

# Weighing in on food

To get started with healthy weight management, you have to have a plan, **Bob Davies** told Cornerstone Presentation attendees.

“Here is how you find your normal, healthy weight range,” said Davies, an author and former college football coach. “Take your first 5 feet of height and give yourself 100 pounds. Next, for each inch taller, men give yourself 7 pounds per inch and women 5 pounds.”

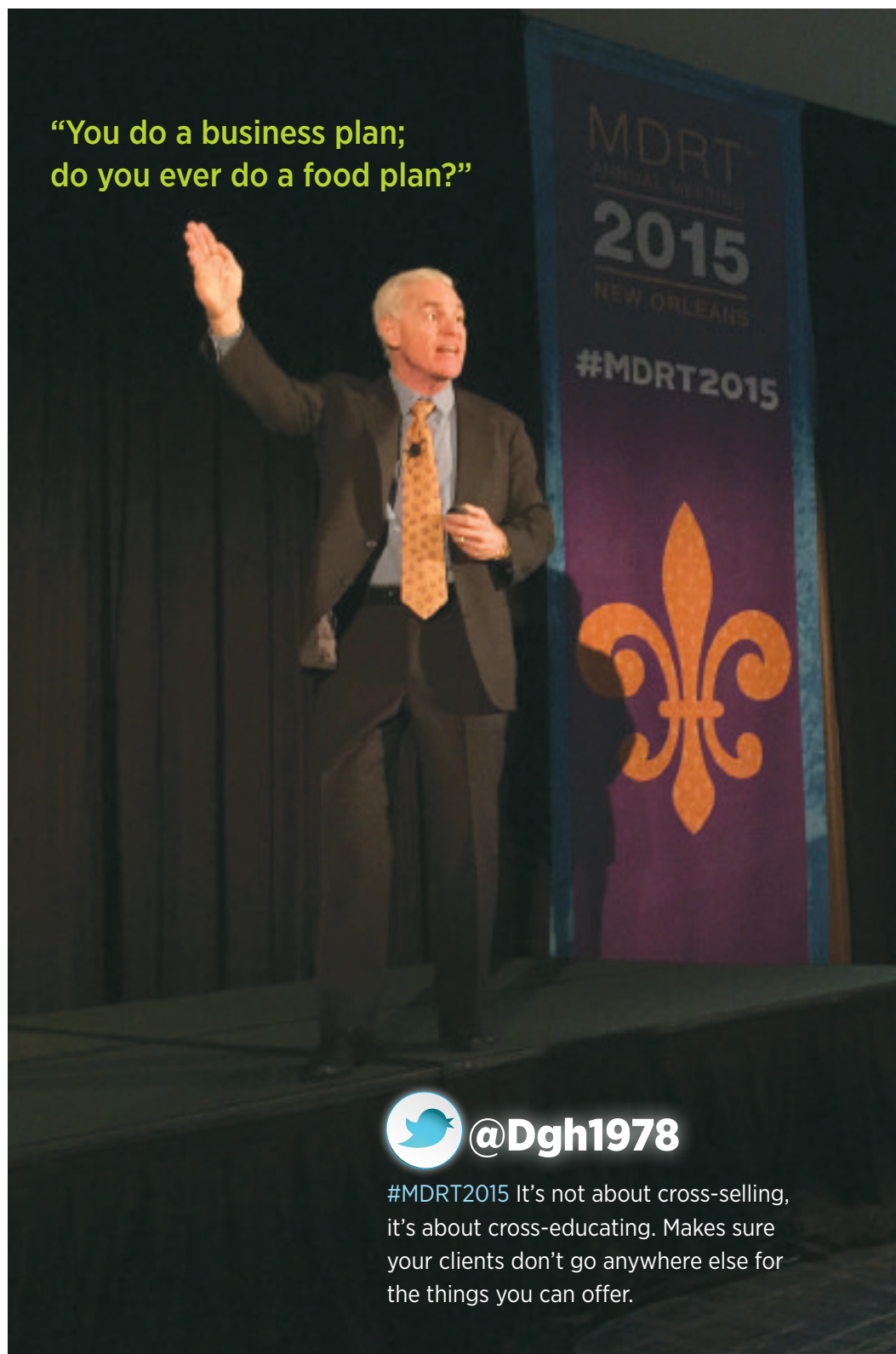
Davies explained why weight management can be so challenging, especially when it comes to eating popular foods like flour and sugar. “Think back to the time you ate a warm loaf of bread, or some melt-in-your-mouth pasta,” he said. “These are fast-acting carbs, and they cause the blood sugar to rise fast. This then causes the pancreas to secrete a hormone called insulin.”

Insulin is a carrier molecule. It attaches to the blood sugar and is then transported into the cells for energy, Davies explained. Some insulin stays in the blood, which reduces your blood sugar level, and causes cravings. “Cravings for what? Fast-acting carbs — and the cycle starts again,” Davies said. “Our digestive track is not meant to eat this stuff.”

“So who’s in control of my behavior? Am I in control? No way.” The brain cells communicate by taking an electrical impulse and converting it into a chemical release called a neurotransmitter, he explained.

Davies outlined a plan for attendees to follow, encouraging them to avoid wheat and sugar whenever possible. His plan involved eating three large meals a day with no snacking in between meals.

“This is not a diet, this is a way of eating,” he told attendees. “You do a business plan; do you ever do a food plan?” **RT**



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