

# Blacks must learn how to lose weight

**“Why Black People Can’t Lose Weight: The psychology, the challenge, and the solution to overall wellness”**

By Makeisha Lee;  
AuthorHouse;  
Paperback; \$14.99;  
172 pages; illustrated  
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By Kam Williams  
Sentinel-Voice

“Weight loss. Why is it such a vicious circle? Why does it seem unattainable for us as a community, despite the hundreds of diet plans available? Why do we as Blacks lead in the highest percentage of obesity cases in all gender, age and ethnic groups to date? These questions deserve convincing and satisfying answers...”

In this book, we will answer all the questions you may have had unanswered

before... in a clear, concise manner without getting too technical... This written work of art will reveal all the hidden schemes that mainstream society has kept from us, and break it down so that a 3 year-old can understand why we as Blacks have been unsuccessful as a whole at getting and/or keeping the weight off.” — Excerpted from the Prelude (pages xiii-xiv)

After the annual eating season, which starts with Thanksgiving and doesn’t end until somewhere around January 1, most of us put losing weight high on our list of New Year’s resolutions. If you are one of those people who’s always fighting the battle of the bulge, perhaps the problem has to do with more than merely how much

food is on your diet. This is the contention of Makeisha Lee who believes that “We cannot even begin to confront obesity and/or its related illnesses without first addressing the toxicity in our bodies that exists.” Lee, a nutritional advisor and nationally-syndicated writer, has conducted extensive research in the field of alternative health. And in her new book,

“Why Black People Can’t Lose Weight,” she sets out a straightforward formula for overcoming obesity. First, she informs us that “the food industry devises deliberate strategies to get people to eat more food,” most of which have been processed and stripped of “98 percent of the natural nutrition.” The author also says that not only are these refined

foods addictive, but they are of no nutritional value. Lee goes on to discuss why a variety of conventional approaches to weight loss simply don’t work, before suggesting a carefully-conceived, complex regimen combining internal cleansing with whole and organic foods, vitamins and supplements, and aerobic exercise and strength training. She refers to nutritional

cleansing as the missing link and the “ultimate solution to helping Blacks reclaim their throne to a higher health status and lose weight.” Well-crafted and convincing, “Why Black People Can’t Lose Weight” offers a revolutionary, step-by-step approach to health aimed at changing the body by first eliminating destructive attitudes about dieting from the mind.

## Lives

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ments come courtesy of host Gates who is given to drawing baffling and bizarre conclusions, such as, when he inappropriately sums up a situation stating: “Being Black in America has never been about one’s color or facial features. It’s more a state of mind.” What?

Or how about another occasion where he flippantly suggests that the damage slavery has heaped upon the Black family can be easily undone, saying: “DNA can begin to reverse the Middle Passage. Ain’t that something?”

Otherwise, “African American Lives 2” is as moving, informative and fascinating a four hours as you can hope to find anywhere on the TV dial.

Check local listings for “African American Lives 2,” which airs on PBS at 9 p.m. (EST) on Wed., Feb., 6 and 13. Excellent (4 stars). Still unrated.



### DEE-LIGHTFUL

Outstanding performance by a female actor in a supporting role victor, Ruby Dee, holds her Screen Actors Guild award. She won for her part in “American Gangster.” SAG took place Los Angeles on Sunday.

## Are You Ready to Get Healthy?

### Take the Get Healthy Clark County Challenge

Sign up today! It’s free and easy as 1-2-3.

**1** Go to [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org) and click on the “Get Healthy Clark County Challenge” icon to sign up.

**2** Each Monday you’ll receive an e-mail with a new health challenge.

**3** Do your best to meet the challenge for that week and track your progress using our online tools.

Track your progress regularly and you’ll be eligible for **great** prizes including iPod Shuffles, gift certificates and more!

Encourage your family, friends and co-workers to join the fun!

