

TAILOR
CLINICS

Why can't my patient lose weight?

And what can I do about it?



The logo for Tailor Clinics, featuring the word "TAILOR" in a large, white, serif font above the word "CLINICS" in a smaller, white, sans-serif font, both centered within a dark grey circle. This circle is surrounded by a light green, irregularly shaped border.

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“It’s just a matter of calories in and calories out.....”

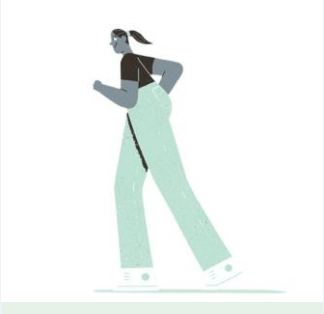
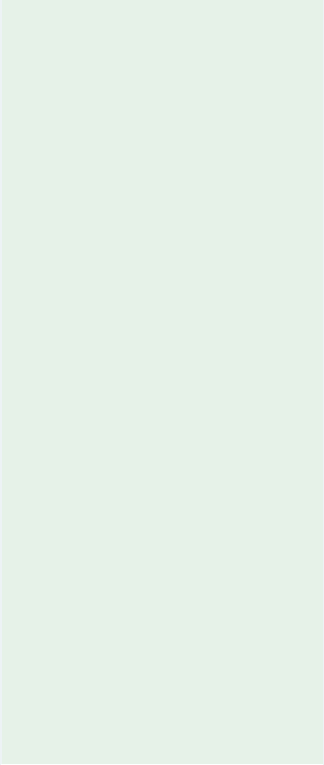
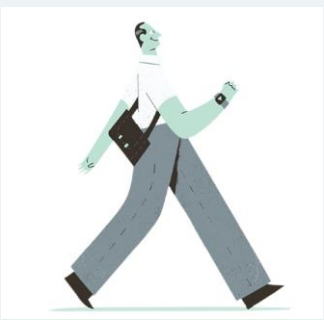
“Just eat less and do regular aerobic exercise”

“A calorie is a calorie.....”



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“It’s just a matter of calories in and calories out.....”



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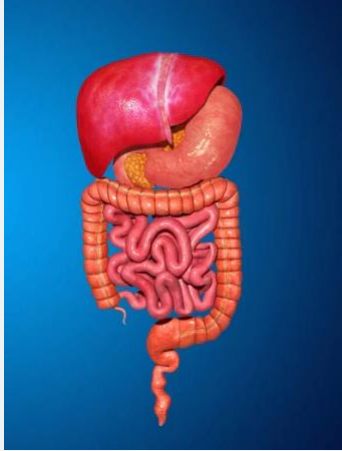
- Weight regulation in individual people
- The impact of the modern food environment
- How bariatric/metabolic surgery works
- How we as health professionals can make a difference in the lives of our patients and populations suffering with obesity

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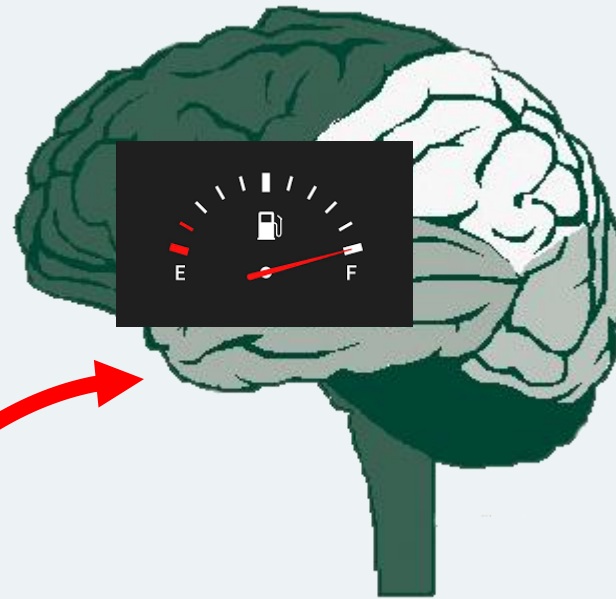


Energy Balance Regulation ie Weight Regulation



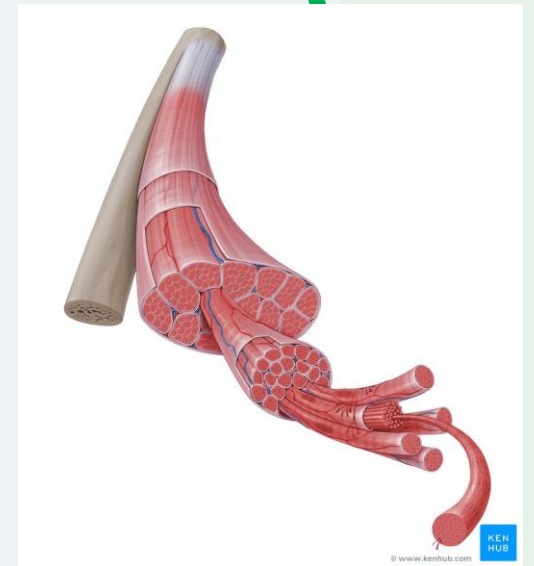


GLP-1
PYY
GIP
oxyntomodulin



Leptin

Alteration of resting
metabolism



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Minnesota Starvation Experiment
October 1944 – November 1945

What exactly is “Energy Out”??



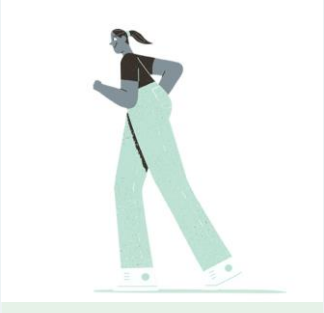
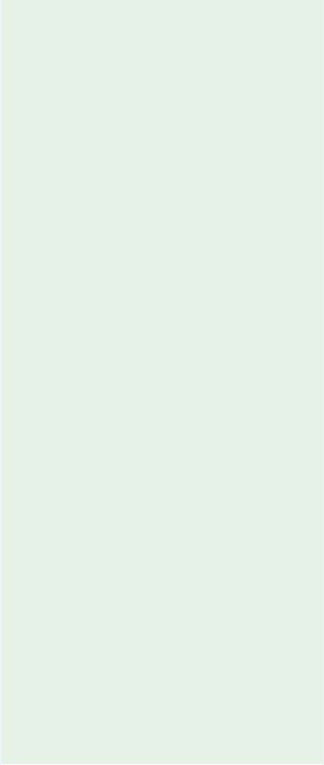
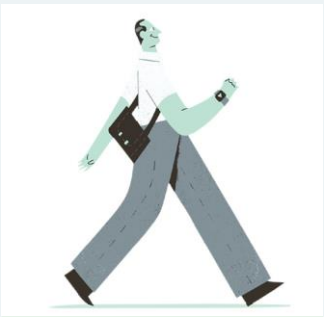
Resting metabolism- 70%



Active daily expenditure- 20%



Physical exercise- 10%

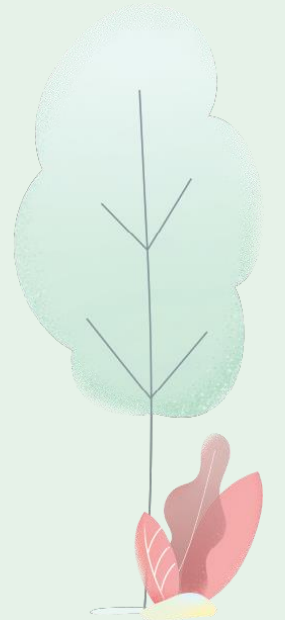


Physiology of weight regain: Lessons from the classic Minnesota Starvation Experiment on human body composition regulation

