

Week One Reading

Understanding How the Set Point Works

Beth Israel Deaconess Medical Center

What is the Set Point?

Your body weight set point is the number on the scale your weight normally hovers around, adding or subtracting a few pounds.

What Determines Your Set Point?

Your set point is determined back at the moment of your conception. Your heredity and environment are the starting point. (Beth Israel Deaconess Medical Center – Harvard Medical School Teaching Hospital).

The Word of God says in Psalm 139:13-15 that “you are fearfully and wonderfully made.”

Over the long term, eating excessively and exercising little will override your body’s natural tendency to stay at its set point and lead to a higher, less healthy set point.

A slow, gradual weight gain (about 20 lbs.) generally encompassing several decades will fool your body into thinking that your set point should be higher. Your body resets the set point. Then, when you try to lose weight, your body fights to defend that higher weight, making weight loss more difficult.

GOOD NEWS

JUST AS IT IS POSSIBLE TO RESET YOUR SET POINT HIGHER, IT IS ALSO POSSIBLE TO LOWER IT. THE SECRET IS TO WORK WITH, NO AGAINST, YOUR BODY’S NATURAL TENDENCIES AND LOSE WEIGHT SLOWLY, ONE SILHOUETTE AT A TIME.

Internal Controls vs. Environmental Factors

There are internal controls that govern this very complex process. There is a tiny structure deep within the brain. There are also nerves that run between the brain and stomach, and a host of hormones that all work together to make up these

internal controls. However, in the long run, your behavior and how you respond to your environment will trump your Physiology (your body's inner workings).

- This can easily happen because oversized portions of high calorie foods are readily available 24 hours a day.
- Modern conveniences from electric toothbrushes to leaf blowers to cars mean we don't have as many opportunities to exercise.

The 10% Solution

Scientific evidence supports the fact of losing no more than 10% of your body weight at a time is extremely important. Your body's set point and its many regulatory hormones dictate the effectiveness of the 10% loss. This is the amount of weight you can lose before your body starts to fight back and defend its current set point. Many clinical studies have confirmed this phenomenon. Of course, we all know there are a few people who can lose more than 10% at a time, but **there are very precious few who can maintain that loss.**

Repeat the Cycle

After you maintain your new, lower weight for six months, you can repeat the cycle and reset your setpoint again by losing another 10%. Yes, of course this seems small; however, gradual changes in your daily habits can make it possible to stay at that new lower weight for the rest of your life. This prescription is vital for you to outsmart the body's natural tendencies to regain weight.

Breaking through your Set Point Principles (BTYSP)

Breaking through and resetting your setpoint requires you to learn new habits that soon become routines that lead to autopilot. This is where the miracle occurs. These habits will become just like you, second nature.

Over the next so many weeks in this course we will focus on learning how to create the habits that will make the forever change.