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## Weight Loss Problems & Solutions

Posted by Debby - 2007/07/18 12:31

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I started this thread after reading about the new advances in obesity with surgeries. Some of the experts in the field are now saying that the old recommendation that you eat a balanced diet and exercise more, just doesn't work for some people. It's more complicated than that and it has to do with their bodies chemistry, especially in the brain.

KPW, it's interesting that you said you had a sluggish thyroid. I was told that many years ago when I was doing a liquid protein diet under doctor's care. I went to the doctor every week for an exam and to get my protein powder that you mixed with water to create shakes and soups. I wouldn't recommend it. I was in my 20's then and perhaps foolish. Oprah was on it too.

I was never given any meds for the sluggish thyroid though. I only lost a modest amount of weight on the diet and I adhered to it very strictly, plus I did one hour of aerobics every day. The liquid meals contained 600 calories per day! I only lost about 2 pounds per week, sometimes nothing! I know they thought I cheated, but I really didn't. I later lost weight on my own but it has always been very difficult. Even if I work out very hard and eat moderate portions of healthful food.

Years later I have requested that it be checked and they have said my thyroid is normal, but it is so difficult for me to lose weight. I am going back to my endocrinologist soon and will request that he check it. I have reduced my food intake to the point I don't think it makes any difference. I am also keeping a food log of everything I eat to show the nutritionist at the doctor's office.

I have lost weight before eating much more than I do now. My office is on the second floor of our office building that is in an historic home, so there is no elevator. I climb 2 flights of stairs at least 6 times per day, sometimes more. It doesn't seem to make any difference. I've also started walking, trying to build back up to running.

In my heart I believe it is the insulin I take. All of my doctors have told me that insulin does make you gain weight, but I know other Type I diabetics and they are thin. Look at Mary Tyler Moore and Hallie Berry.

When I was not taking enough insulin, I lost a lot of weight. I was VERY thin and ate anything I wanted. I tried to eat healthy foods, but I didn't watch my portion size at all. Now that I am eating one-third of what I did then and still gaining weight, it is very frustrating. I know that if I cut back on the insulin, I will lose the weight, but the high blood sugars will eventually kill you. I'm not sure what to do. I'm going to discuss it with my endocrinologist the next time I see him. He is a great doctor. He is the doctor who was the whistle blower on the drug Avandia and it's dangers on diabetics.

How do they treat you for a sluggish thyroid?

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## Re:Weight Loss Problems & Solutions

Posted by KPW1956 - 2007/07/18 14:40

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Hi Debby,

The thyroid issues came about from a physical I had had.. It was rechecked (tsh levels) and it came back normal then it was rechecked and borderline to high again.. I was then put on low dose thyroid medication (a synthetic hormone I think).. I was going through some serious ear problems around the same time and between the meds I was having to do for that I wasn't faithful about taking the thyroid meds.. When I went back again I fessed up about that and asked them to check the numbers. By Golly they were back in the normal range...so I was told we'd just keep a check on it.. Then we changed health insurance at the top of this year and I didn't get to the doctors until May.. I told my new doctor the history thus far and requested that it be checked.. Well, they were elevated again and he has me on a different low dose thyroid med..

So I just started that about 6 weeks ago..

RE: your diabetes and your caloric intake.. You really need to be careful.. You are consuming too few calories.. Your body has a defensive mechanism that causes the metabolism to slow down when it is deprived of food. Have you looked at the GI diet? Glycemic Index? The first book I saw about it, looked too complicated.. But I did buy a later book. It seems like it is a low carb type diet. I'd be happy to send you the book I had gotten through Amazon.. Just pm me an address.. Or if you want to check it out at the library.. There are a number of books out there explaining it. It's supposed to be especially helpful for diabetes control. But that could be more for type II diabetics.. It might be worthwhile to talk to your doctor about your struggle..

I know building muscle can help speed up the metabolism.. Muscle needs more fuel!

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Good Luck regarding figuring out what is best for you..

Do you see a regular doctor or a specialist like an endocrinologist?

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## Re:Weight Loss Problems & Solutions

Posted by Debby - 2007/07/18 15:07

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I have a wonderful endocrinologist. He is Vice president of the American Diabetes Association, Dr. John Buse. If you google him you'll see how great he is. He is the Chief of Endocrinology at the Univeristy of North Carolina at Chapel Hill (UNC). It took a long time to get to see him, but he saved my life. He is a researcher, writer, teacher, a real gem.

He and other endocrinologist have always told me that Type I diabetics should be able to eat a regular diet, monitor their blood sugar levels, calculate and inject the correct amount of insulin. They say eat the cake or ice cream, add extra insulin, and that's it. Just don't do it all the time.

I have asked him before about low carb diets and he frowns on that, although, it is easier most of the time to eat low carb because the carbs can cause large increases in blood sugar.

His office has nurtitionists on staff and I have met with them before. They thought my diet was just fine then. I'm going to go back and revisit the matter. Depending on what my doctor says and the nutritionist say, I may check out your recommendation on that book. I'll consider anything.

I specifically want to recheck my thyroid. If that is screwed up that would answer a lot of questions. If not, then I'm going to beg him to accept me in some medical test group. I don't think I am a good canidate for surgery because I don't think I over eat. I try to be very honest about the portions and content, that's why I am keeping a log.

I know it's true that if you cut the calories too much your metabalism slows down to reserve the fat loss, but I haven't cut it down to that level.

I always thought that if they gave you thyroid meds, it would make you likely to lose weight. Have you noticed any change?  
It could take a while.

