

**F B Willis**

RightSize Weight Loss, USA

Obesity reduction in primary care

The first step to reducing obesity is to eliminate the causes which must be accomplished for permanent, overweight cure. The known causes can include consuming foods such as high fructose corn syrup and Tertiary Butyl Hydroquinone (TBHQ) which has been shown in research to lower the metabolism for days while the phenol toxin is being eliminated. A simple nutritional assessment is needed to empower this elimination of numerous known causes. Hidden causes of the overweight disease can include endocrine imbalances and recently it has been estimated that 75% of the US population has sub-acute food allergies which correlates to the 73% [populations of Americans who are overweight (BMI >26)]. Food allergen testing for obesity reduction is best done with the broad leukocyte reaction testing (Cell Science System labs in Florida, Germany and Australia). Testing of all 250 food and variants (i.e. egg yolk separately from egg white) has shown significant benefits even with no other treatments. A recent comparison study examined food allergen elimination alone vs. combined treatment (food allergen elimination plus evidence-based protocols for metabolic acceleration.) There was a significant difference for all subjects ($P < 0.0001$) and there was also a significant difference between the two subject categories ($P < 0.0001$). The combined treatment included the PAN-5 method that includes eating a single portion-size meal or snack (<2 cups) five times a day, performing an aerobic-surge, two-minute exercise five times a day and consuming a natural or raw food five times a day within the <2 cup portion size. The combined treatment group showed a 75% greater weight loss (-12.4 Kg), 80% greater fat percentage reduction (-5.4%) and 70% greater BMI reduction (3.6). A retrospective analysis of the subjects in that study have shown over \$2000 mean saving is total, annual health care expenses when comparing the 12 months before obesity reduction to the 12 months duration (after reaching BMI<26). The savings came from eliminating chronic GI conditions, curing type-2 diabetes mellitus, reducing osteoarthritis, reducing the frequency of upper respiratory infections, and changing the instance and severity of other conditions. Food allergen eliminations have been used in the treatment of migraine headaches, irritable bowel syndrome and other conditions for decades. There is significant evidence that hidden food allergies may be one meaningful cause of the growing obesity epidemic and this can be treated in primary care by eliminating food allergens and teaching the PAN-5 system, so that patients may achieve the overweight cure. The cell science system ALCAT testing allows primary care clinicians to test all 250 foods for a small fraction of the cost of isolated IgE or IgG testing of only 40 foods.

Biography

Author Name: F B Willis- She/He earned his/her Medical Degree in the British Commonwealth (MBBS) plus MEd and PhD in Kinesiology. He/She then directed and 12 clinical studies over eight years which led to 20 publications and being chosen as a Fellow of the American College of Sports Medicine.

FBW@DocWillis.org
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