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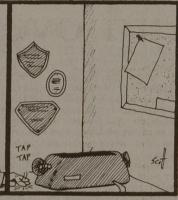
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Entertainment

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

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laims permanent fat loss

Fasting works: doctor

OTTSDALE, Ariz. — Dr. d Robertson says the best r fat people to lose weight

edding weight, he says, is sy part of his weight-loss m. The hard part is helppatients keep the pounds

he body perceives it's starved, then allows fat to become available for ation," Robertson said. obertson, who uses a he's received estime edinics across the country, as \$10,500 to fix \$40 percent of patients on program are able to keep e Dales are fighting in weight off indefinitely. loss program offered in

lationwide statistics show eople aware," Dale er than 5 percent of people onventional diets can lose 40 ds and only 1 percent can

but Robertson says that, un-tother weight-loss programs, is supported by scientific a that is constantly updated. The Southwest Bariatric Nut-

say they fear big land, which has the letes: artment to driv thie's industrial partarving or orging naged eight to 10th

> AN ANTONIO — A fourstudy of college athletes' ts indicates wrestlers starve nselves and football players

nt. No court date on, who conducted the surys the signs will some thing habits are definitely repthing about it."

some thing about it."

t's nothing to a wrestler to 20 pounds in a week," she n a speech prepared for ry Oct. 19, during the ican Dietetic Association's DENTS mal meeting in San Antonio t 18-22

hey dehydrate themselves, themselves to vomit, run d in plastic sweatsuits ng so they can compete at ain weight," she adds. t the other extreme, the

nmer 1982 olessor found football players a total of 15,000 ries a day — or as much as average man eats in one

B2. If you have registered dietitian and nist says her intensive ams at Syracuse Universi-and football players eat with "tremendously huge go to outrageous extremes et competitive weight

> he says the wrestlers and gringly players whose nutritional he monitored have "exely weird eating habits that harm their health after ng and competition end." e says football players will me half their diet in fat e. That's a dangerously high far exceeding the 35 per-figure recommended by ical authorities for most

professor says she saw the training table use 22 butter for six or seven s, then pour a cup of gravy rthe 12 to 16 ounces of meat consumed at dinner in the

As for lunch, they'll eat six or

Eating practically nothing ms to be a way of life for stlers," she added, saying ir daily caloric levels somees are as low as 78 calories. As sult, some suffered severe amin deficiencies.

rition 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 Mas-sachusetts Institute of Tech-

The program involves a modified fast diet and counseling by a nutritionist, clinical psycholog-

ist and exercise specialist.

Blackburn reported in a fiveyear 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

Robertson, a gastroenterologist, said he got into bariatrics only because he was convinced equired a shady image because it has been poorly regulated,

allowing many "quacks" to op-

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 band-

wagon."
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 bil-

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

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 re-introduced gradually to veget-ables, 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.

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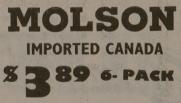
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12-PACK







PEARL BOTTLES

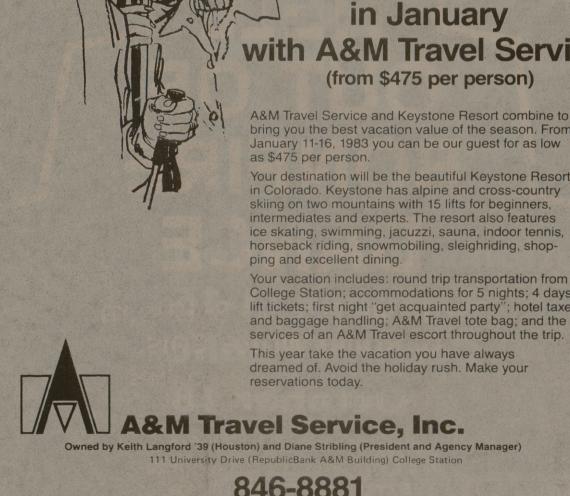


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