

Fifty Ways to Lose Your Blubber
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FIFTY WAYS TO LOSE YOUR BLUBBER₂

Preface to the Second Edition

Fifty Ways to Lose Your Blubber was originally published in 1993. A lot has changed since then. We have had a low-fat diet craze that was a miserable failure. Dr. Atkins has discovered that vegetables aren't totally evil and resurrected the Atkins Diet. The new dietary villain is carbohydrate. In a way, not much has changed—we still like simple answers and we still villainize entire food groups. Although many of the weight-loss plans offered today are much more balanced than programs offered 11 years ago, we still do seem to like the simplistic quick-fix.

The original book is still appropriate, so I have kept as much of it as possible. References to my life back in 1993 are left alone. Some of the jokes and references may be a little dated, but I like it that way, and since I'm the one sitting at the word processor, most of the original book will remain unchanged. This new edition has some added information that will, with a little luck, make this a more effective handbook that you can use to design your own weight-loss program.

Anyway, enjoy the book. If something seems a little incongruous to you, pretend that it is 1993 and it may make a little more sense.

Preface

With bookshelves filled with diet and fitness books—diets based on the immune system, blood types, stimulating the metabolism, eliminating fats, eliminating carbohydrates and all kinds of “miracle” diets—why another book about losing weight? The reason is that, in spite of all of the money and effort that goes into weight loss, surprisingly few people actually lose weight and

keep it off. I suspect that the few successful dieters are all being held prisoner by Jenny Craig, only to be let out to do the occasional commercial.

Most diet books give you a pamphlet's worth of information expanded to 200 or 300 pages filled with authoritarian diatribe. Conventional wisdom dictates that the American public would rather have a simple idea spoon-fed to them. Unfortunately health and physiology are not simple subjects.

This is not a diet book. There are no gimmicks for weight loss. This book will, however, show you how to change your habits permanently to become healthy.

Although losing weight may be your primary concern, you must realize that becoming your ideal weight is only one aspect of being healthy. Just being thin isn't good enough. If it were, we'd All be anxiously awaiting Keith Richards' new health and exercise video. Just think of becoming your ideal weight as a nice side-effect of getting healthy.

This book will help you understand why changes need to be made, why some unhealthy habits are so compelling and how to adopt new healthy habits without feeling a strong sense of sacrifice.

By reading this you will learn about your own physiology. It will teach you why you crave certain foods and how to control those cravings. I've tried to anticipate the problems you will have in trying to become thinner and healthier and offer ways to overcome those problems. You will not only lose the weight, but you will learn to keep it off. You should be able to lose weight without feeling hungry, tired or irritable.

Introduction

It Can Happen to Anyone

Everyone who is overweight has a story about he or she became heavy. Some have been heavy all of their lives. Some have started by trying to lose

five or ten pounds and over the years have yo-yoed themselves up to a size 18. Some have had babies and were unable to lose the weight afterward. That's how my problem began.

Two years before the birth of our first child, I was the picture of health and fitness. I weighed 170 pounds—my weight in high school. I worked out every day, had good endurance and strength and was even becoming more flexible.

One morning I woke up to find myself 45 pounds overweight. I'd had surgery a few months earlier, which interrupted my workout schedule. Three weeks after the surgery the doctor gave me a clean bill of health and said to start exercising again. Like most patients, I ignored him.

But it was my wife who helped me turn from Adonis to Sidney Greenstreet. I had suspected that she was systematically shrinking my clothes. I was wrong, she had actually done something that guaranteed I'd become overweight: She became pregnant. (I guess I did get *some* exercise after the surgery.)

Anyone married to a pregnant woman soon realizes he is at the mercy of her blood sugar swings. He quickly learns that this irrational being he lives with, the one prone to outbursts of anger and sorrow, can be magically placed into a euphoric state by a pint of Haagen Dazs ice cream. This is the greatest discovery an expectant father can make. Haagen Dazs: Marital bliss in a carton. They don't even have to advertise.

I built a small altar in our doorway. When I came home, I'd leave the ice cream on it and wait. When it was gone, I knew that my sacrifice had been accepted, the Anger God appeased, and it was safe to enter the apartment.

Unfortunately, it didn't take long for me to realize that Haagen Dazs put me into a euphoric state as well. It was like *The Days of Wine and Roses* done in ice cream. We'd lie next to each other in a near diabetic coma (I kept

expecting to see Ray Milland passed out in a corner near by) with an empty carton of macadamia nut brittle between us.

At the time we lived in Chicago, where you can have any kind of food delivered at almost any time. Some places will even stop and pick up a six pack and a video for you. Even the grocery stores deliver. All this and cable television; we were in heaven.

The woman teaching our childbirth class said the fact that I was getting so heavy meant I was a sensitive husband. We were so thrilled that we celebrated with pizza. But I guess the instructor really meant that I kept my pregnant wife from feeling fat and heavy by becoming fatter and heavier.

Then came the birth of our daughter, happiest day-and-a-half of our lives. My wife lost half of the weight she had gained in one evening; I had donuts at the nurses' station. At least the donuts didn't cause any additional weight gain that evening—standing at the foot of a bed yelling, "Push!" for 12 hours burns up a fair number of calories.

The baby never slept, nor did we. We didn't get out much but I did take care of my new family. Realizing that a nursing mother needs a lot of calcium and protein, I ordered pizza almost every night, usually with root beer, just to keep her blood sugar up (better safe than sorry with that blood sugar.) I forgot where the gym was.

My wife has one of those magic metabolisms; she can eat anything and not gain weight. She still has clothes from junior high school (they're even back in style now). Two months after the baby was born she was back to wearing her original size three. I, on the other hand ballooned up to 215 pounds: 45 pounds higher than my ideal weight and 30 pounds more than the weight that used to panic me into doing something about it. I had to lose 30 pounds to become what I used to consider fat.

My life had become a blur of ice cream, Doritos, dirty diapers and "America's funniest Home Videos." We even set up a camera and waited for

the couch to collapse, hoping to pick up an extra ten grand. To our surprise it didn't, although it sagged about a foot lower where I usually sat.

I felt lousy; I was tired all of the time. Not much besides eating was pleasurable. I didn't like going out because none of my clothes fit. I wore surgical scrubs around the house and big baggy Hawaiian shirts when we went out—anything large and loose that kept me from confronting my weight.

The irony of all this is that I'm a chiropractor and a large portion of my practice consists of giving nutritional advice. I knew what I needed to do, but I just couldn't get motivated enough to do it. I was too tired, too busy, too whatever excuse I could think of to keep from doing anything about it. I shifted the emphasis of my practice to bad backs. At least I was credible in that area. So don't feel bad. Anyone can get fat. There is something very compelling about eating junk food and being sedentary. Eating empty calories tends to make you want to eat more empty calories. Foods with empty calories are foods that have sugar, starch, fat and little else. These foods are deficient in vitamins and minerals and eating them is just a habit that's easier to break than you think. The hard part is getting started, but you've done that already by getting this book and reading this far.

You can get fat by eating too much of the wrong things, but you can also get fat by not eating enough of the right things. There are junk food junkies who are fat and there are people who don't eat very much and can't seem to lose their extra weight. It doesn't matter which category you fall into, this book can help you.

Other than the time someone painted me silver and wrote "Goodyear" on my side, becoming this fat has been a positive experience. There is a big difference between having to lose five or ten pound and needing to lose nearly 50. I now understand what my heavy patients go through.

When you're 45 pounds overweight, you don't feel very good. It's hard to get motivated. This is why bookstores sell so many programs that stress a

single angle such as, “All you have to do is stay away from carbohydrates” or “All you have to do is stay away from fat” or “All you have to do is eat grapefruit after every meal.” You want something simple that allows you to lose the weight and get it over with. Unfortunately that never works.

Dieters Tend to Blame Themselves

Dieters tend to blame themselves for their failures. But the reason most diets fail is not the fault of the dieter. There is a plethora of oversimplification and misinformation, if not outright deceit in the area of weight loss.

A quick fix is easy to sell to people who are obese or who are yo-yo dieters. It seems as if the more failures dieters experience, the more extreme the programs they are willing to try. Perhaps frustration drives them to desperate measures. Perhaps it is the hope of finding that magic program that will take the weight off quickly. Making moderate changes takes time. If you have 40 or 50 pounds to lose, you’re looking at six months (or more) of giving up the foods you love and six months of knowing that six months probably isn’t enough. No wonder there are so many extreme programs that find takers.

I have a relative who went on a medically supervised fasting program. It cost her a couple of thousand dollars. She drank a protein and vitamin concoction and had regular medical checkups to make sure she wasn’t having any side-effects, such as kidney failure or death. She was not exercising and received nothing in the way of dietary fiber. She lost 62 pounds in about four months. She said she felt great and it was better than dieting because food was not an issue. However, when she stopped using the program, she went right back to her old eating habits. As a result, she gained all of her weight back, plus a few pounds extra. Oprah Winfrey made a program like this famous once, and it didn’t work for her.

It's changing, but still many people view weight loss as a temporary, unpleasant task which they will abandon as soon as they reach their target weight. *What is really needed is a permanent change of habits.* That means a gradual change to healthy ways of eating and increased activity, not a diet that lasts forever.

Rapid weight loss is interpreted by the body as starvation. It will slow down its metabolism to conserve calories. Very often after a strict diet, a dieter will become ravenously hungry—even minor self-control seems impossible. This is why many people are successful on a diet but fail to stay with the maintenance program.

Weight loss is a crisis that your body works very hard to avoid. Our physiologies are not prepared to deal with modern civilization and its empty calories, refined carbohydrates, hydrogenated fats and wide variety of food additives.

Evolution is a slow process. You still own the body of a prehistoric hunter-gatherer who didn't know where his or her next meal was coming from. A little fat was good for survival. Prehistoric humans did not have Cheetos and Twix Bars. They ate whole foods, things that grew from the ground, and the occasional wild animal. They had no labor-saving devices, they walked everywhere. Chances are that that they didn't get very fat. A little extra fat meant that they had some energy reserve when it was needed. Since obesity wasn't a problem, their bodies vaulted fat and tried to hang on to it. Your physiology isn't much different from that of prehistoric humans. Obesity is a new problem, a disease of civilization, so our bodies don't have built-in mechanisms to deal with it. When we try to lose weight, we are often thwarted by our own survival mechanisms.

Sounds pretty grim: Diets don't work and your body actually likes to be fat. Actually it's not that bad, just something you've suspected all along: *Dieting is an unnatural act.* You can still lose weight but you just won't do it by dieting.

Stop blaming yourself for past failures. The last time you stuck with a diet for a week or so only to break down and take the staff of Krispy Kreme hostage until you could finish off their inventory wasn't your fault. It wasn't your lack of will power—it was a diet that wasn't appropriate to your needs.

You can learn to lose weight by first understanding how your body works. In 1919, Dr. Lulu Hunt Peters wrote the book *Diet and Health*. In it she presented the concept of counting calories. A calorie is a measurement of energy (much like the BTU used to rate furnaces). In nutrition, it is the amount of heat required to raise the temperature of one liter of water one degree centigrade. A pound of fat contains 3,500 calories. Dr. Peters suggested a diet of 1,200 calories per day for weight loss and 15 calories per pound per day for weight maintenance. For instance, a 200-pound person maintains his or her weight with 3,000 calories per day. It is an idea that has endured for years because there is a lot of value in knowing the caloric content of foods.

But the simple idea of eating fewer calories than you burn up is further complicated by other physiologic considerations such as basal metabolism, insulin production, digestion, how many calories are actually absorbed, and food allergies. Why else would statistics show that Americans are consuming fewer calories per capita that they did earlier in this century, yet the average weight continues to rise? The popularity of the low-fat diets was based on the idea that fats contain many more calories than proteins and carbohydrates, yet the low-fat diet craze was a miserable failure. *If you are going to lose weight, you will have to learn how your body works, use little discipline and get motivated.*

This book will help you design your own successful program to lose weight. There is information on:

- Physiology—the way your body works

- Possible health problems contributing to your inability to lose weight
- Tricks to help you change your habits
- Ways to motivate yourself

Designing your own program will take a little more effort than having a canned program that tells you what and when to eat. You will, however, be more successful if you learn a little basic physiology and make your own choices than if you blindly follow a program designed for the mythical average person.

1. Read This Book

You will be designing your own weight loss program, so be sure to read everything before you decide which changes you are going to make first.

There are no gimmicks in this book. No panacea or new revolutionary method for you to lose weight. Just common sense and information that will help you understand why you have trouble losing weight.

Read this book, and reread it at some point during your program. You will begin to understand how your body works and how to apply that knowledge to losing weight. If you've had problems disciplining yourself in the past, you will learn ways to make it easy on yourself.

Presented here are 50 ways to lose weight. They fall into six categories:

- Motivation
- Activity
- Controlling what you eat
- Limiting caloric intake the right way
- Health considerations

- Miscellaneous

A: MOTIVATION

Motivation is the most important thing in losing weight. It's hard to get motivated to change your habits. Smokers have trouble quitting. Many of us have trouble giving up certain foods. And some people can't discipline themselves to get more organized. Change is hard unless your reasons for change are stronger than those for staying the same. You can increase your desire to change, thus improving your chances of success, by doing what is listed in this section. In order to change, you have to become motivated.

Becoming thin and feeling good have to be real to you. If you've been heavy for a long time or have failed at many diets, you may have a built-in sense of failure. You need to want to change and expect to be successful. You also need to take steps to ensure that you will stay on your program. The items listed in this section will help you get excited about losing weight and keep you interested in developing a workable program.

2 LOSE THE GUILT

People who have dieted and failed tend to feel guilty or at least blame themselves for not having enough willpower. Don't blame yourself, expect success. Whether you believe you will be successful or if you believe you will not—you are right. You'll be more likely to eat that box of chocolates at night if you already believe you will fail. Your mind is a very powerful tool, expect success and that is what you will get.

If you have dieted before, lost weight and gained it back, you need to realize that what has happened in the past does not control the future. You

have more willpower than you think. Past failures are more than likely due to poor strategies and not your lack of will.

When you begin to understand how your physiology works, you'll know that past failure is not your fault, but the fault of the methods you were using. There is no reason for guilt. Thomas Edison tried hundreds of times before he successfully created a light bulb. After one unsuccessful attempt, when asked if the experiment was a failure, he replied that it wasn't. He said that he just learned one additional way how not to make a light bulb.

3 SET GOALS

In order to lose weight, you have to decide to lose it. That doesn't mean *try* to lose it—be definite. Make a conscious decision and *believe* that you will be successful. Set a weight goal and write it down. If you have no idea what your ideal weight should be, you can have a body composition analysis done and that will tell you your percentages of fat and lean tissue. Many health clubs and physicians' offices have devices to do this. Males should have about 16 percent body fat and females should have about 23 percent. Usually there is a setting on the machine that will tell you your ideal weight. Most people have an idea of what they should weigh.

When you write your goal down, don't just stop with the weight. How big around should your waist, hips and thighs be. What size should you be wearing? Get a very clear idea of what you want your size and weight to be.

Get excited about your goal and have a clear idea of the benefits of being in great physical shape. Read your goals every day and vividly imagine attaining them. Get excited and happy about your goal. The more vivid your goal is to you, the more likely you will be able to resist temptation.

You can set a timetable if you like. It's not absolutely necessary. Some people will feel pressured by a time frame, others will be motivated by it. If you do set time goals, be realistic. Don't plan to lose five pounds per week—

you'll only become stressed and disappointed. Rapid weight loss is the exception rather than the rule. Losing an average of one or two pounds each week is much more reasonable.

If you are in a hurry, intense exercise will serve you better than strict caloric restriction. Prisoners in the concentration camps during World War II were fed only 800 calories per day, which is a starvation diet even by Dr. Peter's standards. The prisoners lost an average of only two pounds per week.

If you're really dedicated to losing weight, and you don't encounter any special problems, you can lose approximately one pound per week. There are ways to lose weight a little faster, but it is more likely to stay off if you take your time.

Exercise can help you to burn fat and increase muscle. Muscle weighs more than fat, so you will become leaner and healthier from exercise, but not necessarily lighter.

If you are losing less than a pound per week, don't worry. Consistency is what is important. If you want to lose weight a little faster, try making some of the changes you haven't yet made or try increasing your physical activity.

If the changes recommended here are more than you feel like taking on right away, your goal may include a timetable to implement the various changes. Everyone is different. Some may want to completely overhaul their life-styles as soon as soon as possible. Others will view their bad habits as old friends they are reluctant to give up. No matter what type of person you are, you will lose weight. Believe that. As long as you are trying to change your habits consistently, you can't miss.

Read your goals every day; get excited about them. Get excited about being at the weight you want to be. Every day reaffirm your commitment to losing weight and becoming the person you want to be.

4 VISUALIZE

Think of this as time spent programming yourself to be thin. Take about 15 minutes each day and visualize yourself as the person you want to become. If time is short, do this while driving or exercising. Visualizing is very important. This is where your self-control will come from. Don't just think about your weight as a number. Make the image real. What size are you wearing? What is your social life like? What does your stomach look like? How do you look in a bathing suit? (Please don't send pictures, these are just rhetorical questions.)

Fill in as many details as possible. Imagine the kinds of things people say to you. Picture your social life. How does our spouse (boyfriend, girlfriend) feel about the new you? How is your energy level? What kinds of things do you spend your time doing? Get emotional while doing this. Really feel how it is to be your best self. Get excited about how good you feel and how good you look.

Many people claim they don't visualize well. Everyone visualizes. Try not to see a purple gorilla. You see, your mind already formed a picture, in spite of yourself. It's hard *not* to visualize. Just because you don't close your eyes and see vivid Technicolor pictures doesn't mean you can't visualize.

Practice will improve your ability to see with your mind's eye. Use all of your senses to imagine achieving your goal. Hear what people are saying. Feel what your emotional state is. Feel what it is like to put your hands in your lap. Feel what it is like to have a lap. Feel what it is like to put your hands on your hips (and have your fingers actually point down for a change). Smell the perfume (or after shave) of that sexy new person in your life. Feel the fear for your life when your spouse learns of this. The more sense you involve, the more vivid the image will be and the more motivated you will become.

The energy you put into visualizing will help you overcome bad habits. You can picture your ideal self having a total disdain for chocolate, ice cream,

potato chip, midnight snacking or whatever habits you have that now keep you fat. The importance of this cannot be overstressed. Regular visualizing will put you in control of your habits.

The art and science of Neuro Linguistic Programming offers a technique that will help you to overcome habits. The technique is called the swish pattern.

To make the swish pattern work, you must have created a vivid picture in your mind of the kind of person you want to be, a vivid picture of how much you weigh, the kind of physical condition that you are in and the way you want to look. Make the picture vivid and get emotional, feel really good about the way you look. Next, create a picture of you getting ready to indulge in one of your “bad” habits like eating sugar. Don’t actually picture yourself eating the forbidden food; you are merely on the verge of eating it.

