

64 - New Years and Body Image

BioBalance Podcast — Dr. Kathy Maupin and [Brett Newcomb](#)

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Kathy Maupin: Welcome to the BioBalance health cast. I'm Dr. Kathy Maupin.

Brett Newcomb: And I'm Brett Newcomb. And today we're going to be talking about New Year's resolution. We're going to talk about how they work, where they come from and why most people can't do them, can't follow through them. We're going to give you some background about the way people work that comes from my field, my perspective. And I've actually written a number of blogs on my blog site [Brettnewcomb.com](#) that deal with the issues of parenting and socialization. The primary job of parents, in any culture is to socialize their children. Children are born, they use to say *tabla arosa*, blank tablet, but now they really believe that children are born with personalities.

KM: They are I can tell when I deliver them.

BN: And some are born are warm and engaging and receptive and inviting, and some are cold distant still, and slow to process and that's a personality configuration. And then they have this blank tablet. And part of what you do as a parent is you teach and you model and you do what's known as socialization. You raise your kids up so that they have whatever they need to be able to leave home and function as contributing, autonomous members of society. And for those of you that are out there thinking about high school kids going off to college and that's it, the data right now says that most children are not leaving home for good and supporting themselves independently until after 27 or 28.

KM: So don't use their rooms for a study.

BN: Most of them will go off to college and come home. They may come home with wives, husbands and/or children. But the elements of socialization are delayed gratification. You have to learn how to work for it, to plan for it and to achieve it. So you have to learn to delay your desire for immediate gratification at all times, to do that you have to learn impulse control. And of course psychologist work for advertising to peak your impulse to make you buy it right now. So most marketing that you see is about buy it right now. Because you really need it, you really want it. Steve Jobs said "we have to make what people want before they know they want it."

KM: Right.

BN: And that's what underlies the incredible sales of Apple computers. So you have to have delayed gratification, impulse control and then specific life skills. So as children age and you do the dance of separation where parents are not micromanaging them

and they're starting floating out into the community and out into the world, one of the challenges for adolescents is to determine who's going to drive the bus. Are you going to be a passenger in the bus of your life and let other people drive? I have an adolescent son now who's 16 and I keep having conversations with him about if you don't get involved in making plans and making decisions for your life, like what do you want to major in, where do you want to go to school? What aren't goals, what are you driving towards? If you don't make those decisions or contribute to that, then somebody else will make the decisions for you. And over 30 years of counseling I can't tell you how many times I've worked with clients and I've said, look at the book of your life and how do you approach it? Do you pick it up and read what someone has written and say 'oh this happened to me today?' or are you writing the book and saying "this is what I'm doing, this is where I'm going."

KM: And I have the opposite child. She came out going, we need to do this.

BN: Yes, and you need to do that, she came out saying "you need to do this."

KM: It's delightful, I'm like oh good, she'll be safe, she'll be productive, but you have to ratchet it back a little so that people don't feel bossed. And she does that perfectly.

BN: But she's had to learn those skills and that's part of those skills.

KM: And she's 26, so she's 10 years past the 16 mark.

BN: So how does that then apply to the issue that you're actually discussing about on local television on New Year's over the next couple of months? And traditionally people make new years resolutions; you know "I want to lose weight." I think you said before we started that the most common new Years resolution is something about changing your body image.

KM: Yea, your body shape, or weight of something, even plastic surgery. So that's one thing they say on New Year's eve and by February first they've forgotten it. They don't even know what they said on New Year's Eve. There's something about remembering it, keeping it in the front of you mind, having a plan and if you don't have a plan then you're not going anywhere.

BN: I mean they say very simply. Make a plan work your plan. Making a plan by itself won't magically make it work.

KM: Right, you have to make the plan work.

BN: And that's those impulse control and delayed gratification skills. You teach a child, make a decision between studying for the math test on Monday or going to the movie and football game and parting all weekend because you want to party and have a good time, now and then on Monday you're not ready for the test. You know the delay of immediate gratification positions you for success towards your goal.

