies and scientific research. For example, an independent research group surveyed a thousand Weight Watchers members who reached their weight goal and completed a six-week maintenance program.

This survey found that an average of more than three-fourths of the weight was still lost after one year.

In order to overcome the powerful myth that it is not possible to lose weight, you have to have four components in place.

You have to make wise food choices. You have to be physically active. You have to develop a positive mindset and you have to have a supportive atmosphere.

Sustainable weight loss doesn't automatically happen. You have to put your mind to it and arm yourself with the right tools. A good place to start your diet is by arming yourself with the facts to dispel these weight-loss myths.

*Dr. James M. Rippe and Weight Watchers have written "Weight Loss That Lasts: Break Through the 10 Big Diet Myths."*

*reach and maintain a healthy weight. At the heart of Weight Watchers are weekly meetings which provide the coaching and tools to help people make the positive changes required to lose weight and keep it off. Weight Watchers also offers two subscription products for people wanting to follow Weight Watchers online. To learn more, call 1-800-651-6000 or log on to the Weight Watchers of Palm Beach County, Inc. website at www.wwpbc.com.*

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— Julie Morgenstern

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Jacqui

### "Cheating...And Getting Past It?"

Clive had seen "the other woman" for months. Their meetings took place during his regular business trips to her city. When his wife Cheryl discovered the awful truth, she was devastated, angry and ready to split. All she could think of was hurting him back. In her rage she took off to hide out at her sister's home. For three months she refused to talk to Clive. When she had finally calmed down and felt more secure, she agreed to meet and talk. Clive, realizing his love for her, had tried hard to get her back. He apologized sincerely and sought her forgiveness. He explained that for many years he felt that he couldn't reveal his true feelings to Cheryl. He was afraid of her criticism and of her cutting judgments. **When he met a woman who made him feel safe, he opened up to her and found himself drifting into an affair,** though he still loved Cheryl.

His words struck a chord. Both realized that they had invested too much in the relationship to let it go and that they still loved each other. The marriage resumed, but Cheryl's wounds never quite healed. A year later, she was still consumed by suspicion every time Clive went out of town. She believed without reason that he saw the other woman and imagined the worst if she couldn't reach him on his cell phone immediately. She started spying on him, checking his phone bills and credit card receipts. **By constantly feeding her fears, she didn't give the relationship a chance.** Rebuilding trust, essential to a good marriage, requires **letting go of grudges and fears.** On the brink of divorce, she finally recognized that this time she was the one putting their marriage at risk.

The statistics on adultery are going up: *Newsweek* magazine reports that **up to 40% of married females are cheating on spouses versus 50% of men.** Obviously, with the divorce rate hovering around 50%, many couples resolve sexual infidelity by quitting.

For those who seek to save the marriage, here are some curative steps many therapists advocate.

- Understanding whether the infidelity was an isolated incident, an ongo-

ing psychological pattern or a liaison that evolved into an ongoing love affair is essential. Clearly, a singular "one night stand" is easier to deal with than an obsessive philandering partner that simply cannot stop cheating. Most difficult of all is repairing a relationship if your loved one has been involved in a longtime affair.

- In each case it is imperative for the couple to learn through open discussions without accusations and rancor what caused him or her to go astray. This is not easy and may require several sessions. Sometimes a crisis may open emotional doors that have been shut for years. Often the "deceived" partner learns that she or he may have participated in causing alienation and transgression. Both partners have to own up to their responsibilities in the breakdown. Endless accusations won't work.

- Sometimes the emotional issues are so complex and difficult to resolve, that the help of a therapist or marriage counselor is essential. A professional who has both partners' interests at heart may identify the underlying problems more easily and help you find the way to each other.

- Recriminations on both sides must stop to give the marriage a chance. Both partners must find it in their hearts to truly forgive each other. You cannot create positive feelings when negative ones fill your heart. The "trespasser" must be very understanding and offer more support than ever, and enough time for healing, no matter how long it takes. The partner who was deceived must do internal work to regain confidence and self-esteem. Both partners must make it their practice to be completely honest with each other. Words alone cannot rebuild trust. It is your deeds that count.

— Jacqui

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*This article is courtesy of Weight Watchers of Palm Beach County, Inc.*

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