

oestrogen.”

Another problem that develops as we age is insulin resistance, a blood sugar disorder that causes carbohydrate cravings and an increase in fat storage. Galvão points out that 90% of people who are overweight are insulin resistant, also caused by an unhealthy lifestyle.

Galvão has devised a unique approach to weight loss, the Eden Life Weight Loss Programme, that treats each person holistically and as an individual. Her clientele includes people from all walks of life, all ages and all sizes, including the likes of Leanne Manas, PJ Powers, Tumisho Masha and Robert Whitehead.

She adds: “I understand people are overweight because of biochemical imbalances that make them overeat. They never feel full or they store every morsel as fat. In the worst case scenario, it is a combination of both.”

Having shed 50kg herself, Galvão is living proof the programme works.

“I know how it feels to be on the receiving end of hurtful comments, the challenges that face an overweight person in society, the insecurity and self-loathing. I was a fat child and teenager and downright miserable,” she says.

Her reason for studying phar-



macy in the first place was to find a solution to her weight gain. She had tried every diet in the book but none seemed to work.

“I discovered a formula that worked and it took me eight months to lose 50kg. I have never looked back,” she says.

The Eden Life programme assists with correcting the biochemical imbalances that result in obesity. For example, in patients who are insulin resistant the ingestion of carbohydrates will result in a surge of insulin and a rebound drop in serotonin levels.

This drop in serotonin will result in an increased craving

for carbohydrates and a vicious cycle is established. In addition, the excess insulin release will result in an increased ability for the patient's body to store fat. Everything they eat is stored as fat and the ability to use food as energy is minimised.

A sedate lifestyle will also compound the weight issues.

“You don't need to run marathons but you do need to maintain a level of activity to sustain a healthy lifestyle.”

For more information visit edenlifeclinic.com

43 million

children under the age of five are found to be overweight

MISUNDERSTANDING. Society is not empathic towards overweight people.



Bloemfontein: comes out tops as SA's most overweight city

According to the Discovery Vitality ObeCity Index the least healthy members when compared on weight status and associated factors live in Bloemfontein, while the healthiest members live in Cape Town – the result of data collected from just under 170 000 Discovery Vitality members.

Obesity is growing faster globally than any other cause of disease: it is the number one risk factor for noncommunicable diseases (NCDs).

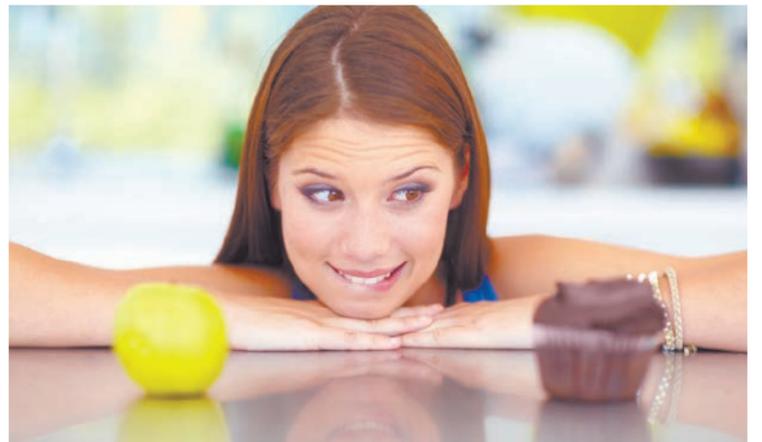
With more than 60% of South African women overweight/obese (double the global average), South Africa is one of the world's most overweight nations.

“Retailers, restaurants, parents, school tuckshops and the community in general should rise to the challenge of ensuring healthy food choices are abundantly available in our environments, and aim to make good food a cool choice,” says Professor Marjanne Senekal, head of human nutrition at University of Cape Town. – *Citizen reporter*



60%

With almost two-thirds of South African women overweight/obese, South Africa is one of the world's most overweight nations



THE RIGHT CHOICE. Shedding or keeping off weight is the result of good choices on a regular basis. Pictures: Thinkstock

Weighing in

► **Bloemfontein** has the least healthy weight status, along with the lowest scores for fruit and vegetable intake, highest consumption of sugary drinks and salty foods. It also ranks second lowest for physical activity. Overall, scores show they have the unhealthiest profile when it comes to factors affecting weight status.

► **Pretoria** comes in fourth in the weight status category, but has the highest score for adding fat to food, and the lowest score for sleep quality. People in Pretoria spend the second-highest amount of time sitting, and least amount of time exercising, giving them the lowest physical activity score.

► **Port Elizabeth** comes in third overall. Residents are relatively active and are sitting less than most of the other cities. However, they came in second lowest for weight status and food and beverage choices.

► **Durban** ranked second (together with Port Elizabeth) in the physical activity category

(that includes sitting time), but ranked third for physical activity specifically. The score for food and beverage choices pulled Durban down, with areas of concern being low fruit and vegetable intake, adding sugar to tea and coffee and adding fat to food.

► **Johannesburg** is the second best overall. Residents have the best weight status score when compared with other cities. Johannesburg members have the best BMI, waist circumference, body fat percentage and waist to height ratio scores. They also have the second-highest score for healthy eating, including being least likely to add sugar to tea and coffee and most likely to opt for whole grains. However, they do spend the most time sitting.

► **Cape Town** had the highest overall score, with the highest category scores for food and beverage choices, physical activity, psychological wellbeing, second only to Johannesburg in weight status.