

Why Do People Fail to Lose Weight

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In this article, I will show the reason that people cannot lose weight from biological process by relying the mind-body interaction model. I will also show why the world could not understand such basic. All problems can be attributed to the mental steps doctrine that has prevented research institutes from doing meaningful research. To understand the overwhelming problems, I will discuss the mind-body connection first.

A. The mind-and-body connection

In 2001, I proposed disease theories about how to curing chronic diseases. The brain has 86 ± 10 billion neurons and an equal number of non-neurons. In the traditional view, the brain holds a huge volume of information. I expand intellectual mind to what I call "biological mind."

The brain can store a huge amount of information about biological materials, processes, states, and diseases about everything in the body. Every tiny part of the body is run and regulated by, or related to correspondent neutrons in the brain. Everything in the body such as a mole color, skin feature, a swelling, itching feeling, temperature, existing state, blood vessel contraction state, or metabolic states are reflected in information stored in neutrons (e.g., equivalent engrams) or their signal firing patterns. The brain not only records information about the body but also tries to protect current states by sending neural signals to the whole body.

A cure to any state diseases includes changing trace information stored on relevant neurons or signal firing patterns in the brain. Mental steps exercises will be core medicine in the future.

It is believed that exercises work on the body. However, my personal study has led me to re-discovering that exercises actually re-train the biological mind. Thus, the exact nature of exercises is critically important for retraining the brain. The task is how to change trace information and firing pattern in the huge number of neutrons in the brain.

B. U.S. Patent Law Bars Mind-Training Inventions

After a person gains weight, the brain is trained to form a unique signal trace pattern on neutrons and firing patterns by mind-body interactions. The most powerful cure to the state disease is mental steps exercises.

Since the mental steps doctrine bars the Patent and Trademark Office from granting patent on mental steps process, it naturally bars patent on mental steps exercises. So, no one would do research in finding the nature and details of

exercises. Since designing a healing exercise is also mental steps, nobody can profit, no body will invest on developing mental exercises. Since exercise programs cannot be used to make money, no body will use them as core intellectual property. No IP protection means no funding, no research, no invention, not even a minimum effort of collecting works from the public domain.

To fix an abnormal problem in the brain can be challenge. Designing a workable exercise program requires a great deal of time and investment. A decent research would require at least one year. The costs would be even higher than running a drug trial. At this commercial age, if a sponsor cannot protect its property right, it will not invest on it. Private investment entities will not invest on any weight losing program that is “free for all.”

If someone designs a weight-losing program, it belongs to the public according to the mental steps doctrine. Few have an incentive to do public services. Even people who hits a medical miracle, they have no financial support for bringing their works to the world. To successfully promote their mental steps exercises, they not only need to give them free, but must provide huge additional costs to promote them at their own costs.

The doctrine actually precludes any research, inventing and innovative activities in mind-training exercises. That is why no serious research has ever been done in understanding the role of exercises and differences in exercises.

Thus, the world never even cares about exercises effectiveness can differ by two magnitudes. They can deliver one or a few percents to a full potential.

C. No Interest in doing research in weight control

Due to the influences of patent law, the world lacks interest in doing serious studies in retraining mind. Retraining mind is never as simple as doing any exercise to burn X amount of calories.

The incompetent work is well reflected in modern research.

The National Institutes of Health recently published a study on Qigong's effect in treating cancer. While the study found that such an exercise improves life quality, it reflects great bias. It fails to understand the most critical factor is how exercise is designed for a particular health condition. Only the best mix of breath, mind regulation, induction, relaxation, and sound (if used) can deliver the best healing effect. While NIH has unlimited fund to support such a study, it lacks interest in studying the nature and details of exercise. It captured a few sesames, but missed a big water melon.

Many organizations such as American Heart Association teach how to prevent overweight and cure heart diseases. A common scene is a discussion of background, a list of risk factors, treatment methods, and suggestion of doing 15 minutes to half an hour exercises. I found that none of their teachings can ever work for a majority of people. Their health advice reflects that they lack

incentive to do any research in exercises. They assume all exercises are same because they all called as “exercises.”

D. Reasons of Failure to Lose Weight

As I have said, all studies use a wrong model of balancing “banking account.” Moreover, no body has done serious studies in nature and details of exercises. In any research, they pay little attention to exercise designs, excise timing, healing components, body circadian cycles, biological property, etc. Any of those can be a decisive factor of failure. I will discuss them in more detail below.

