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The Power of Words and the Wonder of Weight Loss

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Palm Beach, July 11, 2008: Praying to lose weight? Dr. Chauncey Crandall of the **Palm Beach Cardiovascular Clinic** may provide some help in answering those prayers.

According to Crandall, with a little discipline, dieters can see dramatic results simply by implementing three daily disciplines. Crandall is urging his patients to drop the pounds by picking up a pen and paper. "I'm asking my patients who want to lose weight to take their goals serious...and this means physical and spiritual discipline."

His prescription includes keeping a daily log of **1)** what you eat, combined with **2)** a daily Bible verse, **3)** and a personal prayer. "This is more than a calorie counter or diet tracker, this is putting the power of the inspired Word and personal prayer to use in the area of health," Crandall said.

This is coming off of a recent study done by the **Kaiser Permanente Center for Health Research** in Portland, Oregon, where colleagues from several other nutrition and research institutions across the US, tracked the weight of approximately 1,700 obese or overweight adults. The concluding report found that when patients keep a food diary they double their weight loss. The full report is published in the August issue of ***American Journal of Preventative Medicine***.

It seems diaries are no longer just the place for personal thoughts. Journaling what you eat may help generate significant weight loss. However, Crandall is sure to note that "the recipe for success is not just finding the right diet and recording your food intake. The secret is combining those ingredients with a daily dose of a relevant Bible verse and personal prayer." He reported that a lot of people after trying this found themselves *not* eating something either because they were reminded of their daily verse or personal prayer they had written down for the day.

Still, Crandall suggests that an individual food diary of this kind may not be enough. "I recommend my patients joining a community that will help develop daily accountability and encouragement." Also, web sites such as www.fitday.com, www.nutritiondata.com, and www.mypyramidtracker.gov can help patients record their food and physical activity online for free. In a word, this type of weight-loss intervention is not just good for the body, it's a process that Crandall believes is good for the soul.

- Staff Writer