
Healing Cuisine

“Weight Management”

- by Meredith McCarty, Holistic Nutritionist (DC, NE)



Biography



Meredith McCarty is a holistic nutritionist (Diet Counselor and Nutrition Educator), author and speaker. Through her business, Healing Cuisine, she helps people come into balance in their eating habits in order to enhance well-being, or to prevent and recover from disease.

Meredith has taught and lectured internationally since 1977. She has authored three cookbooks including Sweet and Natural, winner of the Versailles World Cookbook Award. She is a former associate editor of *Natural Health* magazine and director of the East West Center for Macrobiotics for 19 years. She has a Senior Certificate in The Art of Cooking

from the East West Foundation in Boston, Massachusetts.

Meredith lives in Mill Valley, California and may be contacted at P.O. Box 2605, Mill Valley, CA 94942, (415) 381-1735, or meredith@healingcuisine.com.

Please visit her website, www.healingcuisine.com, for information regarding:

- Nutrition Counseling in person or by phone
- Cooking Classes
- Speaking Engagements
- Cooking Essentials
- Cookbooks
- Upcoming Events
- Diet and Health Issues
- Resources
- Recipes
- Signing Up for the Free Monthly E-Card
- Signing Up for the Health E-Club



“Weight Management”

Obesity overtaking tobacco as leading preventable cause of death in US

About 130 million Americans or 64% of adults (and 16% of children) are overweight or obese, a physical condition shown to increase the risk for developing type 2 diabetes, heart disease, cancer, osteoporosis, arthritis, Alzheimer’s and decreasing sexual quality of life (lack of enjoyment and feeling unattractive). The prevalence of obesity is 8% among immigrants living in the US for less than a year, but 19% for those in the US for at least 15 years. A Calorie Control Council study shows more Americans are on a diet now than at any time in the last 15 years. Deaths due to eating badly (and physical inactivity) have risen by more than a third in the last 10 years, suggesting that obesity could soon overtake tobacco as the leading preventable cause of death according to the “US Centers for Disease Control and Prevention Study.”

Whole plant foods are better for weight loss than low-fat foods.

Low glycemic-index foods (whole grains, beans and vegetables) which are based on their effects on blood sugar, are better for weight loss than low-fat foods which are based on calories. Those on a low-glycemic load diet are more likely to keep weight off than those on a low-fat diet which encourages a feeling of hunger and a slower metabolic rate. Unwanted pounds naturally fall away when fiber is a mainstay in the diet. All plant foods contain fiber while animal foods (meat, poultry, eggs, fish and dairy) contain none.

Sources: “Actual Causes of Death in the United States,” USCDC 2000 and 2006; Journal of the American Medical Association, 2004; North American Association for the Study of Obesity, 2005; American Journal of Clinical Nutrition, 2006; Annals of Internal Medicine, Jan. 2006; Journal of Alzheimer’s Disease, Dec. 2005, as reported in Nutrition Hints by Dr. Betty Kamen, PhD, www.bettykamen.com