In the “habit” picture, imagine a tiny hole. Off in the distance, through the hole, you can see the picture you’ve created of your ideal self. Picture that image being pulled further back, like a stone in a slingshot. Picture it going further and further back, until it is barely visible. Then picture that the “slingshot” is released and the image of your perfect self comes speeding forward, smashing through the “habit” picture. Say “swish” as this happens.

Repeat the process several times. Make the whole thing happen faster each time. As silly as it sounds, if you do this on a daily basis, it will help you to change the habits that stand in the way of you achieving your ideal weight. Once you lose interest in the habit, you can stop doing the swish pattern.

You can use the swish pattern to help you to develop a desirable habit, like exercising. Picture your ideal self exercising. Have the image pulled back, further and further, like it was being pulled back by a sling shot. It gets so far away that it is a tiny dot, far away. The “slingshot” is released and the image speeds toward you. It hits you in the forehead as you say “swish”. Repeat the process several times, going faster and faster each time.

The more you think about how wonderful it will feel to become thin and healthy, the more you will want to do to achieve your weight goals. Doing the “swish” pattern will help you to control your habits without stress. Spending enough time and energy on it and reaching your goals will become more important to you than pizza during the football game, ice cream before bed or finishing off the 14 pounds of cookies you baked for your child’s school.

5 ENJOY THE PROCESS

A diet is a short-term, unpleasant task which is abandoned when a weight goal is reached. No one ever enjoys dieting and few people are successful at it. You will be more successful if the process of losing weight is pleasant.

You need to change your eating habits and life-style permanently. In order to be successful, you must like the changes you make. As you begin to identify feeling very good and looking very good, the changes you make will actually seem pleasant to you. Re-educating yourself about eating and activity will work where diets fail.

Diets are never tailored to the individual. Everyone is different and there are many variables, but few diets take those into consideration. How big you are, how lousy you feel, whether or not you’re in reasonably good aerobic condition, what kind of medical problems you now have, how slow your metabolism is or how active you are will all play a role in how things will go. No expert knows what is best for you and not every friend who’s read Adele Davis is an expert. You can get advice on losing weight from magazines, books, people in health-food stores and your dear Aunt Edna who “reads a lot”. What helped Aunt Edna’s neighbor’s daughter, Dolores, lose weight may not exactly work for you. Maybe the program is too restrictive. Perhaps it just is not appropriate for you.

If you are overweight (a safe assumption if you're reading this), there is a reason for it. How you eat, what you eat, how active you are or the general state of your health has something to do with it. It stands to reason that if you change what is wrong and don't change back, you will lose the weight and keep it off. If the changes you make are unpleasant, you eventually will go back to your old habits; so take it at your own pace.

You say, "But I love to eat donuts and Pepsi for breakfast. I'll never enjoy giving that up." That may be true now and forcing yourself to give it up will never work. You must teach yourself how not to like it, practice the "swish" pattern. Learn how to enjoy a healthy breakfast, focus more on how good you feel and look rather than the tastes that you enjoyed in the past. Once you begin to feel good, you will begin to notice how eating too much sugar or too much junk food interferes with that feeling and you will want to permanently change. It is easier to make this distinction if you are not feeling ravenous from starving yourself. Visualizing and using the swish pattern will get you started, feeling the best you have felt in your life will help you to continue your motivation.

This book will also teach you some tricks to bring your cravings under control. If you truly are tired of being so big that you have your own personal zip code, you will be able to change habits that keep you fat. Because habits are learned, they can be unlearned. If you learn to like something, you can also learn not to like it. It is easier than you think to reprogram yourself.

As you read some of these suggestions, you may say to yourself, "I'll never give that up" or "I can't do that". Don't worry about that right now. Begin by making the changes that come easily to you. The more changes you make, the easier the other will become. Consistency is more important than speed.

You won't have to be psyching yourself up continually to keep on your program. The improvements you make will be their own reward. You will feel so much better than before that you won't want to go back to your old habits.

Eating properly is a matter of developing new habits and tastes. You will have a lot more energy than ever before. You will not be hungry.

This book will teach you why you have cravings and how to get rid of them. You will be able to apply the information not only to reach the weight you desire, but also to have the health and energy you deserve. The weight loss may take some time, but you will notice these other benefits much sooner.

Set your own pace; be comfortable with the changes you make. This is fun. You're going to be thin and feel great. Get excited about that.

6 KEEP A FOOD DIARY

Even before you start your program, write down everything you eat during a two-week period. Your list may surprise you. Many people don't realize how much junk they eat until they write it down. If you're really ambitious, you can figure how much fat, calories, protein and carbohydrates you're consuming. There's a book by Helen Church and Jean Pennington called *Food Values*. It lists calories, fat, carbohydrates, protein, cholesterol and even the vitamin and mineral content of different foods.

The book can help you to get a clear idea of how many calories you now consume. You will find out if you're getting too much fat, too much protein, too many carbohydrates or not enough vitamins. Getting a clear picture of what is wrong with the way you're eating will make changing habits easier for some people.

Once you begin your program, writing down the food you eat will help you keep on it. You won't want to write down eating that two-pound bag of fried pork rinds or the box of cherry bonbons in your diary. The food diary will also show you if you're getting enough fresh vegetables, water and other essential foods.

Keeping a dietary diary will help motivate you. You will be able to keep track of how much you're improved as your program progresses. A dietary diary will help reinforce your determination to stay with your program. You can also write down your weight goal and keep track of your weight in it.

7 LOSE WEIGHT WITH A FRIEND

Losing weight is much easier if you're doing it with one or more of your friends than by yourself. You can offer each other support and encouragement by talking each other out of stashing Little Debbie cakes in the bottom of the closet. You may even find a little friendly competition helpful. You can bet on who will lose the next five pounds fastest. You can also share low-calorie recipes and other good food ideas.

You can even exercise together. This really is helpful because you will end up taking turns with your friend. One of you will be an enthusiastic pain in the neck while the other will want to sit this one out. It's a great way to ensure that you'll exercise, even if you don't feel like it. It's harder to let a friend down than to let yourself down.

The support offered by another person trying to accomplish the same goal will help motivate you. This is what makes Weight Watchers and Overeaters Anonymous so attractive to many dieters.

8 AVOID "ALL-OR-NOTHING" THINKING

There is a ritual to dieting. At the start, most dieters follow every direction with the zealotry of a Shiite. That's good. I hope you follow the book's advice that thoroughly because it will make you feel great. There is a problem, however, with being too zealous. If you break down temporarily and have a donut, a bag of potato chips or a two-pound box of Godiva chocolates, there may be a tendency to think of it as failure.

This is a habit picked up from dieting. You feel either you 're on the diet or you're not. Even worse, many dieters feel they might as well eat sweets, fried foods or any other kind of junk food that appeals to them since they've "blown the diet anyway". This is not a good idea.

If you've failed at many diets, your first indiscretion may make you think that you've blown it or create the feeling that you're doomed to failure. Your dietary diary will help ensure success. If you compare your eating habits to the two weeks prior to the time you started your program, even with the chocolates you had in a moment of weakness, you'll probably find that your new habits are much better than they used to be and that success is much closer than it may have seemed in the past. Just consistently try to improve and don't worry about ups and downs.

In school, 90% is still an "A", so even if you lapse into a few old habits 10% of the time, you still lose weight. (Since 71% is a C-, try to do a little better than that, otherwise we'll have to line up my old grade school principal to give you a detention.)

Going back to your old dietary habits may make you feel lousy and that may add to your discouragement. If you've stopped eating sugar, for example, going back to it will bring back the blood sugar swings and cravings. In a way, that can be encouraging—it helps you to fully understand the implications of your eating habits. Once you understand that you don't feel so good after eating certain foods, it will be easier to avoid those foods. Once you start having energy and feeling healthy, food cravings become less important once you realize how good you can feel by eating healthy.

Going back to the program may be a little difficult after a lapse in discipline; it may take a day or two before you feel as good as you do when you are really watching what you eat. During that time, it may be easy to beat yourself up about how weak-willed you are. Realize that it's just the sugar talking. Use that feeling for motivation. You would probably rather feel

good than indulge in dietary indiscretions once you make the connection between how you eat and how you feel.

A little lapse is not going to ruin all the effort you've put into your program. Rather than becoming discouraged, work out a little harder than before or greatly increase your vegetable consumption the next day. The main thing is not to feel guilty.

There are going to be holidays, birthdays, outings, dates and other events that you won't be able to (or should want to) avoid. It's not that big a deal to have birthday cake. Enjoy yourself; then go back to your program the next day.

9 DON'T BE IN A HURRY

It took time for you to put on the weight. It will take time for you to take it off. There are no quick fixes. Actually there are plenty of them, but they don't work. The key to this program is for you to change your habits permanently. This will take time. You have to be comfortable with the changes or you will go back to your old habits.

It may be tempting to combine parts of an old diet or substitute meals with protein drinks while you are doing this. You may lose a few pounds and that will inspire you to try to speed up the process. Don't get into a hurry. All the information you need to lose weight is contained right here. As I write this, I am 20 pounds lighter than I was when I started. I even lost three pounds over the holidays staying with my in-laws. In case you're wondering, yes, I cheated. But there are ways to minimize the damage. We'll cover that later.

It isn't absolutely necessary that you do everything listed in this book right away. The more you do, though the faster you will achieve your goal. Start with what comes easy to you, then add other things later. Proceed at your own pace.

10 REWARD YOURSELF

If you have a little something to look forward to every time you lose another five or ten pounds, it will motivate you. Get a massage, go to the theater, take a trip, take a mental-health day off from work, go to Europe, buy jewelry, go out on the town or have your nose fixed.

Do something that makes you feel as if you are indulging yourself, although I don't recommend a hot fudge sundae or a pitcher of beer.

11 TAKE THIS ONE DAY AT A TIME

This attitude works for recovering alcoholics, and it will work for you. One day you find yourself fantasizing about having a hot fudge sundae, smothered in whipped cream and nuts, until it crowds out all your other thoughts. You begin to salivate and think of nothing else. At this point, don't say to yourself, "I can never have another sundae again," as you try to find something with which to slash your wrists. Just put off having it, or decide not to have it today. Don't think in terms of "never". It's too overwhelming and will intensify the temptation and sense of sacrifice. On the other hand, being concerned only with one day is very easy.

Every day is a new one, just renew your decision for the day. You won't suffer from chocolate withdrawal or a Pepsi deficiency. It's just a habit; it's easier to break than you think, and it will get easier as time goes by. Also realize that today is when you are losing weight, not tomorrow or next week.

12 YOU DON'T "HAVE TO" DO ANYTHING

This is *your* program. You are doing this to look and feel better. What you eat or don't eat is entirely up to you. Never say to yourself, "I can't have that case of Twinkies because I'm on a diet."

You are not on a diet; you're changing some habits to become thin and healthy. What you eat is your choice. A case of Twinkies will make it take longer for you to reach your goal, but the world won't end because of it. If you get strong cravings, maybe you aren't eating frequently enough, need nutritional support, or have food allergies or digestive problems.

Just because you've read this book, agreed with what it says and have decided that you want to change your eating habits, doesn't mean that certain food won't appeal to you emotionally. You see chocolate or perhaps some fried snack food and remember how much you enjoyed eating it in the past. Saying to yourself you can't eat it sometimes isn't good enough. Refusing to eat it takes willpower. Willpower is wanting something and denying yourself. It isn't a very effective tool for controlling your behavior. You will be more successful if you don't feel that you are denying yourself. This is why visualizing is so important. Time spent visualizing makes your goal much more important to you than any food you may crave. It will help you to stop reacting emotionally to certain foods.

You're going for long-term change here. It is important that you not feel deprived. Give yourself time to solve these problems and bring your cravings under control. There are lots of ways to do this and they're covered in the chapter "Controlling What You Eat." Before you finish this book, you will know why you have craving and how to bring them under control.

The issue is not whether you can or cannot have the candy, pop, pizza, carton of donuts or side of beef, but whether eating it is more important to you than reaching your goal. The choice is yours.

13 DON'T GET HUNG UP ON YOUR DAY-TO -DAY WEIGHT

Don't weigh yourself every day; do it once a week. Your weight often varies a pound or two during the course of a day. If you are allergic to a certain food and eat it, you may even gain a couple of pounds. If you have a temporary gain one day, you may become discouraged.

Exercise, especially weight lifting, may actually cause you to gain weight. You will develop more muscle from working out and muscle weighs more than fat. Even aerobic workouts will cause you gain more muscle mass, so it is possible to lose fat and gain muscle by following your program. There may be a net gain in weight, but a decrease in fat and inches. You will be smaller and fitter and that fact may not actually show up on the scale.

If you've plateaued, stay with the program. Stay on course, there may be areas where you need improvement. It's a good time to forgo those enriched rolls you've been avoiding giving up. You may need more vegetables or exercise. You may be regularly eating a food that you're allergic to. You may have digestive problems. Your metabolism may be slow from having been on several different diets. Increase your activity and see where else you can improve.

Use Other Measurements

When you begin your program, you may want to measure your waist, hips and thighs. Very often you will lose inches but not pounds. Having these other measurements to mark your progress will help keep you motivated when there isn't much weight loss. I frequently have patients tell me that they haven't lost much weight but their clothes are looser. If you can find a way to have your body composition analyzed, you will get a better idea of how well you are doing.

There are several ways to get a body composition analysis. The most accurate is through hydrostatic weighing, which involves being dipped into a

tank to see how much water you displace. (They used Lake Michigan to test me.) Hydrostatic weighing is usually used as a research tool and isn't generally available. There are skin-fold measurements, but there are inaccuracies with it. The variation in measurement often is between different individuals doing the measuring. If you can have the same person measure you, this removes some of the inaccuracy and will give you an idea of how well you are progressing. There are electronic devices that measure the body's resistance to an electric charge. There is some error with these, you have to make sure that the electrode contact is good and that you are well hydrated. Once again, if you use the same device, it may give you an idea of how well you are progressing. Simply measuring your waist, hips and thighs with a tape measure will give you a pretty good idea of how you are progressing.

14 KEEP TRYING, EVEN THOUGH YOU FEEL AS IF YOU'VE FAILED

You've had a *Lost Weekend* and wake up in the gutter next to Ray Milland, your face smeared with chocolate, your breath reeking of Doritos. The last thing you remember saying was, "Oh well, it's my birthday, I'll just have one dessert." You realize that was eight days ago. The sugar cane futures market has been skyrocketing since you've gone on your little binge. Your memory is a hazy blur of Hostess Ding Dongs and peanut M & Ms. You feel bloated and ashamed. You want to quit. Don't. A lot of the weight and girth you've gained is water weight. A few days of correct eating and exercise and you'll see the damage was not disastrous.

You can actually go off your program through no fault of your own. You may catch a cold, get the flu or injure yourself and be unable to exercise for a while. When you begin to feel better, you may be discouraged and feel as if you are starting all over again. Other things, such as vacations, family

emergencies and holidays, may also interrupt your program. If circumstances keep you from following an exercise program or for some reason you are not eating as well as you should, at least continue to visualize and keep your weight goal clear in your mind. Continuing to be mindful of your goal will make it easier for you to resume your program when your circumstances change.

You may even lose interest in trying to lose weight for a while, especially if you've lost 10 or 15 pounds and you still have a way to go. Give yourself permission to stop trying to *lose* weight, and simply maintain. Concentrate instead on keeping off the weight you've lost. You can allow yourself to plateau for a while. Just maintain your weight and keep in mind that you will ultimately reach your goal. You can resume your program in earnest when you are ready.

Even if you've stayed away from your program for quite a while, keep trying. With each successive effort your new, better habits will become more ingrained.

15 KEEP TRYING, EVEN THOUGH YOU FEEL AS IF YOU'VE SUCCEEDED

Although it will be tempting to drop the program and celebrate with a case of root beer and a truck load of pork rinds once you reach your target weight, don't abandon the program. Continue to weigh yourself every week. I know someone who lost over 60 pounds on a medically supervised fast and has been slam dunking hot fudge sundaes ever since he went off the diet. He's not entirely to blame. The program was so extreme that it had his body thinking it was starving.

It's part of the dieter's mentality to quit when the weight is off. Diets are unpleasant and you look forward to stopping and being able to "eat normally" again. Unfortunately, for many, eating normally means donuts for

breakfast, hot dogs for lunch and ice cream before bed. Rather than diet, you are going right to maintenance, and developing permanent habits that you are comfortable with.

Following the advice in this book will have you taking the changes slowly and permanently. You won't have the problem of starting to "eat normally" at the end of the program. You will already be eating normally, it's just that what you will call normal will support your life, your health and a much lower weight. You will develop a new way of life on your way to becoming thin. When you reach your ideal weight you should still be concerned about your health. The habits you pick up losing the weight will help you to live longer and feel better.

You do have to be careful that you don't slip slowly back to your old eating habits. Attaining your goal may make you complacent. Just keep exercising and weighing yourself. If your weight creeps up five pounds, become more disciplined with your habits.

SECTION B: ACTIVITY

Being active will be much more helpful to you in your quest to lose weight than eating less will. If you are sedentary, it will be next to impossible to lose weight and keep it off. Daily exercise is important, but you must also try to be more active in your day-to-day life.

In this section there is a lot of information about how many calories are burned by various activities. The benefits of exercise and of being more active actually go beyond the figures provided. An active person who exercises regularly will burn more calories at rest than a sedentary person. That is, he or she will have a higher basal metabolic rate.

There are many overweight people who don't eat much. They may actually consume fewer calories than thin people. ("I can't understand how you can eat so much and stay so thin. I just look at food and I gain weight.")

Frequent dieting will often slow down your basal metabolic rate, making the dieter fatigued, miserable and unable to lose weight. The best way to remedy this problem is by being active. Increased activity helps your body to produce enzymes that will actually aid in breaking down fat. You will also undergo hormonal changes that will increase your basal metabolic rate causing you not only to lose weight easier, but to have more energy as well.

16 EXERCISE, EXERCISE, EXERCISE

With the possible exception of visualizing, this is the most important thing you can do to lose weight. If you both exercise and visualize you will begin to notice results, even if you don't do much to change how you eat. You can exercise without dieting and lose weight. Often when you diet without exercising, most weight loss results from muscle breaking down. Actually, dieting without exercising may ultimately cause you to gain weight. It is important to exercise in a way that maximizes the burning of body fat.

Dieting suppresses the thyroid—slowing metabolism and burning of calories. Exercise speeds metabolism, improving thyroid function. In other words, it speeds up the rate at which you burn calories. Exercise also will help you to produce enzymes that will enable you to mobilize fat and break it down.