KM: Med school does that for all of us. Med. School is like ok, you're going to study today and for the next 8 years and then you're going to get a paycheck. I mean really and then you're going to be able to practice the way you want to practice. We learn that and if we don't learn that then we don't go very far in medicine.

BN: Well let's go back to the specific example because you're absolutely right, we could tell war stories all day about discipline, but the specific example of most people who make New Year's resolutions who make resolutions about doing something with their body. And anecdotally, not research based, what I hear most often people say is, I want to lose weight. I need to lose weight in some way, I need to reshape my bodies, lose my stomach, lose my thighs, rearrange it, reshape it, something. So if we use that as an example, what do people do in terms of exercise, in terms of diet, in terms of treatment innovations that are out there that can help them, because some people need a bridge. They need a crutch of some kind, whether it's a work out partner, whether it's a diet plan, whether it's a diary, a food diary that they keep. I mean we work with people all the time on strategies that they can implement and those strategies are well known. All that stuff is out there and anybody can find them. You know, load your plate from the stove and not from bowls on the table. Use the salad size plate. If you want seconds, before you take seconds go for a walk around the block come back, take a ten minute break, and very, very frequently you don't want seconds, if you still do, then eat them.

KM: I like the tricks.

BN: Those are behavioral changes that people can make to modify their food consumption.

KM: But no behavioral change happens unless you do it for at least 6 weeks at a time. So if you lose your mojo from doing this in February the whole game's over. So I usually tell patients no matter what their tricks are, to write them down and then find a friend who has a similar goal that they really like and who will be accountable to them and make them accountable to the friend. And sit down and make a schedule of when they are going to exercise.

BN: Kind of like the buddy system, never swim alone. If you are going to make a plan and have a new year's resolution that you are going to follow, have a buddy.

KM: That's right. Have a buddy and figure out what worked for you in the past, and what hasn't worked. Get rid of all the stuff that hasn't worked and go with something that has worked in the past in terms of food. Ok so that's one thing.

B: So I shouldn't keep M&M's in the house?

KM: I tell my patients to go home get rid of every bit of junk food and give it to charity.

BN: You are no fun.

KM: I am no fun. I'm a mean mom. My patients need a mean mom. They've already tried to do this themselves. I'm like clean out your cabinets, your husband doesn't need it. I don't care if your teenage boys want it. Clean it all out, get the ice-cream out of your refrigerator, if it's cheap, if it's expensive you can eat a little bit of ice cream because it's mostly milk.

BN: Quart?

KM: I'm not even talking to you. I'm not going over diet with you because you've lost a lot of weigh and I'm not even sure how.

BN: Well the things you're talking about, I've had to do it. But it's hard and you have to work at it consistently over time.

KM: Yea, it is hard.

BN: It's kind of like stopping smoking, what we talk to people about who are trying to stop smoking, is in their minds to say I'm not smoking today. Don't say "I'll never smoke." Because when they do smoke they tend to say "I just can't do this" and they give up. So words do matter and the words that you put into your head about your discipline plan and the one you're going to follow are critical. But sometimes people do all the things, my wife is approaching lower middle age, if I can say that, I don't know if she watches these or not. But she was complaining because she was starving herself to death. Her body is not shaped the way that she wants it. And I'm concerned, we have conversation, we go to the grocery store, we make menus, we try to do all the things we can do.

KM: And you're being each other's best friend.

BN: And we're working, exercising together. All those things that I would say do and some of the pieces are just not working for her. You have to have patients for whom that is also a true story.

KM: Oh I have tons of patients like that, because my patients are incredibly disciplined.

BN: They're not just sitting at home eating potato chips and peanut butter and saying oh I can't lose weight. They're trying.

KM: In general they don't because if they do they feel so guilty when they come in. Guilt is kind of wasteful energy. But they come in and say "oh I did this and this" I don't know what you didn't do, I want to know what you're going to not do this time. And what you plan is.