1. Use of wrong model

The world has regarded weight controlling as “balancing a banking account.” I ask you to think the digestive system. The digestive track is a pass-through system: 60% to nearly 100% calories in food can be absorbed. Moreover, the total energy usage of a person on each day depend upon activity-level, the body's circadian cycle, ambient temperature, and heating dissipation condition. Those random variables can dramatically affect final energy balance. A 50% difference can be caused by those factors, but overweight and heart diseases are caused by depositing few percents of daily calories in wrong places.

Health is destroyed slowly by a long-term effect.

2. Failure to address energy use preference

All weight-losing programs that I have seen are flawed. The body has (1) food in digestion (500 to 1000 calories), (2) glucose in the blood, (3) glycogen in the liver and muscles (500 grams in total), (4) fats in bellies, and (5) fats in deep tissues and arteries. The amount of fats in deep tissues and arteries is very small. Getting rid of the fats from bellies and arteries is like shooting the queen through layers of protectors. In most cases, doing exercises according to current teaching will only shuffle glucose or energy in the first two sources.

Most people shuffle energy in the first three sources. By controlling food intake, a person may use up calories from food, glucose in the blood and a small amount of glygogen in the liver and muscles. At night, all the through sources are restored. It is impossible to get rid of energy from the last two sources.

3. Lack of method for determining suitable food intake

Most weight-losing programs I have seen do not teach how to overcome fast calories. One need to determine what amount of foods and activities are enough to losing weight. Although, common sense tells us one should eat less and do more, that does not answer this question. When a person gets extreme starvation, he would eat much more. This would wipe out achievements the person has achieved in prior a few days.

4. Failure to teach adjusting biological process

Although everyone knows that the human body has 24-hour circadian cycles, most weight losing programs do not even mention it. In the body, different biochemical process paths are used to burn different forms of calories such as glucose, starch, protein, fats (fatty acids), keto, and other forms of acids. Whenever a particular biological path is activated, it will be active for some time before it slowly fades. Thus, it is possible that the body can be tuned to use glucose, carbohydrates, proteins, and fats selectively. Since overweight is caused by fats, one can easily use this property to lose fats.

Most programs do not teach how to change activity levels of different biological paths, and how to use them to achieve health. Failure is natural.

5. Failure to understand micro-vascular defects

Obesity implies that a person has poor micro vascular networks. When capillaries density is reduced and their cross-sections are reduced, blood circulation efficiency in terminal tissues is dramatically reduced. The only way to compensate for reduced efficiency is to raise glucose level in the blood. There are only two ways to achieve it. One way is to raise blood pressure, and the second way is to eat more.

An obese person tries to eat more in an attempt to boost energy, an increased food intake only makes the problem worse. Instead, the person actually gains more weight while continuing experiencing lack of energy. The food cannot become usable energy. We can view the body as a complex system for depositing more fats that cannot be used. The body even has a difficulty to digest food because it lacks usable energy even for performing the digestive function. When food is digested, glucose cannot reach tissue cells due to impaired micro-vascular networks. Even if glucose does reach tissue cells, it is metabolized by glycolysis due to poor oxygen supply. When tissue fluid acidity reaches a certain level, it inhibits glycolysis. Since glucose cannot be used in most parts of the body, it will be deposited as fats on blood vessels walls and tissues in organs and underused parts.

Thus, losing weight is like a catch-22 situation.

6. Failure to teach how to deal with starvation

As I have said, mind and body are connected. Mind can be re-trained by adjusting itself to the body. Mind also controls the body. After a person has gained weight, the biological mind is adapted to the body.

By adaptation, the body has used to lifestyles of maintaining high glucose levels in the blood, which must be maintained by using a lot of foods such as carbohydrates, sugar, etc.

If a person tries to reduce food intake, a drop in glucose will result in serious lack of energy in terminal tissues. The lack of energy in the whole body tissue will force the person to eat more foods, often more than he has ever saved

in the last a few days. Thus, a weight controlling program without understanding the brain biological memory is deemed to fail. So, most such programs do fail.

The mental steps doctrine helped organizations and federal agencies form their existing business, research, and financial models which can work well for fast fixes. They promote only programs they will not work. Most weight controlling articles reveal lack of confidence. They know it will not work for most people. So, they honestly discuss how difficulty to lose weight, then go on to suggest this one MIGHT work.

If you read the article, you know an expected result already.