Research Article

Advances in Theoretical & Computational Physics

The relationship between body weight versus food portion, sleep hours, walking exercise level using both statistical correlation and the viscoplastic energy model of GHMethod: math-physical medicine (No. 952, VMT #351, 11/13/2023)

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Abstract

The author's body weight was 220 lbs (100 kg, BMI 32.5) in 2010, decreasing to 165 lbs (75 kg, BMI 24.4) in 2013, experiencing a downward trend through four stages over the past 15 years.
- *Weight within Y10-Y14: 188 lbs*
- *Weight within Y15-Y17: 174 lbs*
- *Weight within Y18-Y20: 172 lbs*
- *Weight within Y21-Y23: 168 lbs*

Within this period, his food and meal portion sizes have also been reduced:
Y10-Y 14 food portion: > 100%
Y15-Y17 food portion: 90%
Y18-Y20 food portion: 76%
Y21-Y23 food portion: 51%

In addition to traditional statistical correlations, the author explored some additional findings using the space-domain Viscoplastic Medicine model (SD-VMT) on his personal data collected within a period of 10 years from 1/1/2014 to 11/12/2023, revealing insights into his body weight related to his food portion, sleep hours, and walking exercise.

***In summary,** at first, traditional statistical correlations indicated a high positive correlation (93%) between body weight (BW) and food portion, a high negative correlation (-77%) between BW and nighttime sleep hours, and no correlation (-12%) between BW and daytime walking steps.*
- ***R of BW and Food portion: 93%***
- ***R of BW and Sleep hours: -77%***
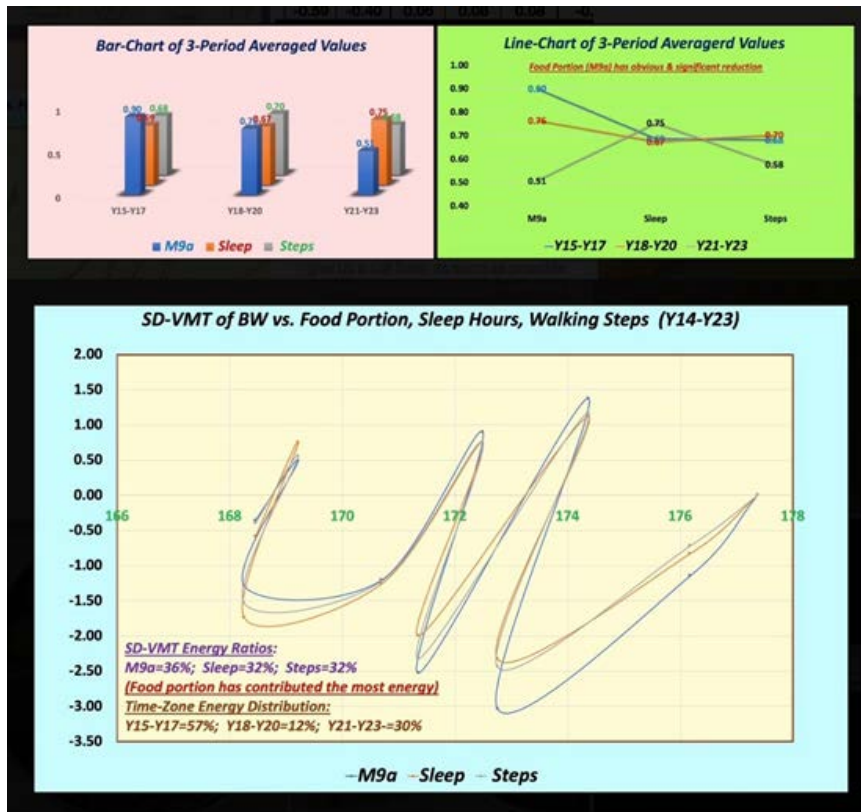- ***R of BW and Walking steps: -12%***

*The correlation between body weight and food portion, as well as sleep hours at night, aligns seamlessly with the author's learned medical knowledge. **Increased food intake corresponds to higher body weight, while more sleep hours at night correlate with a lower body weight in early morning.***

