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One Solution to Many Diseases- Presented in 24 ½ Inspirational Stories.

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My Dear Readers,

Over the years, many of my patients have asked many useful and interesting questions. I am presenting them here in a Q/A format with the hope that you may benefit from them. I have also divided these questions into five sections:

- A. General Questions
- B. Question about Weight
- C. Questions about Weight Loss
- D. Questions about Food and Water Intake
- E. Emotional and Other Interesting Questions

Section A: General Questions

Question 1. Why health is so important?

Health is your best treasure. Everything you do in life is for physical or mental health or well-being. In other words, if you could have everything in the world except your health, you would be at a great loss.

Question 2. How can you define health?

Health is not the mere absence of the disease; rather, it has a broader definition and connotation.

Health means whole. According to the *Oxford Dictionary*, health is defined as a physical and mental state free from illness or injury.

The best definition of health which is complete and covers all aspects of the human being is given by Ayurveda, the science of life. Here it is: “A healthy person is the one who is healthy at the physical mental and spiritual levels.”

Physical level: In a healthy person, all physiological functions must be normal, the appetite must be good, and all discharges, including urine, stool, and perspiration, should be normal.

Mental level: One should have mental balance, which is indicative of mental strength and stability.

Spiritual level: One must be content and blissful.

Question 3. What do I have to do to stay healthy?

You must keep your batteries charged at the physical, mental and spiritual levels.

Physical level: Eat healthy, get adequate rest and sleep, and exercise.

Mental level: Keep your mental balance under all situations and circumstances.

Spiritual level: You must understand life as a whole, life is eternal, and anything which is material is an accessory to life. Therefore, in order to make advances at the spiritual level, you must continue your search for the bliss and joy of life, and not mere focus on the materialistic things that can provide only transient happiness.

It is also important to do meditation and prayer according to your belief system on a consistent basis.

It is equally important not to waste your energy unnecessarily at the physical, mental or spiritual levels. Overwork is a drain on your health. One must work hard but still keeping a balance between work and enjoyment.

Question 4. What is the single most important secret to health?

I believe practicing healthy habits is the key. We are the product of our habits. Healthy habits makes us healthy, and unhealthy habits can cause multiple diseases and miseries.

Question 5. How can you define healthy habits?

Being of normal weight, having balanced life, maintaining a positive outlook and attitude toward life. One need to know that, the healthy habits are the products of a disciplined life.

Question 6. Why is meditation so important?

Meditation provides mental and spiritual strength that is also reflected at the physical level. As an additional benefit, meditation also makes one calmer and more alert, and it can prolong life by as much as fourteen years.

Question 7. I have been very neglectful of my health. Is it too late to get back on the right track?

No, it is never too late. Remember your body is of a dynamic nature, that is, it is rejuvenating every minute of life. The day you start your healthy lifestyle, your body will remodel accordingly.

Question 8. Why is addiction so bad?

Addiction to anything means that the addictive element has taken over your life and controls you, and therefore you have become a victim and slave of it. The addictive element can be anything—smoking, alcohol or drugs, etc. To be controlled or taken over by anything is one of the biggest losses of oneself.

Section B: Questions about Weight

Question 9. What is my ideal weight?

Your ideal weight is calculated based on your height, although gender also plays some role. Therefore, there are different scales and guidelines for males and females, although the difference is very small. For males, a person who measures 5' should weigh 106 pound, and thereafter you can add 6 pounds per inch. For females, a person who measures 5' should weigh 100 pounds, and thereafter you can add 5 pounds per inch. You can also add another 10 to 15 percent based on your frame, if it is medium or large. You can add another 10 percent as a reserve. As a matter of fact, people who are approximately 10 percent over their ideal weight have more advantage than people who are of normal weight or are underweight.

Question 10. Why it is important to be of normal weight?

Because when you're of the right weight, every organ of your body (brain, heart, lungs, kidneys, liver) work at the optimum level. People who are either underweight or overweight are prone to have more diseases.

Question 11. How can being overweight affect me?

The more overweight you are, the more at risk you are of having high blood pressure, diabetes, coronary artery disease, cholesterol issues, GERD, arthritis, and even cancer. People who are obese also have decreased immunity, and therefore are also more prone to infections.

Question 12. How can I find out if I am of normal weight, underweight or overweight?