Abdul G. Dulloo 



- Mean reduction in basal metabolic rate was 25% by 24 weeks
- Mostly through reduction in adaptive thermogenesis in lean tissue. Patients felt cold (not a “less insulation” issue)
- Excessive hunger persisted throughout refeeding and well beyond the point at which original weight had been obtained, leading to 3.5kg mean weight “overshoot”
- Fat mass recovered faster than lean mass (muscle), but excessive hunger and food drive continued until lean mass had recovered, leading to an overshoot of fat mass deposition



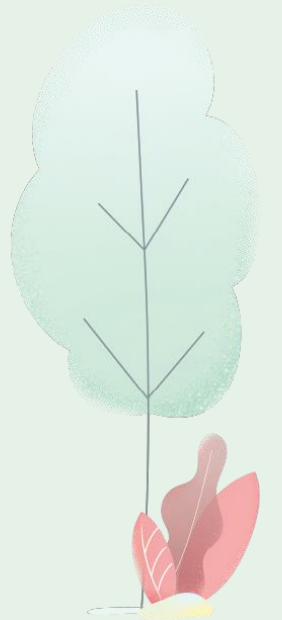
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Experimental Obesity in Man: Cellular Character of the Adipose Tissue

LESTER B. SALANS, EDWARD S. HORTON, and ETHAN A. H. SIMS

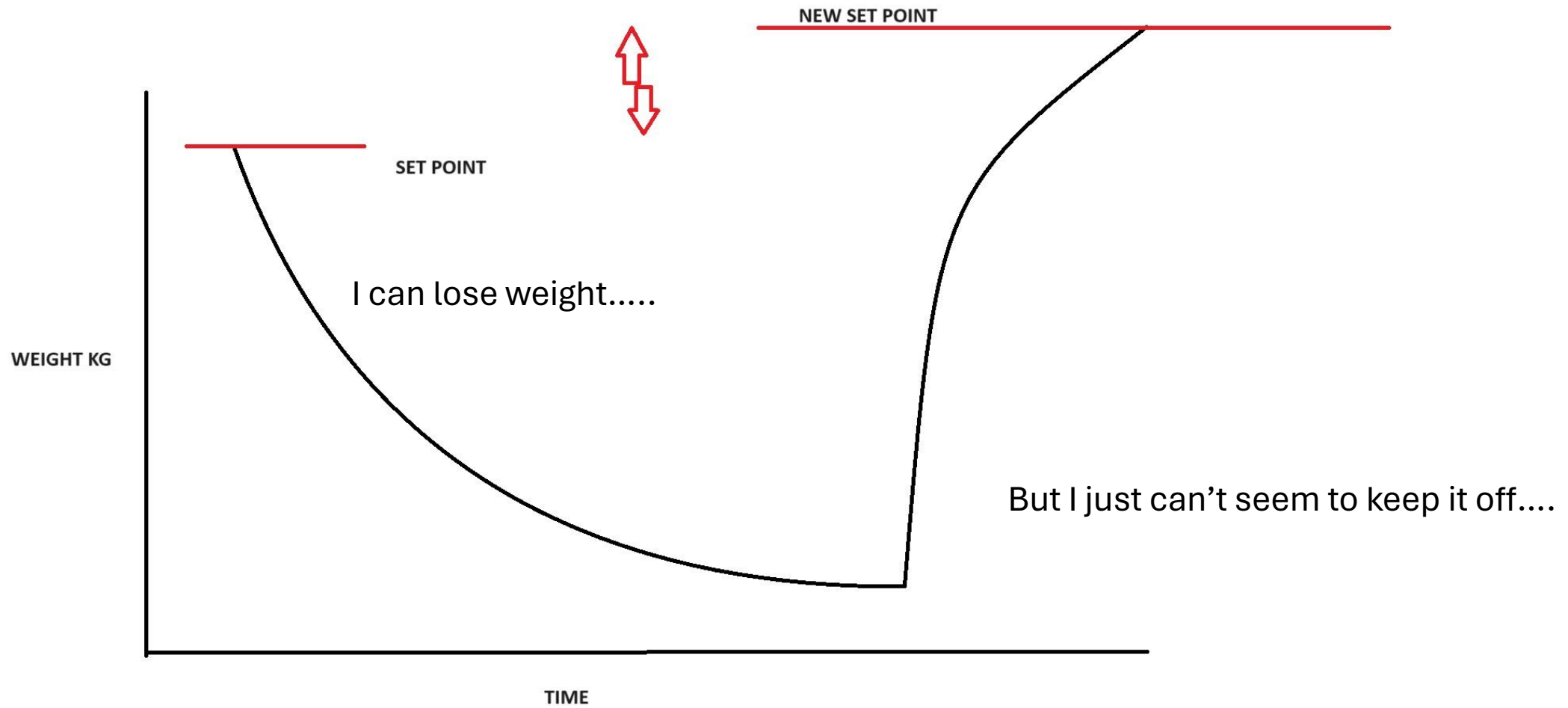
*From the Department of Medicine, Dartmouth Hitchcock Medical Center,
Hanover, New Hampshire 03755, and the University of Vermont Medical
School, Burlington, Vermont 05041*



Our bodies have a “set point” of energy and weight regulation that is maintained by our primitive (subconscious) brain

This set point is strongly defended through adaptations in non-exercise active thermogenesis (basal metabolism) and hunger/hyperphagia/satiety signalling







► [Obesity \(Silver Spring\)](#). 2016 Aug;24(8):1612-9. doi: 10.1002/oby.21538. Epub 2016 May 2.

Persistent metabolic adaptation 6 years after "The Biggest Loser" competition

Erin Fothergill ¹, Juen Guo ¹, Lilian Howard ¹, Jennifer C Kerns ², Nicolas D Knuth ³, Robert Brychta ¹, Kong Y Chen ¹, Monica C Skarulis ¹, Mary Walter ¹, Peter J Walter ¹, Kevin D Hall ¹

Affiliations + expand

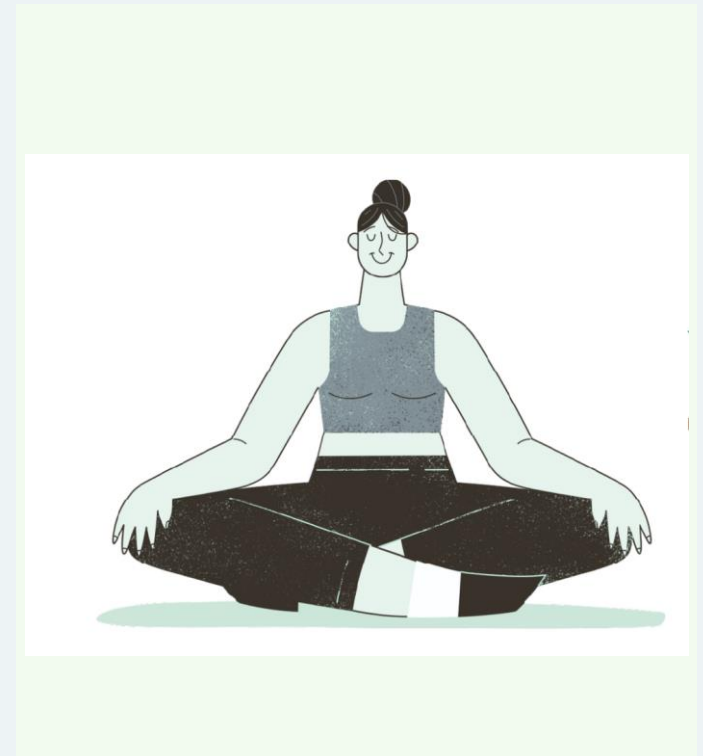
PMID: 27136388 PMCID: [PMC4989512](#) DOI: [10.1002/oby.21538](#)



What else determines our individual Set Point?