BN: And what you are going to do and sometimes there's a jump start intervention.

KM: Many of us need a jump start. Many of us have a personality that if we can see some kind of return investment for what we're doing, then we're going to go. That's going to give us that little.

BN: You hook yourself to the progress.

KM: Right and every time we see a little bit of change, we go more. Now there are some people who then they stop. That's not the kind of person I'm going to suggest the next thing to.

BN: Or I'm going to lose 10 pounds for bikini season and then as soon as it's over, I'm going to put it back on.

KM: 20 pounds, then they put on 20 pounds. So my advice would be to get a picture of yourself, front, back, side.

BN: And put it on your refrigerator.

KM: No, look at it.

BN: Get one of those piggy sound makers.

KM: Look at it, look at your body and say what do I not like about this. It could be just overall weight. It could be that you've got lumps on your back, that happen after 40. It could be that you have saddle bags, it could be that you may have lost weight but you don't look great so you've lost the nerve to continue exercising and dieting. So you need to get that jump start. And so what I suggest is losing fat in areas that you need to lose it, sculpting your body. And you can do that.

BN: You can do that? Without plastic surgery?

KM: Sculpting your body, without plastic surgery, and without pain and without needles and without injection. So there is a new, a very new laser that is named i-Lipo which has literally boxes that have holes in them with laser beams that are placed around the circumference of where you need to lose weight. Like I needed to lose weight below the bra above the belly button and you just place these around here and you can lose .5in to 2-3inches in one session. What it does is it hits the level of the fat. It opens the fat cells and it empties them. So it takes all the fat out of that shrinks them. It's like taking a grape and making it a raisin immediately.

BN: And it's painless?

KM: It's painless, you don't feel it.

BN: And it's like the heat of the laser?

KM: It's the laser beam actually activates those cells and it's like shaking them and they pop open and empty of all the fat. So it's similar to other procedures, like lipo

dissolve, which hurts and doesn't work that well and has down time. Liposuction just suctions out fat cells but they never suction out all of it so there are always fat cells there to regrow. So it's the same thing it's just shrinking your fat cells. It's usually a series of 8 treatments, after that you pick your area by looking at your picture, then we do one treatment and you lose an inch. You have to be hydrated, you have to not smoke, and you have to not drink before and after the treatment.

BN: You have to not drink alcohol; you have to drink plenty of liquids.

KM: Alcohol, excuse me. You have to drink plenty of water because it's activated by water. But the idea is that all of this fat is dumped into your lymph system and then your lymph nodes pick it up and take it to your circulation and that takes it to your intestines and then you poop it out.

BN: So the laser activates the cells so that they open and then all that fat is just laying there. And the exercise and fluid washes those cells and all of that drains into your lymph system which then drains into your bowels?

KM: No, it drains into your blood stream.

BN: Blood stream.

KM: And the blood stream carries it to your bowels

BN: It just filters out.

KM: And then it goes out.

BN: So the fats gone?

KM: The fats gone.

BN: So it doesn't redistribute like around your ankles or something?

KM: No, the fat is gone. It's like if you ran a marathon, you'd lose fat all over. This is the same as running a marathon and you're just losing fat in one little area. All that fat that you would have lost all over you body and your face would have gotten thin your breasts would have gone away. You're losing fat just in the area you want to lose it. And then.

BN: So if you have saddle bags. Or a fat chin,

KM: Right, then you can use this to actually get rid of the fat. The key is getting it out of your body. So I developed something called i-Lipo Cellulite Serum. It's all natural. It uses horse chestnut, believe it or not and menthol. It's a specific kind of horse chestnut. And those are lymph activators. It activates your lymph system to pick up all of the fat we just distributed out there. Take it out of your tissues; put it into your lymph system and into your blood.

BN: So obviously with this kind of a top, this is not something you ingest.

