

features

Warped

by Scott McCullar



Claims permanent fat loss

Fasting works: doctor

United Press International
COTTSDALE, Ariz. — Dr. Robertson says the best way for fat people to lose weight is to starve.

Shedding weight, he says, is easy part of his weight-loss program. The hard part is helping his patients keep the pounds off.

"The body perceives it's being starved, then allows fat to become available for utilization," Robertson said.

Robertson, who uses a weight-loss program offered in clinics across the country, says 40 percent of patients on the program are able to keep their weight off indefinitely.

Nationwide statistics show that more than 5 percent of people on conventional diets can lose 40 pounds and only 1 percent can keep the weight off.

But Robertson says that, unlike other weight-loss programs, his is supported by scientific data that is constantly updated.

The Southwest Bariatric Nutrition Center uses a multidisciplinary approach to losing weight that was developed by Drs. George L. Blackburn and Peter G. Lindner at Harvard Medical School and Massachusetts Institute of Technology.

The program involves a modified fast diet and counseling by a nutritionist, clinical psychologist and exercise specialist.

Blackburn reported in a five-year follow-up of patients on his program that 75 percent to 80 percent lost 50 pounds or more and 40 percent were able to keep the weight off.

Robertson said bariatrics — the medical management of the adult overweight patient — has acquired a shady image because it has been poorly regulated, allowing many "quacks" to operate.

"The proliferation of clinics has been only in the 1970's," he said. "When people saw how much money was in this thing they jumped on the bandwagon."

The American Society of Bariatric Physicians estimates the total amount spent by Americans on weight reduction in 1981 at \$15.4 billion to \$17.2 billion.

Robertson said this compares with a combined \$26 billion for heart and cancer research and treatment.

Robertson, a gastroenterologist, said he got into bariatrics only because he was convinced the Blackburn program is successful and safe.

Patients are interviewed by Robertson, their medical histories taken and extensive tests are performed. They are placed on a diet of only protein in the form of meat, fish and poultry.

Robertson said patients go hungry for about four days, then begin to lose their appetites as their bodies burn up fat. Most patients lose about a pound of fat a day — at a cost of about \$15 to \$18 per pound, he said.

Later, patients are reintroduced gradually to vegetables, breads, dairy products and fruit, until they learn how to eat a balanced diet while still maintaining their weight.

Patients attend about 12 hours of classes each in nutrition, exercise and behavior modification.

Robertson said this compares with a combined \$26 billion for heart and cancer research and treatment.

Robertson, a gastroenterologist, said he got into bariatrics only because he was convinced the Blackburn program is successful and safe.

Patients are interviewed by Robertson, their medical histories taken and extensive tests are performed. They are placed on a diet of only protein in the form of meat, fish and poultry.

Robertson said patients go hungry for about four days, then begin to lose their appetites as their bodies burn up fat. Most patients lose about a pound of fat a day — at a cost of about \$15 to \$18 per pound, he said.

Later, patients are reintroduced gradually to vegetables, breads, dairy products and fruit, until they learn how to eat a balanced diet while still maintaining their weight.

Patients attend about 12 hours of classes each in nutrition, exercise and behavior modification.

Entertainment

Lyle Lovett
Thurs., Oct. 21
9 p.m.-Midnight

John Vandiver
Fri. & Sat., Oct. 22 & 23
9 p.m.-1 a.m.

Coming Soon — Courtney Campbell, Banded Gekos, Don Sanders

Backstage

Restaurant and Bar
319 University Dr. (Northgate) 846-1861

the Curiosity Shop

Fall Festival Days

Thur. Fri. Sat.
(Hours: Mon.-Sat. 10-6, Thursdays 10-8 p.m.)

4 per set
Double Old Fashion or 15 oz. Tumbler Set of 4 with Initial
9.95 Reg. 18.95
Set of 4

Fieldcrest Towels Shower Curtains Entire Stock
25% off

Silk Flowers
25% off

All Lucite Bath Accessories
25% off

- Select Group of Picture Frames **50% off**
- Boxed Christmas Cards - Personalized **FREE**
- Entire Stock of Posters **25% off**
- INTRODUCING FRESH GROUND WHOLE BEAN COFFEE - **10% off**

CULPEPPER PLAZA New Gift Ideas Arriving Daily **693-0982**

Follow the Aggies to SMU

Chartered Bus

Price: \$25 which includes a ticket to the game. Only a few openings left. First come first serve.

Call 260-3572 or 775-4306 for details.

Sponsored by Medina County Hometown Club.

Racquetballers!

Enter the Halloween Classic Tournament presented by the A&M Racquetball Club.

Entry forms by Court 7 in East-Kyle. Please return by Monday, Oct. 25. Hurry!

ICE HOUSE

Miller
12-PACK
\$4.49

Schlitz
CANS **\$2.21** 6 PACK

Molson
IMPORTED CANADA
\$3.89 6-PACK

Old Mil
6-PACK CANS
\$1.89

Pearl Bottles
\$3.35 12 Packs

Specials Good Through Sat. Oct. 23

OPEN MONDAY-SATURDAY 'TIL MIDNIGHT

3611 S. College 846-6635

Ski

Keystone, Colorado in January

with A&M Travel Service.

(from \$475 per person)

A&M Travel Service and Keystone Resort combine to bring you the best vacation value of the season. From January 11-16, 1983 you can be our guest for as low as \$475 per person.

Your destination will be the beautiful Keystone Resort in Colorado. Keystone has alpine and cross-country skiing on two mountains with 15 lifts for beginners, intermediates and experts. The resort also features ice skating, swimming, jacuzzi, sauna, indoor tennis, horseback riding, snowmobiling, sleighriding, shopping and excellent dining.

Your vacation includes: round trip transportation from College Station; accommodations for 5 nights; 4 days lift tickets; first night "get acquainted party"; hotel taxes and baggage handling; A&M Travel tote bag; and the services of an A&M Travel escort throughout the trip.

This year take the vacation you have always dreamed of. Avoid the holiday rush. Make your reservations today.

A&M Travel Service, Inc.

Owned by Keith Langford '39 (Houston) and Diane Stribling (President and Agency Manager)
111 University Drive (RepublicBank A&M Building) College Station

846-8881