Genetics

Epigenetics



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The Famine Ended 70 Years Ago, but Dutch Genes Still Bear Scars

 Share full article



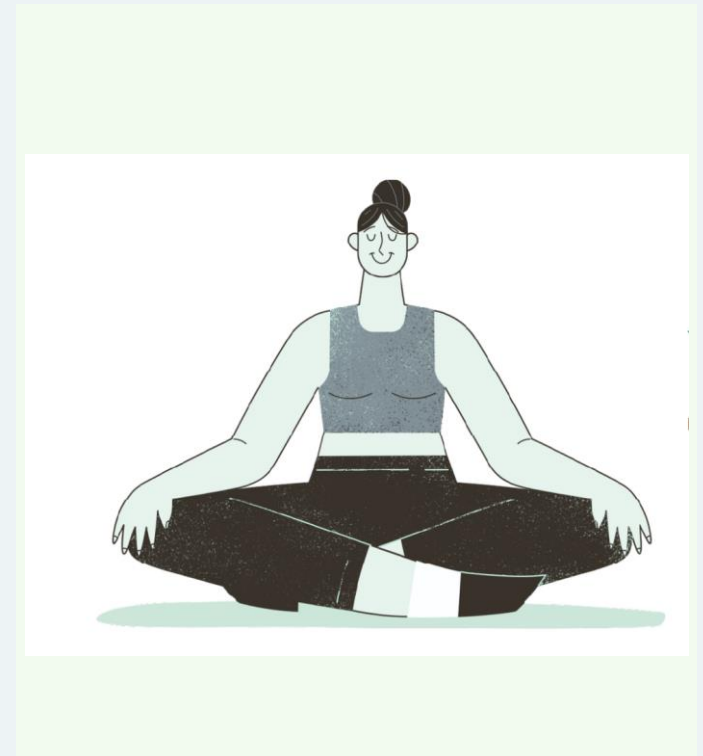
What else determines our individual Set Point?

Genetics

Epigenetics

Environment

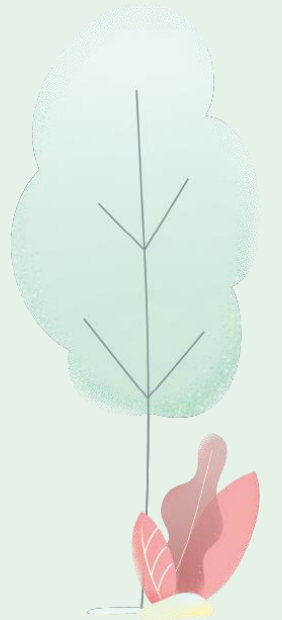
Cylclical dieting



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Our patients suffering from obesity cannot lose and maintain a healthier weight long term without a fall in their metabolic set point

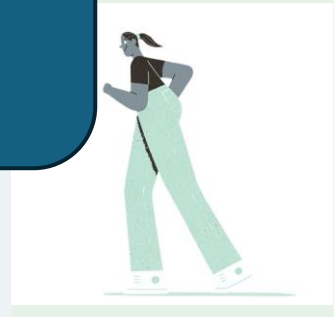
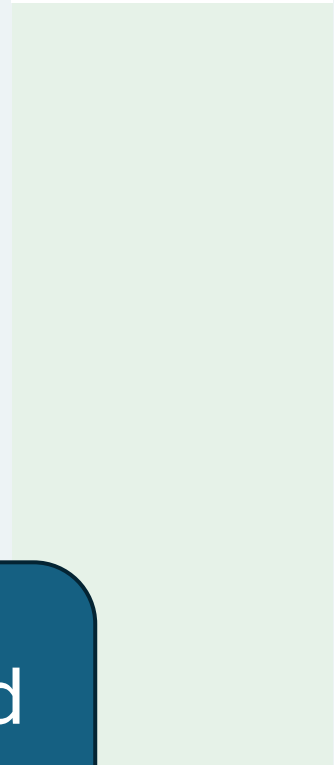
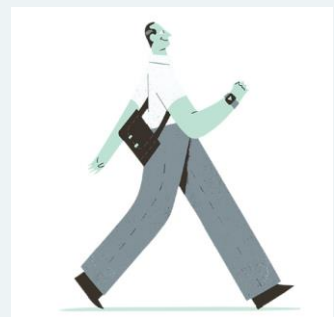
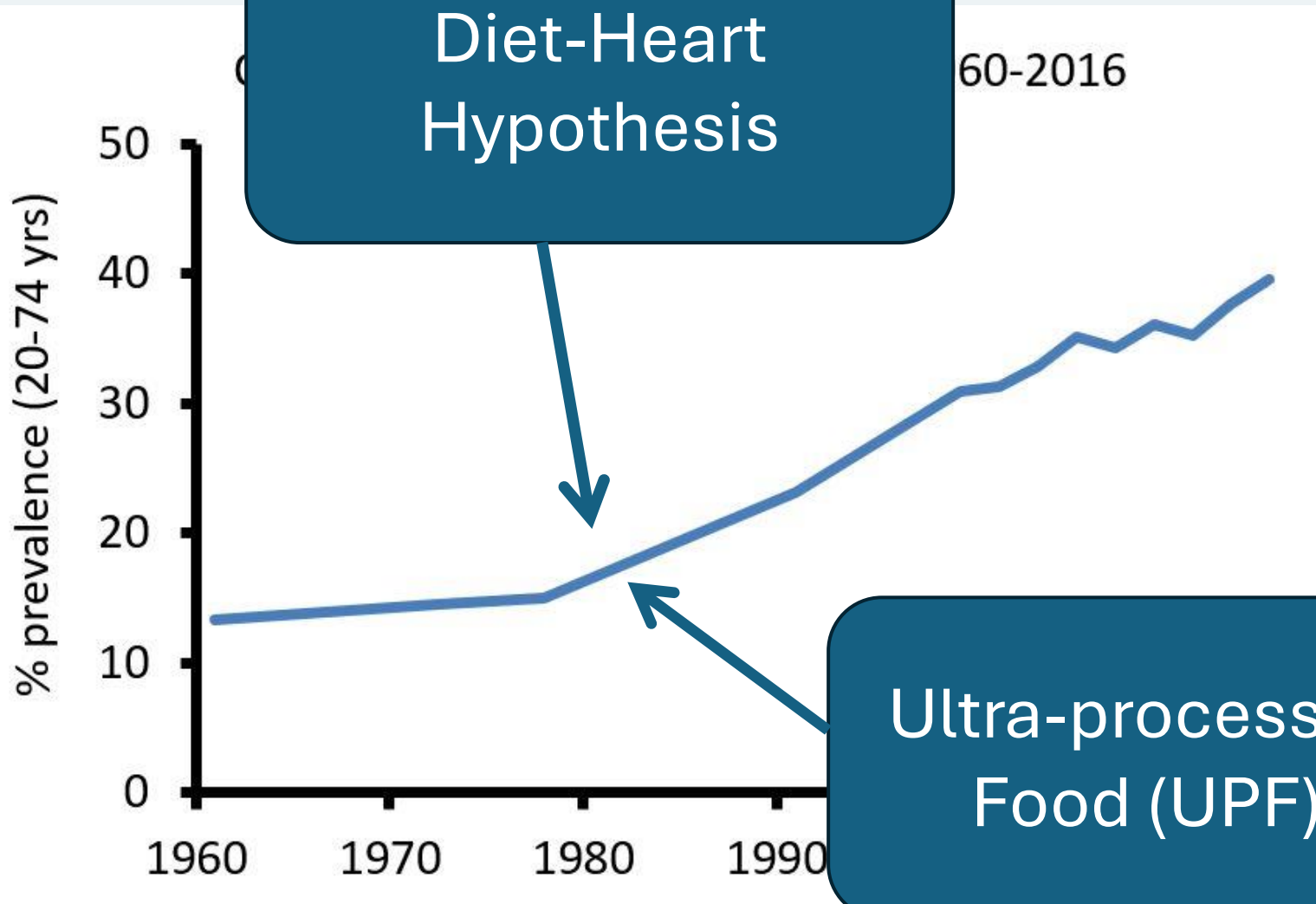