It is a two-step process:

The first step is to find your BMI. For your convenience, the BMI table is provided in the appendix that follows immediately after this section. Please consult the table before advancing to the next step.

In the second step, match your BMI with the following guidelines:

- A. Underweight BMI is less than 18.5.
- B. Normal weight BMI is 18.5 to 24.9.
- C. Overweight BMI is 25 to 29
- D. Obese BMI is 30 to 39
- E. Morbidly Obese BMI 40 to 49
- F. Super obese BMI 50 to 59

Question 13. Am I eating too much or too little or just right?

If you are gaining weight and you do not wish to, most likely you are eating too much. But if you are losing weight and you do not wish to, most likely you are eating too little. However, if you are not losing or gaining, and you are happy with your weight, or you are of ideal weight, then you are eating the right amount. This is a general guideline because at times, other factors fall into this equation such as a hormonal condition or an imbalance, fluid retention, etc.

Question 14. Can you explain the two types of body fat?

Yes, the body has two types of fat—central fat and peripheral fat. Both fats are bad, but central fat is much more harmful than the peripheral fat. Central fat is the one that collects around your

belly. It can be measured by the abdominal girth or waist measurement that is taken at the umbilicus and not below or above it. Peripheral fat is the one that collects around the peripheral parts of the body such as buttocks, shoulders, extremities, etc. It is measured by BMI.

Question 15. How and why do people gain or lose weight?

It is a function of caloric balance or imbalance. In other words, if you take in more calories than you burn, then you will gain weight; conversely, if you take less calories than you burn then you will lose weight and so on.

Question 16. Everybody is fat in my family. Will I also be fat?

No, obesity is not based upon genetics or heredity. It is based on habits and lifestyle. If everybody is overweight in your family, it means they do not have healthy habits. You will be product of your habits, not those of your family.

Section C: Question about Weight Loss

Question 17. At what rate I should lose weight?

It will depend on how fast you wish to lose weight. If you work at a normal pace and lose about five hundred calories per day, which is really small, you can still lose one pound per week, and that can add up to fifty-two pounds of weight loss per year. However, if you go on a fasting diet, you can lose up to one pound per day. Read the story of the two medical residents in this book, and also the story of a lady who traveled seventy miles per day.

Question 18. What are the best foods for weight loss?

Foods that are rich in water content such as vegetables and fruits are the best for this purpose. Vegetables are still number one, and fruits are number two. Vegetables are not only rich in the nine essential ingredients of food but also very low in calories. Vegetables are also classified as free foods. That means you can eat as much as you like without getting fat. (And I like that.)

Question 19. Are there any effective magic pills or diets for weight loss?

No. Magic pills and diets do not work for a long period of time. So if you do want permanent results, you have to get rid of your unhealthy habits and adopt a healthy lifestyle.

Question 20. Are water pills good for weight loss?

No. Water pills can help you lose water, not weight. Water pills can be bad for you because you may get dehydrated. The water content of the body is between 65 to 70 percent during good health. By taking water pills, you may be able to lose few pound of water and not fat. Is it worth the risk?

Question 21. Can eating slowly and chewing your food well help me to lose weight?

Yes. When you eat slowly and chew your food well, you will be satisfied more easily and will eat less. In this reference, read the chapter *The Best Peanut Ever*.

Question 22. Can an all fruit diet help me to lose weight?

Yes, this is quite an effective technique. I have used it on several of my patients.

Question 23. What is the best time for grocery shopping?

Studies have shown that the best time for the grocery shopping is after a meal, because when you are not hungry, you will be less tempted for the wrongful foods, and therefore you are likely to make better choices and come home with healthy groceries.

Question 24. What is the role of exercise in weight loss?

The amount of calories you burn in exercise is so small that it cannot be used as a tool for weight loss. However, exercise is strongly recommended for everyone, whether underweight, normal weight or overweight. Exercise is one of the best tools to stay healthy.

Question 25. I am always hungry. I don't know what to do.

My friend, you are in luck. A good appetite is a sign of good health. If you do not wish to gain weight, eat plenty of vegetables whenever you want and as much as you want, and you will not gain weight.

Question 26. Whenever I go to a party or buffet, I end up overeating and feel bad. What should I do?

Here are some of the suggestions that can fix your problems:

Yell at yourself very loudly for doing so. (Just kidding.)

For the next twenty-four hours, either don't eat anything or just eat vegetables.