If we oversimplify for a minute, you need to burn 3,500 calories more than you consume to lose one pound of fat. Thirty minutes of swimming (slow crawl for someone weighing 170 pounds) per day burns about 300 calories. If you change nothing else (and we consider no other changes in physiology), that's one pound of fat lost is 12 days, or 30 pounds of fat lost in one year. There is an added bonus: Exercise increases your resting metabolism, so you will burn calories even when you're not exercising.

Heavy people burn more calories than thin people making the same amount of effort. So take heart, if you're so fat that NASA has to know where

you are before they make calculations for a launch, you'll really burn a lot of calories by exercising.

For the extremely overweight, the thought of exercise is often abhorrent. This was something I didn't understand before I became big enough to have several small chiropractors orbiting me. I would tell my heavy patients to exercising without understanding how hard it would be for them to start working out.

When I became 45 pounds overweight, I understood what it meant to be in love with my couch: to enjoy watching *Dobie Gillis* reruns and have all my food delivered. Our exercycle sat in the corner of the room, all alone with cobwebs on it. I'd look at it and just the thought of using it would be painful. All of that heavy breathing and muscle soreness—I was tired, my joints were stiff and the seat was too hard. It was nothing like the nice soft couch already contour-shaped to my rear end. Besides, I didn't have to clean cobwebs off of the couch to use it. The handles on my exercycle move so you can work the upper body. It's a good idea, but it left nowhere to put the Doritos. Exercise was unthinkable. But I had to begin. It was either that or invest in wider door frames.

During the time you spend visualizing, you can psyche yourself up to start to exercise. It may be worth mentioning the "swish pattern" here again. You can use the swish pattern to help you to develop a desirable habit, like exercising. Picture your ideal self exercising. Have the image pulled back, further and further, like it was being pulled back by a sling shot. It gets so far away that it is a tiny dot, far away. The "slingshot" is released and the image speeds toward you. It hits you in the forehead as you say "swish". Repeat the process several times, going faster and faster each time.

They key to getting started is to set aside the time and do something, even if it is easy and doesn't seem like you are burning many calories doing it. (No, put the Doritos down and get off the couch.) I mean exercise something that involves movement of something other than your jaw. Don't

worry about how hard you're working at first. Do something that is very easy for you. Just take a leisurely walk. There's nothing very demanding about that. Establish the habit of setting aside time to exercise first. You can worry about performance and calories burned later.

Actually, light exercise is probably better for you initially than heavy exercise, especially if you have trouble with sugar cravings and inappropriate snacking. Begin by exercising aerobically. Aerobic exercise means that you do not go into oxygen deficit during the exercise; in other words, you do not get out of breath.

When you are extremely overweight, you don't feel good. You are tired most of the time. When you're sitting there like a lump on your couch, it seems that the exercise will just make you more tired. Actually, the opposite is true. Stand up right now. Take three deep breaths, holding each one for about 30 seconds and letting it out slowly. Now, run in place for about 30 seconds. Don't you feel better? Do this now, otherwise you'll have no idea what I'm talking about.

You've just increased the rate your blood circulates, that's obvious. What's not as obvious is that you've also increased the rate your lymphatic system circulates. The increased circulation of blood brings more oxygen to your tissues. The increase in lymphatic drainage removes waste that surrounds your cells. Sending oxygen to your cells and removing the wastes through exercise make you feel better even when you only do it for a few minutes. If you exercise every day, you'll feel better all of the time. Of course, if you are extremely overweight, have a heart condition or any other health problems; you should consult a physician before exercising.

The worst case scenario is that you are in terrible shape and extremely obese. It may take eight or ten weeks of doing very light aerobic exercise before you can concentrate on doing a more intense workout. Start by taking walks, then, little by little, increase your walking speed for short periods of

time, until the entire walk is a brisk one. Don't push yourself too hard. If the exercise is too hard, you won't do it.

Even if you weigh more than a small country, have to stay away from the beach because you influence the tides and wish to God that you were only 45 pounds overweight, it is important that you set aside the time and perform some activity of which you are capable. Even if it seems as if you're doing very little, set aside the time and do something. As you become healthier you can increase the amount of activity. Ideally you should set aside 30 minutes per day every day.

Balancing Aerobic and Anaerobic Activity

Aerobic exercise is exercise that does not cause an oxygen deficit. There is adequate oxygen for the muscles. This is light exercise; you do not get winded when doing it. Anaerobic exercise is exercise that causes an oxygen deficit; you become winded when doing it.

If you have not been exercising, start with aerobic activity. This is the base of your fitness and health. Light exercise increases tissue oxygenation, lymphatic drainage and improves general health without stressing the body.

Anaerobic exercise is a bit more stressful, but it will increase your performance. Getting fit and healthy is a balance between aerobic activity and anaerobic activity. Folks selling exercise videos and equipment never make this clear.

Too much anaerobic activity stresses the adrenal glands and may set the stage for injury. Don't take that as an admonition not to do intense exercise; if you confine yourself to doing just aerobic exercise you will plateau and stop increasing strength and endurance. Anaerobic exercise is necessary to increase your performance.

The problem is that many of those who sell exercise videos and equipment generally stress anaerobic exercise, "Come on! Let's really work

and burn those calories.” For many just starting their program, a workout that is too intense is just not appropriate. Very often an infomercial really hits its target. The person sees it and gets excited about some new equipment or a new program only to be sidelined by an injury early in the program. Spending a month or more doing an easy aerobic workout is a better way to start.

Generally, a heart rate of 180 minus your age will put you in the aerobic range. At some point, however, you should start to do a harder cardiovascular workout, otherwise you will not progress.

Also, weight lifting (an anaerobic activity) is a great way to lose fat. Lifting weights increases muscle mass. The more muscle you have, the faster you will burn fat. Your muscle mass increases when you are painfully struggling with the last few repetitions of the exercise. If lifting is too easy, it means your muscles are not getting larger.

The point is, if you work out too intensely, you create stress and predispose yourself to injury. If your workout is too easy, you will not progress. Start with an easy workout and gradually increase the intensity. This is an area where you may want to get professional help. So much of what is sold to the public concentrates more on marketing than on health and well-being.

Generally, if you are doing an aerobic workout for a long time, you will begin to get bored with it if you need to start working harder. If you are working out anaerobically for a long time, you may begin to dread the workout. If it begins to get harder for you to psych yourself up to do your (anaerobic) exercise, you may need to switch to a light aerobic workout for a while.

There is a book by Dr. Phil Maffetone called *In Fitness and In Health*. It goes into great detail in talking about the difference between aerobic and anaerobic exercise. It will teach you how to know what level of intensity your workout should take by using your heart rate.

How Frequently Should You Exercise?

You should exercise *every day*, or at least six days each week. You are better off exercising moderately every day than doing a hard workout every two or three days.

Think of yourself as an athlete. The idea of athletic training is to start at a certain level and keep increasing. Make it your goal to become increasingly fit. Doing aerobic exercise will get you started, but after you become comfortable with your workout, push yourself a little.

I realize that every time you see an exercise video, go to a gym or watch a syndicated exercise program on TV, the people working out don't look as if they need to lose weight. All of the sports training books and videos seem to be geared to people who don't seem to have that far to go to become fit. Take heart! Remember, you are on your way to becoming that fit. Think of yourself as an athlete, even if you're 100 pounds overweight. Walking that extra 100 pounds around the block is quite an athletic feat. Give a skinny person a 100-pound bag of cement to carry around the block, and he'll get tired too. The heavier you are, the more work (calories burned) it takes to do the same activity as a thin person. If you weigh 100 pounds (unlikely if you've bought this book—unless you're two and a half feet tall), you burn four calories per minute walking on pavement. If you weigh 220 pounds, you burn about eight calories per minute walking.

Realistic Expectations

Don't expect too much of yourself, especially at first. The amount you exercise should be determined by your own body and what it is capable of doing. You see people on TV or in gyms doing physical activity that

absolutely seems impossible to you. Gyms may seem intimidating because everyone else seems to be in such good shape. Don't worry about it. Everyone is too worried about how big their pecs are getting or what the story is with the girl in the tight leotard across the gym. After a couple of visits you'll feel right at home, wondering if the girl in the tight leotard or the guy with the big pecs has on a wedding ring. If you don't know where to begin, just find an activity that appeals to you and start doing (no—leave the girl in the tight leotard [or the guy with the big pecs] alone—you're hear to do a more appropriate exercise). Take your pulse and make sure that you are exercising aerobically in the beginning (180 minus your age is roughly where your heart rats should be in the beginning).

High-impact exercise, such as running a jogging may not be advisable. If you're fat and your knees hurt, jogging may be unthinkable. Running is popular because it burns a lot of calories and is good for muscle tone and cardiovascular fitness, but it may be a source of injuries.

There are other problems associated with jogging. I started to jog, but the department of streets and sanitation complained because the road repair crews had to work overtime. High-impact exercises are not good for anyone's feet, ankles or knees, let alone someone who is overweight and out of shape. Stay away from high-impact aerobics. A nicely built woman in a tight leotard bouncing around is good marketing, but not good exercise. It may get your heart rate up, but you might get hurt.

Avoiding Injury

One of the worst things that can happen is to become excited and motivated about getting in shape, only to be sidelined by an injury that could have been avoided. Power walking is better than running. Low-impact is better than high-impact aerobics. Your lower back, hips, knees, ankles and feet will thank you.

If you are not accustomed to exercising, it will be very easy to injure yourself. This is especially true if you've exercised in the past, but haven't done so for a while. Try not to exercise as rigorously as you did five or ten years ago. You're older and fatter now, and you'll probably hurt yourself.

You should also do a warm-up and a cool-down. Basically, it's just doing your exercise at an easy level at the beginning and at the end of your workout. For instance, if you use an exercycle, turn down the tension and just pedal slowly for five minutes at the beginning and at the end of the exercise session.

What Exercise is Right for You?

Different types of exercise burn calories at different rates. The more large muscles you use, the faster you will burn calories. For instance, cross-country skiing burns up more calories than bicycling. It is a more efficient exercise—you use upper body muscles as well as lower body muscles. You also burn more calories because cross-country skiing is a weight bearing exercise (ie done standing instead of sitting).

I bought an exercycle with handles that move to exercise the upper body. It offers the same upper and lower body movement as cross-country skiing, but the calories are not burned as quickly on the bike because fewer calories are burned sitting than are burned standing.

If you purchase an exercise machine, how efficient it is may not matter much at first. A machine that exercises the muscles of your upper and lower body may be too hard for you in the beginning. The more muscles you use during an exercise, the more calories per hour you'll burn. But that also means more work. If you're out of shape, exercising on an efficient machine may be too intense.

Also, it is good to do a variety of exercises. You can acclimate to doing the same exercise day in and day out. It is a good idea to use a variety of muscle

groups. If you have an exercise machine of some sort, try to do some other activities.

Interval Training

I had a relative in his sixties who hadn't exercised in a long time. He bought a Nordic Track. After two minutes of exercise, his pulse shot up. He had to lie on the bed for a while, gasping for a while, gasping for breath. For some, it's hard to work out slowly on a Nordic Track. It's an excellent machine, but you almost have to already be in shape to use it. He had a hard time pacing himself. Having invested \$750 in the thing, he was determined to use it. He worked out for a minute at a time, which kept him safely at the pre-gasp-and-choke level and would repeat this several times a day. Now he's in good enough shape to use the machine regularly.

I guess you can say that his workout was an example of interval training. When an athlete does interval training, he or she will work at full intensity for a predetermined amount of time, rest (or work easily) for three times the amount of time, then repeat the sequence. The advantage is that the athlete can work at high intensity for a relatively long period of time. Treadmills, exercycles and other exercise equipment often have settings that allow you to interval train.

Keep in mind that this is anaerobic exercise, and should be done after you build your aerobic base. This may be a strain on the heart of a sedentary individual. *Again, check with your doctor before beginning any exercise program.*

Making Your Own Individual Exercise Program

Watching infomercials late at night may give you the feeling that you need a special piece of equipment or the secret program being sold by

“experts”, but the fact is you can make your own program. The secret isn’t in the equipment; the secret is to *get moving*. Something as simple as a 15 minute walk get you started. Take your pulse (it should be 180 minus your age to start). Work your way up to 30 minutes. If the weather is bad, you can do a stationary brisk march.

If you are ambitious, you could choreograph your own aerobics program. Begin by stretching and light exercise. When you stretch always hold it for at least 30 seconds. Don’t bounce. Before exercising you can do simple stretches like reaching very high into the air with your left arm then slowly lean to the right. Go as far as you can comfortably. Hold for at least 30 seconds and repeat on the other side. You can slowly stretch your neck to the right and then to the left. Slowly bend forward, arch your back and slowly rise, bringing your head up last. You can turn to the right and lunge like a fencer. Keep your right leg in front of you, bent, and your left leg behind you, straight. Feel the stretch in the front of the left leg. Hold it for 30 seconds. Do the other side.

Use a brisk march as your basic movement. Use a milk crate or a foot stool to step up on. Add other movements to the march, such as touching your elbow to your opposite knee, touching your hand to the opposite foot behind you, doing exaggerated arm movements such as punching at the sky and exaggerating the leg movements. Let your pulse determine how hard you work.

It should be no problem to find 15 minutes a day to do this (preferably 30 minutes). Even if you work a lot of hours or if you travel, you should be able to find time to do this. If you watch any TV at all, you have no excuse. If turning off the TV is too much for you to bear, then use closed captioning and do your exercise while you watch the tube.

Of course some may find creating an exercise program from scratch more difficult than following a video or doing some other pre-determined program. There is no shortage of exercise programs, videos or equipment;

chose something that you will do. Just make sure that your exercise meets certain criteria:

- Make sure that your doctor approves.
- Warm up at the beginning of the exercise and cool down afterwards.
- Start with exercising aerobically (easy exercise, pulse is about 180 minus your age, you can converse normally when doing it).
- As you get fitter, add some anaerobic activity (harder exercise, you will feel like you are pushing yourself). Balance aerobic and anaerobic. Too much aerobic and you will not progress, too much anaerobic and you may injure yourself or become run down.
- Avoid homolateral movements. A homolateral movement is when the same arm and leg go in the same direction. An example of this is a jumping jack (which you should avoid anyway because of the high impact). The right arm goes to the side the same time as the right leg, as does the left arm and leg. Neurologically this is not a good idea. The human body is designed for walking. When you walk, your left arm goes forward at the same time your right leg goes forward. This is called the cross-crawl pattern and is better for your neurological organization.
- If possible, do your cardiovascular activity the very first thing in the morning. If you can, eat breakfast about an hour after the exercise. This will set the stage for breaking down fat throughout the day.
- Do some weight lifting. Increasing your muscle mass will increase your metabolism and the rate you burn calories. Weight lifting accomplishes this. Weight lifting is, in general, an anaerobic activity. Free weights are better than machines

because they force you to use the joint's stabilizing muscles. It is a better workout because you strengthen all of the muscles around the joint. When you are trying to get stronger and increase your muscle mass you need to push your limits a little bit. In other words, if you can lift the weight easily, you aren't gaining much. We're not recommending this, but serious weight lifters work for the "burn". They lift until their muscles ache and it doesn't feel like they can do another repetition. Of course if you don't want to get big enough to bench press a bus, don't work that hard. If, however, you don't push yourself a little, you will not gain much size or strength. Weight lifting is where the term "no pain, no gain" comes from. Just remember when you are aching and struggling to get one more repetition, that is where the size and strength come from. Weight lifting will make your weight loss much easier. As your muscle mass grows, you burn more calories on your day-to-day activities.

Your exercise program will not be effective because you chose the right piece of equipment or the right video program. Your exercise program will be effective because you have chosen the right kind of activity based on your body's needs.

If you are out of shape, start with light aerobic activity (heart rate = 180 minus your age). You can read *In Fitness and in Health* by Dr. Phil Maffetone. In the book, Dr. Maffetone will teach you a way to use your pulse rate to determine how hard you should be working out. In general, when you begin to get bored or begin to notice that you are not enjoying as many benefits from the exercise, it may be time to add some anaerobic activity.

As you progress and begin doing anaerobic activity, mixing cardiovascular exercise (running, biking, swimming) with weight training is an effective strategy. You can do cardiovascular on Monday, Wednesday and

Friday and do weight training on Tuesday, Thursday and Saturday. On your weight training days alternate between upper body exercises and lower body exercises.

Doing anaerobic exercise will make you feel great for a while. Often, however, there comes a time when you start losing enthusiasm for exercise. The loss of enthusiasm often means that it is time to switch to doing aerobic activity.

Choosing Exercise Equipment

If you decide to buy an exercise machine, the type you buy is not as important as the quality of the product. Pick an exercise that you're likely to do, whether it's rowing, bicycling or cross-country skiing. Spend the money to get something that is well-made. If the parts on inferior equipment become loose, the machines won't work smoothly. Cheap exercycles begin to wobble and pedal unevenly after a while. Unfortunately you get what you pay for. If the equipment doesn't work well, you won't use it. A \$59.95 cross-country ski machine will sit in the corner collecting dust and dirty underwear. If money is an issue for you, do calisthenics or walk. A poorly made piece of equipment is just wasted money.

Overcoming Boredom

One major problem people often have with exercise is boredom, especially if you're just sitting on a rowing machine or exercycle counting the minutes before you can get off of the damned thing. You should take some steps to make your exercise more enjoyable. Exercising outdoors when the weather is appropriate is more pleasant than exercising indoors. Sports are more fun than repetitious exercise.

One way to make indoor exercise go easier is to select music that really makes you feel good and play it during your workout. I like to listen to rock music when I exercise. It's energetic. I often listen to a tape that my wife and I often listened to when we were first dating. Pick music that brings back good memories or means something to you. It will put you in a good mood and make the time go by faster. Whether you like jazz, rock, classical or, God help you, disco, the music will make the right hemisphere of your brain more involved with the activity than the left hemisphere.

Your right hemisphere is the spacially oriented, intuitive, creative part of your brain. The left hemisphere is the linear, logical part of your brain. When you're on the exercycle, your left hemisphere is thinking, "God! This is boring only 17 minutes, 37.8 seconds to go. Losing another pound is just like taking a cup of sand out of the Sahara Desert, so why should I bother? "I'm too fat; this is stupid," "My butt hurts."

If you play music, your right hemisphere will be replaying images of you and Betty Lou (or Billy Bob) groping in the back seat of your father's Buick as you did when the song was popular. You will remember trips, romances and other high points in your life. It will help you associate exercise to very positive things..

The right hemisphere of your brain will be imagining what it would be like to play an instrument as well as the musicians performing the music and maybe even play a little mental air guitar. When exercising, listen to the music and let the right side of your brain take over. Time will pass quickly and you may even enjoy yourself. You can even try rap:

Yeah I'm the one who got too fat.
I thought that Twikies were where it was at
I'm here to tell you I'm getting' lean
But if I miss a meal I get too mean
So I chain myself to an exercise machine....