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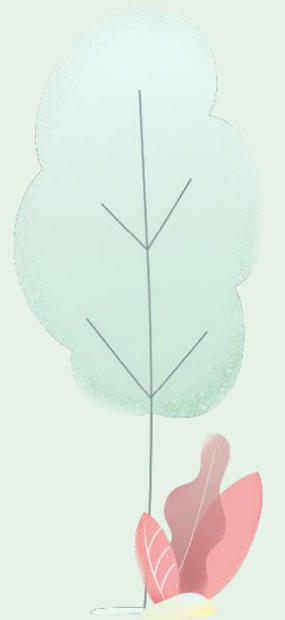
Our Food Environment





Ultra-Processed Food (UPF)

- Industrially produced edible substances substituting in for real ingredients
- Improve shelf life, facilitate central distribution, reduce cost of production and encourage over-consumption
- Most of these chemicals never before encountered during human evolution
- Stripped of fibre, micronutrients and omega 3 FA
- High in sugar, salt and fat, and energy dense



TAILORED
CLINICAL



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What's so bad about UPF?

-industrially and chemically designed with optimal combinations of sugar, salt, fat to optimise taste, mouth feel and hedonic response

- soft, crumbly, minimal chewing so facilitate fast and often subconscious consumption

- UPF hacks our normal satiety mechanisms so we eat more

- High glycaemic response because there is no “food matrix”



The extent of UPF consumption??



65% of caloric
intake on
average



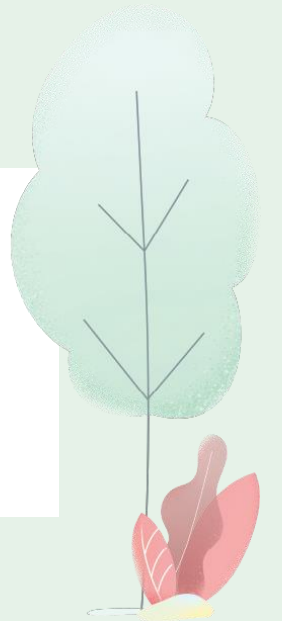
?55% of
intake



Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses

BMJ 2024 ; 384 doi: <https://doi.org/10.1136/bmj-2023-077310> (Published 28 February 2024)

