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O S T E O P A T H Y

## Ideas for Weight management

This suggestion is based on muscle physiology with some information from sport science.

### The thinking background

Our bodies developed in a time where our main need was basic day to day survival in a hostile environment. Our physiology is based on supply and the readiness for action.

At rest your body finds an equilibrium based on the best use of resources to enable several things to occur. The body systems are run with the filling of stores in mind so that a maximum amount of resources is on call if a need arises. It is a balance point from which one could fight or run if in danger, if fighting or fleeing is the case, the blood is directed away from the provision of stores to resource usage, the blood being fed to muscle tissue and nerves. There is also a Hormonal change that increases the awareness and speed of response.

The resources are, on average, distributed as follows so that in a survival situation the body is left able to act again if necessary. In practice the blood sugar is maintained and the other stores are used to keep this maintenance.

blood sugar 5 min of activity

glycogen (sugar concentrate in Liver and muscle) 25 min of activity

in the main we have either outrun a predator or killed it in this time, or we are no longer in a position to survive.

If we do need to continue, the fat stores are mobilised. This delivers endurance and stamina and there is a notable diminution in instant fast function. Protein can be converted to sugars at dire need, such as in starvation situations. In all cases blood sugar will be maintained to enable brain function to proceed.

In an environment of feast and famine where no guarantee of future supply can be made the body has a mechanism of storage, the fat tissues, so it can carry long term resources against there being no external supplies. These will only be used if there is a need and will be continually laid down in times of plenty. Sociological organisation and civilisation in the West, most consistently, keeps the supplies running and no need to use the excess stored, the storage is maintained and increased as the biological imperative always exceeds the sociological state. Obesity is the result, unless a medical condition or malfunction is the cause, look at "Cushing's Disease" as an example.

Once the need to fight or flee is over we rest and regain the equilibrium mentioned above. The body will take the easiest route back to this state – refilling the glycogen stores from whatever source is available in the most efficient way possible. Simple sugars first, complex sugars and starches next, oil and fats, and lastly, protein.



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Sugars from refined sources and manufactured sources are the simplest, very sweet fruits next, root vegetables, grains and cereals and so on. Roots are a plant method of storing sugar against their own need to survive, cereal starches offer the seed a nutrition source to provide for the germination and growth of the plant until it can sufficiently photosynthesize its own sugars.

Oils and fats are chemically similar, plants tend to form oils and animals tend to form fats.

To allow the metabolism to burn the excess fat stores it has to be needed to regain and maintain the described equilibrium and mobilised from the storage tissue which requires co-factors in the form of vitamins and minerals to facilitate the process.

### **The method suggested**

Create the need and deny the easy supply, ensure the Co factors are available then resources stored will be used.

An average western day routine is

breakfast, work, lunch, work, exercise, dinner, short rest and sleep.

The main resources are delivered late in the day when rest is then going to be taken; the stores equilibrium can be addressed from easy supply, fats remain unused and excess from the evening consumption are stored. It takes complex carbohydrates 3 hrs to digest so to be used in exercise this time lapse needs to be considered

However, if one makes the 3 meals this

- Breakfast of protein, leaf, fruit (Naturopathy teaches that a protein breakfast evens out blood sugar thus avoiding the low sugar (hypoglycaemic) sugar craving.
- Lunch of carbs, leaf, fruit,
- Dinner of protein, leaf, fruit.

Where

- Protein is meat, fish, bean, pulse, lentil, cheese, bean curd and nuts.
- Fruit is savoury or sweet fruits – always from above ground
- Root is any below ground grown vegetable
- Leaf is exactly that, whether cold weather leaves like cabbage, or summer leaves and sprouted beans
- Oils are a fuel as are fats, whilst they should not be completely avoided (they are necessary for health) they would be best used as a dressing, cold pressed and organic.
- Fats should be minimal and only what is normally in lean meat.

Resources are available from the lunchtime carbohydrates and are used in the evening exercise – any resourcing to regain the equilibrium state are then derived from fats and proteins and the body will generally take fats before proteins to facilitate this.

This style allows one to manipulate the intake foods to follow other diet styles one might read about and wish to follow -

Hay System

Blood Type

Calorie Counting, needs to be looked at in relation to the lunch intake.

Epigenetic system of Colour Type (if known)



It is known that short burst exercise will reduce the drift into Type 2 diabetes. Muscle and tendon recovery takes 24-48 hours, on tendons the net benefit and increase in strength begins at 36 hours suggesting that a break between exercising a specific muscle group of a day enhances the improvement of the musculo-skeletal system generally, the suggestion being to make the focus of the exercise different if one exercises daily.

#### Maintenance

Once your goal weight has been achieved one can relax the strictness of the system to allow for maintenance, this may be by increasing intake if you had reduced the amount consumed; or adding back some foods if certain types had been removed from the diet.

Generally, it is better to allow oneself to eat rather than practice denial; denial drives a negative association making it harder to succeed; this diet style is not about denying any food or meal you wish – just about the management of when one eats for best physiological effect; as it allows a good spread of fresh and raw foods and all foods to be consumed – it increases the balance of the nutrition taken in and prevents specific deficiencies occurring.