KM: No

BN: It's a serum.

KM: It's a serum. It's a pump and you use it before and after the treatment and then you use it twice a day. It usually takes a month. You take 2 treatments a week for four weeks. And then you get rid of that fat for good.

BN: And so you just massage this onto the skin that you're going to have treated by the laser. And it penetrates the skin and makes.

KM: And naturally activates your lymph system. And it takes a really good laser, a miraculous laser, and I've been waiting for this thing for years. And now it's here. It takes a miraculous laser and makes it even better. It makes it so effective that people have much better loss with this when they're doing the laser then without. When people buy a series then I just give this to them so they can use it, I want them to use it throughout the series so they can have a better outcome.

BN: And your company provides this in other markets. I know you're selling this in England and other places that have the i-Lipo laser.

KM: Yea other doctors order it from us because it makes a treatment that may make you lose a total of 2 inches, 4 inches in the same amount of time. It just augments the activity. Yes, patients have to still have self control.

BN: That's what I was about to say. It's just a jump stat.

KM: It's jump start, but the idea is when you have fat leaving your body, you don't go out and drink three glasses of wine.

BN: I was just going to ask if I go home at night and drink a bottle of wine.

KM: Because that's like refilling those cells immediately with fat. It's triglycerides. It goes through you body and makes fat and sugar, so why even bother?

BN: So it goes to that site because that site's already hyper aroused?

KM: Yea it's kind of irritated and it's empty and if you eat normally and you don't drink during that month of treatment, then you're not going to recover it there because then your body is going to get use to that, get used to no fat there, get balanced all over. Yea you might gain weight, but you're not just going to gain that back if you are very self controlled for a month. Most people can be self controlled for a month. You know it just means water intake.

BN: Especially if you choose February.

KM: Yea, we want you to. So this is one of my jump start methods. There are a lot of jump start methods.

BN: But you're being careful to say it's a jumpstart but you still have to watch what you eat, you still have to exercise, you still have to do the steps of the plan. But this exists as a way for the people that have been trying all the steps of the plan but are at an impasse. And this is a bridge that helps them.

KM: Right or they have lumps of fat that no matter how much weight they lose, they're going still have those lumps that they got because they're older. They just collected in weird places. This can change your waist line.

BN: So there are places on my aging body that are fat magnets. I just get these little lumps of fat that drift there.

KM: And you can't exercise those away.

BN: But this could take them away.

KM: Well this and the laser can take it away.

BN: Yea, that's what I mean.

KM: This and on month of control.

BN: Wow.

KM: It's amazing.

BN: That's really exciting. And if you have questions about this or if you're interested in this you can certainly go to the website the information about it is on the website. What is it?

KM: It's biobalancehealth.com or you can email me at podcast@biobalancehealth.com. Or you can call my office at 314-993-0963. And you can ask for one of my staff, nurse practitioners or estheticians that do i-Lipo.

BN: Would it be appropriate to mention price range?

KM: Well, 8 treatments which you can distribute anywhere, usually we use it for one area but many people reach their goal in much less than 8 treatments but 8 treatments is \$2,400. That's the initial consultation, teaching you about diet and exercise and everything else, this and the 8 treatments is \$2,400.

BN: So if you figure \$300 for leotards and a thousand dollars for a walker, and a thousand dollars for a a big screen TV.

KM: Well you can spend that. If you're doing Liposuction or Smart Lipo you're going to spend three times that much and it's going to hurt, you're going to have down time. You can't just come in and out in between your busy day you have to set aside time out of your job, and that costs a whole lot more. And pain is worth a lot. This has no pain.

BN: Pain is worth a lot people pay a lot of time to not have pain. So if you have questions you can follow up by looking at the website or by calling Kathy's office if you have questions about it or comments that you want to make about it, you can reach those places you call the office at what was the number again?

KM: 314-993-0963.

BN: Or you can reach me at my blog at brettnewcomb.com.