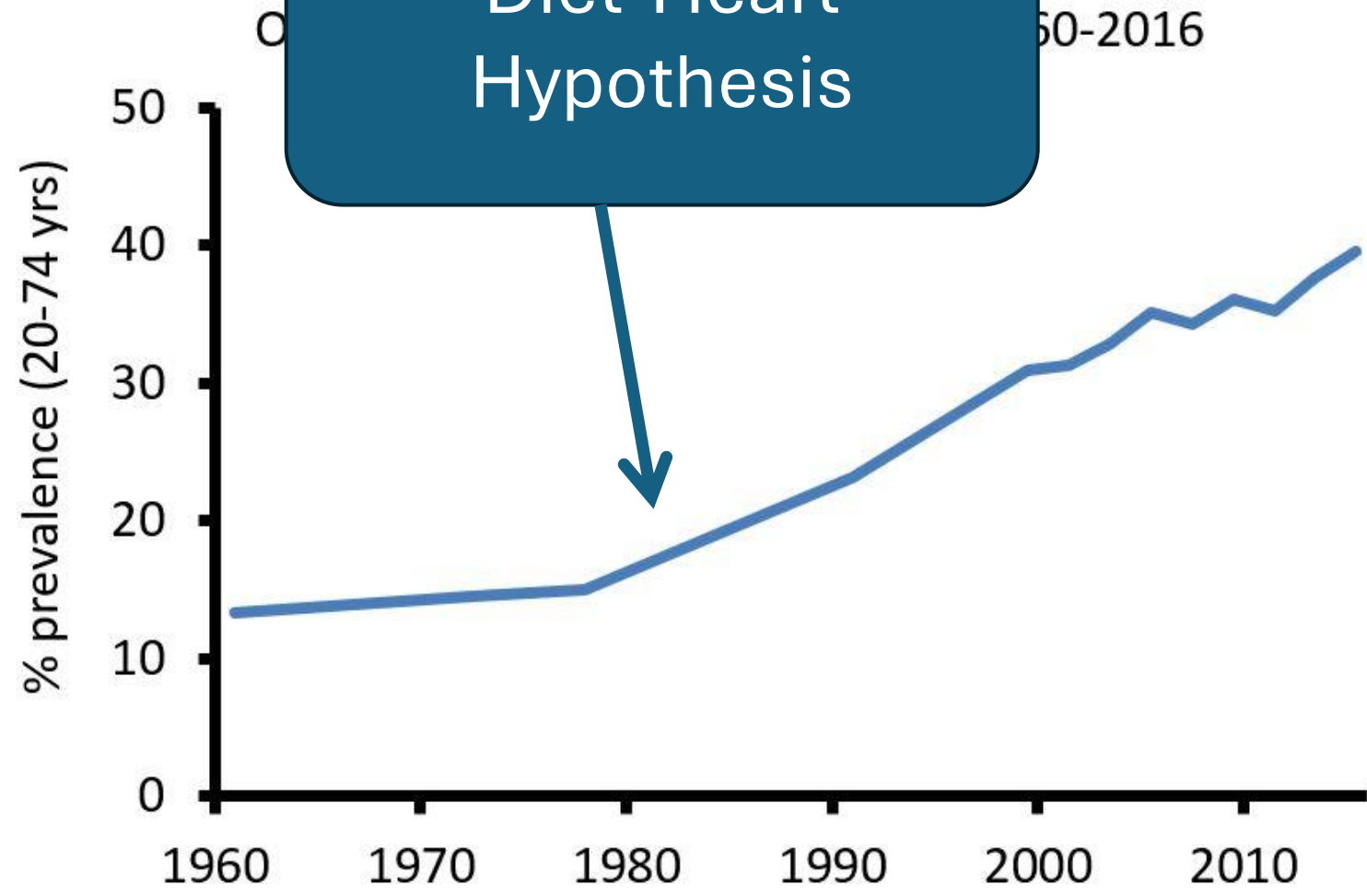
Cite this as: *BMJ* 2024;384:e077310



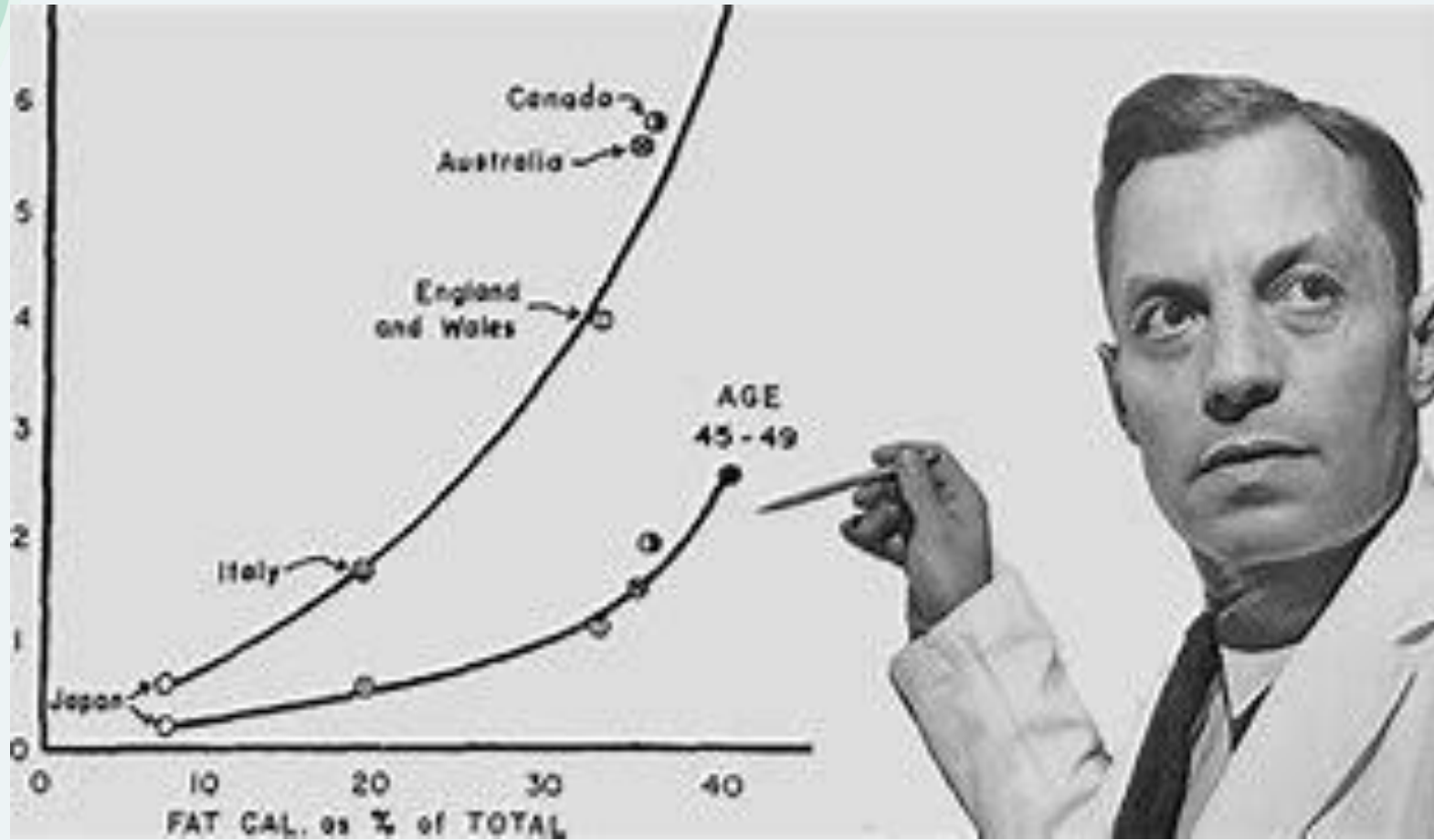
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Diet-Heart Hypothesis

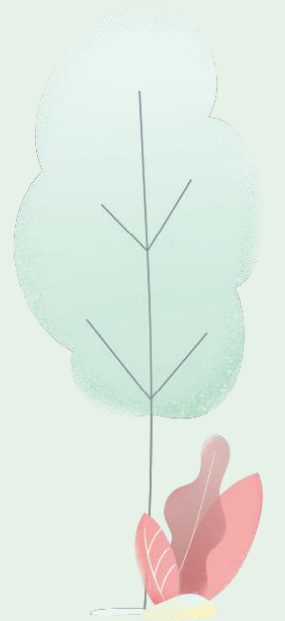


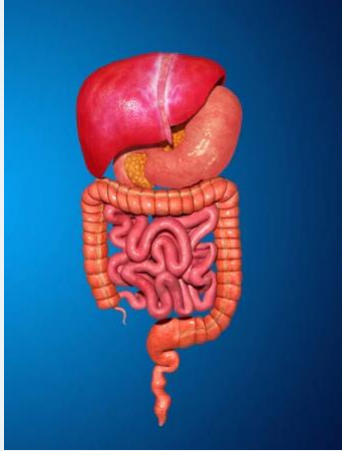
TAILOR CLINICS



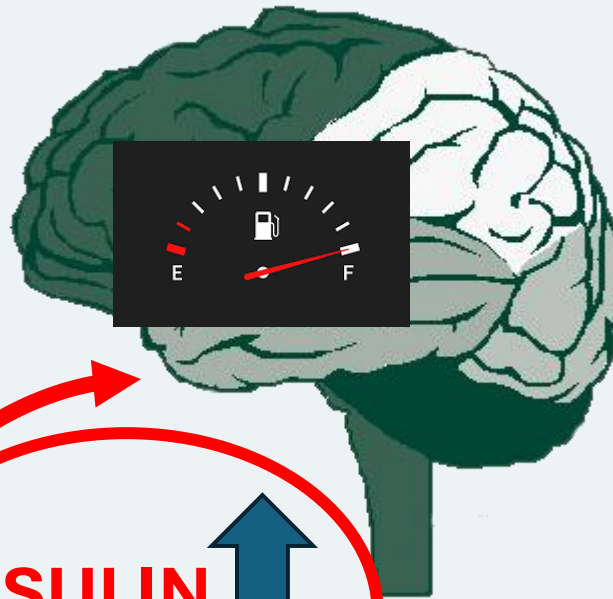
So what's the big deal with a change to cereals for breakfast, and using vegetable/seed oils instead of animal/dairy fats?

