

AS SEEN IN THE MERCER COUNTY WOMAN

Look Good, Feel Good The Importance Of Body Composition



Dr. Kate Thomsen and Silky

Weight loss programs abound and with good reason. It seems difficult for us to maintain an appropriate body weight with our fast paced lives, easily available fast food, bountiful supermarkets, and the ever present "food products" marketing. Attaining appropriate body weight is an admirable goal and programs that stress frequent monitoring of one's

progress are most successful. But what should be monitored? Do we just monitor weight or Body Mass Index (BMI)? Neither of these measurements takes into consideration the composition of the body – the amounts or percentages of muscle, fat, water, and other tissues like bones and tendons. An accurate and comprehensive evaluation of your body composition can help you design your "weight loss" program so that you receive maximum health benefits along with attaining your aesthetic goals.

Health benefits are maximized when your body has an appropriate ratio of muscle (lean body tissue) compared to fat. After 40 years old, people start to lose nerve cells and muscle cells. Muscle loss with aging is

called sarcopenia. Almost half of all US adults over 65 suffer from age related muscle wasting. Why does this happen? Sarcopenia occurs earlier in women because they start out with less muscle. It is also dependent on one's genetic heritage, the amount or type of physical activity one engages in, hormonal status, and the amount of protein in our diet.

Muscle burns calories at a higher rate than fat tissue does. With less calories

"burned" or used up, more calories are stored as fat. "Sarcopenic obesity" is defined as having too much body fat and not enough muscle. It is commonly found in people over 40 even among those with an appropriate weight or BMI and those who eat a lower calorie diet. Sarcopenic obesity causes decreased metabolism, poor balance/more falls, weaker bones and insulin resistance – a precursor to diabetes and cardiovascular disease.

The National Institutes of Health and the Center for Disease Control have both recommended "therapeutic lifestyle changes" (TLC) – such as diet, nutrition and exercise – to address the underlying cause of many chronic illnesses. At our office, we have a TLC program that begins with an accurate and comprehensive bioimpedance analysis. It is performed similarly to an EKG and measures electrical conductivity through various body tissues. Results show us an individual's body composition, fluid shifts and other markers of cell health. Once we explain these to the patient, we can formulate specific short and long term

Look Good, Feel Good Optimize Body Composition through Therapeutic Lifestyle Changes

A 12 weeks program that includes:

- ✿ Evaluation and monitoring of Body Composition
- ✿ Nutritional and Exercise Program
- ✿ Medical Foods designed to increase lean body mass

Call the office to schedule your appointment

609-818-9700

You may also be interested in our ongoing Group Programs

*A cost effective approach to a healthier you.
Designed for prevention of specific health challenges.*

Each 4 – 6 week program includes:

- ✿ Nutritional and educational information
- ✿ An individually designed nutrition, exercise and supplement program
- ✿ Monitoring of individual health parameters

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• Breast Cancer Risk Reduction**

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goals. We des low glycemic food groups, medical foods and supplements). Regularly monitoring body composition allows the patient to be sure they are losing fat and not muscle or water weight.

This type of therapeutic lifestyle program, with its associated improvement in body composition, often has beneficial effects on a variety of health parameters. Patients have experienced lower blood pressure, blood sugar and/or blood lipid levels. Tissue sensitivity to insulin can improve and patients typically note an improvement in symptoms related to hormone balance and cardiovascular health.



Dr Kate Thomsen has a holistic health practice in Pennington, NJ. She is a board certified family medicine physician. For more information see www.drkatethomsen.com or call the office at 609-818-9700.