In addition, using the space-domain Viscoplastic Energy Analysis (SDVMT), the author found three close energy contribution margins, with food portion exhibiting a noticeably higher contribution (36%) compared to both sleep hours (32%) and walking steps (32%).
- ***Food portion energy: 36%***
- ***Sleeping hours energy: 32% - Walking steps energy: 32%***

*Both time-domain statistical correlation and space-domain Viscoplastic energy methods concurred that **food portion is the most significant influential factor on his body weight.***

Bar-Chart of 3-Period Averaged Values

Line-Chart of 3-Period Averagerd Values
Food Portion (M9a) has obvious & significant reduction

SD-VMT of BW vs. Food Portion, Sleep Hours, Walking Steps (Y14-Y23)

SD-VMT Energy Ratios:
M9a=36%; Sleep=32%; Steps=32%
(Food portion has contributed the most energy)
Time-Zone Energy Distribution:
Y15-Y17=57%; Y18-Y20=12%; Y21-Y23-=30%

—M9a — Sleep — Steps

1. Introduction

The author's body weight was 220 lbs (100 kg, BMI 32.5) in 2010, decreasing to 165 lbs (75 kg, BMI 24.4) in 2013, experiencing a downward trend through four stages over the past 15 years.

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In addition to traditional statistical correlations, the author explored some additional findings using the space-domain Viscoplastic Medicine model (SD-VMT) on his personal data collected within a period of 10 years from 1/1/2014 to 11/12/2023, revealing insights into his body weight related to his food portion, sleep hours, and walking exercise.

1.1. Biomedical Information

The following sections contain excerpts and concise information drawn from multiple medical articles, which have been meticulously reviewed by the author of this paper. The author has adopted this approach as an alternative to including a conventional reference list at the end of this document, with the intention of optimizing his valuable research time. It is essential to clarify that these sections do not constitute part of the author's original contribution but have been included to aid the author in his future reviews and offer valuable insights to other readers with an interest in these subjects.

1.2. Pathophysiological explanations and statistical data regarding body weight versus food size and portion, sleeping hours, and exercise activity level

Body weight is influenced by a combination of factors, including genetics, metabolism, and lifestyle choices. Lifestyle is very crucial among those influential factors.

1.3. Lifestyle choices

1. Food Size and Portion: Consuming larger portions can contribute to weight gain as it increases calorie intake. Overeating may lead to obesity, associated with various health issues such as diabetes and cardiovascular diseases.
2. Sleeping Hours: Inadequate sleep may disrupt hormonal balance, affecting appetiteregulating hormones like leptin and ghrelin. Poor sleep can lead to increased cravings for highcalorie foods, potentially contributing to weight gain.
3. Exercise Activity Level: Regular physical activity helps burn calories and supports weight management. Sedentary lifestyles often correlate with weight gain and obesity.

1.4. Statistical Data

Statistics vary globally, but trends show an increase in obesity rates, linked to lifestyle changes and poor dietary habits. Data often highlights the importance of balanced nutrition and regular exercise in maintaining a healthy weight.

2. Methods
2.1. MPM Background

To learn more about his developed

GH-Method: math-physical medicine (MPM) methodology, readers can read the following three papers selected from his

published 760+ papers.

The first paper, No. 386 (Reference 1) describes his MPM methodology in a general conceptual format. The second paper, No. 387 (Reference 2) outlines the history of his personalized diabetes research, various application tools, and the differences between biochemical medicine (BCM) approach versus the MPM approach. The third paper, No. 397 (Reference 3) depicts a general flow diagram containing ~10 key MPM research methods and different tools.

__The author's diabetes history:__ The author was a severe T2D patient since 1995. He weighed 220 lb. (100 kg) at that time. By 2010, he still weighed 198 lb. with an average daily glucose of 250 mg/dL (HbA1C at 10%). During that year, his triglycerides reached 1161 (high risk for CVD and stroke) and his albumin-creatinine ratio (ACR) at 116 (high risk for chronic kidney disease). He also suffered from five cardiac episodes within a decade. In 2010, three independent physicians warned him regarding the need for kidney dialysis treatment and the future high risk of dying from his severe diabetic complications.