- Increased glycaemic loads and reduced satiety leading to development of “snacking culture” and the birth of “Big Snack”
- Reduction of dietary omega 3 in exchange for omega 6 leading to alterations in cell walls, leading to reduced insulin sensitivity, chronic inflammatory change and leptin resistance at the hypothalamus





GLP-1
PYY
GIP
oxyntomodulin



Alteration of resting metabolism

INSULIN

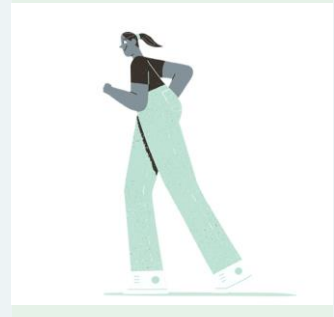
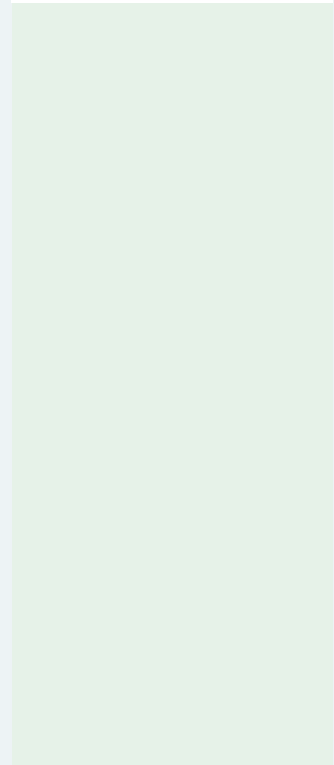
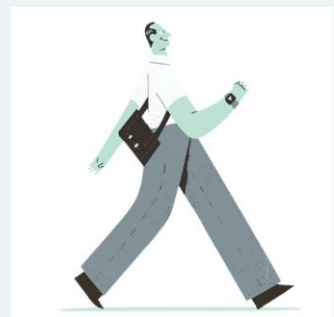
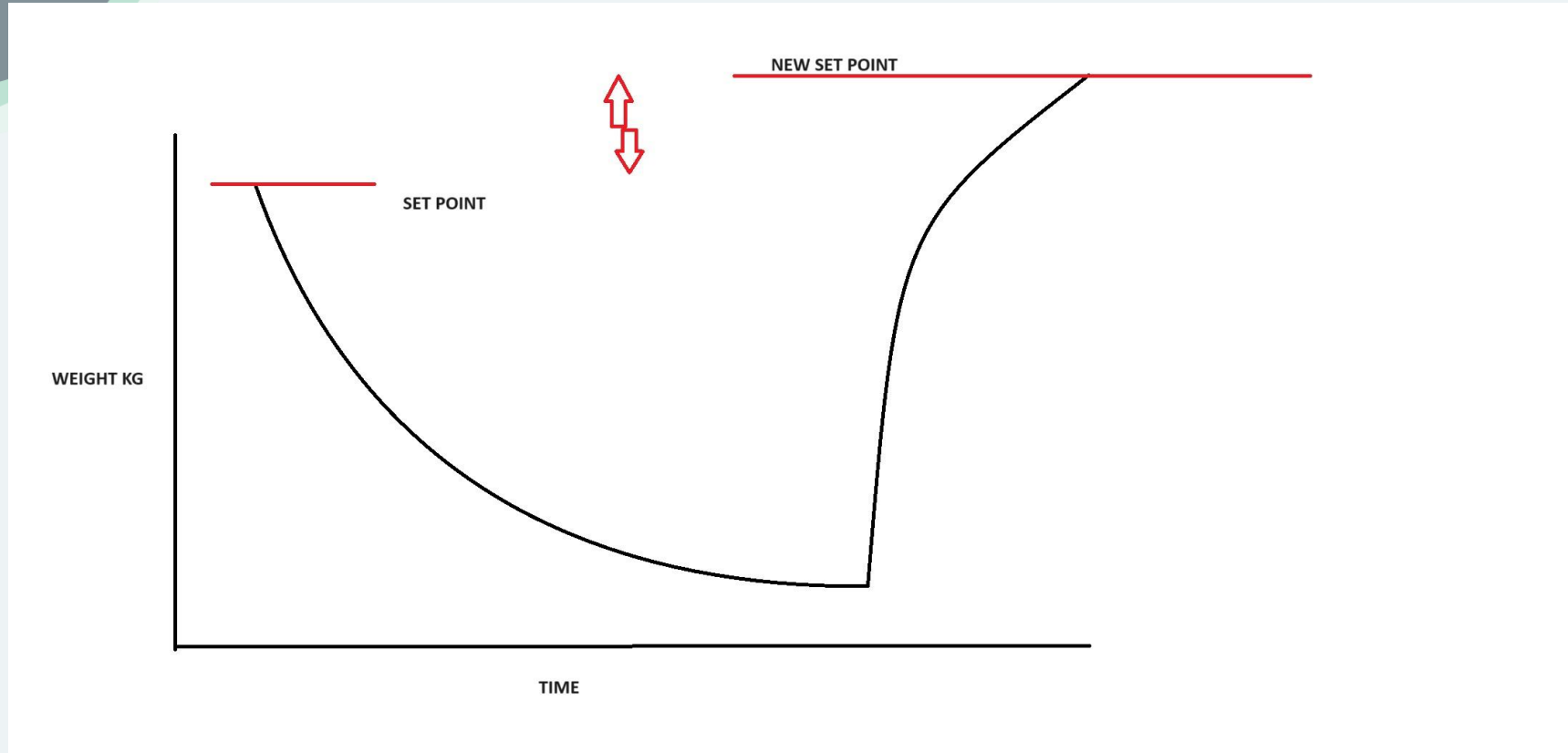


Leptin



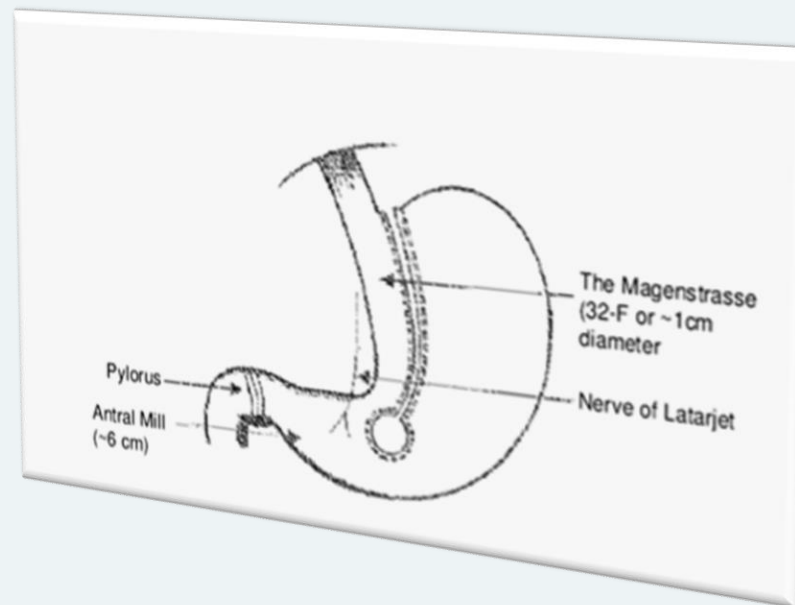
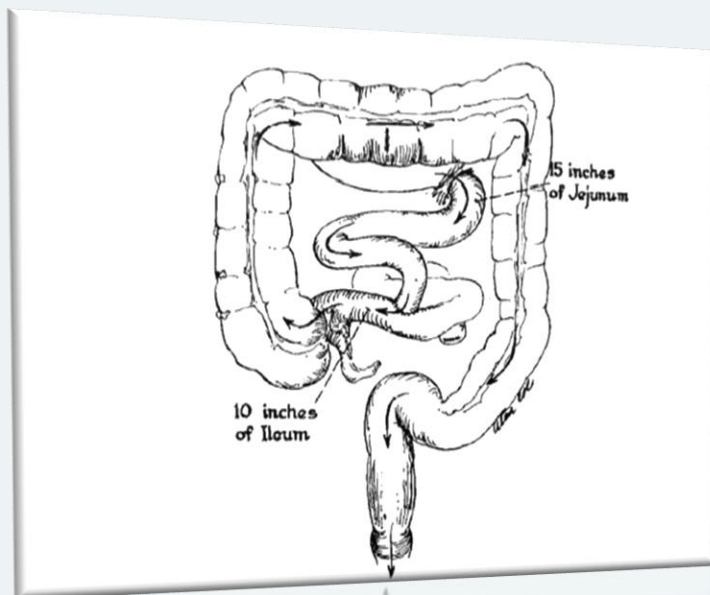
Omega 6  **Inflammation**





