

# Lifestyle changes yield lasting results

MSU's Osteopathic Manipulative Medicine is here to help. *by Mathew Zatzkin, DO*

**A**fter a long winter of hibernation and with summer quickly approaching, you may be looking to lose a few pounds. When it comes to diet plans, there are so many to choose from. But the problem with the diet 'mentality' is that these short term approaches tend to only yield short term results.

This is mainly because as soon as someone finishes their diet, they go back to their old way of eating, and the weight just comes back. Achieving and maintaining a healthy weight is more than a diet, it needs to be considered as a lifestyle. Each person has their own reasons for why they may struggle with certain symptoms. Unfortunately, there is no one size-fit all approach to anything in medicine and weight loss is no exception!

However, there are some things that tend to be more common among

## Avoid sugar, our most commonly abused recreational drug.

overweight people. Obviously, what we choose to put in our mouths is critical. It not only affects our weight, but more importantly it affects our health.

And one piece of this puzzle that is so often overlooked is our most commonly abused recreational drug, sugar. A great first step to any lifestyle change towards a healthier you begins with the elimination or at the very least, a substantial decrease in the amount of sugar consumed.

This is not just sweets; this is anything that is rapidly turned into sugar by your body after it's eaten. This includes processed grains – breads,

cereals, pasta, crackers, cookies, cakes... etc.

Although we don't consider grains a sweet treat they are treated exactly the same way as sugary things by your body. They cause a rapid increase in a hormone called insulin. Insulin's job is to take sugar out of your blood. One of the ways it does this is to take the sugar and store it for later use.

Every time you eat something like this, you are putting your body into storage mode. If you want your body to not store fat, and to start using up the fat it already has, the answer is simple; reduce and or eliminate sugar from your diet. This is a great first step in a healthy new lifestyle.



*Written by Mathew Zatzkin, DO, Assistant Professor, Department Of Osteopathic Manipulative Medicine at MSU College of Osteopathic Medicine.*



### Our providers

- |                       |                          |
|-----------------------|--------------------------|
| Peter Blakemore, D.O. | Jennifer Gilmore, D.O.   |
| Jonathan Bruner, D.O. | Timothy Francisco, D.O.  |
| Lisa DeStefano, D.O.  | Christopher Pohlod, D.O. |
| Vincent Cipolla, D.O. | Jake Rowan, D.O.         |
| Mark Gugel, D.O.      | Mathew Zatzkin, D.O.     |

Whether it's back pain, neck pain or chronic headaches, your body is trying to tell you something. We're here to listen. In fact, it's the foundation of the medical approach we teach and the research we conduct at Michigan State University's Department of Osteopathic Manipulative Medicine.

Our board-certified physicians are currently accepting patients from adult to adolescents and children.

**Ask your physician to refer you to Osteopathic Manipulative Medicine, then give us a call. We're listening. 517-432-6144**



College of Osteopathic Medicine  
Osteopathic Manipulative Medicine

Osteopathic Manipulative Medicine (OMM)  
4660 S. Hagadorn Road, Suite 500  
East Lansing, MI 48823  
com.msu.edu/omm