In 2010, he decided to self-study endocrinology with an emphasis on diabetes and food nutrition. He spent the entire year of 2014 to develop a metabolism index (MI) mathematical model. During 2015 and 2016, he developed four mathematical prediction models related to diabetes conditions: weight, PPG, fasting plasma glucose (FPG), and HbA1C (A1C). Through using his developed mathematical metabolism index (MI) model and the other four glucose prediction tools, by the end of 2016, his weight was reduced from 220 lbs. (100 kg) to 176 lbs. (89 kg), waistline from 44 inches (112 cm) to 33 inches (84 cm), average fingerpiercing glucose from 250 mg/dL to 120 mg/dL, and A1C from 10% to ~6.5%. One of his major accomplishments is that he no longer takes any diabetes-related medications since 12/8/2015.

In 2017, he achieved excellent results on all fronts, especially his glucose control. However, during the preCOVID period, including both 2018 and 2019, he traveled to ~50 international cities to attend 65+ medical conferences and made ~120 oral presentations. This hectic schedule inflicted damage to his diabetes control caused by stress, dining out frequently, post-meal exercise disruption, and jet lag, along with the overall negative metabolic impact from the irregular life patterns; therefore, his glucose control was somewhat affected during the two-year traveling period of 2018-2019.

He started his COVID-19 selfquarantined life on 1/19/2020. By 10/16/2022, his weight was further reduced to ~164 lbs. (BMI 24.22) and his A1C was at 6.0% without any medication intervention or insulin injection. In fact, with the special COVID-19 quarantine lifestyle since early 2020, not only has he written and published ~500 new research articles in various medical and engineering journals, but he has also achieved his best health conditions for the past 27 years. These achievements have resulted from his non-traveling, low-stress, and regular daily life routines. Of course, his indepth knowledge of chronic diseases, sufficient practical lifestyle management experiences,

and his own developed high-tech tools have also contributed to his excellent health improvements.

On 5/5/2018, he applied a continuous glucose monitoring (CGM) sensor device on his upper arm and checks his glucose measurements every 5 minutes for a total of 288 times each day. Furthermore, he extracted the 5minute intervals from every 15minute interval for a total of 96 glucose data each day stored in his computer software.

Through the author's medical research work over 40,000 hours and read over 4,000 published medical papers online in the past 13 years, he discovered and became convinced that good life habits of not smoking, moderate or no alcohol intake, avoiding illicit drugs; along with eating the right food with wellbalanced nutrition, persistent exercise, having a sufficient and good quality of sleep, reducing all kinds of unnecessary stress, maintaining a regular daily life routine contribute to the risk reduction of having many diseases, including CVD, stroke, kidney problems, micro blood vessels issues, peripheral nervous system problems, and even cancers and dementia. In addition, a long-term healthy lifestyle can even "repair" some damaged internal organs, with different required time-length depending on the particular organ's cell lifespan.

For example, he has "self-repaired" about 35% of his damaged pancreatic beta cells during the past 10 years.

2.2. Energy Theory
The human body and organs have around 37 trillion live cells which are composed of different organic cells that require energy infusion from glucose carried by red blood cells; and energy consumption from laborwork or exercise. When the residual energy (resulting from the plastic glucose scenario) is stored inside our bodies, it will cause different degrees of damage or influence to many of our internal organs.

__According to physics, energies associated with the glucose waves are proportional to the square of the glucose amplitude. The residual energies from elevated glucoses are circulating inside the body via blood vessels which then impact all of the internal organs to cause different degrees of damage or influence, e.g. diabetic complications. Elevated glucose (hyperglycemia) causes damage to the structural integrity of blood vessels. When it combines with both hypertension (rupture of arteries) and hyperlipidemia (blockage of arteries), CVD or Stroke happens. Similarly, many other deadly diseases could result from these excessive energies which would finally shorten our lifespan. For an example, the combination of hyperglycemia and hypertension would cause micro-blood vessel's leakage in kidney systems which is one of the major cause of CKD.__

The author then applied Fast Fourier Transform (FFT) operations to convert the input wave from a time domain into a frequency domain. The y-axis amplitude values in the frequency domain indicate the proportional energy levels associated with each different frequency component of input occurrence.

