

## ***Warning! Medical weight loss clinics are scams!***

**New York Time readers I have been inundated with phone calls and letters these last three weeks. I have been asked the same basic question from all my readers. The question / concern by a numerous amount of readers are what they have told during seminars from a CT. based weight loss program. I am laying down the gauntlet people! I will take full responsibility for ruffling any feathers.**

**As we all know there are many *fly- bye-night- make- a- quick- buck – false claims-and brainwash the general public weight loss companies.* Well the devastation and frustration to the consumer is astronomical in a dangerous sense. Despite what you may have heard at the many seminars, let me get right to the facts. The following statements are based on science, and the specific dynamic action of our metabolism. As opposed to the marketing tricks and ploys which belittle the general public and the not so educated consumer. 1- People of CT. have been told to go on a extremely low calorie diet 2- They were told if they drink wine you would be unable to burn fat for three days. (This is a new one for me) This weight loss company (marketeers) pride themselves on giving a superficial quick fix- make- a- dollar- false research to patients / clients. 3-They say you should lose four to five pounds per week! (Of what?) 4- They preach in the seminars exercise is not that important?**

**Let's cover all four fictitious claims: I will make this so simple people, Females under no circumstances should fall under the 1200 calorie a day mark. (Males 1500) Less than 1200 you will go into a fat retention mode. The metabolism has what scientists call a burn rate. This rate is the least amount one can consume without slowing the bodies ability to burn calories. Low calorie diets burn your muscle tissue, and you become "SKINNY FAT" smaller and softer, and less muscle tissue. The statement about wine...fact! Did you know one glass of wine has a thermic effect (T.E.F.) you actually create more heat( units of energy) to burn off the wine then the actual calories in the wine. However the second glass will add to the daily calorie count. Dear readers this one hit me the hardest: Based on the company's statement "you can lose 4,5, pounds per week" I say this... What is your goal when starting a weight loss program? Is it to lose muscle tissue, or fat? Did you think to yourself FAT? I would hope so... In one pound of fat there are 3500 calories. I want you to do the math. Let's take 4 pounds that would be 14,000.00 calories. Unless you are hanging with Lance Armstrong three days a week, and running 25 miles on your off days, you will never burn that many calories per week! Fact: If you lose more than 2.2 lbs per week you have a 92. % chance of losing muscle tissue, water weight, decreasing the strength of tendons**

and ligaments, lowering your metabolism, and retaining fat stores! ***Sure that's the goal!*** I have been in the fitness industry for 22 years, and heard it all, and every so often I hear these false statements. I would like to educate all of you on the other statement "exercise is not that important". The only way to change the shape of your body is to exercise, some form of resistance. We all need to do something that is unaccustomed to our muscular system. (Push and pull resistance) Diet alone does not change or enhance your shape! Please be careful, and recognize the difference between *a quick scam, and a safe effective eating pattern to increase longevity!* I want to teach you more, so please keep the letters coming!

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