

A Wellness Movement Whose Time Has Come

Editor's note: This article is presented in interview format as submitted by Doctors for a Slim America. DC did not conduct the interview and was not involved in the writing of the article.

The condition of being **overweight or obese** has reached epidemic proportions: 34 percent of adult Americans are overweight and 34 percent more are obese. That's 68 percent of adult Americans who are either overweight or obese. Even more disturbing, these same statistics roughly hold true for people under the age of 20. Obesity is so prevalent among young people that our military has to turn down one in every four young adults who try to enlist. Officers are quite concerned about the strength of our military because of the dwindling men and women who are qualified (physically) to serve.

The diseases most commonly associated with being overweight are coronary heart disease, type 2 diabetes, cancer (particularly endometrial, breast and colon), hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea, respiratory problems and osteoarthritis. The market is glutted with fad diets that all too often contain dangerous ingredients. The medical community offers its usual fare of surgery or drugs, both of which come with some pretty serious side effects.

In conclusion: Weight gain is our nation's biggest health concern, the number-two killer in America behind tobacco use. If we, as naturally oriented doctors, don't offer an effective solution to this epidemic, then who will?

A new organization has decided to do something about this problem of obesity in America. It is called Doctors for a Slim America (DSA). Chiropractors around the nation are beginning to join this group in droves. Why? In addition to our being health professionals who care, we also recognize something great when we see it. Let's learn more from the co-founder of Doctors for a Slim America, Dr. Suhail Ah-sahli ("Dr. Al"), who lost 150 pounds (through cleansing) and has helped hundreds of people lose weight in the Houston area where he practices.

What is the purpose of Doctors for a Slim America? Our purpose as doctors is to educate and enlighten the public on healthy, natural weight-loss solutions (no drugs or surgery) that promote positive lifestyle changes and effective long-term results. We do this through our Web site (www.doctorsforaslimamerica.com), where people can find doctors in their area to help them lose weight.

How are you letting the public at large know about DSA? We are kicking off a nationwide wellness campaign that will include radio and television appearances, press releases and articles in major media. We will be promoting our Web site widely so that people can go there to and find a doctor to help them lose weight. A formal letter announcing this monumental campaign will also be sent to White House.

The White House? First, let me say that DSA has no political affiliation. This isn't about politics. It's

about saving lives. Michelle Obama has been very active in trying to get kids to eat better with her "Let's Move" campaign. I personally believe this is a step in the right direction, but we all know that the biggest influences on kids are their parents. How are kids going to lose weight and eat better if their parents are overweight and spend their nights sitting on the sofa, drinking soft drinks and eating potato chips? DSA addresses weight loss for the parents. We wanted to let Mrs. Obama know about our movement so that she might pass on the good news.

How do chiropractors benefit from joining DSA? DSA gives chiropractors a way to tap into the largest, most accessible wellness market in existence: the overweight market. Doctors can join DSA for free and get a listing on our site for free.

If a doctor doesn't presently treat people for weight loss, do you recommend a particular weight-loss system? As long as a doctor has a weight-loss method they use that's effective and natural, that's all that's required of them. We don't insist that Doctors for a Slim America doctors utilize any specific product or system. However, if a doctor doesn't presently have a weight-loss system to use with patients, or if they are interested in discovering alternative systems to what they presently use, we can make recommendations to that doctor.

How is Doctors for a Slim America a wellness movement? If D.D. Palmer were alive today, he would be referred to as a wellness doctor. Why? Because he treated the body as a whole; he addressed structural, emotional, and chemicals issues. In fact, in 1910 D.D. stated that toxins or "poison" was one of the three major causes of illness. Today we know that to a large degree, the weight-loss crisis in America is due to toxins in our food. Any chiropractor who is interested in helping people from a wellness standpoint, I believe, should be interested in helping people detoxify and lose weight.

Are only chiropractors allowed to be DSA doctors? No, we welcome doctors of all disciplines. The only two requirements are that the doctor utilizes 100 percent natural weight-loss techniques and products, and that their methods of weight loss are effective.

How does a doctor join DSA? Are there fees? Any doctor can join DSA and get listed on our Web site for free. When a person goes to the site looking for help with weight loss, they will put in their zip code to find a doctor in their area who treats overweight conditions. Our basic listing is free. [Editor's note: A "Premier" listing that includes the doctor's picture and more information about their practice is also available for an annual fee.] We urge all chiropractors to at least get a free basic listing. It really is a situation where there's an awful lot to gain and nothing to lose.

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