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NU NEWS

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HEALTH SERIES BY NU SKIN

Lose weight the right way

Obesity is fast escalating into a global epidemic with 1.4 billion adults aged 20 and above being overweight in 2008. In Singapore, the 2010 National Health Survey found that one in nine Singaporean adults or 10.8 per cent was obese, up from 6.9 per cent in 2004. This unhealthy trend prompted the government to launch the "One Million Kg Challenge" with the objective of getting Singaporeans to lose a collective one million kilograms by the year 2016.



Dr. Joseph Y Chang,

Nu Skin's Chief Scientific Officer and Executive Vice President of Product Development, shares his insights on effective weight management.

One of the most common ways to lose weight is to go on a diet, what is your take on this?

Dieting is something that is very hard to maintain throughout your life. Therefore, it is probably not the best way to achieve a sustainable weight loss because once you stop adhering to the strict diet and go back to your regular meals, you will gain back all the weight.

Thus the best way to manage weight effectively is to undertake a well-balanced, multifaceted approach that promotes healthy metabolism, controls carbohydrate cravings and fat storage instead of solely focusing on dieting.

Are there tips for someone who is undergoing weight management?

Having the right nutrition is vital when one is on weight management.

Vitamins and minerals are necessary to keep the body healthy. We call them micronutrients and they are absolutely necessary for cells in the body to function. Carbohydrate, protein and fat are known as macronutrients as they contain calories. Scientists call them macronutrients because they give you the fuel and provide energy for you to function.

In most of our diet, we are taking too much of the wrong type of fuel and it is almost like putting diesel into a petroleum car! So having the right proportion of nutrients should be a key aspect for someone who seeks to achieve effective weight management.

Does losing weight equate to effective weight management?

There's a difference between weight management and weight loss. If you get on a weighing scale in the morning and notice that you have lost a few kilograms, you don't really know what the loss is due to. If the weight loss is due to the loss of muscles then that is very unhealthy.

At Nu Skin, we recognize that healthy weight loss has to be connected with the loss of fat and not muscles. In fact, preserving muscles and losing fat are key to attaining safe, effective and sustainable weight loss. Therefore it is important for people to realize that fighting fat is crucial in attaining long term weight management success.

What is the best approach for someone to lose weight safely and healthily?

For many who are overweight or obese, they expect to lose all the weight they have been putting on throughout the years in a short period of time. For those who are able to lose weight rapidly, the weight loss is unlikely to be sustainable as the sudden loss of body fat is likely to trigger the body to say "I need that fat". In turn, the brain will force them to eat more to gain that weight back, which is

unhealthy. Therefore, at Nu Skin, our U.S. patented weight management program focuses on losing weight healthily at a safe and steady pace.

From a scientific approach, what are some of the insights that you can share about weight management?

Our scientists have been awarded a grant from the National Institutes of Health (NIH) in the United States to identify a robust panel of genes in adipose tissue (fat) that are regulated by a calorie restricted diet and in a recent discovery we uncover that there are about 25,000 genes in our body of which several hundreds of the genes are directly related to weight management. In other words, they control how much fat you have in your body; how in fact, muscles help to burn the fat. Being able to leverage on this genetic discovery, it is a very exciting time for us.