Both output symptom value (i.e. strain amplitude in the time domain) and output symptom fluctuation rate (i.e. the strain rate and strain frequency) are influencing the energy level (i.e. the Y-amplitude in the frequency domain).

Currently, many people live a sedentary lifestyle and lack sufficient exercise to burn off the energy influx which causes them to become overweight or obese. Being overweight and having obesity leads to a variety of chronic diseases, particularly diabetes. In addition, many types of processed food add unnecessary ingredients and harmful chemicals that are toxic to the bodies, which lead to the development of many other deadly diseases, such as cancers. For example, ~85% of worldwide diabetes patients are overweight, and ~75% of patients with cardiac illnesses or surgeries have diabetes conditions.

In engineering analysis, when the load is applied to the structure, it bends or twists, i.e. deform; however, when the load is removed, it will either be restored to its original shape (i.e, elastic case) or remain in a deformed shape (i.e. plastic case). In a biomedical system, the glucose level will increase after eating carbohydrates or sugar from food; therefore, the carbohydrates and sugar function as the energy supply. After having labor work or exercise, the glucose level will decrease. As a result, the exercise burns off the energy, which is similar to load removal in the engineering case. In the biomedical case, both processes of energy influx and energy dissipation take some time which is not as simple and quick as the structural load removal in the engineering case. Therefore, the age difference and 3 input behaviors are "dynamic" in nature, i.e. time-dependent. *This time-dependent nature leads to a "viscoelastic or viscoplastic" situation.* **For the author's case, it is "viscoplastic" since most of his biomarkers are continuously improved during the past 13-year time window.**

2.3. Time-dependent output strain and stress of (viscous input*output rate)

Hooke's law of linear elasticity is expressed as:

Strain (ε: epsilon) = Stress (σ: sigma) / Young's modulus (E)

For biomedical glucose application, his developed linear elastic glucose theory (LEGT) is expressed as:

PPG (strain) = carbs/sugar (stress) * GH.p-Modulus (a positive number) + post-meal walking ksteps * GH.w-Modulus

(a negative number)

Where GH.p-Modulus is reciprocal of Young's modulus E.

However, in viscoelasticity or viscoplasticity theory, the stress is expressed as:

Stress = viscosity factor (η: eta) * strain rate (dε/dt)

Where strain is expressed as Greek epsilon or ε.

In this article, in order to construct an "ellipse-like" diagram in a stressstrain space domain (e.g. "hysteresis loop") covering both the positive side and negative side of space, he has modified the definition of strain as follows:

Strain = (body weight at certain specific time instant)

He also calculates his strain rate using the following formula:

Strain rate = (body weight at next time instant) - (body weight at present time instant)

The risk probability % of developing into CVD, CKD, Cancer is calculated based on his developed metabolism index model (MI) in 2014. His MI value is calculated using inputs of 4 chronic conditions, i.e. weight, glucose, blood pressure, and lipids; and 6 lifestyle details, i.e. diet, drinking water, exercise, sleep, stress, and daily routines. These 10 metabolism categories further contain ~500 elements with millions of input data collected and processed since 2010. For individual deadly disease risk probability %, his mathematical model contains certain specific weighting factors for simulating certain risk percentages associated with different deadly diseases, such as metabolic disorderinduced CVD, stroke, kidney failure, cancers, dementia; artery damage in heart and brain, micro-vessel damage in kidney, and immunity-related infectious diseases, such as COVID death.

Some of explored deadly diseases and longevity characteristics using the **viscoplastic medicine theory (VMT)** include stress relaxation, creep, hysteresis loop, and material stiffness, damping effect **based on time-dependent stress and strain** which are different from his previous research findings using **linear elastic glucose theory (LEGT) and nonlinear plastic glucose theory (NPGT).**

