

HEALTHY HEADLINERS

Why Restrictive Diets Don't Work (most of the time)

So, before I start, I am going to explain what I mean by the word "diet". Traditionally, the word "diet" meant the types of foods we tend to consume on a regular basis. Nowadays, however, it is usually paired with the idea of rules and restrictions. When someone states they are going on a diet, they are referring to setting up some rules in the hopes of weight loss.

It's ironic that the main predictor of weight gain is dieting to begin with! Why is that? It seems a bit counterintuitive. Well the reason is because 90 - 95% of diets fail. This is mainly due to the unrealistic rules and expectations set by the diet. They are rules we are at first, determined to follow promising ourselves that this time it will be different. Yet when hit diet rock bottom, we tend to blame ourselves. If we have a nice car and take it in for regular service and do everything it is, we are supposed to do to keep it going, we don't blame ourselves if the car stops working do, we? Yet with a 5 - 10% success rate with diets we still tend to blame ourselves. It's not your fault. That's how diets are marketed. And

I get it! I was there! Diets entice us with the results our society tells we need in order to be worthy. They seem easy at first but once we begin experiencing dieting backlash, it becomes a struggle to maintain that diet. The following are a few examples of what dieting backlash looks like:

- Cravings for "forbidden foods"
 - Have you ever been told that you can't have something and then that's all you crave? Sometimes depriving ourselves like that works against us. Some people may overeat other foods in search of that same satisfaction they would find with a handful of chips. Once we do have the opportunity to have a taste, we feel we have lost all control and can't seem to stop eating! ... that's not your fault. That was the diet setting you up.
- Going on a food binge when ending the diet and then feeling guilty about it
 - As a continuation from the point above, if we get to that out-of-control place after being deprived that's where the binge may happen when we think "what the heck! I already blew it anyways!" Post-dieting binges actually occur in about 1/2 of all of the people who end a diet. This can be particularly intense with very restricting diets, such as very low carbohydrate diet. Again, this is not your fault! It is actually a biological response that your body will set off when it is deprived of nutrition. Our body is smart and when it notices that something is missing, it will influence you correct it.



**New
Service**

BLOOD PRESSURE CLINICS
Terrace Bay Senior Centre
1st Wednesday of every month
From 10:00 – 11:00 a.m.

July 3, 2019
August 7, 2019
September 4, 2019

- Social withdrawal
 - It is exhausting putting forth that effort to turn away from forbidden foods when friends and family are enjoying them. Sometimes it can just become easier to stay away from those social situations altogether.
- Increased risk of eating disorders
 - A history of dieting is one of the strongest predictors for eating disorders. That can be scary considering that eating disorders are the psychiatric illness with the highest mortality rate.
- Erosion of trust with yourself and food
 - Every diet trains us not to trust our body. We are given rules and tools to dictate what, when, and how much to eat. We were born with the ability to listen to our body when it needs to be nourished. However, when its voice is drowned out by diet culture, it is hardly ever heard.
- Increased risk of cardiovascular disease
 - The weight loss and weight gain over and over again increase your risk for heart disease more than if you were overweight to start with.

I am aware that some diets do work for some people but they are a small number of people. As you can see, restrictive diets have a tendency to do more harm than good so when looking at the bigger picture of health, they are not worth pursuing. When thinking of changing your eating habits ask yourself if you can see yourself sticking to this habit for the rest of your life. If there is a bit of hesitation, it may not be the diet for you. The best diet is something you can stick to for the rest of your life and still enjoy your life! There is no point agonizing over every little bit of food when it is going to suck the joy out of your life. You need to find out what works for you as everyone is different.

Andrea Kennedy RD CDE

North Shore Family Health Team Website

North Shore Family Health Team
Schreiber, Terrace Bay, Rosport, Jack Fish and Pays Plat

Home Patient Resources For Professionals Our Blog Our Story Contact

Home

The North Shore Family Health Team offers a unique setting by operating out of 2 sites at different locations to accommodate the patients in our catchment area.

<p>J.E. Stokes Medical Centre, Schreiber P.O. Box 760, 415 Scotia Street Schreiber, Ontario P0T 2S0 For Appointments with Dr. Hurst or Dr. Rushon Schreiber - (807) 824-2934 Monday - Thursday - 9:00 a.m. - 4:00 p.m. Closed 12:00 - 1:00 p.m. Friday 9:00 a.m. - 12:00 p.m. Phone Lines are open from 8:30 a.m. - 3:00 p.m. Daily Closed Saturday & Sunday</p>	<p>Aguasabon Medical Clinic, Terrace Bay P.O. Box 819, 208 Carlier Road Terrace Bay, Ontario P0T 2W0 For Appointments with Dr. McLeod or Dr. Shaheen Terrace Bay - (807) 825-3235 Monday - Thursday - 8:00 a.m. - 4:00 p.m. Closed 12:00 - 1:00 pm Friday - 8:00 a.m. - 12:00 p.m. Phone Lines open at 9:00 a.m. Daily Closed Saturday & Sunday</p>
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All Allied Health Care providers' schedules will remain individualized. Extended hours are available for the Nurse Practitioner and Social Worker. Please call the office for an appointment.

The North Shore Family Health Team covers an area of nearly 75 km servicing an approximate total of 3600 patients.

If you have been surfing the web you may have notice that our website looks a little different. We have been working hard provide you with the most up-to-date information, in a user-friendly format that's pleasing to the eye.

The first thing you may notice is that we have placed our contact information and hours of operation for both clinics on the home page. If you don't remember our phone number

you can go to the website and it will be the first thing you see.

Our menu now includes patient resources where you can find all of our programs or services.

OUR PROGRAMS

- Blood Pressure Clinics
- Health Fair Workshop Registration
- Health Fair Workshop Schedule Change
- Helpful Resources
- Hospice Northwest Program
- North Shore Diabetes Program
- Ontario Breast Screening Program
- Smoking Cessation
- Walking Program

NEWS

- Area Service Group and Agency Guide
- Blood Pressure Clinics
- Drivers Needed
- Health Fair Workshop Registration
- Health Fair Workshop Schedule Change
- Healthy Headliners
- Plant Based Food Advice
- Program Change
- Programs for Seniors - Schreiber
- Programs for Seniors - Terrace Bay
- Public Announcement
- Screen for Life!! Call for your appointment today!!

Another way to access our program list is to scroll down to the bottom of any of our website pages and there is a list of programs and our latest news items. Select what you would like to see and it will open up into a new window with additional details.

J.E. STOKES MEDICAL CENTRE, SCHREIBER
(807) 824-2934

AGUASABON MEDICAL CLINIC, TERRACE BAY
(807) 825-3235

We also have a Blog page. Once per month one of our Allied Health Professionals will post an interesting article to the page for everyone to see.

The website is always being updated and refined so please let us know if there is something that you would like on the page and we will see what we can do to accommodate your request.

BLOOD PRESSURE CLINICS
Schreiber - Collingwood Court
1st Wednesday of every month
From 11:15 – 12:00 noon

July 3, 2019
August 7, 2019
September 4, 2019

Canadian Men’s Health Week
June 10 – 16, 2019



Allied Health Professionals

Nurse Practitioner – Sue Fairservice

Registered Practical Nurse – Lindy Coughlin

Registered Dietitian- Andrea Kennedy

Registered Social Worker – Keri MacFarlane

Administration Staff

Administrator – Mary Lynn Dingwell

Administrative Clerk – Cathy Cook

North Shore Family Health Team Board of Directors

Dr. Hurst; Dr. McLeod; Dr. Shaheen; Dr. Rushton

J. E. Stokes Medical Centre

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