Another way to counteract boredom is to vary your exercises. The more exercise options you have, the more likely you'll work out regularly. One of the advantages of going to a health club is the variety of equipment and classes available. You could do a different type of workout each day. If you're doing the same exercise at home every day, going to a health club is a great way to break the monotony a few days each week. At a club there's usually some kind of upbeat music playing, there's a lot to see (including attractive members of the opposite sex). It's a more interesting place to work out (very pleasing to the right hemisphere of your brain) than home and, unlike at home, there is not temptation to turn on "Wheel of Fortune" and forget the whole thing.

Exercising at Home or at a Club

I belong to a club that has good facilities and is reasonably priced. (I won't tell you the name, but Cher recommends it.) I don't know if I'd have joined it if my schedule didn't allow me to exercise during the midmorning hours. The club gets very busy in the late afternoon because the owners tend to oversell the facility. It seems as if everyone wants to look like Cher (including a lot of the men here on the near-north side of Chicago).

The Stair-Master is particularly popular. People often wait in line for it, three-deep, usually after taking the elevator to get to the club. (It's on the seventh floor.) If you'll be working out in the evening, go to the club at that time and see how busy it gets before you purchase a membership. If you can discipline yourself to go in the morning, it may not be as busy.

Even if you join a health club and go regularly, make arrangements to be able to do some sort of exercise at home as well. Weather, traffic, changes in your schedule and other disruptions can keep you from going. If you miss exercising for a few days in a row, starting again becomes very difficult. Have something to fall back on at home.

At home I have my exercycle and some video tapes from a TV exercise show called "The Body Electric". Tapes can be purchased at bodyelectrictv.com. The Body Electric tapes are by Margaret Richard. She does a very good job with muscle strength and toning. The workouts are sensible, and have an adequate warm up and cool down. This is not cardiovascular exercise or aerobics. It is a challenging and effective workout for muscle tone and strength.

I tried one workout show, but there was a lot of high-impact exercise. The host tries to get everyone jumping or running in place, I usually go into a brisk march, to avoid the impact. Initially I tried to do the high impact exercise, but the downstairs neighbors complained about the plaster on their ceiling cracking (We're expecting some engineers to come out and check the building for structural damage.)

Enjoy yourself when you exercise. Vary your exercise to keep it interesting. The more you enjoy exercising, the more you'll do and the easier it will be for you to lose weight.

The most difficult part of exercising is getting started. The more weight you have to lose, the more futile it may seem, which is why it's important to enjoy the process. It *will* become pleasant for you. As your cardiovascular system improves, you will have more energy. You will feel better in general very soon after you start. Exercise is its own reward. If you approach it correctly, you will enjoy exercising for its own sake.

17 MAKE YOURSELF WORK HARDER

Take the stairs instead of the elevator. If you work at the top of the Sears Tower, you can reach your target weight in about two days. Seriously, find ways to become more active throughout the day. If you take a bus to work, get off a couple of blocks before your stop and walk the rest of the way. Ten minutes of walking, which replaces ten minutes of sitting, means that

you are burning an extra 48 calories. In a year that amounts to about 18,000 calories, which is five pounds of fat.

Get a bicycle and use it for some of your errands. You will burn between five and eight calories per minute. Ride it to work if that is possible. Exercise doesn't have to be in concentrated doses in order to burn calories. You burn calories doing any activity. If you go ten miles, you burn the same number of calories whether you walk or run. You are moving the same amount of weight the same distance. It takes the same amount of energy, regardless of the speed. The difference between walking and running ten miles lies in the amount of time, not in the amount of energy spent. You can run ten miles in under an hour. Walking would take you two hours or better. The same number of calories are burned either way.

You might be thinking, "Why do I have to exercise? Why don't I just do a little more walking?" I hope you're not thinking that, but you might be. The workout sessions will help you to:

- Lose weight quickly
- Increase your metabolism
- Improve your cardiovascular fitness
- Give you more energy

Don't try to eliminate the exercise.

When primitive man saw a saber-toothed tiger, he didn't say, "I'm pretty active, I don't need the exercise." He ran like hell (probably to find a veterinary orthodontist). If he had to forage for food, he didn't say, "I already ran today when I saw that tiger. I don't need any extra activity." He still had to walk around and find his nuts and berries. He couldn't call Domino's Nut and Berry and have them delivered with a video.

Our society has made us sedentary. You need to be active

18 DESTROY YOUR TELEVISION

That may be a little extreme. Just give it to someone you don't like.

Try to cut down on your television viewing. A 180-pound person burns about 1.7 calories per minute watching TV. A dead person burns 1.8 calories per minute.

You are always burning calories (unless you're dead—I was just kidding about the 1.8 calories). Watching TV does burn *slightly* more calories than being dead. Compare it to walking, which burns about 6.5 calories per minute. That's a little over 105,000 calories per year if you replace an hour of television with a one-hour walk. That represents a loss of 30 pounds at the end of a year.

TV is a time trap. It's not uncommon for patients to tell me that they don't have time to prepare proper meals or to exercise, but they always find time to catch the "Gomer Pyle" reruns.

The television also programs you to eat junk. It asks, "Aren't you hungry?" It says, "Nothin' says lovin' like somethin' from the oven." It offers you, "The taste of a whole new generation." It urges you to get "The real thing". It's "What you crave." And it offers you some crunchy, sugary garbage as "Part of this complete breakfast". How do you spell relief? T-U-R-N-I-T-O-F-F!

If commercials weren't effective, companies wouldn't spend millions of dollars on them. If that kind of programming went toward urging you to eat right, you wouldn't need this book.

I'm vain enough to think that commercials don't affect me and that no one can program me. The following quotation is from Jay Conrad Levinson in his book, *Guerilla Marketing Attack*:

En route from JFK Airport in the taxi, we talked about the upcoming meeting. The driver, overhearing our conversation leaned back and asked, "You guys in the ad game?"

“Yes,” we told him.

“You guys really believe that crap works?” he asked, and he earnestly wanted an answer.

“Sure we do,” one of us said. “We wouldn’t be having this meeting if we didn’t”

The cab driver set us straight:

“Well, I sure as hell don’t believe it works. I can tell you this—I’ve never bought anything because of advertising and I never will.”

“What kind of toothpaste do you use?” one of us asked.

“Well, I brush with Gleem,” he told us. “But it’s in no way connected with the advertising. It’s because I drove a cab and I really can’t brush after every meal.”

That’s a funny story, and true, based on Gleem’s marketing theme at the time: “For people who can’t brush after every meal.” But it’s not that funny when you consider how many products you’ve bought because of some aspect of the marketing. You won’t be able to identify many. But if you go through your refrigerator, food cabinets, clothes closets and medicine chest, and think of your appliances, car and whatnot, you’ll be a bit shocked at how much marketing has motivated you. You’re not unique in this respect: It’s the same way with almost everyone. That’s why so much time passes before most marketing works. Accessing the unconscious mind of a human being is not all that easy.

Just because you hear that Pizza Hut is “makin’ it great” and don’t rush out to buy a pizza doesn’t mean the commercial doesn’t have an effect on you. The effect is more subtle than that. One day your blood sugar will get a little low and you’ll get hungry. Pizza will flash in your mind. Suddenly you’re not just hungry, you’re hungry for pizza, cookies, burgers, fries, donuts or whatever junk food has been planted in your unconscious mind. The junk food commercials usually plant pretty vivid images that are recalled later.

“Doesn’t work on me, but you know, every once in a while I just have to have a greasy hamburger.” Sound familiar?

This is another reason you have to spend time visualizing and programming yourself to want to eat right. If you don’t program yourself, a fast-food chain will gladly do it for you.

I don’t really expect you to give up television. I can’t imagine Monday nights without “Two and a half Men” (with football during the commercials), but limit your viewing to things you really want to see. Limit your viewing to things you really want to see.

Don’t vegetate in front of the set just because there’s nothing else to do. Stop watching the commercials, especially food commercials. Go into another room, get a remote to mute the sound or change the channel, or get up and change channels yourself during the commercials.

19 Get Busy, Stop Being Sedentary

Regular exercise should be part of your routine. You should also walk more and use elevators and cars less. There is one more thing you can do to increase your activity level.

Play

So far we’ve only discussed activity as a discipline but it doesn’t have to be all work. There are lots of sports and other activities that are fun and educational. If you watch a lot of television or sit around during your free time, develop other interests and activities that are not sedentary.

You’ve already seen the difference walking an extra hour every day can make. The same principle applies to other activities. Golf nine or 18 holes once a week (don’t use the cart). Play with your kids. Put a basketball hoop in the backyard or get a ping-pong table. Practice yoga. Have sex. (It varies, but

you can burn about seven calories per minute, more with a partner. I find it a great way to burn an extra 10 or 12 calories.) Get interested in something new that keeps you active. Learn to dance the Lambada, take fencing lessons, start a garden, go bowling or take up mountain climbing.

If you are extremely overweight, you probably can't imagine doing more than your day already demands of you. Trust me, you're going to start feeling better and have more energy. Use that extra energy to enjoy yourself and to get some extra results. Our prehistoric ancestors were active all day long. They didn't sit at a desk or spend their days in front of a computer terminal. You need to find ways to be more active, especially if you have a sedentary job.

I know what you're thinking, "When I get home, I'm tired. I don't have enough energy to do much more than sit in front of the TV." That's probably true, but if you do some deep breathing for a couple of minutes and spend a few minutes on the exercycle, you'll be in a whole different frame of mind. Don't make any decisions about the evening until you've done this. You will have more energy and will be able to be active. This is especially true if you are usually sedentary.

Our sedentary free time is when most of us absentmindedly eat. Most of my patients trying to lose weight tell me they have great willpower during the day, but at night they tend to overeat. If you're just sitting around, it's very easy to want to eat. You can kill two birds with one stone: burn calories while being active and keep yourself from thinking about food at the same time.

SECTION C: CONTROLLING WHAT YOU EAT

Controlling what you eat is more important than controlling how much you eat. The quality of the food you eat is much more important than the quantity. How and when you eat is also very important. If the food you eat is full of empty calories, you will tend to eat more of it. Eating whole foods in

their natural state will satisfy your appetite, eating refined foods will increase it. It is useless to try to control how much you eat until you are in control of what you eat.

Many of the things in this chapter could also fit into the next chapter: "Limiting Calories." Many of the foods that cause you to overeat are high in calories. Giving us sugar and fried foods will help to decrease your appetite and put you in control of what you eat. They are also high-calorie foods and giving them up will decrease your caloric intake. They are listed in this section because the number of calories in a Coke or a dish of French fries are secondary to what "food" such as this does to your ability to control your eating.

20 DON'T DIET OR GET HUNG UP ON CALORIES (OR CARBS, FAT GRAMS OR ANY OF THAT OTHER NONSENSE)

Be more concerned with the quality of the food you're eating than its caloric content. Two powdered donuts have about 228 calories. A bowl of split pea soup with two slices of whole wheat bread has 238 calories. Guess which ends up on your hips. The donuts don't have much nutritional value *and* they cause you to produce a lot of insulin, so it's likely that you'll be hungry a little while after eating them (probably for more sugar). The soup and bread will be more satisfying and you won't become hungry again as quickly.

Start your day with protein. It will help you to control sugar cravings later in the day. Many people skip breakfast, thinking that they are saving calories, but they will lose control of their eating later in the day.

Dieting is unpleasant and reducing calories makes most people feel deprived and hungry. It doesn't matter how you package the reduction. You can get a set of cards that tell you what to eat. You can get packaged food sold to you in conjunction with counseling or you can drink protein powder, but the

results are always the same: If you don't get enough food, you'll make up for it later. Dieting simply doesn't work.

Dieting Cycles Are Futile

There is a cycle to dieting. You've seen people go through this or maybe you've gone through it yourself. First there's the discovery of a new diet. Perhaps one or more of your friends have gone from a size 18 to a size five or you see someone on a daytime talk show who has just lost 438 pounds just in time for swimsuit season on this great new diet. So you try it.

There's the ritual of getting special foods or reading the book and planning your attack. You get psyched up; this time you're going to do it! Then you begin the program. Initial results are encouraging. You may even lose five or ten pounds in the first week. You don't feel bad; you're not even that hungry. The second week shows some weight loss, but not as much as the first. As you go into the third or fourth week, the weight loss becomes much less encouraging. Maybe not even a pound. You're enjoying the diet less. You go to bed with the Pizza Hut commercial playing in your head.

Often there is some new stress in your life. Your BMW (oops, it's the early 21st century—I mean your SUV [maybe it's a BMW SUV]), or your kid shaves his head and starts selling flowers at the airport. Suddenly the diet seems unbearable. Sometimes you don't even need the extra stress to drive you to this point. You go to the 7-Eleven in the middle of the night and buy out the Hostess cake display, hide in the basement (so no one knows—you'd been telling them how great this diet was and how easy it was to stay on) and eat the cakes. Soon you're back to your old eating habits. Now you feel guilty. If someone on a talk show could lose 438 pounds, why can't you lose 20?

You gain your weight back, plus a couple of extra pounds. After the diet, it seems as if you're having a hard time with even sensible, moderate control over your eating.

This is not your fault. Your own physiology is keeping you from losing weight. Even Dr. Peter's sensible plan of eating fewer calories than you burn has some built-in problems. Going on almost any diet will cause you to lose weight initially, sometimes as much as five or ten pounds. This is water weight. I forget which product has the slogan, "Give us a week, and we'll take off the weight." They're right, they can help you to lose weight in the first week. It's no big accomplishment. Any program can.

When you first begin dieting, you burn up stored carbohydrates rather than fat. The carbohydrates have more water (hence the term "water weight"), and therefore weigh more than fat. Fasting for two days will give you that same quick weight loss until you start eating again.

As a diet progresses the rate of the weight loss decreases. Your body is making an attempt to stop this alarming loss of fat. It interprets the loss of weight as starvation and tries to help you survive by slowing down your metabolism. The urge to eat also becomes very compelling. Your body doesn't seem to understand that you have another 90 pounds to go before starvation becomes an issue.

Your metabolism slows down and your appetite increases, sometimes becoming uncontrollable. That's why sensible eating seems impossible after a diet. Many people successfully follow a diet only to fail on the maintenance portion of the program. The tendency toward binge eating after a diet is just your body's attempt to help you get that precious weight back. It has nothing to do with a lack of willpower.

Severe caloric restriction can reduce your metabolism by as much as 45%. After a few failed diets you become one of these people who says, "I don't understand it, I eat hardly anything, yet I can't lose weight. I just look at food and get fat." As your metabolism slows down, you also become tired all of the time. The results of your dieting are that you are tired, overweight and still not eating enough to satisfy yourself. When you're this miserable, it's not surprising that a hot fudge sundae is the highlight of your day. If you are

overweight, you have problems with foods that are unique to you. You may have habits, cravings, digestive problems or even hidden food allergies. You have your own metabolic rate. You are a biochemically unique individual. A program that some expert picks for most of the population may not be right for you. For some reason many people love programs that tell them exactly what to eat. They seem to want to put on blinders and have someone map out a plan they can follow without thinking and lose weight. That's the appeal of programs such as the Scarsdale diet.

Learn the right way to lose weight for your. Stop putting yourself at the mercy of "experts" and learn what you need to do to lose the weight you want.

You need to change your habits permanently. In order to do that, the changes need to be gradual and reasonable. Don't do anything extreme. Just learn which habits keep you fat and change them one at a time.

No Carbs—Are You Nuts?

We have just spent a decade fearing dietary fat. All of the experts warned us about fat and lauded the low-fat diet. We were urged to get our fat consumption down to 10% of our diet. The food industry went on a marketing orgy—selling us all kinds of faux food made by substituting fat with an array of sugar, chemicals and artificial sweeteners. There was even an artificial fat used in snack food that had the interesting side effect of causing cramping diarrhea.

The low fat fad became popular at a time when we were beginning to tire of counting calories (and knowing, at some level that it didn't work). After all, fats were, well, fattening. A gram of fat had many more calories than a gram of carbohydrate, so it seemed reasonable to reduce the fat in the diet—it would automatically lower the calorie content. Fats were bad, carbohydrates were good. Pasta suddenly became a heart-smart health food.

Eat all the bread and noodles you want—just stay away from fat. Very appealing, unfortunately it didn't work.

Since low-fat diets didn't work, obviously our obesity needs to be blamed on another kind of food. Now carbohydrates, those formerly heart-smart foods are evil. Eat all you want, just stay away from carbohydrate. Never mind the fact that the great guru of the low carbohydrate diet recently died (in an accident) and his autopsy revealed that he was fat and had clogged arteries. What's funny is that low carbohydrate diets are not new. Years ago there was the Penninton diet and the Drinking Man's Diet. These things cycle through every few years.

So now the craze is avoiding carbohydrates. Eat all you want, just no carbs. The food industry is having another marketing orgy, selling us low carb "food" that has fat, chemicals and artificial sweeteners to simulate the carbohydrates that we will so dearly miss.

We go from one lopsided dietary fad, and when it doesn't work we go to another, equal and opposite lopsided dietary fad. First fats are evil and to be avoided at all costs. Now carbohydrates are evil and to be avoided at all costs. What amazes me is that not many people see the idiocy of this.

Low carb diets have been here before. Atkins, on his first go-around, warned about vegetables. You could see infomercials that bragged that you could eat Eggs Benedict (without the muffin), and sausage, and still lose weight. We had the Pennington and Drinking Man's Diets. Now, at least the Atkins diet doesn't recommend staying in ketosis for protracted periods of time and grudgingly concedes that vegetables might be ok.

The point is any eating system based on a single idea is bound to be flawed. If you ask your dietary guru if I should have a bowl of brown rice or a bowl of bacon and the guru assures you that the bacon is better, your guru has a screw loose.

Then Why Do Low Carb Diets Seem to Work?

We are a nation of carb junkies. We eat about 170 pounds of sugar each year and about half of the calories we consume consist of refined carbohydrates (white bread, noodles etc.). Eating refined carbohydrate causes you to produce a lot of insulin. The insulin makes you crave refined carbohydrate. If you continue to eat a lot of refined carbohydrate, the excess insulin will cause you to generally lose control of your eating, increase your cholesterol and triglycerides, possibly cause the blood pressure to increase, create fatigue, create food cravings, and cause you to gain weight.

If you are insulin insensitive, carbohydrate intolerant or are eating an excess of refined carbohydrates, and you suddenly go on a low or no carbohydrate diet, you will stop making so much insulin and start losing weight. You will also begin to feel terrific.

