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Features

Cavemen knew secret to health

Desmond Doyle was obese when he discovered Dr. Babak Bahadori's seven steps to leanness. The Tipperary native lives in Austria with his wife Maria and two children, Fionn and Maeve.

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By Gráinne McCarry

Why did you feel the need to change your lifestyle?

Around two and a half years ago, I put on four stone, which took my weight up to 20 stone. This was due to me always eating on the go and not doing any exercise.

I was running a pub and I had my own export-import business. My weight gain was due to what's known as stress obesity. I was under a lot of stress and I had no time to relax and kept piling on weight.

Obesity has many faces - it's responsible for numerous health problems, including many forms of cancer, type 2 diabetes and high blood pressure.



[Des 2 years ago](#)

I was suffering from rheumatoid arthritis at the same time. I had an appointment with a doctor to see about my condition, I was sitting in a wheelchair because I couldn't walk properly. I was sent to a physician called Dr. Babak Bahadori and he recommended that I modify my lifestyle.



[Des today](#)

What did that entail?

I started using his seven step programme which is a complete lifestyle overhaul. Firstly, you need to find out your bio-rhythm and you do this by eating two meals a day and fasting in between. Every time you eat you are topping your body up and not giving it a chance to use its

fat reserves so they get bigger. We should actually let them empty and refill. This gives the liver a chance to refuel its energy from your fat reserves so that when you next eat again your body has a natural feeling of being hungry.



One of our main problems is that we don't drink enough water. The body can survive for three weeks without food, yet only three days without water. Yet, we always think that we are hungry when we get cravings and keep stuffing ourselves when, in fact, we are thirsty. If we drank more water, we would eat less. We do not want people to lose weight in a month, we want them to do it over a six month period so that it stays off. In order to do this, they need to look at all aspects of their life from eating habits to exercise and their overall wellbeing.

Drinking water seems like commonsense, nothing we don't already know. Why aren't people doing it then?

People don't give water the place of importance it deserves - nothing can function without water. The planet wouldn't exist. Some people think drinking any sort of liquid is the same thing and resort to drinking fizzy drinks. It's not. By drinking high sugar drinks they could end up insulin resistant. Insulin is released into the bloodstream every time we eat - if we are always eating then our body will produce too much of it which stops the fat burning process and causes the body to gain weight.

Fresh, cold water from the tap sipped at two hourly intervals throughout the day is the best recommendation as the body actually burns calories expelling it from the body. When cold water enters the body, it burns a lot of energy expelling it through the body. The kidneys have to turn it to urine and expel it from the body. The body burns as many calories expelling two litres of water as it does in an hour of brisk walking.

It all seems very straightforward, yet the obesity rate has reached epic proportions. How come?

Today, food is everywhere and we are literally stuffing ourselves to death. It's due to the sheer availability of food and our lack of mobility. Our bodies haven't changed over the last 50,000 years - but our way of life has. We are not as active as we once were. Everything is geared towards convenience.

Modern technology has taken over. We go to work every day and sit at our computers and barely move. Our bodies were made to be mobile and when we don't move them they start to seize up. We use a remote control to operate the TV, the car to get to work or the shop - all this technology that was created to make our lives easier is actually causing us long term problems.

Sitting around the table for family dinners seems to be a thing of the past. Would you agree?

We live in a culture where people eat on the go but I think a lot more time should be given to dining. Everyone should enjoy their food, sit down and take time out to prepare their food and eat it.

We dine out a lot or resort to convenience food in tins and jars which are full of additives and preservatives. As a result, we don't know what is going into our food anymore. Cavemen hunted for food and when they had none their body fasted. When they did eat, it was the freshest of food that went into their bodies.

We need to go back to using our own indigenous produce - cabbages, potatoes, apples. Foods that are grown locally and can be eaten fresh - rather than eating produce flown in from the other side of the world that has been pumped full of chemicals to make it last longer. By doing this, we are supporting our local economy and helping to reduce global warming.

By Gráinne McCarry