

# Get off the emotional eating roller coaster

By Ken Freedman, D.C. and Heidi Scanlon, C.R.M.T.

If you're an emotional eater who finds comfort in fattening foods, losing weight can be a huge challenge. Many emotional eaters will start losing weight on a diet. However, if they have a low susceptibility to emotional triggers, it also lowers their compliance with their dietary program and their weight goes up and down, like a roller coaster. Of course, a person who wants to lose weight must change the way they are eating. They also need to change the way they handle stress.

Who isn't under stress these days? There are many ways of dealing with stress. One way is through using Reiki, a time-tested, drug free, completely safe practice used for stress reduction and healing. Reiki works by balancing the energy of the body. When you get stressed, upset, or experience emotional trauma, this creates a blockage in the body's energy flow. These

blockages limit your ability to handle stress by preventing you from functioning at your best emotionally, mentally and physically.

A Reiki session is performed while you lay on a massage table fully clothed. As soothing background music plays, and life force energy is channeled and directed to the areas in need of balancing. Each session is highly personalized using a combination of light touch and no touch. For adults and children who are sensitive to touch, a session can be effectively performed without touching. After a Reiki session it is common to feel lighter in spirit, calmer, clearer and more focused. It is a very peaceful, enjoyable way to get your emotional eating under control by giving you the ability to handle life's stressors in a much calmer way. Popular singer Christina

Aguilera credits Reiki treatment for helping her lose 30 pounds — and keeping it off.

Aguilera, a celebrity coach on the hit TV show *The Voice*, is quoted as saying, "Reiki puts my mind in a good place and gives me the discipline to eat healthy and maintain weight loss." The 32-year-old mom receives Reiki treatment three times a week.

In addition to my 14 years of experience teaching and providing Reiki care, I (Heidi Scanlon, CRMT) offer a painless, computerized analysis. It works through bio-feedback and displays an image of your energy fields in real time. It clearly and scientifically demonstrates how I can help you achieve better results in less time — and show progress.

Now that you have a great resource to help you stay on track, here's another — a highly effective, affordable program with

an experienced doctor to guide you. I (Ken Freedman, DC) have been teaching people how to eat tasty, low fat, healthy meals that are anti-inflammatory and low in sugar. My clients typically lose 20-35 pounds in only six weeks, eating real food they buy at the supermarket — without exercise, drugs, prepackaged foods, shakes or bars. It's called the Doctor-Supervised ChiroThin Weight Loss Program. Since 2011 I have helped hundreds of people become and remain thinner, healthier and very happy.

The offices of Dr. Freedman and Heidi Scanlon are located at Freedman Chiropractic Center, Brier Hill Court, D-6, East Brunswick. For more information, call 732-254-6011.



Health & Fitness

## Studies show bariatric weight loss can improve fertility

By Dr. Ayotunde Adeyeri

There is a strong association between obesity and infertility, and several recent studies are showing that weight loss can increase fertility in obese women. In one study from the University of Iowa Hospitals and Clinics in Iowa City, 100 percent of women who were diagnosed with polycystic ovary syndrome (PCOS), a condition that can occur with weight gain and cause infertility, successfully achieved pregnancy after bariatric weight loss surgery.

Obesity, especially centered in the abdomen, among infertile women seeking pregnancy is also associated with poor response to ovulation induction and with decreased pregnancy rates. Doctors usually tell obese women who want to get pregnant to lose weight. For women who have struggled with weight gain and loss throughout their lives, this is no easy task.

Though this is a small study it has a big result, one that morbidly obese women who are having trouble conceiving should discuss with an experienced, board certified bariatric surgeon.

These studies overall suggest that women with morbid obesity, who are infertile due to PCOS, may have a new surgical option to help them conceive. Other studies have shown bariatric surgery can improve or resolve a multitude of diseases and conditions. Infertility joins that list.

Bariatric surgery is an increasingly popular, safe, and effective approach for achieving sustainable weight loss, as well as reducing infertility and other health problems associated with severe obesity, such as diabetes, heart disease, cancer, high blood pressure, sleep apnea, and joint problems.

Dr. Ayotunde Adeyeri is a board-certified and fellowship-trained laparoscopic, bariatric and general surgeon and serves as medical director of the Institute for Weight Loss at Raritan Bay Medical Center. The Institute provides individualized medical and surgical solutions and support for individuals seeking weight loss, including nutrition and lifestyle counseling. For more information or to attend a free bariatric surgery seminar, held twice monthly, call 855-TIME-4-ME.

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