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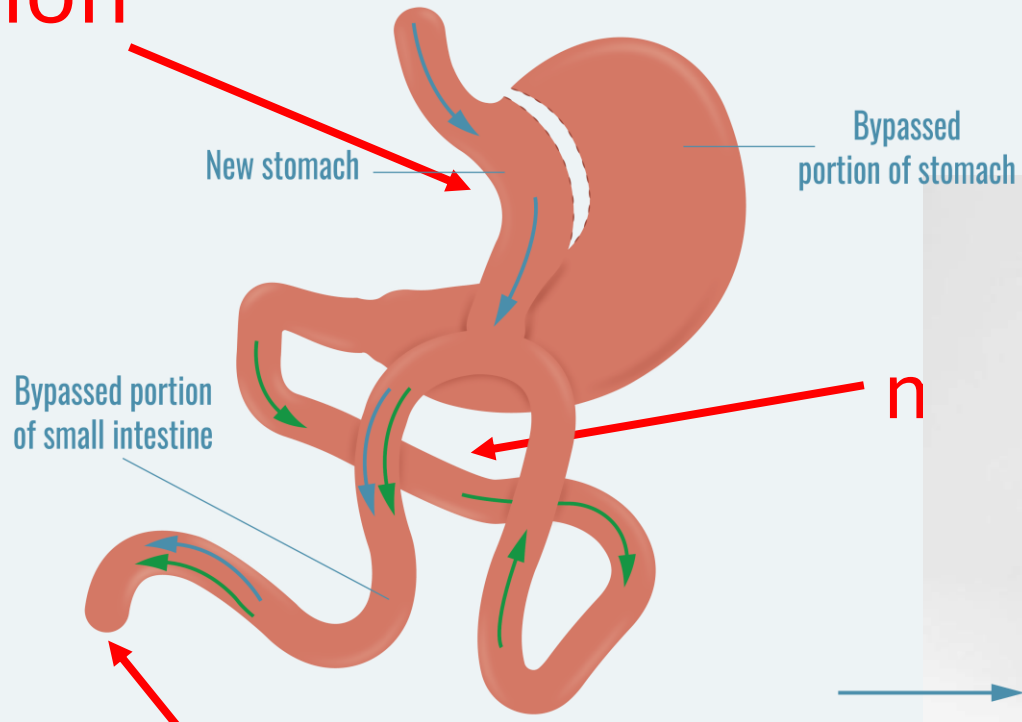
Metabolic/Bariatric Surgery



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Mini Gastric Bypass

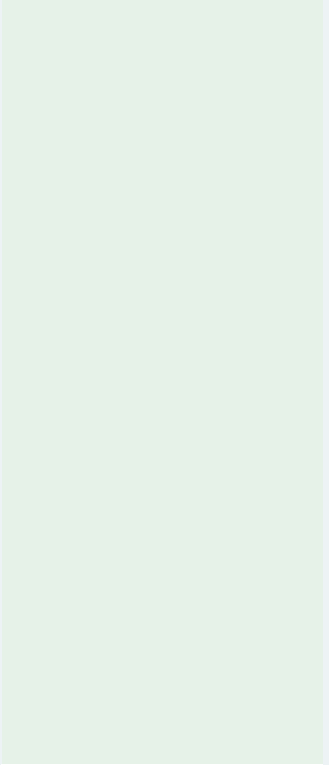
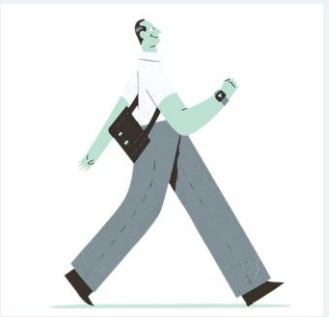
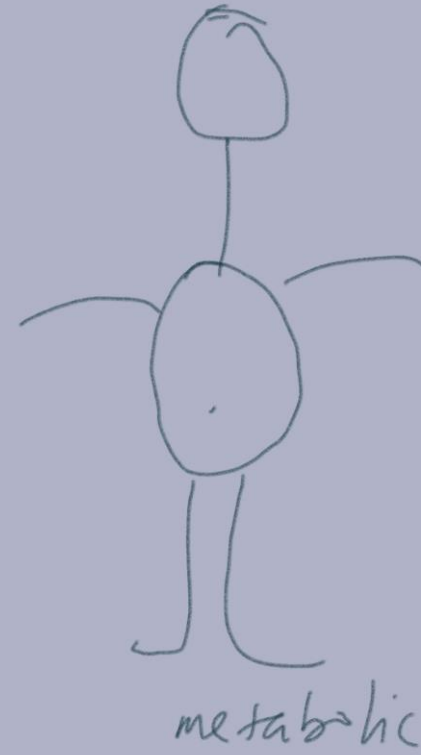
restriction



Hormonal effect (GLP 1, PYY)



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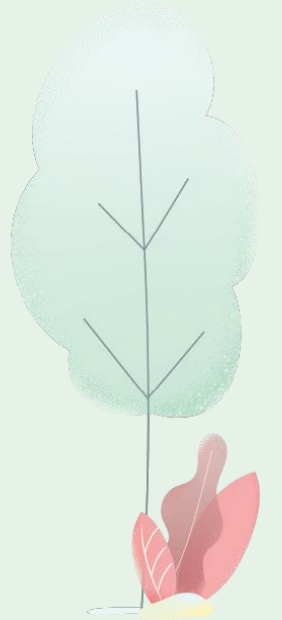


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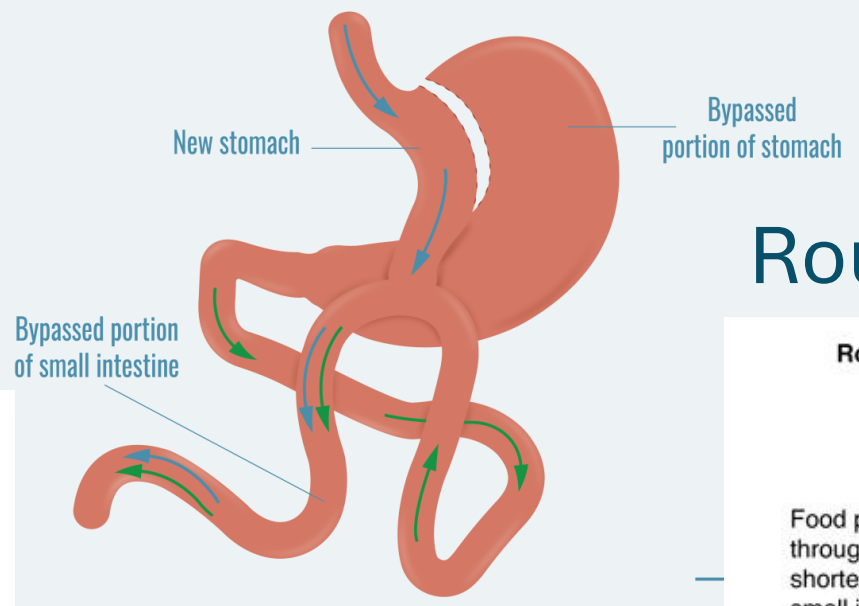
Rowan's rolls