2. Results

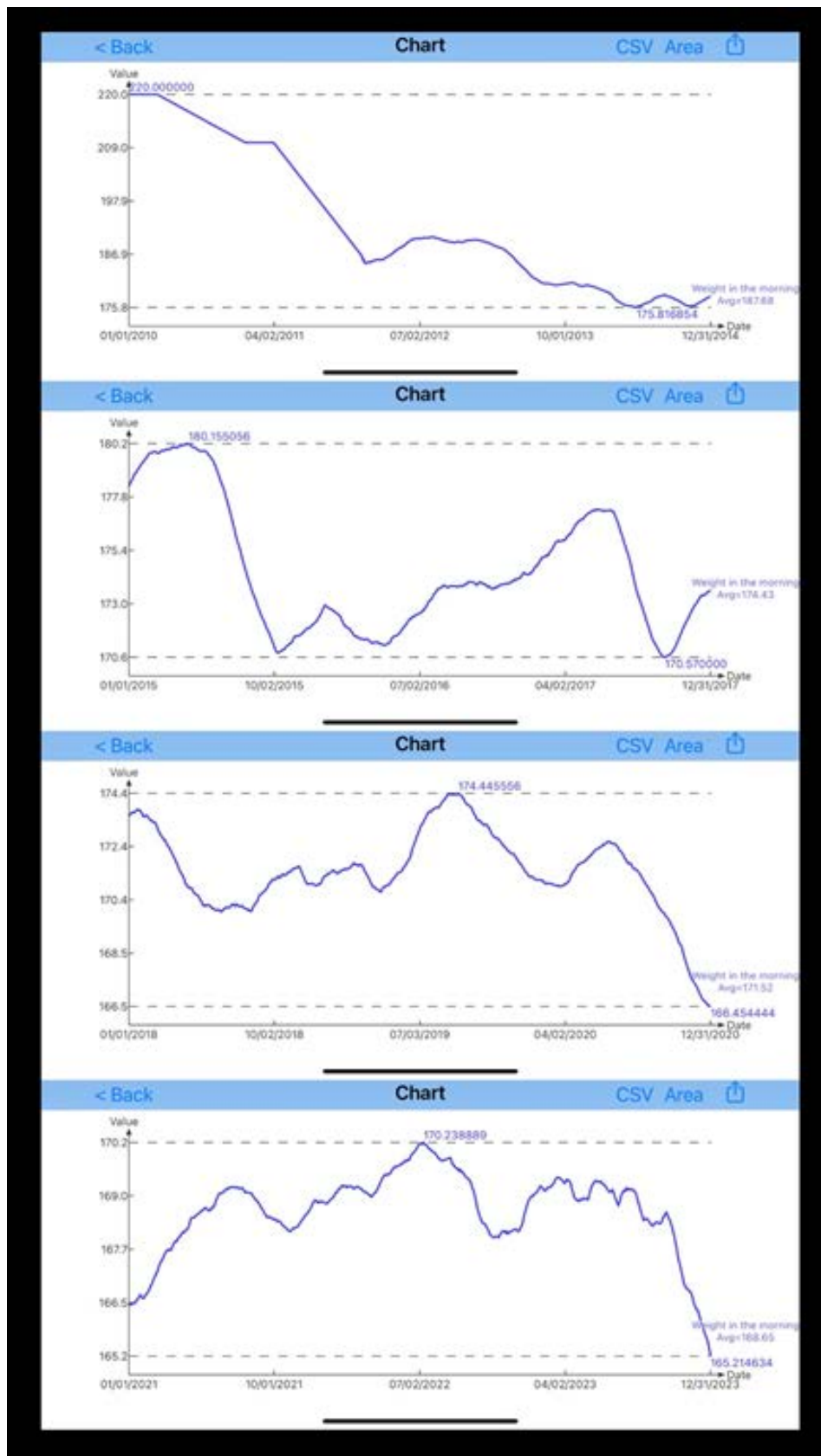Figure 1 shows 4 stages of body weight reduction.