Just because you feel good initially on a diet like this does not automatically mean that carbohydrates are bad for you. Patients who are carbohydrate intolerant (a more correct term may be insulin insensitive) may suffer from fatigue, poor concentration, low blood sugar, intestinal bloating, increased fat storage (especially pot belly or large buttocks), increased blood pressure and depression.

Some doctors use the following test to find if carbohydrate intolerance is a problem. If you try this test, find a doctor to monitor your progress with this test. For two weeks the patient does not eat any carbohydrate, except for a piece of 100% whole grain bread at breakfast. They eat no products that contain grain such as bread, rolls, rice oatmeal, pasta, pancakes, cereal and muffins. They eat no sweets, including products that contain sugar like ketchup and other condiments. Fruit and fruit juice is avoided as are potatoes, corn and beans. Milk and yogurt are not allowed.

Meat is permitted (except for cold cuts), poultry, fish, eggs, cheese and any vegetables (except for corn, potatoes and beans). The patient should also

eat as much food as desired. This is only for two weeks, but it must be the full two weeks without breaking discipline.

If, after two weeks on the program, the patient has lost weight, improved his or her mood, began bloating less or has other significant improvements in health and well-being, the patient probably needs to be eating fewer carbohydrates. After the two-week test, gradually add carbohydrates to the diet. No sugar or refined carbohydrates are allowed. A potato or a serving of beans is added. The patient sees how he or she feels for the next couple of days. If symptoms do not return, carbohydrate intake can be increased a little more.

If symptoms return at some point after the increase in carbohydrate intake, it's been increased too much. It needs to be reduced again. The patient can experiment with the diet and find the ideal amount of carbohydrate consumption. As health improves, so should the tolerance for carbohydrates. This is especially true if yeast is a factor.

Many people do well on the low carbohydrate test, but this does not mean that carbohydrates are bad. To do so would be the same as saving a drowning man from the water then instructing him to absolutely stay away from water, forbidding him from even drinking water.

You Don't Need to Control Carbs, You Need to Control Insulin Production

The problem with carbohydrates is that of insulin production. If you find that you feel good eating an extremely low carbohydrate diet (or if the above test shows you to be insulin insensitive), it may not be necessary to completely avoid carbohydrates. You need to make sure that you bring insulin production under control. When and how you eat is almost as important as what you eat. You need to do the following:

- Make sure you eat breakfast and eat protein for breakfast. This will help you to control your appetite all day long.
- Eat very slowly, chew your food thoroughly. Put your fork down between bites.
- Do not snack. There should be between five and six hours between breakfast and lunch, and lunch and dinner. You absolutely should not have food between dinner and bedtime. If you have trouble going five to six hours without food, allow yourself to snack, but wean yourself from snacking. When you snack, eat protein (like nuts or cheese). Gradually make yourself wait longer and longer for your snack until you can go the full five or six hours.
- You don't have to avoid carbohydrates, but you do have to avoid high glycemic foods. There are charts that list the glycemic index of foods. What you need to know is that you should not eat sweets, white potatoes, white bread, noodles and other refined carbohydrates.

You don't need to avoid carbohydrates to reduce your insulin production. You do, however need to control how you eat and avoid the kinds of carbohydrates that increase insulin production.

Avoiding carbohydrates is not a good long-term solution for weight loss. Whole grain carbohydrates are important sources of B-vitamins and fiber. They help with serotonin production—helping with brain chemistry and avoiding depression. They help you feel satisfied with a meal.

High fat, high protein diets are acid producing and very pro-inflammatory. They stress the heart, kidney and liver. Plus, they may not be all that effective in the long term. Dr. Atkins, after all, did not die a thin man.

Low-Fat Diets

Our old dietary fad was to avoid fats. The idea was that a gram of fat had many more calories than a gram of protein or a gram of carbohydrate. In other words, fats are fattening. Animal fats have been implicated in heart disease (although we are finding out that more often than not high cholesterol is due to refined carbohydrate consumption).

Another problem with animal fat is that environmental pollution is stored in animal fat, not to mention the hormones, antibiotics and other drugs fed to animals by the food producer. It makes vegetarianism attractive.

Too little fat can be a problem. It is hard to make food enjoyable without some fat in the diet. Also, fats are necessary for hormone production and cell membrane integrity.

You need to distinguish between good fat and bad fat (something that is sorely neglected in many of the low carbohydrate diets). Natural oil, present in legumes and whole grains, are high in many nutrients. Omega three oils (found in cold water fish and in flax oil) help fight inflammation, clotting, heart disease and pain. Trans fats (found in hydrogenated and partially hydrogenated oils) do the exact opposite and even undermine the effects of good oils. Restricting pro-inflammatory fats and increasing omega three oils is good for your health. This knowledge is, of course, ignored by many of the low carb gurus.

Avoiding fats, we have found, is not a good strategy for weight loss. Hydrogenated oils and deep-fried foods should be avoided for health reasons. Raw nuts, avocados and even eggs (eggs from chickens that are allowed to roam free and that are fed grains rather than man-made feed are high in essential fatty acids and vitamin A) are good sources of healthy fats. A good book to read on this subject is, *Fats and Oils* by Udo Erasmus.

21 ABSOLUTELY AVOID REFINED SUGAR

It should be obvious that you should not eat sugar. I can't think of any diet that encourages you to eat desserts. Believe me, if there were a way, I'd do it—and this book would sell a million copies. Stay away from chocolate, candy, cookies, donuts, soda pop, cake, ice cream, sugared cereals and all the rest. If your sweet tooth is such that your heart is sinking as you read this and you're ready to burn this book, cheer up.

Controlling Your Sweet Tooth

Controlling your sweet tooth is very important, and can be done easily enough. As we discussed in the last section, insulin is the culprit. A short term solution is to snack between meals. Snacking may make you desire sweets less, but it is not a good long term solution.

If snacking helps keep you from wanting sweets—do so, but wean yourself from snacking. You want to eat all of your meals, but not between meals. Eating adequate protein and eating very slowly will make this possible. Absolutely do not snack between dinner and bedtime.

You need to understand what is going on with your body. Giving in to craving for sweets is not necessarily because of poor will power. Your old habits have created a symphony of hormonal interaction that perpetuates poor eating habits. You need merely to break the cycle.

The pancreas makes two hormones, insulin and glucagon. Insulin puts sugar (and fat) into the cells. Glucagon takes it back out. When things function normally eating causes you to produce insulin. Insulin is the dominant hormone until about three hours after the meal. Then glucagon takes over. Glucagon retrieves the energy stored up in the cells. It is meant to be the dominant hormone from three to six hours after the meal.

If you snack, you make more insulin and do not make glucagon. In other words, your body works to store fat and not to break it down. Eating sweets and eating between meals robs you of the chance to break down fat.

Ultimately, you need to develop the following habits to get rid of sugar (and other junk food cravings) and to lose weight:

- Eat protein for breakfast
- Eat all three meals—eat well, but do not overeat.
- Eat very, very, very, very slowly. Chew your food thoroughly
- There should be five—six hours between breakfast and lunch and between lunch and dinner. Do not snack between meals—it interrupts the breakdown of fat. If you get dizzy, weak or headachy without a snack, then snack on protein. Gradually wean yourself from snacking by waiting longer between snacks until you can go the whole five or six hours. Eating more protein will help you to control your eating.
- Do not snack between dinner and bedtime.

Refined Sugar is Empty Calories

A Mars bar has 230 calories, more than 10 grams of fat and no food value. Give up empty calories and fat. You don't have to worry about the number of calories you eat if everything you eat has food value. It's the empty calories and the high-glycemic (foods that cause you to make a lot of insulin—like refined sugar) foods that make you fat. Instead of the Mars bar you could have three ounces of lean flank steak, a potato and green beans for about 250 calories. Granted that's no butter for the potato and beans (add 72 calories for two pats), but the point is that you are consuming the same number of calories when you eat sweets as you do in a complete meal.

You can have an entire meal for just a few more calories than are in that candy bar. It's a pretty low-calorie meal, selected just to illustrate a point. A less lean cut of meat would increase the calories by 100 or more.

But you're looking at a meal that will fill you up and supply you with many necessary vitamins and minerals as compared to a snack that will leave you craving more sugar in a few hours.

The Damage Sugar Does to Your Body

As bad as sugar is for you, considering the number of unnecessary calories is nothing compared to what it does to your body. Sugar will really interfere with your attempt to lose weight, not only in the extra calories of a sugary snack, but by making you crave more sugar later. It give you calories and, other than a temporary increase in blood sugar, it doesn't satisfy any of your nutritional needs.

There are other problems with eating a lot of sugar. The excess insulin produced by eating sugary snacks over time will make your body insulin insensitive. High levels of insulin cause your cells to not respond to insulin, forcing the pancreas to make even more insulin to deal with blood sugar. When the blood sugar goes down, the excess insulin makes you crave more sugar or forces your adrenal glands to work to increase your blood sugar.

The excess insulin caused by the sugar habit will eventually lead to something called Syndrome X, which is a combination of obesity, high cholesterol (with high LDL and low HDL), high triglycerides and high blood pressure. If the pancreas cannot keep up with increasing demands for insulin, then the result is adult onset diabetes.

The stress sugar puts on your pancreas and adrenal glands can make you feel tired all of the time. If you are tired and you eat a lot of sugar, give it up and you'll feel better.

Sugar will also change your bowel flora. You have somewhere between five and eight pounds of bacteria in your colon—it belongs there. Healthy bacteria will break down toxic chemicals, produce vitamins,

nourish the intestinal lining, and keep pathogenic bacteria in check. When you eat a lot of sugar, it causes yeast and pathogenic bacteria begin to grow in you bowel. These microorganisms produce toxins, destroy nutrients and irritate the lining of the GI tract.

An imbalance of bowel flora can cause digestive problems (anything from gas to “irritable bowel”), fatigue, headaches, allergies and even depression. Women can get PMS or become prone to yeast infections.

When you give up sugar and begin to control how and when you eat (as discussed in the beginning of this section), not only will you lose weight, but a lot of health problems will improve. If you have problems following those recommendations, supplementation with nutrients may help. There are vitamins that are designed to help control both sugar cravings and the body’s utilization of sugar.

I use products from a company called Biotics. They make a few products that help with glycemic control. *Glucobalance* is a multiple vitamin designed by Dr. Alan Gaby to help control sugar and triglycerides. *Bioglycozyme Forte* helps people with reactive hypoglycemia and *Beta TCP* is a product designed to help the liver in its role in energy production.

I mention Biotics specifically for two reasons. First, they have such good quality control. The supplement industry is poorly regulated, but there are a few companies that are committed to product quality. They test raw materials that come into the plant, they test the product as it is being produced and they test the final product. They work hard to keep impurities out of the supplements and they work hard to make sure that the product contains exactly what is written on the label. Second, Biotics only sells to licensed professionals. Supplementation can help with your sugar handling problem, but get the help of a trained professional. You wouldn’t pull your car’s transmission and try to fix it yourself with no training. If you take vitamins or herbs it is a good idea to get the advice of someone who knows what they are doing.

Another thing that is important for controlling your sugar intake is to find all of the hidden sugar in your diet. In packaged food, read the labels. Words that end in “ose”, like dextrose and sucrose are sugars. Corn syrup and high fructose (fruct’ose”) corn syrup are sugars. Also, you need to understand that refined white bread and noodles are treated by your body the same way that sugar is. Consuming starch and hidden sugars will keep your sugar cravings alive.

22 DON'T STARVE YOURSELF

Not eating will not make you lose weight effectively . Skipping meals and reducing calories will give you a temporary initial weight loss, but ultimately will slow down your metabolism. If you persist in starving yourself, your appetite will come back with a vengeance, or you will become extremely fatigued. Your body will work at holding onto its fat during what it considers to be a potentially life-threatening situation.

Ever since Dr. Peters wrote her book and introduced the concept of the calorie, we've been simplistically trying to lose weight by eating fewer calories than we burn. It simply doesn't work (at least not without exercise). Your body is more complicated than that.

If you are in the habit of skipping meals, chances are that you have a sweet tooth. In the office I seem to hear the statements, “I never eat breakfast” and “I'd rather die than give up chocolate,” from the same person. If you don't eat enough during the day and your blood sugar gets low, you instinctively know that a chocolate bar will be absorbed quickly and raise your blood sugar. The sugar seems to give you a lift, which makes you crave it. Even after you've eaten an entire meal late in the day, the desire for sugar lingers. You may find yourself eating a dessert late at night after you've eaten plenty of dinner. If you eat late at night, you may tend to eat

little or no breakfast, perpetuating the cycle. Absolutely stop eating between dinner and bedtime.

Skipping (or eating too little) breakfast can contribute to sugar addiction. Eating regular meals is one way to curb a sweet tooth. If you starve yourself, you may find yourself eating more sugar than you want. Even if you don't end up craving sugar, skipping meals will only slow down your metabolism and thwart any weight loss. Eventually it may lead to binge eating.

23 EAT IF YOU'RE HUNGRY

Sometimes you've just eaten, but you want to snack. That's okay, eat protein, it will not have as much effect on insulin production as carbohydrates do. Definitely don't eat sugar or junk food. Also, realize that snacking, while permitted, is not an ideal thing to do. If you feel that you need a snack, you may not be eating enough (especially protein) or eating slowly enough at meal time. Give yourself permission to snack, and then wean from the habit.

Distinguish between genuine hunger and nervous eating. If you absentmindedly eat, notice yourself eating without realizing it find that you are craving the same food all of the time, that's another problem. But sometimes if you didn't get enough food at your last meal and you're hungry, then eat some protein (like raw nuts or cheese). Protein will stop you from being hungry and won't add many calories or trigger a lot of insulin production. If you ignore your hungry, you may end up eating something worse later.

If you're hunger all of the time or can't go five or six hours between meals, you may have problems with digestion, nutritional deficiencies, or have food allergies. Those topics will be covered later.

If you're used to dieting, you're not being permitted to eat beyond the parameters of the diet. On most diets you'll be hungry at least some of the time. You may even begin to associate being hungry or denying yourself food to weight loss. Actually, you need to be well-fed in order to keep your metabolism high enough to lose weight.

Even diets that permit you to eat unlimited amounts of food are still limited in their selection, so you don't get to eat what you're hungry for. On an all protein diet, it's surprising how unsatisfying your eighth egg of the day or your fourth steak is when you haven't had any carbohydrates.

This isn't a diet. Snack if you need to, but limit your snacks to protein or vegetables. If you're hungry and you've been eating regular meals, some raw nuts and a large glass of water will fill you up. Actually, try just having the water, sometimes hunger is just misguided thirst. Also, sometimes light physical activity will mobilize glycogen and normalize your blood sugar—making snacking unnecessary.

If you have a sweet tooth, you may need to snack on protein between meals (at least initially), even to the point of anticipating your hunger. Once the sweet habit is broken, you can work on the snacking habit.

You make your worst nutritional decisions when you are hungry, as when you skip breakfast and get to lunch a little late or, worse, skip breakfast and lunch because you are trying to lose weight. Satisfy your hunger early, when you are better able to plan to eat healthily. If you try to ignore your hunger, you'll find that you give in to it when you're at a hot dog stand or an ice cream parlor.

24 EAT WHOLE GRAINS

We have just spent a little over a decade being told that fat should be avoided. Fat was the cause of obesity and heart disease. Because of our paranoia about fat, pasta was lauded as a health food since it is low in fat.

But most pasta is made with refined white flour and your body treats it the same as refined white sugar. It only took a decade, but we learned that you can't lose weight by loading up on pasta.

Now we know the TRUTH! Fats are ok, we need to avoid carbohydrates (is anyone beginning to see a pattern here?) The food industry is ready, they now sell us chemically laden junk that is carbohydrate-free instead of chemically laden junk that is fat-free (although if you look hard enough you can still find chemically laden fat-free food).

It's not that carbohydrates are bad for you; it's the fact that we as a society eat too many carbohydrates. On top of that, most of the carbohydrates we eat are refined—stripped of all fiber and nutrients. So when some genius comes along and tells us to stop eating carbohydrates and we do it, we have also removed refined white sugar and starch from our diets. It turns out the latter is the reason that so many Americans are fat and unhealthy. As a result, people are raving about how effective low and no carbohydrate diets are.

We may, however, be throwing out the baby with the bath water. Eating too much protein and not enough carbohydrates may stress the heart, kidney and liver. We are only just now beginning to look at inflammation as a cause of heart disease and other health problems. Testing for things like homocystine (no, it's not where gay people pray in Rome—it's an amino acid that is linked to heart disease if it is found in high levels) and C reactive protein. We haven't gotten as far as linking high protein diets to inflammation, but logic and biochemistry tell us that it may be possible.

We don't yet know that high protein diets will cause problems with the kidneys. But logic tells us that any program that is out of balance can create problems that we are not yet aware of.

High protein, low carbohydrate diets may interfere with serotonin production. Nothing solid or proven yet, but a possible link to depression and sleep disturbance.

The point is that whole grains contain a lot of valuable nutrients. They contain vitamin B, vitamin E and fiber. Interestingly, B vitamins aid in carbohydrate metabolism and fiber slows down its absorption. So when you eat a whole grain, you're automatically getting the vitamins your body needs to metabolize the carbohydrates in the grain. You also get fiber in your diet.

If you have been eating a lot of refined carbohydrates, your capacity to handle carbohydrates may be impaired. In that case, eating more protein and less carbohydrate in the short term may serve you very well.

Also, if you eat too fast, you may not handle carbohydrates very well. Your saliva contains amylase, an enzyme that breaks down carbohydrate. If you eat whole grains and eat them slowly, you do not have to avoid carbohydrates.

Fiber is a Good Thing

Whole grains contain fiber. Fiber is cellulose from the cell walls of plants. You cannot digest and absorb it. Other nutrients adhere to fiber. It sort of makes your meal timed-release. Whole grain is absorbed much more slowly than enriched white flour and is not nearly as much of a burden on your pancreas. Fiber also cuts down on the number of calories and fat you absorb. It makes your bowel healthy and reduces your chances of getting cancer by increasing your bowel motility and reducing the toxicity of the bowel. Fruits and vegetables are also excellent sources of fiber.

Let's go back to our cave people since you have their physiology. Refined sugar and carbohydrates did not exist for them. There was nothing that had carbohydrates in it that did not also have fiber. Anytime they ate carbohydrates, they were absorbed slowly. White flour and sugar are absorbed more quickly than anything our prehistoric ancestors had. They made the pancreas produce insulin at a very rapid rate. You end up with all

that extra insulin and nothing for it to do except lower the blood sugar, making you hungry and crave sweets.

“You know, it seems as if we just ate a big meal and I’m hungry again” or “I’d like something sweet.” Have you ever said that? Stop eating the refined sugar and white flour products and this won’t be a problem.