The following day, eat fruits all day. This should fix the problem at least for that time. Also let this incident be a lesson for future so that you do not repeat it.

Question 27. Is overeating okay at parties or buffets?

Yes, but then you must be prepared to make up for it the following day, as it has been discussed in the previous question.

Section D: Questions about Food and Water

Question 28. What is the importance of food in maintaining good health?

Your physical body is the product of the food you eat, and hence healthy food means a healthy body and vice versa. Conversely, one needs to know that what food is to the body, thoughts are to the mind. Therefore, for a healthy mind, it is important to have good and positive thoughts.

Question 29. It is well known that different foods have different caloric values. Can you comment on that?

Yes, caloric value varies from food to food. Let me give you some rundown of the foods. Let me start with the foods that have lowest caloric value and then go to foods that have highest caloric value.

A. Vegetables are the foods with the lowest caloric values and that have all nine essential ingredients of a food, which is why they are so great.

B. Fruits are as good as vegetables but have slightly more caloric value. Fruits also have the nine essential ingredients of a food yet are still low in calories.

C. Beans and grains have reasonably good amounts of calories and are rich in proteins, minerals, and vitamins, and are also healthy foods. However, you must make sure that you're taking the whole grain, for example, whole wheat, brown rice, etc., and eating them in moderation.

D. Milk and dairy are next in line.

E. Meats are very high in caloric value and also rich in protein, but very rich in fat, cholesterol, and salt.

F. Desserts, carbonated beverages, and alcohol are foods of highest caloric value and many empty calories, and therefore are classified as junk food.

Question 30. Are carbohydrates bad for you?

Of course not. Carbohydrates are not only good for you but necessary for the functioning of the brain. The average person needs at least 130g of carbohydrates per day, but you must understand the type of carbohydrates that you are ingesting. Carbohydrates are of two kinds—simple and complex. Your goal should be to use as many complex carbohydrates as possible and to avoid simple carbohydrates.

A. Examples of complex carbohydrates are whole grain bread, brown rice, roasted beans, whole wheat pasta, etc.

B. Avoid all refined carbohydrates such as white sugar, white bread, white rice, pasta, and pizza.

It has been known to the ancient health providers that one should try to avoid carbohydrates with meat. So when you eat fish, chicken, cold cuts, etc., eat them without bread or potatoes.

Question 31. What do you think of meat as a food?

Meat is like any other food. It has plus and negative qualities. Let us analyze. The positive quality of meat is that it is rich in protein.

Some of the negative qualities:

A. It is very rich in fat and salt.

B. It is very poor in minerals—potassium, calcium, magnesium, and trace minerals.

C. It is very poor in enzyme content.

D. It is a concentrated food and therefore very rich in fat and calories. The fat content of the meat is responsible for raising the cholesterol level.

E. It is very acidic in nature.

There are some emotional issues as well about eating meat as it involves killing of the animals. Interestingly, one of my patients wondered why we put food (meat) into our body that has a lower level of DNA. In addition, I have also discussed in my previous book that man's body resembles that of a herbivore and not that of a carnivore. Therefore, I believe one should not eat meat or at least eat it very sparingly. This is also the recommendation of macrobiotics, the science of long living.

Question 32. How much water should I drink?

I would say to drink a lot without drowning yourself in it. (Just kidding.) Most people are dehydrated. It is extremely rare that one drinks more water than one needs, and I have seen only one or two cases in all fifty years of clinical practice. However, it is good to know that drinking water in excess of your need can have a negative effect on your kidney. Let me stress once again that most people are dehydrated. Now coming back to the question about how much water you need to drink on daily basis. It is extremely hard to lump all human beings into one category. The water needs of every person varies, based upon several factors, such as:

A. Body size and body weight: The bigger a person is and the more one weighs, the more the water needs of that person. People who are underweight or children do not need that much water.

B. Metabolism: The higher the metabolism, the greater the need for water.

C. Climate and season: The warmer the climate you live in, the more the water you would need. Of course in a colder climate, you would need less water. It is equally true that in summer, you need more water than in winter.

D. Activity: The more active you are, the more water you need.

E. Perspiration: The more you perspire, the more water you need.

F. Food type: If you eat more solid and concentrated food—meat, dessert, fried food, dried food, salty food, sweet food—you need a lot more water. On the contrary, if

you eat foods that are rich in water content such as vegetables and fruit you will need less water.