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## Re:Weight Loss Problems & Solutions

Posted by grizzlys4 - 2007/07/19 01:19

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Debby and KPW.....I'm in the same boat. I also finally found an AWESOME endocrinologist.....although I also am kinda "borderline" with my blood tests, he really takes in to account symptoms too. Along with watching what I'm eating, he put me on a low dose of levothyroxine and also metformin for the pre-diabetes. I am FINALLY losing weight (still slowly) after YEARS!!! Oh yeah.....KP is totally right!!! I practically starved myself and never lost weight.....so even though I'm really trying to be better about sugars and simple carbs.....I AM actually eating enough food for my size (I am BIG!!).....and I'm losing weight!!!! 10 pounds since January.....I know, slow.....but it's staying off!!!!

Good Luck Debby and keep us posted!!!

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## Re:Weight Loss Problems & Solutions

Posted by Debby - 2007/07/19 11:46

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Good for you Grizz! Ten pounds sounds good to me. It's so important to have a good doctor who is up on all the latest advances in medicine as well as one who puts you as a priorty as a patient. I am so lucky that I found that.

When in my endo's office I talked to several Type II diabetics who were taking a drug they referred to a lizard spit. I know that sounds crazy but it is true. They said it saved their life. Many of their blood sugars had gone from the 300 range

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down to normal without insulin. They also lost lots of weight, not doing anything special. I can't take it because that drug is only for Type II's. I can't remember the name of it, but I want to get my mom on it. She is prediabetic according to her GP, but they haven't done anything about it. She needs to lose a lot of weight too.

I started adding up my calories and they are less than what I thought. This past week my daily calories have been too low. I'll have to check someone to find out how many calories I am supposed to have to lose weight, but, I think I am far below it.

Post edited by: Debby, at: 2007/07/19 11:51

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## Re:Weight Loss Problems & Solutions

Posted by mazzy - 2007/07/22 12:43

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Sparkpeople is a great resource for weight loss... it's free and very helpful.

I stopped smoking a few years ago... got older... and I'm having a difficult time with weight challenges, however, I'm almost looking forward to my yearly physical to rule out medical problems that may be contributing.

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## Re:Weight Loss Problems & Solutions

Posted by KPW1956 - 2007/07/22 15:11

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Thanks for the encouragement...

Yes, Sparkpeople (sparkpeople.com) is a really terrific resource.. I need to get plugged back in there. My niece lost about 30 lbs.. using it..

There are lots of communities and forums there.. Alot of good info.. and little fun things.. (like the wheel for points!) (although I never did figure out what you can do with the points!)

Debby, You'd probably find some groups for diabetics within some of their communities.. There are communities for virtually everything! There was even a Starting Over fan group.. and several Biggest Loser fan groups..

The price is right and I can highly recommend it too! Even if I have backslid a bit..

Check it out!

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## Re:Weight Loss Problems & Solutions

Posted by Debby - 2007/07/23 10:25

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I will check it out. I am feeling better this week. I can tell I am a little smaller. My clothes feel a little bigger on me and that always feels good.

Last week at lunch I started eating a can of chicken breast and one-half cup of green beans. That's what I had everyday except Friday. I joined a friend for lunch and had grilled salmon and salad, no dressing. I think the light lunches have helped after all. A friend at work said I looked slimmer. I still have some carbs at dinner, but not a ton. I won't cut out vegetables, fruits and whole grains. I have cut out most snacks and don't snack at all during the week. I do have snacks on the weekend, but I try to limit the portion and make sure they have good nutritional value. My problem is that I will have a healthy food, but eat too much of it.

This weekend I devoted more time to my walking and am feeling stronger. I don't feel as hopeless as I did before. I'm still considering Curves. There isn't one near me, but there is a similar place nearby and I'm going to check it out.

Thanks for the ideas and support. I set some pretty high goals for myself in several areas of my life over the last 12 months. I have accomplished most of them. The fitness goal is now my top priority. I have learned that I don't know everything and I need to seek info from whomever I can for help.

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## Re:Weight Loss Problems & Solutions

Posted by grizzlys4 - 2007/07/26 02:05

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Good for you Debby!!! I'm with you.....asking can get you lots of tips and info. And then YOU get to sort thru all of it and pick and choose!!

The carbs is my downfall.....I can't really exercise much with my knee issue.....so really watching the snacking is a major thing for me!!

I really need to get back on SparkPeople too.....even if just for the daily meal/food tracking and water tracking.....that IS helpful!!! But, like everything.....I tried jumping in and doing all of it and burned out quickly.....so I just need to babystep!!!

Encouragement from others and not feeling alone is also a huge component for success!!! :D

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## Re:Weight Loss Problems & Solutions

Posted by Debby - 2007/07/26 14:41

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I agree Grizz. I have to settle down and know this is for the long term benefit. As long as I am going in the right direction (down) I can deal with it.

I saw Dr. Oz on Oprah last week and he talked about what your waist size is supposed to be in proportion to your height. I forget the formula, but I did it and I need to lose at least 4 inches in my waist!!! This kills me because I used to always be the person people complimented on how tiny my waist was. I may have had hips and thighs, but my waist was always small and my stomach flat. Those were the days. LOL. And they weren't that long ago either, which makes it even more troubling.

Everyone is saying that a large middle is a big health risk, so it is not just my vanity that is at stake here.

I'm still having very high protein lunches, just chicken or fish with a green vegetable. I'm having Healty Choice frozen dinners for dinner with a large green salad, but it is not very filling. I don't like to have processed food, so I am going back to cooking fresh food next week for dinner.

I'm going to fight not to snack this weekend. That's the time I am tempted to snack on yogert, pop corn, rice cakes, and grapes. Pretty healthy stuff, but I must learn to portion them out better.

I know how frustrated I was when I had my back problems and lega problems. I could not exercise and it was horrible. Thank G0d I am so much better now.....I now have no excuses. LOL.

Hope your knee is healing okay.

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