Over time, producing excess insulin makes you insensitive to your own insulin. This can be the root cause of obesity, difficulty controlling appetite or eating habits, high triglycerides, high cholesterol, high blood pressure, fatigue, depression and digestive problems. Most of the chronic health problems suffered by Americans can be directly linked to consuming refined carbohydrates and refined sugar.

The Problem with Enriched Foods

Americans eat a lot of “enriched” foods. Enriching consists of removing all of the fiber, vitamins and minerals from a grain. The manufacturer then adds thiamine, riboflavin, iron, calcium or whatever is popular or cheap. The product is then labeled “enriched” (a wonderful example of doublespeak), implying that the manufacturer has somehow improve on nature. Give me \$5, and I will give you back 39 cents, having “enriched” your \$5.

You need to eat foods the way nature created them. There is a good deal of misinformation circulating out there about nutrition. We think in terms of RDAs and absolute amounts of nutrients. Most vitamins were discovered in the 1930s when our chemical know-how wasn’t very sophisticated. For example, as far as the government is concerned, ascorbic acid is vitamin C, but a food that is high in vitamin C has much more in it than ascorbic acid. Food containing vitamin C complex has bioflavonoids, vitamin K and other nutrients. Eating food that is high in vitamin C is different from taking ascorbic acid.

B complex is present in foods that contain complex carbohydrates. The B vitamins in food containing complex carbohydrates also exist in very definite proportions to each other and to certain synergistic minerals that enable them to be utilized by your body. These important combinations are never taken into consideration when manufacturers “enrich” their products.

The chemistry of the living cell and the human body is much more complex than the chemistry that takes place in a lab or a beaker. Biomolecules work like little factories or fine machinery. You can give a chemist a Rolex watch and he or she can analyze it and tell you how much gold, glass, quartz and other materials are in it. You can take the same watch and smash it with a hammer and, from the chemist’s point of view, nothing has changed. Cellulose and starch have the same chemical formula. Chemically, there is no difference between wood and a potato, except how the molecule is arranged. Many things added to foods are as useful to the body as wood.

Natural Foods Are Better

Each cell in your body is like a little factory producing products and eliminating waste. The cells work chemically and there is interplay between enzymes and cofactors (molecules that make the enzyme work, sort of like an ignition key in a car). There is a delicate balance in the way the body works. You have to keep this in mind when taking supplements.

Zinc is very popular right now, but there is a balance between zinc, iron and copper. If you load up the system with zinc, you may upset this balance.

You should get your vitamins and minerals from food. The food should be as close to the way that nature created it as possible. That way you’ll be getting good nutrition in ways that the chemists haven’t discovered

yet. This is not to say that supplements are never necessary, but you will be less likely to need them if you are eating whole foods.

Whole grains taste better, they fill you up faster and they're better for you than refined grains. Brown rice is a wonderful food. It's loaded with minerals and vitamins and it has taste. Ever taste plain white rice without butter, sauces or salt? It's just starch and it tastes like spackling compound. (It has about the same food value as spackling compound, too.) Ever notice how you can practically eat an entire loaf of French bread in a single sitting? You can't do that with good whole grain bread. Perhaps whole wheat bread doesn't trigger the emotional response for you the French bread does, but you have to understand that taste preference is learned.

If you eat slowly and take time to taste your food, the natural foods end up tasting better than the refined ones.

25 DON'T GET HUNG UP ON NUTRITIONAL FADS AND BUZZ WORDS

We Americans are prone to dietary extremes. We eat too many fats and refined carbohydrates. Studies show a tenuous relationship between fat consumption and heart disease and suddenly the entire population became afraid of fat as if it were a deadly poison. Now the in thing is to avoid carbohydrates. I remember seeing a patient during the fat scare and suggesting that he eat avocado because it was high in a nutrient that he needed. He waved a cross made of chicken bones in the air, reached into a little leather bag he had and threw some kind of dust in my face, the shouted in horror, "Avocados are high in fat!", as he gestured rhythmically and ordered the evil spirit to be gone.

Of course today, he would build a small fire in front of the alter, sacrifice the chicken, throw the dust from the leather pouch into the fire and give thanks for the avocado, since it is high in fat and low in carbohydrate.

Of course, depending on who his dietary guru was, the 12 grams of carbohydrate in the avocado may cause him to mimic his earlier behavior.

We are currently in a backlash against the low-fat diet. Carbohydrates are the new villain. Eating a lot of carbohydrate, especially refined carbohydrate is not good for you, but it doesn't mean that carbohydrates are poison. Just as the right kind of fat wasn't poison ten years ago. Completely avoiding carbohydrates because so many people have insulin problems is a lot like staying away from water because you know that people have drowned in it.

We select which foods we eat for many different reasons. The man I mentioned earlier, who didn't want to eat avocados because he had the fear of fat so common in the early 1990s, said he didn't have a lot of time for lunch so he usually grabbed something quick at a nearby hot dog stand. I'm sure he ate low-fat hot dogs.

What he did isn't so different from what many of us do. We learn little disciplines, such as staying away from butter, limiting egg consumption, not using salt, drinking diet soda (a horrible idea, but we'll talk about that one later), ordering the fried chicken sandwich instead of the burger, getting "cholesterol-free" French fries, eating lots of saturated fat and hydrogenated oils while avoiding whole grains, or any number of other practices we've developed, only to let our cravings or low blood sugar lead us to ever worse dietary indiscretions.

Patients used to say, "I eat a pretty good diet. I stay away from red meat and eat a lot of chicken." Now they say, "I eat a pretty good diet, I don't eat bread." Not that there is anything wrong with either of these disciplines, but there is a single-mindedness to it. Often the person's "good diet" will consist of meat and starch, probably a few diet colas throughout the week and very few vegetables. Their diet often lacks vitamins and minerals but, to their credit, it will be low in fat, cholesterol, salt carbohydrates or whatever silver bullet they have chosen.

The oat bran craze a few years ago is an example of marketing to the single-minded. I remember seeing a fried, saturated fat snack. On the label was a bright yellow banner, which overshadowed the name of the product. On the banner were the words “Contains Oat Bran.” I assume they were marketing it to someone fool enough to eat this saturated fat garbage and think it’s healthy because it contains oat bran. Does oat bran magically wash cholesterol away? You could probably market horse manure, put a little oat bran in it and sell it as all natural and low fat food to help reduce cholesterol. Add a little aspartame (NutraSweet) and you have a “diet food”.

Now the words “low carbohydrate” can be used to sell non-nutritious junk. Deep fried pork rinds have found their way in dieters’ cabinets because they are low in carbohydrate. Marketers and the media get hold of an idea and it’s sold as if it were the only issue on health and nutrition. This happens again and again.

A long time ago the magic ingredient was iron. Recently calcium was a panacea. We were even sold an antacid as a calcium source, which is really ridiculous because you need acid to absorb calcium. We buy breakfast cereals that are loaded with sugar, chemicals and hydrogenated fat, just because they contain oat bran. We drink beverages and eat desserts that are strange mixtures of aspartame and other chemicals because they are low calorie or low carbohydrate. We are loading up on chemicals and additives; we are avoiding eggs and other foods because they have cholesterol. Or we are avoiding bread and rice, but eating artificial sweeteners, chemicals and hydrogenated oils and feeling secure that our “low carb” diet is healthy. Don’t do this. Learn the difference between marketing and genuine health advice. Learn how your body works, apply your knowledge and eat whole foods. You won’t have to worry about which multiple vitamin is giving you the most beta carotene to help you avoid colon cancer.

Remember there are no single issues in nutrition. There are no magic bullets. Cholesterol, salt, calcium, sugar, carbohydrates, and beta carotene

are all small parts of the whole picture. You do yourself a disservice if you pay an inordinate amount of attention to any one small aspect of nutrition.

26 LEARN HOW TO READ LABELS AND CHOOSE YOUR FOOD

Eat food. Sounds silly and obvious, doesn't it? Americans consume a lot of nonfoods and foods that have been altered to become, at best, non-nutritious and, at worst, poisonous. The ultimate nonfood is diet soda. It's a concoction of carbonated water, aspartame (NutraSweet) and coloring that has absolutely no food value.

There is another sugar-free beverage that's available to you and it is considerably cheaper: water. Drink water and not diet soda.

The Problem with Aspartame

Aspartame (NutraSweet) was put on the market in a hurry despite the objections of a federal panel that was concerned about the possibility of brain tumors. We're still waiting for the results of the human testing being done on this generation. Aspartame releases methanol (wood alcohol—a neurotoxin) into the blood stream. Aspartame can cause headaches, dizziness, blurred vision, nausea and a wide variety of other symptoms.

When I was teaching nutrition, a young intern asked about a patient who was having dizzy spells. She had been to an internist and two neurologists, but no one could find the source of her problem. I said that if you have any strange neurological symptom, including headaches, and the person consumes aspartame, that is the possible source of the problem.

He said that she drank a diet soda every day, but that didn't trigger the dizzy spells. I said that it didn't work that way. His patient stopped drinking diet soda and in three days her dizzy spells stopped. She didn't believe it, so she drank a can of diet soda and immediately became dizzy.

That convinced her and she stopped drinking diet sodas and her dizzy spells never came back.

If you must poison yourself and your children, at least choose familiar poisons, such as sugar. This way you won't be surprised by what happens.

I love the commercial that came out when aspartame was introduced. It said that it was made of "natural things," like part of a protein that was found in bananas and other good food. Actually, you could make the same claim for hydrogen cyanide. Hydrogen, nitrogen and carbon, the components of hydrogen cyanide, are found in bananas and other good things to eat.

Fats and Oils: Butter versus Margarine

Margarine starts out as corn oil or some other vegetable oil, and then the oil is hydrogenated so it becomes a solid at room temperature. Hydrogenation changes the oils chemical configuration. The double bonds of the molecule are changed from a "cis" configuration to a "trans" configuration. The trans configuration is of no use to the body and is even toxic.

These "trans" fats have been linked to cancer and heart disease. Cell membranes are partially made of fat and these trans fats become incorporated into the cell membrane and make the cell more susceptible to viral invasion and environmental toxins. Nerve tissue has a lot of fat in it and it has been postulated that these trans fats may be at least partially at fault for ADD and possibly neural diseases like Parkinsons. Trans fats also interfere with the production of anti-inflammatory chemicals known as prostaglandins 1 and 3, and force production of pro inflammatory prostaglandin 2. If you have any kind of chronic pain, you should avoid trans fats.

The difference between cis and trans molecular configurations is in the arrangement of the molecule. Chemically they contain the same things,

but they are arranged differently. Chemically a potato and a two-by-four are the same, except for the way the molecules are arranged. Configuration is just as important in a fat molecule. Biomolecules are like fine machinery. How they are put together is as important as what is in them.

Margarine interferes with the body's ability to use essential fatty acids. Butter has taken a bad rap for its calories and cholesterol content. Butter is at least a food that the body can use, margarine is not. Few people realize that butter has the same number of calories as most margarines. (There are low-calorie margarines that have added water.) Butter may have cholesterol, but it also has lecithin and other nutrients that help the body metabolize cholesterol. Not that eating butter is good for you; it's just better than margarine.

People on low carbohydrate diets need to be aware about hydrogenated and partially hydrogenated oils. The proponents of these programs are so busy ranting and raving about the evils of carbohydrate, they don't have time to caution their followers about the extremely unhealthy foods that contain hydrogenated oils.

Empty Calories Make You Overeat

Other nonfoods, such as cheese puffs and potato chips have nothing to offer but fat, chemicals and empty calories. Set a potato chip on fire some time; then ask yourself if you really want to eat something like that.

Consuming empty calories can cause us to overeat. One of the reasons we overeat is that there isn't enough food in our food. We become deficient in different vitamins, minerals and essential fatty acids. The body knows it needs something so it gets hungry, hoping that you have enough sense to eat something that has nutritional value.

If you eat a meal of white bread, processed meat and a diet soda, the nutritional need still isn't met. If you attempt to satisfy hunger by eating

empty calories, eating only to fill the stomach, you'll soon be hungry again. You begin to eat between meals, increasing insulin production, creating even more cravings and really interfering with your ability to burn fat. It creates a cycle that makes you gain weight and feel lousy most of the time. Eating healthy food in regular meals will break this cycle quicker than you think—usually within three or four days.

It may be a good idea to take a good multiple vitamin. It will improve your nutritional status and help with food cravings. I like Bio Multi Plus from Biotics, but there are other good products out there. Usually it is good to get a vitamin without iron (unless you specifically need iron—this is especially true for men). Also, it is generally better to take a vitamin that is in a capsule instead of a tablet. Capsules tend to have fewer inert ingredients and are better absorbed.

Oddly enough, the Biotics product is a pill, but it has a unique tableting base. It is made out of food, so their multiple vitamin is very well absorbed and utilized by the body. It's like eating a food that has been infused with nutrients.

Eat Like a Cave Man

When people come into my office for nutritional counseling, I tell them to go on a cave man diet. They come back complaining they can't find any brontosaurus steaks or mastodon chops (although one fellow did find a drive-in to serve him a slab of ribs heavy enough to turn his car on end, like Fred Flintstone). I have to explain that they shouldn't have any food that wasn't available to primitive man (or at least the early agrarian societies). If it comes in a bottle, box or can, stay away from it. It's not entirely practical advice to give to the busy urbanites that come into my office, but it is an ideal to strive for.

Eat food that is close to the state that nature provided. Your first choice is to eat whole grain right from the stalk. Your second choice is to eat it hand-milled at home. Your third choice is to eat it in bread or a cereal you make yourself. Your fourth choice is to eat whole grain bread made fresh with natural ingredients at a bakery you trust. Your fifth choice is to have it as store-bought whole grain bread that is free of sugar, refined flour, additives or hydrogenated oil. Your sixth choice is to have it as store-bought whole grain bread that may have a few additives in it. (Be careful to read the label when you buy whole wheat bread. Bread labeled as “wheat bread” is made with mostly white enriched flour with added food coloring to make it look brown.) Your seventh choice is to have the white enriched flour bread (stop before you get here). The next step is to have it pressed into a flake with a lot of added chemicals and sugar as a breakfast food. The next step is to add different chemicals and flavorings, deep fry it and have it as a snack food.

Foods in their natural state will satisfy your hunger more completely than processed foods. You will eat less of them and feel better. If you are used to convenience foods and eat a lot of packaged, processed and fast foods, changing to a more natural diet may be difficult for you, but not because the natural foods aren't enjoyable. It will be difficult because of time and having to learn how to eat all over again. Don't worry, just make small changes. Read your dietary diary and see where you can improve.

Little by little, start changing from processed foods to fresh and whole foods in their natural state. Buy whole grain bread (or even sprouted breads) instead of white. Instead of a frozen dinner, make your own casserole (this doesn't really take much more time than the frozen dinner).

Peanut butter was not available to the cave man, but it is not a bad food. It is best to grind fresh peanuts yourself. You can buy peanut butter in a jar, but buy a brand that is made only with peanuts. Sumckers makes one, so does Holsum. You can tell it has no added sugar or hydrogenated oil

because the oil separates out. It's a little inconvenient, but it tastes better and is much better for you than the brands containing sugar and hydrogenated oil. Read the labels on the brands that don't have the oil separating out. You will find added sugar and hydrogenated oils. There is a peanut butter advertised by a former Mousketeer. I'm sure she's a nice lady, but don't take her nutritional advice when she says her brand has less sugar than leading brands. Apparently they don't consider Smuckers (which has no sugar) a leading brand.

Also, you can find other nut butters in health food stores. Almond butter and Cashew butter do not have added sugar or hydrogenated oils. They are very tasty. Try them on apple or pear slices.

How to Read a Product Label

Two places on any given package list what is in the product. The label, which has the information the manufacturer wants you to have, and the list of ingredients, which the government makes the manufacturer tell you. The ingredients are listed with the most plentiful first, second most plentiful ingredient listed second and so on.

On the ingredients list you learn that the cereals that boast of honey on the front of the package, really have a lot of refined sugar and not a lot of honey. Breakfast cereals are great items to compare the marketing on their labels to their ingredients lists. Let's look at one that shall remain nameless. In small letters on the bottom it says "low in sodium." The graphics on the package look as if the cereal was made during the turn of the century (between the 19th and 20th centuries)—with good old-fashioned goodness. The ingredients are listed in the following order: rolled oats, brown sugar, crisp rice, sunflower oil, dried dates, almond pieces, coconut, honey, sugar, sesame seeds, salt, applesauce, soy lecithin, crushed oranges, malt syrup, cinnamon and vanilla extract.

Lots of good stuff right? You'll notice the second ingredient is brown sugar. Everyone seems to think that brown sugar is healthier than white sugar; it's not. Brown sugar is just caramelized, or heated, white sugar. This product has sugar as its second most plentiful ingredient. Sugar and malt syrup are also listed elsewhere. So, in total, sugar is listed three times, in three different forms on the label. I'm not saying they're doing it here, but this is one way manufacturers can have a product with sugar as its most plentiful ingredient without having to list sugar first. This particular product has about seven grams of sugar in an 30 gram serving—almost $\frac{1}{4}$ of it, by weight, is sugar.

You will see hidden sugar in a lot of products. The label will read: sugar, dextrose, maltose, brown sugar. All of these things are sugar. Malt syrup is sugar. By breaking it up like that, the manufacturer can keep from listing sugar first or second on the ingredient label. Usually if the word ends in "ose" it's a sugar. Dextrose, maltose, lactose, sucrose, glucose and fructose are all sugars.

Let's try another label. We have a popular salad dressing that advertises itself as being good for your heart. The label indicates the dressing is 91 percent fat free and cholesterol free. Sounds like just the thing for someone trying to take care of his or her health. The ingredients are listed as follows: water, partially hydrogenated soybean oil, cultured nonfat buttermilk solids, sugar, modified food starch, salt, natural flavors, sodium caseinate, vinegar, phosphoric acid, onion (dehydrated), garlic, monosodium glutamate (enhances flavor[actually tricks your nervous system into thinking that it tastes good]), propylene glycol alginate, mono and diglycerides, sorbic acid, lactic acid, spice, artificial flavor, xanthan gum, disodium inosinate and

disodium guanylate, parsley (dehydrated), calcium disodium EDTA, THBQ and citric acid.

Water: The most plentiful ingredient in this product. This is a product that advertises itself to be 91% fat free. Since the manufacturer is talking about volume and not total calories, this can be accomplished by watering down the dressing. What's an easy way to make something that's 20% fat into something that's 10% fat? Double the volume by adding water.