G. Medical condition: If you have a medical condition in which you retain water, you have to be careful how much you drink. In those cases, you must follow the advice of your doctor.

H. Thirst: This can be a very good guide as to how much water you need.

As you can see, it is hard to put all people into one category. Let me quote one authority with whom I agree. Nessler states: "In general, you should try to drink between half to an ounce of water per each pound of bodyweight, per day." Another guide that I follow it is to look at the quality and quantity of the urine. If you are urinating too often and it is colorless, it means your drinking too much. However if you are not urinating enough and your urine is too concentrated it means you are not drinking enough.

Question 33. What are the nine essential attributes or qualities of the food?

Foods can be analyzed based upon the following nine qualities:

- A. Carbohydrates
- B. Proteins
- C. Fat
- D. Water content
- E. Mineral content
- F. Fiber content
- G. Caloric value
- H. Enzyme and/or vitamin content
- I. Acidic or alkaline nature of the food

Always keep in mind that fruits and vegetables are the only foods that have all the nine qualities.

Question 34. What are the various food groups?

These are as follows:

- Fruits
- Vegetables

Grains
Beans and Legumes
Seed and Nuts
Milk and Dairy
Eggs and Poultry
Meat

Question 35. Can you discuss the classification of foods based on the medical science of Ayurveda?

The science of Ayurveda has classified all foods into six categories based upon how the food tastes. It does not take into consideration the protein, carbohydrate, fat, mineral, or water content of the food because these are not important criteria based upon the science. The six classifications of food are:

Salty
Sweet
Sour
Pungent
Bitter
Astringent

This is a practical as well as a useful classification. The reason is that in Ayurveda medical science, diet is an important ingredient of almost every prescription.

Question 36. You have mentioned in your previous book that fasting can save your life. Can you comment on that?

Dr. Shelton, the founder of fasting, coined this statement. It is as true today as it was when it was initially coined. Fasting not only purifies and cleanses the body but also strengthens the person at his or her physical, mental, and spiritual levels.

Question.37. Can fasting be used for weight loss?

Yes, it is quite an effective modality for rapid weight loss. You can read the chapter *The Lady Who Traveled 70 Miles Per Day*.

Question 38. Are there several modified techniques of fasting?

Yes, there are several modified techniques of fasting. For example, water fast, milk fast, fruit fast etc.

Question 39. Is fasting safe?

Yes, fasting is 100 percent safe, unless it is prolonged and done too often. In those cases, it can be a cause of malnourishment.

Question 40. What is the difference between fasting and starvation?

Fasting and starvation are two different entities, and there is no comparison. Fasting is not starvation, and starvation is not fasting. In fasting, you're in charge and in control of your behavior and the program. Starvation is kind of forced upon you or you are the victim of the situation.

Question 41. For how long should the fasting be done?

It depends on your goal and your needs. It can be as little as eight to twelve hours, or it can be as long as a month. There are no hard and fast rules. In general, many people fast one day a week to keep their body clean and their mind strong. It is a healthy practice and I endorse it.

Section #E. Emotional and Other Interesting Questions

Question 42. Some of my patients have stated that they just look at food and get fat. Can this be true?

This is a pure myth. Most people think they need to eat three meals a day as they did when they were teenagers. With advancing age and decreased activity, you need less and less food. You cannot gain weight without eating food in excess of your body's needs. I often also say jokingly, if a person can get fat by looking at the foods, then how are there food shortages? People would stand in a line and look at the food and go home satisfied.

Question 43. Many of my patients say, "I'm not fat. It is all air."

Air does not weigh that much. If you are filled with the air, you may be ballooned out but not overweight.

Question 44. Some people say I am so busy taking care of my family, I do not have time to take care of myself.

Again, it is one of the myths of which a person is a victim. Eating healthy and eating less does not require any extra effort. If you are feeding your family and children healthy food, you can eat the same, and no extra work should be involved.

Question 45. There are times when I cannot decide whether or not I should eat.

When you are not sure whether or not you are hungry, it means you are just tossing between hungry and not hungry. You can be assured that by not eating, you will be doing a favor to yourself.

Question 46. Is being overweight or fat a crime or illegal?

I have just checked the laws of the country at the time of writing this book. To my knowledge being fat is neither a crime nor is it illegal. You cannot be punished or prosecuted for that. However, you may be punishing yourself, but no one else can or will.