

Hyperproteic diets: let us get this straight with Doctor Alessandra Sassu

(interview of Doctor Alessandra Sassu on the site www.dottorbellezza.it)

Losing weight is not easy and, especially, it is difficult to do it "properly", eliminating the excess fat where it lays more easily. Let us try to understand more about it with the help of our expert, Doctor Alessandra Sassu from Cagliari.

One of the most frequent questions asked to a doctor from obese or overweighed patients is: "Doctor, why do I gain weight? I do not eat much! My friend eats more than I do and she does not gain a pound.. and the same it is about my husband: he eats like a wolf and he does not gain weight... ". And also: "My son eats a lot, but he is very thin!!!".

Doctor Alessandra Sassu from Cagliari, aesthetic doctor who takes also care of feeling and nutrition, explains to us: "To understand the reason of this "strange" phenomenon, we ask patients to describe in details how they eat and I realize that most of them do not effectively eat big quantity of food, but all of them, from breakfast to dinner, prefer pasta, bread, snacks, sweets, pizzas, sandwiches... (sugars and fats!). On the contrary, the ones who basically have food rich in proteins (meat and fish) do not gain weight even if the quantities are not perfectly controlled".

A COMPLEX PHENOMENON

Alessandra Sassu continues: "To understand this phenomenon we have to remember that our body, in order to live, needs sugars, fats and proteins: to avoid the lack of only one of this substances, we have to introduce these molecules with what we eat every days and in the right quantities. In case of lack of sugars and fats with the diet, it is possible to build this substances starting from proteins, but the opposite mechanism is not possible: if we do not have proteins, we are not able to build them starting from sugars and fats".

This happens only because proteins contain nitrogen, atom that is found in all the amino acids, the bricks that form the proteins and that we need for our life.

There are 21 amino acids – Doctor Sassu goes on – and 8 of them are the so called essential because they can not be made by the body and it is for this reason that we are obliged to assume them with food through feeding". Proteins have two main roles:

- a biochemical functional role: hormones, neurotransmitters, enzymes, antibodies...
- a structural role: proteins of the cellular membranes, muscular fibres, the collagen (skin, bones, cartilages, tendons...). When food lacks occurs, the first organs used to build what is lacking are the muscles, just because proteins are the main muscular constituents.

But this has to be absolutely avoided!

"The goal of a diet - Alessandra Sassu still explains to our site – has to be the reduction of fat, while the muscular mass has to be preserved as much as it is possible".

An excess of sugars and fats with feeding implies the increase of weight due to the increment of the fat mass (adipose).

On the contrary, a good taking of proteins associated to a controlled supply of sugars and fats, induces to a loss of weight characterized by a reduction of adiposities and an increment of the muscular mass: the body gets used to consume fats and save the muscles, it loses weight for reduction of fat masses, maintaining the tonicity of the muscular tissue and especially the vital functions of the body that depend on proteins.

Today there is the possibility to follow a hypo caloric food diet that exalts this mechanism at the best; you only have to assume proteins under form of amino acids through a supply in tablets or packets which have to be dissolved in water.

A SPECIFIC PRODUCT

But sometimes a small help is enough in order to loose weight in safety and health. An example? Big One of Professional Dietetics, a mixture of essential amino acids in ideal quantities to make the protein synthesis optimum.

It is a product that is quickly digested by the body, it does not determine production of nitrogenous wastes (imperfect substance that derive from proteins and that, in excess dosages, can overload the kidneys), neither other collateral effects, in fact the fundamental hematochemical parameters remain even during extended treatment (azotemia, creatininemia, hyperuricemia...).

Doctor Sassu explains to us: "The doctor prescribes a controlled caloric diet, however balanced and personalized, during the one the patient will have to assume the prescribed dosage of BIG ONE, in three administers, far from meals: this is done in order to optimize the protein synthesis, ease the use of fats, prevent the hypoglycaemic crisis, control the hunger".

With this system the patient learns how to eat properly, he/she looses weight in a natural way and there is the possibility to maintain the obtained result during the time, teaching the body to consume fats and save muscles without creating food lacks.

Taken from an interview to Doctor Alessandra Sassu on the site www.dottorbellezza.it