Partially hydrogenated soybean oil: Hydrogenation turns an unsaturated fat into a saturated one. It changes the configuration of the fat molecule, creating something known as a trans fatty acid. On a molecular level, this is like turning a right-handed glove into a left-handed one. The result is something that can't really be used by the body. Trans fatty acids are actually worse than useless. They interfere with normal fat metabolism and have been linked to heart disease. They have a half-life in the body of 51 days. This means that it takes 51 days for your body to get rid of half of the trans fatty acids you eat. In other words, after 51 days, half of this hydrogenated oil is still in your system. In another 51 days you'll still have one-fourth of it. After another 51 days (153 days total) you'll still have one-eighth of the trans fatty acids in your system.

Cultured nonfat buttermilk solids: Probably better than illiterate nonfat buttermilk solids. Actually, it's much like powdered milk.

Modified food starch: This is starch that has been chemically altered to make it water soluble. Several different chemicals are used, such as propylene oxide, succinic anhydride, 1-octenyl succinic anhydride, aluminum sulfate, and sodium hydroxide. You have no way of knowing what was used. In David Steinman's book, *Diet for a Poisoned Planet*, he expresses concern about aluminum sulfate being used to modify food starch because there is a possible link between aluminum and Alzheimer's disease.

Natural flavors: Flavor from food that has had only minimal processing, without anything synthetic or any added chemical.

Sodium caseinate: This is the principle protein of cow's milk.

Vinegar: Finally, something you can recognize as a food that you would find in your own kitchen.

Phosphoric acid: This is an acid made from phosphate rock. The FDA considers it safe. Steinman makes the point that you can clean rust off of a chrome bumper with it.

Salt: Something else that is familiar. Since the connection between Alzheimer's disease and aluminum has been mentioned, you may want to read the label on your table salt. You'll notice that it contains aluminum (sodium silico aluminate) as an anticaking agent. Sea salt, kosher salt and pickling salt are all free of aluminum.

Onion and garlic: Good God! More food, this could get to be a habit.

Monosodium glutamate: Also known as MSG, which causes "Chinese restaurant syndrome" (chest pain, numbness and headache after eating).

MSG causes brain damage in young rodents. Female animals treated with MSG had fewer pregnancies and smaller litters.

Propylene glycol alginate: Derived from seaweed. The FDA considers it safe.

Mono and diglycerides: Used as stabilizers and emulsifiers. According to Steinman, these can occur in nature, but are usually synthetically made. In his book, Steinman cites studies that show certain types of mono and diglycerides have caused decreased growth in mice, others have caused enlarged kidneys and decrease in the size of testes. (The poor mice probably were not sure whether they were coming or going.)

Sorbic acid: This is acetic acid. It is harmless.

Lactic acid: This occurs naturally in sour milk. The FDA regards it as safe.

Spice: It now has sugar and spice (and everything nice?).

Artificial flavor: By definition, something not found in nature, although it may have components that are found in nature. Whatever it is, the manufacturer has opted not to tell you in detail what the substance is. It's sort of a mystery chemical.

Xanthan gum: Produced by fermentation of corn sugar. Xanthan gum thickens and helps the dressing to pour well. No known toxicity.

Disodium inosinate: A flavor enhancer. No known toxicity.

Parsley: Another food.

Calcium disodium EDTA: Ethylenediaminetetraacetate. No kidding, the kids didn't just play with the keyboard. EDTA is used to bind materials that

are undesirable in food. It hides metallic tastes and other undesirable flavors and colors in the food. This means that the dressing might taste a little weird without the EDTA (small wonder).

THBQ: Tertiarybutylhydroquinone. Food manufacturers had a hard time getting this approved, which means that even the FDA wasn't sure it should be on the market. Think about that. According to Ruth Winter's book, death has occurred from ingestion of five grams (about one-fifth of an ounce). Eating one gram can cause nausea, vomiting, ringing in the ears, delirium, a sense of suffocation and collapse. But hey, now the dressing can have a long shelf life.

Citric acid: One of the safer additives.

Aren't you glad that you've avoiding all that nasty vegetable oil by buying this stuff? This is an important lesson for you to learn because a lot of "food" sold to people trying to lose weight has a lot of chemicals. Actually the word "lite" is an ancient Sanskrit word meaning: "full of chemicals."

The dressing has less oil, as promised by the label. But it does have a lot of chemicals and a fair amount of sugar. It has partially hydrogenated oil. Compare it to a more "fattening" dressing found refrigerated in your store's produce department, Marie's Ranch Dressing. The ingredients are: soybean oil, fresh buttermilk, whole eggs, egg yolks, distilled vinegar, sugar, salt, spices (dehydrated), garlic (dehydrated), onion (dehydrated), xanthan gum (a natural food fiber). I'm sure that this is no bargain in the realm of calories

(two tablespoons have about 180 calories), but you're better off without all the chemicals.

Food Additives and Why You Should Avoid Them

The average American gets ten pounds of additives per year. We don't fully understand the health implication of this. The only studies ever done are on single additives. To my knowledge, no one has studied the cumulative effect of all of these chemicals. Until the effects are known, you're better off with the nonchemical version.

It's hard to know what all of the additives are. One approach is, if you can't pronounce it, if it has too many syllables or if it is listed just by its initials (MSG, EDTA, BHT, etc.), you may not want to eat it. Actually, this might be a little strict, some things that are hard to pronounce are relatively benign, but if you are going to eat packaged foods, please learn what they contain. If you can motivate yourself to eat whole fresh foods, you won't have to worry about labeling. Ruth Winter's book, *A Consumer's Dictionary of Food Additives*, contains a very complete list of additives.

Some substances added to food are not a problem. Things like riboflavin, thiamine, niacin, ascorbic acid, alpha tocopherol, lecithin and beta carotene are nutrients. Adding them to food usually does no harm. The vitamins are not as good as those provided by nature, but they shouldn't hurt you.

Citric acid, sodium citrate, sorbic (acetic) acid, lactic acid and fumaric acid are also fine. They are lightweight organic acids often found in nature. Alginates, ghatti gum, tragacanth, karaya, locust bean, fucellaran and carob are plant products and are also relatively benign. Casein is a protein found in milk and is harmless to most people. Calcium proprionate, sodium proprionate and sodium benzoate are preservatives that have been around for a while and have established a fairly safe track record.

There may be other relatively harmless additives, but by no stretch of the imagination am I saying that some additives are good. You are still better off with food in its natural state, but this is the real world and most of us are not that disciplined. So if you eat packaged foods, make it a point to know what is in the package.

As a general rule, stay away from any artificial colorings (often they are listed on a package as a color followed by a number, such as blue #2 or red #40). These things are always being pronounced “safe” only to be taken off the market later. (Remember the red M&Ms?)

Usually you want to avoid chemicals described by three or more letters such as BVO (brominated vegetable oil—avoid this one like the plague), BHT (butylated hydroxytoluene), BHA (butylated hydroxyanisole), THBQ (tertiary butylhydroquinone) and MSG (monosodium glutamate). It is as if organic chemists are somehow stuck in the Roosevelt era; they love those three-letter names. BVO, BHA, BHT and THBQ you especially want to avoid. MSG is a flavoring that works by triggering a response in your nervous

system. It can make you dizzy and nauseous and can give you heart palpitations and perhaps even headaches and hives. MSG is also found in “hydrolyzed vegetable protein” and is sometimes merely listed as “natural flavor”. Everyone reacts badly to MSG, some are more tolerant so it takes a lot more of it to create symptoms. Others, who are more sensitive to the flavoring suffer from “Chinese Restaurant Syndrome” when they consume small amounts. People who are sensitive to MSG often need vitamin B₆, and taking B₆ will reduce the response to this chemical. I don’t know about you, but I really resent having neuroactive chemicals put into my food so that is will be lip-smacking good.

Stay away from foods with “artificial flavor”. It’s a vague term. Usually when you see those words, they’re in a “food” you should avoid for other reasons.

Avoid nitrites that are found in ham, bologna, salami and other processed luncheon meats. These are chemical and fat-intensive foods that you want to steer clear of. Turkey ham, turkey salami and turkey bologna may have less fat, but they are still loaded with nitrites.

Sulfites (sulfur dioxide, sodium bisulfate and sodium metabisulfate) should be avoided, especially asthmatics. Sulfites are often found in dried fruits, especially apricots.

Food Additives and Allergies

From a strict weight-loss point of view, chemicals don't add a lot of calories to your food. But from the standpoint of staying healthy, it makes a lot of sense to stay away from them. One possible cause of the epidemic increase in allergies is the increase of chemicals in our food. Even those listed here as benign may be implicated in allergic reactions and some may contribute to hyperactivity in children. It may seem as if we are straying from the topic of weight loss here but not really. You will feel better if you limit your chemical consumption. You will be less likely to overeat if you eat only whole and natural foods.

A number of health problems have arisen due to the over processing of foods. One of them is obesity. Essential fatty acids, some of the most important nutrients are not found in sufficient amounts in modern diets. A lack of essential fatty acids can cause you to crave fried and other high-fat foods. We do get a fair amount of arachadonic acid (an essential fatty acid found in meats and dairy food), but linoleic acid is often missing from our diets. In fact, lacking linoleic acid will often cause you to crave dairy or meat products but they won't satisfy a need for linoleic acid.

Cholesterol and the “Right” Oils And Fats

Because of processing methods, most of the oils and fats in our diets are, at best, empty calories and, at worst, toxic. Natural oils are very easily destroyed by light and heat. Most of the oils used in cooking, those

lightweight oils seen in clear bottles on your grocer's shelf, are not good for you. The oil is extracted from the vegetable using either heat or chemicals that destroy the essential fatty acid content. Adjectives such as "polyunsaturated", "cholesterol-free" and "pure corn oil" are meaningless. What really matters is how the oil was produced. It should be "cold pressed", but even that is not enough. Some of these oils are heated after they are extracted. The oil should never reach a temperature of more than 50 degrees centigrade during its manufacture. It should be stored in a dark container. Refrigerate it when you get home. Squeezing the contents of a vitamin E capsule into the oil will help to preserve it.

It's funny how everyone is so paranoid about cholesterol (and now carbohydrates), but they consume hydrogenated and commercially processed oils without a second thought.

Are We As Healthy As Our Grandparents?

At the turn of the century (between the 19th and 20th century) one American in 30 died of cancer. Today it is one in five. In 1900 cardiovascular disease was responsible for one death in seven, today 50 percent of the population dies from it. While it is true that cholesterol consumption had been increasing in the first half of the 20th century, it hadn't increased enough to account for the increase in heart disease. Cholesterol consumption has decreased steadily in the last 20 years without significantly changing these statistics.

What has increased since 1900 is the hydrogenation of oils, processing of foods, the addition of chemicals in our food and our environment, and consumption of refined sugar. In 1900 salad and cooking oil were extracted from flax seed and the process involved no heat. People had an abundance of essential fatty acids in their diets. Today we consume fewer calories and about the same amount of animal fat as then, but we are more obese, and we are dropping like flies from cancer and heart disease.

Getting Back to Basics

Weaning yourself from packaged and processed foods may seem difficult at first, but will get easier as time goes on. We are all so busy and there is so much to learn. Getting quality food has gotten a little easier. Fast food restaurants like Wendy's and McDonalds now have large, meal-sized salads. With a little bit of effort you can eat healthily, even if you eat out a lot.

Gradually change your habits. If you eat sandwiches, eat turkey breast instead of nitrite-loaded salami. Select whole wheat bread instead of white, or have your turkey shredded over vegetables. Eat oatmeal instead of a sugar-loaded cereal. Little by little learn what is in the food you eat and always strive to make better food decisions.

Removing the added sugars and hydrogenated oils will help you lose weight. Eliminating chemicals will help your general health. If you have

headaches, PMS, fatigue, digestive problems or allergies, get the chemicals out of your diet. Losing weight is difficult if you don't feel well.

What Food Labels Don't Tell You

My wife and I have been working hard at getting the additives out of the food we eat. Occasionally we get fooled by a label. A few years back we had been buying a whole grain cereal with almonds and raisins because the box says "no added sugar", which was wonderful. (Go to your grocery store and try to find a boxed cereal without added sugar.) It tasted great, so we bought it regularly. But it seemed to taste sweet for a sugar-free cereal. Our mistake was to assume that "no added sugar" meant "sugar-free". Although the claim is not added sugar, the cereal does have malt flavoring added, which contains sugar. This company's wheat flakes have about two grams of sugar per ounce, which is about six and a half percent. That's not as much as most of the others, but it certainly isn't sugar free.

We used to buy our daughter a white grape juice instead of sugared drinks. We bought a frozen concentrate so we wouldn't have to lug gallon jugs from the grocery store since at the time we lived in a walk-up two blocks from the store.

I was completely taken by surprise by this product. I always thought that juice was juice. If it had sugar added, it becomes juice cocktail, juice

drink or fruit drink. I was wrong. In very small letters above the words “white grape juice” was the word “sweetened”.

Manufacturers are not proud of having sugar in their products, so you’ll never see a big yellow banner on the label saying, “LOADED WITH SUGAR!” They tend to go to great lengths to hide it. If you don’t read carefully, you’ll consume more sugar than you intend to. I almost bought grape concentrate because in big letters it said, “ALL NATURAL,” but in tiny letter it said, “juice cocktail,” which meant it had added sugar. Apparently sugar is a natural ingredient. There is a “sugar-free” version but it has aspartame, which is worse.

Another popular brand tricked me with its labeling. I wanted to get my daughter some white grape juice, not wanting to give her purple grape juice (no health reason here, I just didn’t want to give my toddler a purple liquid). I bought “100 percent White Grape Juice” (with vitamin C). No sugar added, written right there on the label. Sounds good. I got it home and read the ingredients. It had potassium metabisulfite added (a sulfite). If it is 100 percent juice and it has this chemical in it, which must mean there is more than 100 percent of stuff in the bottle. I’ve had one or two math classes and they left me with the impression that this was not possible. Silly me, I thought that 100 percent juice meant that there was nothing but juice in the bottle.

The product had sulfite added to it. If my child were asthmatic, this could have sent her to the hospital. People have died from sulfites added to

their food. So read the ingredients; even “trusted” brand names can’t be trusted.

I’m not trying to get you to become some sort of fanatic. I know many people who are much stricter about their diets than I am. You will find some kind of middle ground with which you are comfortable. Don’t feel pressured by what is in this section, and don’t feel that you have to go off the deep end and start eating things amorphous compounds, purchased in a health food store that taste like an animal had it first. Just gradually make healthy decisions.

27 EAT LOTS OF FRESH FRUIT AND VEGETABLES

You should have seven servings per day. That’s at least four cups of vegetables (or as many as all seven cups), the rest can be fruit. Fruit and vegetables are high in bulk and fiber and will make you feel full, so you’ll have less of an appetite for fattening foods. The fiber will also reduce the fat and calories you absorb from other foods. Eating a lot of fruit and vegetables will improve your digestion, speed up your bowel transit time and decrease the toxicity in your colon. Your health and energy will increase and your chances of developing bowel cancer will decrease.

Fruits and vegetables are high in vitamins and minerals and low in calories. You’d have to eat seven cups of raw spinach to get the same number of calories as that is in a Mars bar. But that would still be no comparison. Because of all of the fiber in spinach, you’d never absorb that many calories.

The vitamins and minerals found in fresh fruits and vegetables will help you reach your weight goal. Much overeating is an attempt by the body to supply nutrients that are missing from the food. If you are eating a refined, vitamin-deficient diet, you will overeat. If you eat plenty of fresh fruit and vegetables, your tendency to overeat will lessen.

Two-thirds of a cup of raw broccoli has only 32 calories and contains 113 milligrams of vitamin C, 2,500 international units of vitamin A, plus calcium, phosphorus, potassium and magnesium. George H.W. Bush doesn't like broccoli. It probably tastes bitter to him. A kinder and gentler cook would peel the stalks before cooking them in a little bit of lemon. That would make it taste much better. Mr. Bush would be so ecstatic, he'd see a thousand points of light shining above the dinner table (tastes good with a little quail, too).

I tell my patients to eat at least four cups of vegetables and they come back and tell me that they don't have time to eat a lot of junk food because they're so busy trying to get all those vegetables down. You won't miss what you think you love to eat if you're well fed all of the time.

Eat all you want. Keep fresh celery, carrots, radishes, apples, pears, peaches, kiwi fruit, okra, passion fruit, kumquats or whatever you like on hand. Make sure there is plenty at home and at work. Snack if you need to, don't get too hungry. You make your worst dietary decisions when you're hungry. Eating will also help you speed up your metabolism if you are one of those people who look at food and get fat. If you are a nervous eater, snacking

on fresh fruits and vegetables will keep your mouth busy without adding a lot of extra calories.

28 ABSOLUTELY AVOID DEEP-FRIED FOODS

This is a health tip as well as a weight-loss tip. There are so many reasons not to eat fried food that it's hard to know where to begin. There are a lot of extra calories in fried foods, probably a lot more than you realize. There are roughly three times the calories in French fries as there are in boiled potatoes. There are 76 calories in a medium-sized boiled potato (100 grams). A 100-gram serving of French fries has about 206 calories. A broiled chicken breast has about 288 calories. The same weight of fried, boneless chicken has 457 calories. That's 169 needless calories, almost 60 percent more calories than the plain chicken. The grease and starch in the fried breading have absolutely no food value. It isn't necessary to starve yourself to lose weight, just give up the needless extra calories.

Deep fat fryers are hot all day long. Some places don't even change their oil every day. The heat breaks down the oil and creates a wide variety of carcinogens and other toxic substances. Even ignoring the possibility of increasing your chances for cancer and heart disease, these fats are a terrible burden on your liver and gall bladder.

Eating fried foods causes you to crave more of the same. If you really struggle with this craving, taking flax or fish oil may help to bring it under

control. Calories are the least of your worries when it comes to eating fried foods.

29 BUY ORGANICALLY GROWN FOODS WHENEVER POSSIBLE

American agriculture consists of dumping chemical fertilizer on overused, depleted soil, spreading poison on it to keep insects from eating the crops, and, in many cases, irradiating produce to keep it “fresh”. Personally I’m suspicious of anything that bugs avoid, no matter how safe the government and food industry tell me it is.

Bigger obscenities are committed on meats and poultry. Animals are fed steroids and antibiotics. Chickens are fed hormones and not allowed to move about freely. They are literally turned into egg-laying factories. Disease is common, so they are given antibiotics (sold in a feed store, given at the discretion of the farmer.) The government inspector spends an average of only two seconds per chicken.

If you’ve ever eaten chicken that has been allowed to roam freely and not fed any drugs, it’s like eating a different kind of food from a supermarket chicken. The eggs from these chickens have very hard shells. The yolks are amber because they are so rich in vitamin A, and the yolks are hard to break.

You won't find yourself having scrambled eggs when you really wanted over-easy just because you broke the yolk. These eggs taste amazingly better and they even have less cholesterol. Comparing the pale, weak-shelled eggs found in the supermarket to the eggs of range chickens is like comparing Styrofoam to cheese. Don't be fooled by brown eggs—just because the shell is brown doesn't mean that the eggs came from a range chicken.

