



California Center for Healthy Living

a multidisciplinary approach to the promotion of healthy eating and positive body image for children, teens and young adults.

Dear All,

I am thrilled to report that CCHL is up and running! We opened in March, and have already evaluated a number of patients. Thus far, everyone who has completed the intake process has signed on for the 12-week treatment program, a sign that things are going quite well.



We are expanding our vision in a number of ways. Read on to hear more about where we are headed!

In This Issue

New Directions for CCHL
Micayla's Story
News Blast

Haven't Seen Our Website Yet?

www.californiachl.com

New Directions for CCHL!!

INTERNISTS, TAKE NOTE: We are now accepting patients through the age of 25.

TO ALL PRACTITIONERS: We are expanding in a more prevention-oriented direction. The following excerpt from our new flyer speaks to our target population:

CCHL assists young people and their families with the following needs:

- Preventive health in the areas of eating and fitness
- Education of parents, new and experienced, on how feed their children
- Struggles over food between parents and their children/young adults
- Overweight or prevention of overweight
- Body image dissatisfaction

** Medical indications for referral may include the following populations in addition to those above: patients with known syndromes such as Prader Willi, those on psychotropic medications, those with autistic spectrum or other developmental disorders, patients with complex feeding problems where a team approach would be beneficial.

Please call for questions regarding whether or not your patient is appropriate for referral!

New flyers are available!

Email us at
info@californiachl.com
to request more
promotional materials!

Phone: 818.528.5510

Fax: 818.986.1238



News From the New England Journal Of Medicine

“Comparison of Weight-Loss Diets with Different Compositions of Fat, Proteing, and Carbohydrates”
NEJM Vol. 360 No. 9 2/26/09

High protein-fat/ Low carb? Or High carb/ Low protein-fat?

This question has plagued our society over the decades. Each type of diet has had its place in the sun...then its place in the shadows.

This recent study randomizes 811 adults to one of four diets with differing percentages of fat, protein, and carbohydrates. The participants were offered group and individual instructional sessions for two years. The primary outcome was the change in body weight after 2 years.

RESULTS: Among the 80% of participants who completed the trial, the average weight loss was 4 kg. 14-15% of the participants had a reduction of at least 10% of their initial body weight. These results did not differ significantly between the four groups. Satiety, hunger, satisfaction with the diet, and attendance at group sessions were similar for all diets. The strongest predictor of weight loss was attendance.

CONCLUSIONS: Reduced-calorie diets result in clinically meaningful weight loss regardless of which macronutrients they emphasize.

Micayla's Story

Micayla is the first patient who went through CCHL while it was in its infancy, last summer. She was a 21-year-old college senior, frustrated by years of traditional dieting and rebound weight gain. She adopted the principles of Intuitive Eating, based on her collaboration with Dr. Rosen, and reports the following:

“CCHL has freed me from my ‘food prison’. I have always had problems with food. I followed food ‘dos’ and ‘don’ts’ to try to lose weight and stay healthy, but they never worked for me. CCHL taught me that I could become more in tune with my body, and lose weight while still eating anything I want. I am finally at peace with food. I am happy to report that I have lost over 20 pounds in one year, and I’ve never felt so comfortable in my own skin.”

In the Next Issue:

What is Intuitive Eating and what is its role in weight management?

