

Newsletter

September 11, 2021



Let's Talk About It:

Childhood obesity can affect a child's body in a variety of ways. Children who have obesity are more likely to have high blood pressure and high cholesterol putting them at greater risk of early cardiovascular disease. Increased risk of impaired glucose tolerance and insulin resistance making them at greater risk of developing diabetes, experiencing breathing problems such as sleep apnea and asthma, joint problems and musculoskeletal discomfort, developing fatty-liver disease, gallstones, and gastro-esophageal reflux, psychological problems such as depression and anxiety, low self-esteem and lower self-reported quality of life along with social problems such as stigma and bullying.

Children with obesity are more likely to become adults with obesity and are at risk for more severe risk factors as adults. Adult obesity is associated with increases in risk for several serious health problems that include diabetes type 2, heart disease, and cancer.

Task For The Week

This week I am going to challenge you!

This week I challenge you to do 5 minutes more per day of cardio than you did last week.

Record it and brag about it to me at your next appointment.

[Leave us a review on Google!](#)

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[Dr. Q's Total Weight Loss Center - Home](#)

Recipe of the week

Low Calorie/Carb Oven Baked Okra (Gluten Free/Vegetarian) Side dish

Makes 4 servings

Nutrition Facts Per Serving: Net Carbs 3g, Fiber 3g, Total Carbs 6g, Protein 4g, Fat 14g, Calories 157

Ingredients

2 Cups (16 oz) Fresh Okra
½ Cup of Almond Flour
2 Tbsp Olive Oil
1 Tsp of Tony Chacheres Creole Seasoning
⅛ Tsp Black Pepper
¼ Tsp Salt

Instructions

- Step 1. Pre-heat oven to 400 F. Slice okra into small pieces and discard stems.
- Step 2. In a large ziplock bag, add almond flour, salt, pepper and creole seasoning, shake to mix well then add okra and toss.
- Step 3. Place the coated okra pieces on a baking sheet lined with parchment paper, drizzle them with olive oil, then bake for 15 min or until golden brown.
- Step 4. Transfer to serving dish and serve warm.

Note: Contains tree nuts, if allergic to tree nuts try using tiger nut flour (is nut free actually made from roots) it will add about 3 more carbs and 20 calories but still low calorie, low carb, gluten free and as a plus tree nut free too.

If you have a recipe you would like to share, please send it to drqweightloss@gmail.com

Announcements

Dr. Q's Total Weight Loss Center is pleased to announce the addition of Crystal Fricano to the team. Crystal will be the new part time receptionist.

Vitruvian BodyWorks is now offering Therapeutic **Massage**, Call today to schedule your appointment with **Kristina** or **Ariana**!

For Yoga, Zumba, and Fitness Evolution classes please refer to the attached calendar. Coming soon: Pilates, HIIT Senior Edition, Senior Drum Ball Cardio, Dancing to The Oldies, and Let's Get Moving Morning Class.

Vitruvian BodyWorks is active on ClassPass <https://classpass.com/>, so those of you with a ClassPass subscription can now register for classes, book personal training or individual sessions, and soon, reserve for a massage.

Call 727-273-2030, email or register virtually using the [Mindbody](#) app.

All Classes \$10.00. See the separately attached Vitruvian BodyWorks class schedule.

Private classes in Yoga \$60.00, or Personal Training sessions with Larry-Gerard for \$50.00 are also available.

Larry-Gerard is offering drop-in Personal Training sessions Monday thru Friday at 8AM, 9AM, 4PM, and 5PM.

Please make any reservations at least five hours in advance. While some classes may allow registrants past this time, availability is not guaranteed, so registering early is the best way to secure your spot.



Q & A:

Can being overweight or obese cause decreased libido?

The answer is a resounding YES. Turns out the reasons are multifactorial and include damage to blood vessels (from elevated blood pressure, elevated blood sugar, high cholesterol, high triglycerides, and inflammation), hormonal changes and psychological and emotional influences.

Both men and women are affected physiologically, hormonally, psychologically and emotionally.

Overweight to obese men have a 30 - 90% risk of erectile dysfunction due to the factors listed above. Also, the increased amount of visceral (sick fat) causes testosterone to be converted into estrogen causing a low T state which can also lead to erectile dysfunction.

In overweight and obese women there is an increase in free testosterone and a decrease in sex hormone binding globulin (SHBG). The elevated testosterone levels are caused by the higher levels of insulin that occur with adiposity.



Both sexes are affected psycho-socially due to body image and stigma leading to feelings of undesirableness.

The good news is that losing as little as 10 pounds can help to improve self esteem, decrease estrogen and raise testosterone levels in men and lower testosterone while normalizing estrogen levels in women. Thus restoring sexual function.

Please feel free to email us with questions, topics, or ideas that you would like to see included in this newsletter.

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