Dr Naidoo on Daily Flash - Fat to Fabulous Transcript

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Introduction and obesity statistics

Dr. Naadu's personal weight-loss story

[Music] welcome back to daily flash it's a new year and that means gyms everywhere will see a spike in membership our next guest says that going from fat to Fabulous isn't rocket science it's a cocktail of sweat strategy and a dash of sass here to explain is board-certified obesity medicine specialist Dr lantha naadu Dr welcome to daily flash thank you so much what percentage of American adults are obese overweight you know more than 42% of adults are obese in the United States and 30.

The SLIMS framework for sustainable weight loss

Why New Year's resolutions fail

Book and website information

7 are overweight so more than 2third of Americans struggle with severe weight issues and nobody's immune people like Oprah Winfrey Christina agilera and Melissa McCarthy all famously struggled with their weight and they went from fat to Fabulous so you've got a book out what made you write fat to Fabulous when I was 2 years old I saw a commercial on TV for Kit Kat B and I threw a tantrum I want kitty cat I ha kitty cat and my grandfather bought me a box of Kit Kat B and I loved them so I struggled through my childhood into adulthood with severe weight issues that led me to my triple board certification as well as writing my book to share my story explain when you say that all it takes to lose weight is a cocktail of sweat strategy and a dash of sass that all sounds great and easy but when it comes you know to actually doing something a lot of us struggle with that first step absolutely I think anyone who's struggling with weight in 2025 should really work on it and get Slims so s set a goal create a plan work consistantly but also adjust that plan along the way L lower the impact of stress life is stressful and stress is necessary but we need to lower the impact of our stress in our health with ways that res resonate with us individually in order to help us lose weight help our heart health brain health Hormone Health and for our body to function better overall things like meditation deep breathing exercise engaging in a community that you find supportive all really help to also change and challenge our mindset beliefs and behaviors I improve Sleep Quality because rest and Recovery is a vital for the body to be able to function so it's very important to engage in good sleep hygiene so that our cells and our hormones can reset and our cells can make and produce energy M maintain healthy metabolism and hormones this is so important to find a healthcare provider to test the chemical messages in our body so that's things like our thyroid testosterone estrogen cortisol insulin but also fat and glucose metabolism this is so important in order to be able to create a personalized plan to create an environment that your body works for you and not against you and S strategize mindful eating there's no one strategy that works for everybody for weight loss and the reality is weight loss isn't about calories in and calories out so mindful eating is eating slowly intentionally and purposefully so that the gut the brain the hormone the all the signals work in harmony together and help us to digest better research suggests that chewing 20 to 30 times per bite helps to optimize digestion Slims it's a great acronym easy to remember as we start off 2025 why do you think so many people struggle to keep up with their weight loss goals and their New Year's resolutions for weight loss and getting more physically fit I think a large portion of it is that we really um think that it should be easy or we lose motivation over time so this is one of the reasons why I do say sweat strategy in a dash of sass because it's not simple it's not just about calories in and calories out we got to implement different strategies we have to be consistent with them but also have fun along the way and have build the confidence to be able to maintain it in the long run yeah consistency is key I think that's a great point and also not to get too upset with ourselves if we're not meeting those expected goals Dr na do great to see you where can viewers go for more information on you and your book thank you Andrea my book book is available on amazon.com and uh my website is www.an.com Dr NAU thank you so much and happy 2025 to you and your family