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Treating obesity with physical activity and nutrition

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Obesity is a disease that affects all world and comes with a lot of problems, high cholesterol, triglycerides, depression, anxiety, diabetes, acne, heart problems and in most of the time you have desnutrition. So obesity it's not just a body problem, it's the incapacity to control the emotions and as result appear the compulsion the craving for sweet and food, behind these situation people are also "eating" their feelings like fear, anxious and unfulfilled wishes. And the drugs don't treat by themselves or make any kind of miracle. The Obesity disease is easy to treat, the difficult is treat the patient's mind. The treatment has to be in all ways, like psychology, exercise, nutrition re-education if it is necessary to prescribe some minerals. Ask for test of disease, search for anemia, test insulin post-prandial, insulin resistance and low metabolism, test the cholesterol, and vitamin 25OH (D) that we know when it low helps to get fat in abdômen, test lactose intolerance, gluten intolerance, ask for a USG of liver to research if there is steatosis, test vitamin C, test the thyroid hormones serotonin levels and all the metabolism. First of all, it's important to do the body composition, how much fat percentual? With the result of the IN BODY, it is possible to advise a better type of sports activity to them and analyze if the patient is retaining water, how much they need to gain of muscle and how much they need to lose of fat. After doing the consultation ask for a food registration for five days, including weekend, try to find out what he likes, you can do a nutritional education. There is no secret to choosing good and healthy food, the problem is the power of bad habits. Think in your patient as a Whole universe to be treated.

Biography

Sandra Gordilho is M.D Nutrology, Orthomolecular and Pos graduate in Aesthetical Medicine, participates consecutively of Seminars and the USA, France, Brazil studied in Mayo Hospital and has been working in her own Clinic Elementary. Author of two books published in 4th edition in Brazil.

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