

# Unwanted Weight

The kilos that were so quick and easy to put on are very difficult to get rid of. If we were to believe the **advertisements**, there are lots of **miracle cures** and magic diets to lose those extra pounds.

**A**lthough most do work very quickly, only weight that is gradually lost stays lost. We may live in a modern society, with an **unprecedented availability** of food, medication and advice, but what we have to remember is that our **digestive system** is still that of our Stone Age ancestors. This means a lot more movement and a lot less **refined** food.

**Female pharmacy customer:**

Hello!

PTA: Hello! How may I help you?

**I'm afraid that I over-indulged during the Christmas holidays and now I'm feeling the pinch, so to speak!**

Really? To be honest, I don't really think that you look overweight.

**Oh, thank you! That's very flattering, but what I meant was that I've noticed that my clothes, especially my jeans and trousers, all feel a bit too tight.**

Have you got a few minutes?

**Yes, why?**

If you come with me, we have an office where we can talk to our customers in **peace and quiet**, especially when we need to give them advice or fit them for **support tights** that type of thing.

**Sure, no problem.**

So, let's see. How tall are you?

**I'm five foot nine, that's about one metre seventy-five.**

Do you mind telling me your current weight?

**I'm 75 kilos and I haven't had that weight since I was pregnant with my son!**

The **square** of your height is **1.75 times** 1.75 which is 3.0625 and your weight is 77 kilos. If we divide 77 by 3.0625 the result is 25. Could you please tell me how old you are?

**No problem I'm 35.**

**According** to this table, you are still within the so-called optimum zone.

**That's what it said when I checked it myself on the internet but I couldn't believe it.**

Yes, it all has to do with your **body perception**.

**I suppose you're right, but my body perception tells me at the moment: "You are too heavy. You need to lose some weight".** Have you tried any diets?

**No, a very good friend of mine recommended that I go to the pharmacy for advice and maybe some diet foods.**

Although we do have a whole range of diet products, I can recommend that you try it the natural way first.

**The natural way!**

Yes, it's ideal for people that are not truly overweight and only want to lose a few kilos. It means that keeping to a **well-balanced** diet and doing some type of sporting activity will help to **melt** those extra pounds away.

**What type of nutrition do you recommend?**

Fruit and vegetables have a very high **nutritional density** and most of them are low in calories, depending on how you prepare them.

**Okay, but I'm not very fit!**

No problem! If you start off by taking thirty minute walks, and then **gradually** move up to short jogging you'll find it easier. ■

*Catherine Croghan,  
Lecturer in English and native speaker*

## VOCABULARY

Advertisements	Werbung
miracle cures	Wundermittel
unprecedented	noch nie dagewesen
availability	Verfügbarkeit
advice	Rat
digestive system	Verdauungssystem
Stone Age	Steinzeit bzw. steinzeitlich
Ancestors	Urahnen
Refined	raffiniert
over-indulged	Völlerei betrieben
pinch	zwicken
flattering	schmeichelnd
tight	eng
peace and quiet	Ruhe und Frieden
support tights	Stützstrumpfhose
five foot nine	fünf Fuß neun Zoll
pregnant	schwanger
square	Quadrat (Mathem.)
1.75	1,75 (wird "one point seven five" ausgesprochen)
Times	mal
according to	gemäß
body perception	Körperwahrnehmung
well-balanced	ausgewogen
melt	schmelzen
nutritional density	Nährstoffdichte
gradually	nach und nach