



## Deal with Obesity Prescription; Body, mind and right food

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### Abstract:

Obesity is a disease that affects all world and comes with a lot of problems: high cholesterol, triglycerides, depression, anxious, diabetes, acne, heart problems and in most of time you have desnutrition.

So obesity it's not just a body problem, it's the the incapacity to control the emotions and as result appear the compulsion the craving for sweet and food, behind these situation people are also "eating" their feelings like fear, anxious and unfullfield wishes. And the drugs doesn't treat by themselves or make any kind of miracle.

The Obesity disease is easy to treat, the difficult is treat the patient's mind. The treatment has to be in all ways, like psychology, exercise, nutrition reeducation if it is necessary prescribe some minerals. Ask for test of disbiose, search for anemia, test insulin pos-prandial, insuline resistance and low metabolism, test the colesterol, and vitamin 25OH (D) that we know when it's low helps to get fat in abdomen, test lactose intolerance, gluten intolerance, ask for a USG of liver to research if there is esteatosis, test vitamine C, test the tyroid hormones serotonin levels and all the metabolism.

First of all it's important to do the body composition, how much fat percentual? With the result of the IN BODY it is possible to advice a better type of sport activity to them and analyse if the patient is retaining water.

After doing the consultation ask for a food registration



for five days, including weekend, try to find out what he likes, you can do a nutritional education. There is no secret to choose good and healthy food, the problem is the power of bad habits.

### Publication of speakers:

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2. Willians text book of endocrinology
3. Prescription of a Nutrition Healing Bernard Jensen
4. Piernas C, Popkin BM. Food portion patterns and trends among U.S. children and the relationship to total eating occasion size 2011; 141:1159-64
5. Vitamin D insufficiency and insulin resistance in obese adolescents
6. Catherine A. Peterson, Aneesh K. Tosh, Anthony M. Belenchia
7. Ther Adv Endocrinol Metab. 2014 Dec; 5(6): 166-189. doi: 10.1177/2042018814547205
8. Dietary guidelines for American Advisory Comminttee. Report of the DGAC on the dietary Guidelinesw for americans 2010
9. PMID: PMC4257980
10. World Health Organization Media Centre (WHO) Cardiovascular Diseases. [(accessed on 12 January 2014)]. Available

Webinar on Women Health Science and Care, 7 September, 2020, Tokyo, Japan

**Citation:** Sandra Gordilho, Clinica Elementhare, Brazil, Endocrinologist, Nutrology, Orthomolecular, Pos graduate in Aesthetical Medicine, Webinar on Women Health Science and Care, 7 September, 2020, Tokyo, Japan