Thin "normal" legs

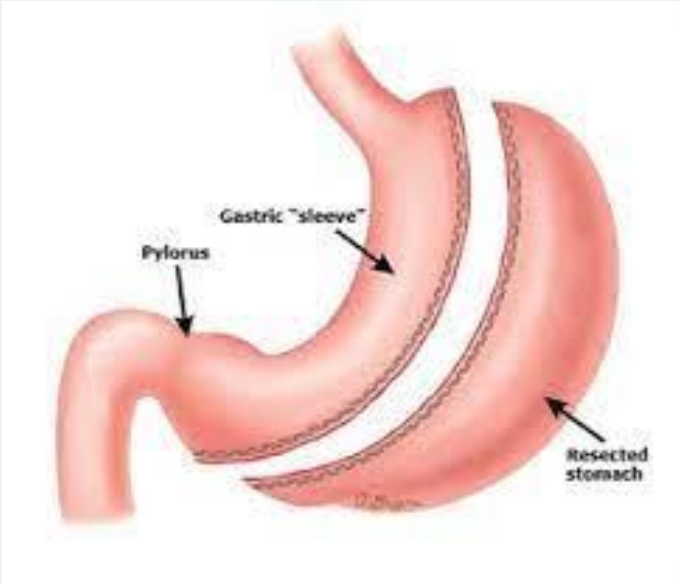
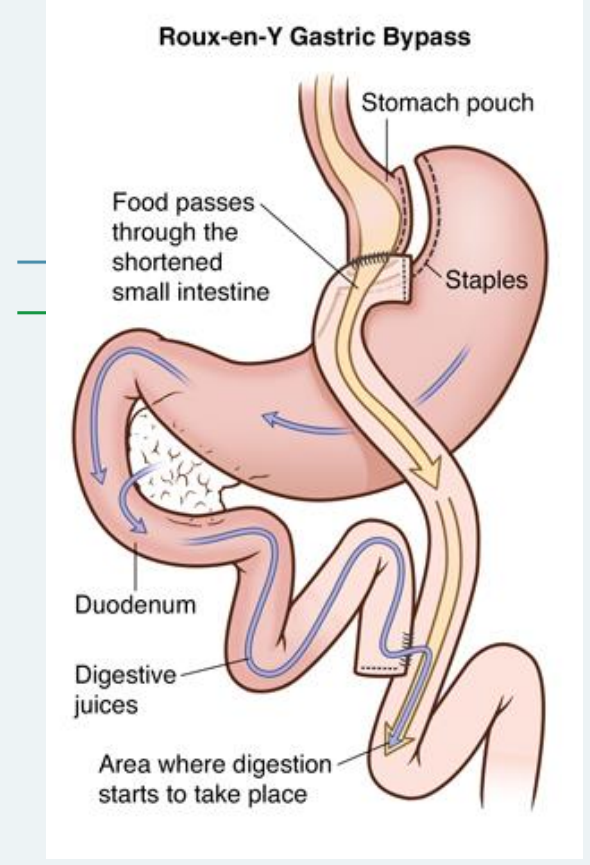




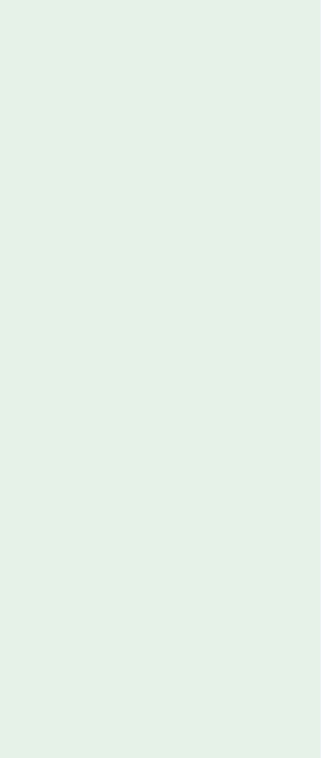
Mini Gastric Bypass



Roux-Y Bypass



Gastric Sleeve



The keys to long term success.....

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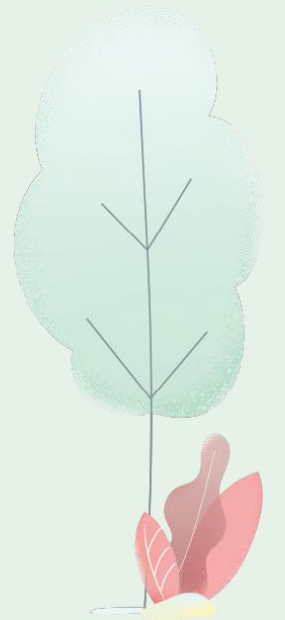
1. Frame of mind- this is my intermediate term reset, in the long run its up to m
2. Bedding in good habits during the 18 months “honeymoon” period
3. Exercise to improve muscle metabolic health, reduce cortisol, maintain mental health
4. Eat mostly whole foods, learn to cook/prepare/store food
5. Find other things apart from food to give you the dopamine hit that aren’t illegal or immoral

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So what can you do for
your patients here and
now.....?

Yes! There are
things we can do!




The logo for Tailor Clinics is a dark grey circle with a light green border. The word "TAILOR" is written in white, uppercase letters, and "CLINICS" is written in light green, uppercase letters below it.

TAILOR
CLINICS

1. Call out and stand against food industry tactics to see their UPF to children



A woman with long dark hair, wearing a light-colored top, is sitting at a table covered with a white cloth. A young child is sitting across from her, looking down at something on the table. The room has light-colored walls and a window with white curtains in the background. A potted plant is visible on the right side of the frame. The text "And you can too" is overlaid in the center of the image.

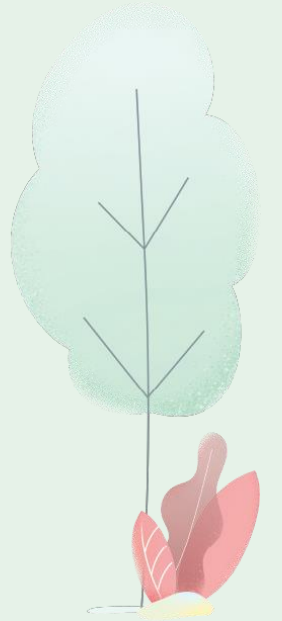
And you can too



1. Call out and stand against food industry tactics to see their UPF to children
2. Offer nutritional advice that can help people reset their set point



1. Remove as much UPF as possible from their diet ie eat food
2. Learn to prepare food from scratch
3. Favour omega 3 foods (“sunshine foods”) over omega 6 (“autumn”) foods



1. Call out and stand against food industry tactics to see their UPF to children
2. Offer nutritional advice that can help people reset their set point
3. Exercise to promote metabolic and mental health, not to burn calories



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CLINICS



Hunter-Gatherer Energetics and Human Obesity

Herman Pontzer , David A. Raichlen, Brian M. Wood, Audax Z. P. Mabulla, Susan B. Racette, Frank W. Marlowe

Published: July 25, 2012 • <https://doi.org/10.1371/journal.pone.0040503>



1. Call out and stand against food industry tactics to see their UPF to children
2. Offer nutritional advice that can help people reset their set point
3. Exercise to promote metabolic and mental health, not to burn calories
4. Promote sleep as important- metabolic effect of melatonin
5. Reduce cortisol by reducing stress



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CLINICS

**Be a mentor, and
a role model**