Figure 1: 4 stages of body weight reduction

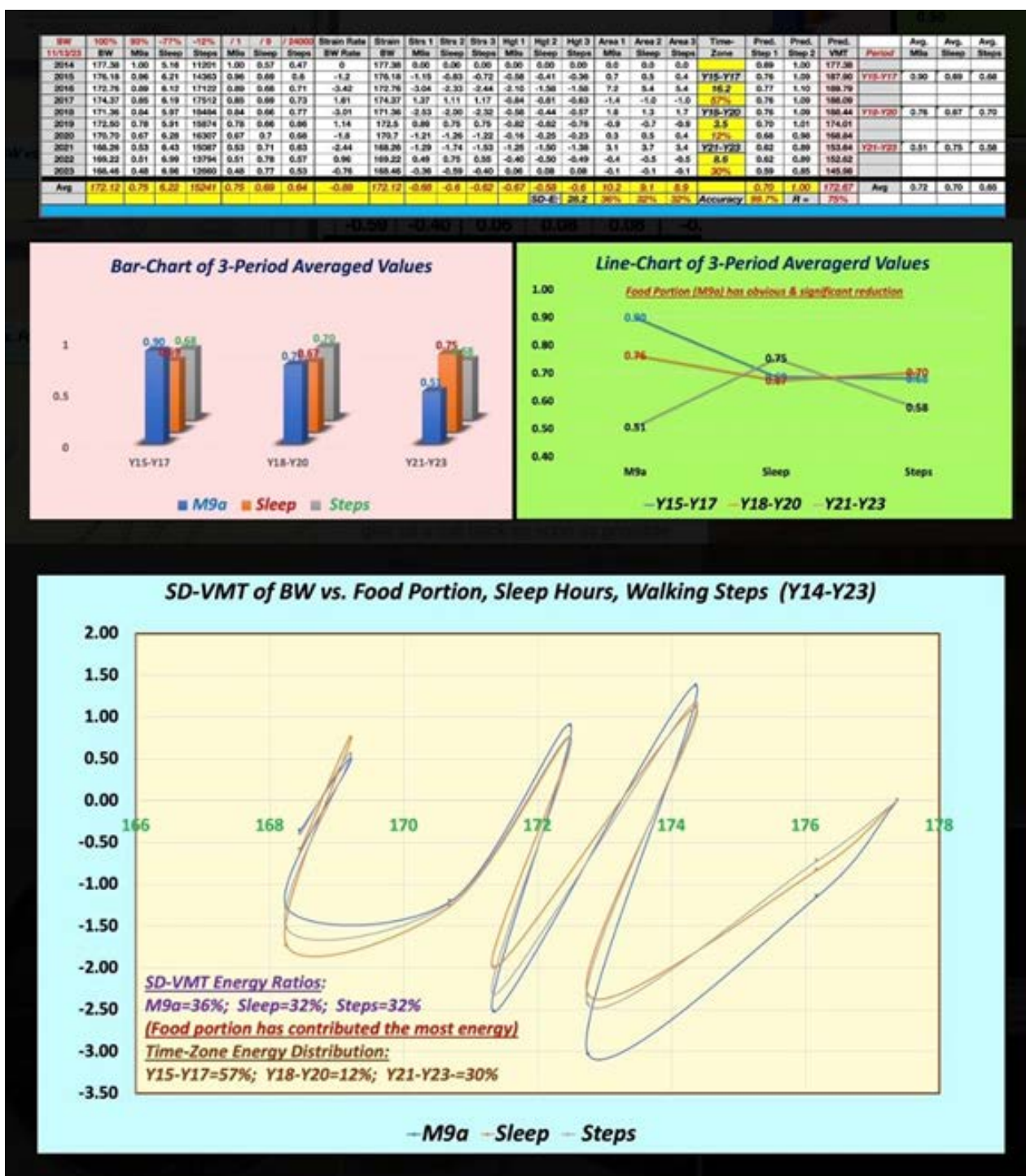Figure 2 shows data table, TD analysis results and SD-VMT analysis results.

Figure 2: Data table, TD analysis results and SD-VMT analysis

4. Conclusions

In summary, at first, traditional statistical correlations indicated a high positive correlation (93%) between body weight (BW) and food portion, a high negative correlation (-77%) between BW and nighttime sleep hours, and no correlation (-12%) between BW and daytime walking steps.

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Both time-domain statistical correlation and space-domain Viscoplastic energy methods concurred that *food portion is the most significant influential factor on his body weight.*

References

For editing purposes, majority of the references in this paper, which are self-references, have been removed for this article. Only references from other authors' published sources remain. The bibliography of the author's original self-references can be viewed at www.eclairemd.com. Readers may use this article as long as the work is properly cited, and their use is educational and not for profit, and the author's original work is not altered.

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