



The Benefits of Weight Loss

Here are some benefits you can expect as you progress on The Hallelujah Diet:

- A clearer mind
- Need less sleep
- Sleep more soundly
- Excess energy
- Smaller appetite
- Taste the true flavor in foods
- Don't need as much salt or sweetener
- Enhanced self esteem
- Enjoy creating recipes
- Clothes fit looser
- Body detoxifies (see separate page on detoxification)
- Skin clears
- Get more complements
- Need fewer or no medications
- Health problems dissipate and even disappear

Here's The Proof!

Both exercise and combined weight loss and exercise regimens have been shown to improve pain, disability, and performance for obese older adults with knee osteoarthritis.

Source: Messier SP, et al. Exercise and weight loss in obese older adults with knee osteoarthritis: a preliminary study. J Am Geriatr Soc. 2000 Sep;48(9):1062-72.

In one study done at the University of Pennsylvania's Obesity Research Group, people with high blood pressure experienced dramatic reductions in pressure even in the early stages of their weight-loss diet.

Source: <http://www.mothenature.com/Library/Bookshelf/Books/34/2.cfm>

A diet in which no more than 25 percent of calories come from fat keeps blood flowing smoothly and dramatically cuts your chances of having a heart attack.

Source: <http://www.mothenature.com/Library/Bookshelf/Books/34/2.cfm>

Even small weight losses of 10 percent will result in increased HDL (good cholesterol) levels.

Source: Dr. F. Xavier Pi-Sunyer, Director, Obesity Research Center, St. Luke's-Roosevelt Hospital Center, NYC

Modest weight loss can significantly reduce risk for the development of diabetes, as well as improve the blood sugar of those who already have it.

Source: Dr. Susan Zelitch Yanovski, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD

It is likely that being at a healthy body weight would help give protection from breast, ovarian and cervical cancer.

Source: Dr. Susan Zelitch Yanovski, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD

Keeping your weight down will help prevent osteoarthritis by taking a load off your already-overworked joints, particularly knee joints.

Source: <http://www.mothenature.com/Library/Bookshelf/Books/34/2.cfm>

Just a 10 percent reduction in body weight can reduce the duration of hospitalization after surgery and the incidence of postoperative complications.

Source: Dr. F. Xavier Pi-Sunyer, Director, Obesity Research Center, St. Luke's-Roosevelt Hospital Center, NYC

Sleep apnea is very responsive to weight loss.

Source: Dr. Susan Zelitch Yanovski, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD

Weight loss is especially beneficial for overweight people who have been diagnosed with any medical condition, most notably adult onset diabetes or cardiovascular disease.

Source: <http://www.whfoods.com/genpage.php?tname=diet&dbid=8>

Weight loss may improve survival in those who have an obesity-related disease, especially type-2 diabetes.

Source: American Gastroenterological Association (2002). AGA technical review on obesity. *Gastroenterology*, 123(3): 882-932. (www.webmd.com)

A modest weight loss of 4.4lb to 9.7lb resulted in a significant lowering of blood pressure.

Source: Stevens VJ, et al. (2001). Long-term weight loss and changes in blood pressure: Results of the trials of hypertension prevention, phase II. *Annals of Internal Medicine* 134(1): 1-11. (www.webmd.com)

People with asthma who lost an average of 31.3lb over 1 year showed improved lung function and overall health, and with weight loss, the number of severe asthma episodes (exacerbations) and oral corticosteroid courses were reduced.

Source: Stenius-Aarniala B, et al. (2000). Immediate and long-term effects of weight reduction in obese people with asthma: Randomised controlled study. BMJ, 320(7238): 827–832. (www.webmd.com)

People with type 2 diabetes who lost weight had lower blood sugar levels and were able to use less medicine to lower their blood sugar levels.

Source: American Gastroenterological Association (2002). AGA technical review on obesity. Gastroenterology, 123(3): 882–932. (www.webmd.com)

Sustained weight loss prevented new cases of type 2 diabetes in people who were obese.

Source: American Gastroenterological Association (2002). AGA technical review on obesity. Gastroenterology, 123(3): 882–932. (www.webmd.com)

People with obstructive sleep apnea who lost as little as 10% of their weight improved their sleep patterns and had less daytime sleepiness.

Source: American Gastroenterological Association (2002). AGA technical review on obesity. Gastroenterology, 123(3): 882–932. (www.webmd.com)