



The Medical **Bulletin**

Diet Corner

Energy Homeostasis and Obesity

Obesity represents an abnormal fat accumulation resulting from energy imbalances. The clinical consequences of developing obesity represent a bigger challenge than obesity itself. Therefore, the objective of clinicians and health care professionals should not be exclusively weight loss but rather assisting the patients to establish a healthy lifestyle that balances diet, physical activity, sleep cycle, and psychological status. Such an approach would not only lead to weight loss and fat mass reduction, but also improve the clinical factors related to or affected by obesity such as insulin resistance, lipid metabolism disorders, cardiorespiratory fitness, cardiometabolic conditions, and chronic inflammation. Furthermore, this same approach of balancing lifestyle is beneficial even without weight loss since many individuals who follow specific diets or exercises do not lose weight. Thus, weight loss should be seen as one single result among the benefits of a healthy lifestyle prescribed for obese individuals rather than the unique objective. Find simple solutions to step up metabolism.

*Dr. Meenakshi Bajaj
PGDND, MSc, CDE, CCN, RD,
Monash FODMAP trained Dietician (Australia),
PhD., Dietician, Tamil Nadu Govt. Multi Super Specialty Hospital, Chennai*