



The Truth Behind the Number on the Scale



Without further ado, here's Dr. Chris's 5 ways your scale could be misleading you:

- 1. Your clothing alters your weight results more than you think.** The weight of your clothing can vary depending on time of day and time of year. Clothes that we sleep in typically weigh less than clothes that we wear during the day. Winter clothes such as jeans and sweaters weigh much more than summer clothes such as shorts and t-shirts. On average, men's clothes can weigh around 2.5 pounds and women's clothes can weigh about 2 pounds. *My advice, wear the same or similar thing every time you weigh yourself.*
- 2. Your workouts have been paying off.** When you start working out, or more specifically strength training, you will increase muscle mass. One pound of any substance is still 1 pound, but muscle is much more dense than fat. So one pound of muscle will take up *much less* space than one pound of fat. You may be changing your body for the better, but not see the results on the scale. *My advice, take additional measurements to compare with weight such as waist circumference.*
- 3. You are hydrated or dehydrated.** 16 ounces of water weighs about one pound. If you just slammed a 32 ounce water bottle, you could be up two pounds in water weight. On the flip side if you just ran 3 miles and haven't re-hydrated, you could be down a few pounds. *My advice, weigh yourself first thing in the morning before consuming foods or liquids. You might be a little dehydrated but at least the results are consistent.*
- 4. Your meals will be reflected on your scale.** Certain foods can cause your body to hold onto and store water. Salt is the worst for causing water retention, so if you have had a salty night out, your scale weight may go up a few pounds the next day. Refined carbohydrates can also cause your body to retain water and fluctuate scale results drastically the next day. *My advice, skip the scale the morning after a night out for dinner or a pasta buffet.*
- 5. You haven't gone to the bathroom recently.** If a person is constipated, the weight gain can be significant. As much as one pound per day. *My advice, when you are exercising and dieting make sure to hydrate to prevent constipation. Don't weigh yourself if you are battling constipation as it might become discouraging to you.*

Overall, I believe that weighing yourself can be a good thing if you keep a few things in mind. I always weigh myself first thing in the morning before too many variables can effect the results. Always wear the same clothing when weighing yourself. Typically, I will choose one day of the week, usually Friday morning, to weigh myself and keep track of the numbers on a weekly basis. If I am really trying to get a valid result while trying to lose weight, I will even eat a very similar meal the night before weighing myself every week. Also keep in mind that it might be a good idea to take additional measurements, such as a waist, arm and leg circumference (use the same arm/leg every time you measure). I also like to continue weighing myself after I have hit my goal so that I know if I am sliding backwards.

I hope you find this helpful if you are someone keeping an eye on the scale. When trying to lose weight, a number that isn't accurate can be discouraging and stall the process. We're here to help you be your healthiest, please let me know if you have any questions I can help with.

- Dr Chris



February is Heart Health Month!



Ortho Molecular Products

Your Heart Health is Important To Us

At Optimal Health, we are always passionate about your overall health, but with February being heart health awareness month, it's a fantastic reason to talk about ways to keep your heart healthy. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? You can make healthy changes to lower your risk of developing heart disease.

Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Welcome to Ortho Molecular Products!

We are excited to announce that we will now be carrying Ortho Molecular Products in our office. Over the next couple of weeks, we will be starting to carry a collagen supplement and an immune health supplement called Viracid. From there, we'd love your input as to what you'd love to see us carry - we'll have more information in the office for you to check out.



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