The difference between organic meats and vegetables and their supermarket counterparts is also very marked. These foods are harder to find and sometimes more expensive, but they are not expensive compared to processed and packaged food. If you were to figure out a ratio between cost and food value, the organic foods would be cheaper.

Dairy producers can feed cattle Bovine Growth Hormone without having to tell consumers that the milk came from a cow that was fed this chemical. The proponents of food irradiation prefer that consumers not know if food is irradiated. Food irradiation is basically exposing a food to radioactive waste.

The folks who bring you MSG were very upset that a bill in Maine was passed requiring restaurants to inform the public when MSG is added to a dish. All this is happening because those who want to feed hormones to cows, irradiate food and give us "Chinese Restaurant Syndrome" are afraid that if consumers know what has been done to their food, sales will go down. There are people who are spending money and using political influence to keep you from knowing what is in your food.

Back to losing weight...remember losing weight? Eating organic food will enable you to enjoy plain foods without relying on butter, sauces, dressings and cheese for flavor. Organic meats and produce are richer in vitamins and minerals and therefore will satisfy your hunger more readily than foods not organically produced.

Also, we are back to the topic of chemicals in the food. You cannot completely avoid chemicals, but you should minimize them. Food allergies and digestive problems may be caused by them. If you don't feel good, or are fatigued, have allergies, or any chronic health problems, taking the toxic burden of chemicals away from your body becomes important in your quest for thinness. It's hard to concentrate on losing weight if you don't feel well.

30 LEARN TO CONTROL CRAVINGS

Fried Foods

One very common craving is fried foods. This was one of mine. Very often you crave fried foods because you need essential fatty acids or are deficient in an oil-soluble vitamin. For some reason your body doesn't seem to know the difference between saturated fat, grease and essential fatty acids. Oil, grease...it's all the same to your body (until it tries to put the substance to use).

The reason for this is that you're the owner of the same body as a cave man or woman. There weren't artificially hydrogenated oils and deep fat

frying in prehistoric times. Anything in the cave man's diet that was oily contained essential fatty acids. When he was deficient in oils, he developed a taste for oily foods. You do the same thing, except you eat hydrogenated oils and fried foods. So you crave fried foods and things with hydrogenated oils in them, which actually make the situation worse.

There are other symptoms that accompany a lack of essential fatty acids, such as muscle soreness and weakness, dry skin or eczema, itchy skin, dandruff, acne or even allergies.

I any of these symptoms are a problem for you or if you crave fried or greasy foods, you should eat foods high in essential fatty acids. Use flax seeds to garnish salads, eat raw nuts (buy them in the shell, not roasted), eat cold water fish, eat avocados or take flax or fish oil supplements (Know your fish oil source—if the company has poor quality control, it may be a source of mercury or toxic chemicals.) You should absolutely avoid products that contain hydrogenated or partially hydrogenated oil; especially avoid margarine, mayonnaise and deep fried foods. These make the problem worse by interfering with your body's ability to metabolize essential oils. Read labels.

In my practice I use essential fatty acid supplements, like flax oil, fish oil and black currant seed oil. Quality control is a big issue—especially for fish oil supplements. I use products from a company called Biotics, which has excellent quality control. There are other good companies. Either check their quality control for yourself, or go to a professional who has checked the quality control issue for you. Some patients need omega-3 fatty acids and

some need omega-6. It's hard to get into explaining them without turning this into a biochemistry lesson. Because of our dietary habits, most Americans need the omega-3 oils.

Other foods you may crave if you are deficient and fatty acids are dairy products, especially butter and cheese, greasy meats like sausages, bacon and hamburgers, or mayonnaise. Sometimes craving dairy food indicates a hidden allergy.

Sugar and Chocolate

Another food people often crave is sugar. Very often these people are hypoglycemic or insulin insensitive. The blood sugar gets low, or the insulin gets high and their bodies know that a can of cola will pick up the blood sugar. If you consume sugar to raise your blood sugar, you'll just want more sugar later. Snacking regularly on protein will help to eliminate the cravings.

Snacking, however is a two-edged sword. Once you wean from the refined sugar habit, you should wean from the snacking habit. Eating between meals causes you to make insulin, which stores energy, and interferes with burning fat.

Chocolate cravings can be fat or sugar cravings. Chocolate bars contain fat as well as sugar, so they may be craved by a person who needs fatty acids. Also, a magnesium deficiency can make you crave chocolate. Women who

experience breast tenderness and mood swings during their periods are often magnesium deficient.

Nutritional Deficiencies and Overeating

Sometimes needing certain nutrients will create craving or the desire to overeat. People who need support for their adrenal glands will often crave salt. Those who need trace minerals will often bite their nails. Other nutritional deficiencies may cause a person to overeat. It's as if the body wants to keep eating until it finally gets what it needs. Eating plenty of organic fruits and green vegetables will help supply the body with enough vitamins and minerals to make this less of a problem. Eat slowly, it will improve the digestion and absorption of nutrients. Vitamin supplementation may also help.

Not digesting food well may cause you to overeat and crave all kinds of food. Eating food that you do not digest well is like having "the check in the mail". Even though the stomach is full, the body's needs are still not satisfied. You are still hungry. Digestive enzymes, hydrochloric acid or other supplements may be needed. Eat slowly; it improves digestion. Sometimes the foods that are hard to digest may be identified and avoided.

SECTION D: LIMITING CALORIC INTAKE THE RIGHT WAY

We've been talking about calories throughout the book. It is not necessary to restrict your caloric intake severely in order to lose weight, but it does help to be aware of calories and to avoid the unnecessary ones. In the last section you've seen how you can eliminate extra calories by avoiding fried food and refined sugar, although the worst thing about these foods is not the extra calories. The problem is that they make you crave more junk food. (Like the ad says, "Bet ya can't eat just one.") If you overeat or are a nervous eater, the information in this section will help you.

The calorie is a unit of energy. In chemistry a calorie is the amount of heat required to raise the temperature of one gram (milliliter) of water one degree centigrade. When the term is used in dieting, what is called a calorie is actually a kilocalorie. A kilocalorie is the amount of heat needed to raise the temperature of one liter of water one degree centigrade. One pound of fat has approximately 3,500 calories (kilocalories) of energy and is roughly the amount of energy it would take to bring nine gallons of water from ice to steam.

Fifty pounds of fat is enough energy for a 180-pound person to walk from Flagstaff, Arizona, to Gary, Indiana (although God knows why he would want to do that). If you're in a hurry to lose the 50 pounds, this will take you about 450 hours. That's not counting calories gained from resting and eating meals. Figuring that in, you'll probably end up in Minsk.

The first and most commonly used method of weight loss is calorie reduction. By now you know how futile that is. You don't fail to lose weight because you can't stay on a 1,200-calorie diet. You fail to lose weight because of all of the extra calories you consume when you are not dieting. Also, the attempt to severely reduce calories can ultimately cause you to gain weight.

You will lose weight if you eat only when you are hungry, if you exercise regularly and if you avoid eating empty calories.

Eating 2,400 calories per day is right around average (depending on your weight and sex). Think of those calories as money to spend on nutrients. Make sure that you get your money's worth.

If you spend 230 calories to have a chocolate bar, it's a lot like spending \$230 on a broken record player that only plays at 78 RPM. Having flank steak, a potato and green beans would be like buying a new CD player.

Some of us consume calories we don't really want or need by eating nervously, eating more than we really need to fill ourselves up at a meal, or by eating too fast. Dieting may not work, but watching how and what you eat does.

If you keep track of your caloric intake during your program, you may notice that you're automatically eating fewer calories than before, especially if you've increased your consumption of fresh fruits and vegetables. Fruits and vegetables are high-bulk, low-calorie foods that will fill you up and keep you from eating more fattening foods. If you ate 230 calories in the form of fresh spinach, you would have to eat almost two pounds. That would be the

equivalent of getting the whole stereo system, with the CD player and a pair of ear-splitting speakers for \$230.

The average American eats between 2,200 and 2,500 calories per day. You don't have to reduce that amount to 1,200 or 1,500 calories to lose weight. In fact, if you are eating too few calories, your metabolism may already be too slow and you'll just make your situation worse by further limiting food intake.

If you consume too many calories—in the 3,000 or 4,000 calorie per day range—some of the suggestions in this section will help you. If you overeat, and you feel that you have no control over your appetite, it is very important that you control the quality of what you eat by following what is in the previous section. If self-control is still too difficult for you at this point, it is possible that you have hidden allergies or digestive problems, but we will cover these topics later.

31 EAT SLOWLY. CHEW YOUR FOOD THOROUGHLY

Chew your food thoroughly until it is liquid. Put your fork down between mouthfuls. That will keep you from using your fork like a shovel and swallowing large chunks of food whole. Stop eating at several points during the meal, just for a minute or two.

Conversation at dinner is nice. Conversing causes you to eat slowly and to stop eating for brief periods of time. Of course if you're eating with

someone who won't let you get a word in edgewise, the conversation may not help you to slow down. I used to live with someone who talked so much during a meal that she not only couldn't eat much—I wasn't quite sure how she was able to breathe. I would inhale my meal and hurry to some more pleasant endeavor—like doing yard work or getting a root canal.

Eating slowly accomplishes a few things that will help you in your quest for a thin healthy body.

- You will digest your food better if you chew it well.
- Your saliva has amylase, which breaks down carbohydrates.
- You will increase your blood sugar at a slow, steady rate, which will allow you to feel full sooner.

Chewing is the first phase of digestion and doing a thorough job of it will make things easy for the pancreas and other digestive organs. It's easy for your enzymes to break down food that isn't swallowed in big chunks. If you're eating lots of fresh raw vegetables, your digestion will get some enzymatic assistance from them. If you tend to have gas and to bloat after meals, thoroughly chewing your food is very important.

People who skip meals become too hungry and, as a result, inhale their food. They then end up eating more than they would if they ate regularly during the day.

Another benefit of eating slowly is that plain foods taste better to you than they do when you inhale your food. A lot of the fat and calories we

consume comes from dressing up our food. Heavy salad dressings, cream sauces and butter add a lot of calories and fat to our meals. If you take your time while eating, the subtle flavor of plain, fresh vegetables is very enjoyable.

If you eat slowly, you will become full much sooner than you would if you inhale your food. If you eat too fast you will continue to eat after you're full because your body's mechanism to recognize that it is full doesn't work fast enough. This causes you to overeat.

32 LEARN TO LIKE PLAIN FOODS

If you automatically think of broccoli as good only if it is smothered in cheese sauce or if you only enjoy vegetables when they are overcooked and dripping with butter, eating slowly will help you to appreciate the taste of pure vegetables.

Lemon and other low-calorie seasonings will enhance the flavor of vegetables without smothering them. We consume a lot of unnecessary calories and fat in dressings and sauces. Brown gravy has about 164 calories in a quarter cup. Hollandaise has 180 calories in a quarter cup, with 18 grams of fat. Creamy French dressing has about 70 calories in a tablespoon. This is not to say that you should never have salad dressing or gravy, but you should cut down on the amount you now consume. Make it a habit to have dressings and sauces served to you on the side and remember to use them

sparingly. If you can do without them, so much the better—but don't force yourself.

Many of us don't appreciate the taste of plain vegetables. I see a lot of diet intake sheets in my office and very few people eat enough dark green vegetables. Many eat salads consisting mainly of iceberg lettuce. There's nothing really wrong with iceberg lettuce, but it doesn't have the food value of spinach or Romaine. In fact, it has very little food value at all.

Eating slowly will help you to enjoy the taste of many plain foods. There are subtle flavors that can only be enjoyed when food is eaten slowly. Choosing organically grown foods will also make you appreciate plain foods.

Our disdain for vegetables and our desire to smother their flavors isn't entirely our fault. A lot of it has to do with the quality of produce available to us.

We have a friend from Greece who finds that food in Greece taste better than the food in the United States. This attitude is perceived by her American friends as the "Everything is better in Greece" attitude. (I know a lot of people who agree with her, but they put it, "Everything is better in grease.") My friend used to say that the produce here tasted like wood and that food was better in Greece. We teased her about it and told her that she was just homesick. Then we went to Greece with her and her husband. She was right, the food did taste better. It was as if everything came fresh from your own garden.

A lot of the produce in the United States is fairly tasteless. Who hasn't bought a nice big red perfect-looking apple only to bite into it and have it taste like sawdust? I bought some large cantaloupes the other day. Inside they were the color of a manila folder, hard as wood, dry and tasteless.

Agriculture is big business in this country. We produce a lot of food. When the soil becomes depleted, chemical fertilizers are used. Adding nitrogen to the soil isn't really harmful to the food, but a lot of things a plant need to grow are not added; instead, chemical fertilizers are used. So you end up with big, pretty-looking, tasteless food, with fewer vitamins and minerals than its organically grown counterpart. It's no wonder we like our produce smothered in cheese, salad dressings and sauces.

You can shop around and find better produce. Go to farm stands or places that sell organic produce. If you have time, grow it yourself. (You'll even get a little extra exercise.)

With some effort you will enjoy plain vegetables much more. After a while you become good at selecting produce. You won't need to smother your vegetables in cheese or ranch dressing, and you will be consuming more healthy vitamins and minerals. You will also find that eating foods rich in vitamins and minerals will help you to control food cravings.

33 DON'T CLEAN YOUR PLATE

The ancient Celts (before Larry Bird) used to leave their last morsel of food or drink for the wood nymphs. So don't finish all of your food. You'll not only please the wood nymphs, but you'll also break the habit of eating when you're already full simply to avoid wasting food.

My parents were newlyweds during the Depression. My father was out of work for over a year. They got their start in life being very poor. As a result, in our house you simply did not throw food away. To this day, even if someone gives me an obscenely large portion, I'll finish it.

At home I have solved this problem with Tupperware. It's the greatest invention to hit the modern kitchen since the napkin ring. Tupperware enables me to store the food in the refrigerator until it becomes moldy so I don't feel guilty throwing it away.

Storing food in Tupperware does lead to a waiting contest between my wife and me. Our Tupperware is opaque, and after few days you forget what's in it. After a few more days, you're afraid to open it. It then sits in the back of the refrigerator until one of us gets brave enough to open it or we run out of clean Tupperware. Opening one of these containers can be quite an adventure. One time something jumped out of the container, killed our dog and escaped into an air vent. We don't know what it was, but we're waiting for Sigourney Weaver to come and kill it.

Cleaning your plate to avoid wasting food will frequently cause you to overeat. Since you're eating when you're hungry and not denying yourself food, you have to make the effort not to consume food when you're not hungry.

Forcing food down when you're already full is just another way to get extra calories. Purposely leaving a small amount of food will help you to break this habit. If waste is an issue, take smaller portions and use Tupperware.

34 DON'T CLEAN SOMEONE ELSE'S PLATE

This is repetitive, I know, but it's for a mom I know with small children. She's not obese by any stretch of the definition of the word. But like most of us, she'd be happier if she weighed a little less. She used to be extremely thin, like my wife. She gained her weight after she had children, not from the actual pregnancies, but from finishing the food that the kids don't eat.

35 DON'T EAT IF YOU'RE NOT HUNGRY

Seems pretty obvious, doesn't it? A lot of us are nervous eaters and consume food that we don't realize we're eating. If you keep a regular food diary, you'll notice how this adds up. Sampling food while cooking, eating in front of the TV, overeating at parties and on holidays and other such habits need to be broken.

Some people tend to eat a lot when they're under stress. Find some other way to deal with stress. (No, don't start smoking.) I tend to eat when I'm under stress and to unconsciously nibble when I'm not really hungry. When I write or study and I get excited about what I'm doing, I tend to want to eat. I solved this problem by buying toys. I'm now pretty good with a yo-yo (probably makes me a yo-yo dieter) and I've learned how to juggle and make animal balloons. In my office I have a dart board on the wall in the back and miniature basketball hoop over the wastebasket.

Granted doing rock the cradle with a yo-yo and throwing darts are not for everyone, but the idea is to find a substitute for nervous eating. Gum works for some people.

This is an area where visualizing will help. Just picture your ideal self finding other things to do besides eating. If you catch yourself absentmindedly eating, take a minute to remind yourself what you're working for. If you absolutely cannot stop nibbling, limit yourself to carrot and celery sticks or raw nuts.

36 BEWARE OF TRIGGERS

I'm not blaming Roy Rogers' late horse for your spare tire. A trigger is something that makes you eat inappropriately. A bad day at work, a football game, a fight with your spouse or a trip to the movies can all be triggers. For some people waking up is a trigger. My favorite trigger use to be the TV set.

I'd have my wife bring me the phone. (Once I'd settled into the little canyon I created at my end of the couch, it was a major effort to get up and get it myself). Then I'd call for pizza. Deep-dish, Chicago-style pizza with enough cheese to spackle your arteries shut and a variety of greasy meats to give it an interesting consistency, a veritable cholesterol orgy. We'd eat until we were stuffed and leave the leftover pizza on the coffee table. In a half hour we'd eat some more.

Your daily diet diary will help you to identify inappropriate eating. Use the information to help yourself to change your habits. You need to control unnecessary eating and foods that will undermine your weight loss.

Work is a dietary trigger for my wife. She is a physical therapist. Eating sweets is a profession-wide habit. It's funny, respiratory therapists smoke and physical therapists love sugar. Physical therapists will use any excuse to stock the department with cakes, candy, cookies or other sweets. (It's Guy Fawkes Day! Did anyone bring cookies?") If it weren't for her turbo-charged metabolism, my wife would have to buy her dresses at Illinois Tent and Awning. We'd have to stay in different parts of the house in the interest of the house's structural stability. It's nothing to consume an extra 400 calories in a situation like that. You need to avoid eating when you are not hungry.

Wrigley Field is a trigger for many people here in Chicago. No sooner do you wedge your rear end into a bleacher seat than your subconscious mind

whispers to you (several times), “Hot dog and beer.” A hot dog and a beer have around 350 calories, none of which your body can put to good use.

There are a lot of triggers. Perhaps on dateless Saturday nights you rent old movies and eat chips (150 calories in an ounce of potato chips) and drink soda pop (140 calories in 12 ounces, with 39 grams of sugar). Maybe you eat junk food in the car on a long trip. Watching a football game on TV can trigger you to eat pizza, corn doodles, pork rinds and other unnecessary calories. (We should rename it foodball).

Stress is also a trigger. Many of us eat when we are worried or emotionally upset. Try to take solace in something other than food.

You need to recognize this behavior and change it. When you do your visualizing, picture your ideal self overcoming this behavior. Use the swish pattern you learned earlier in the book.

Keep visualizing and keep trying to change. Even a reduction in emotional eating will help.

37 EAT ONLY AT THE TABLE

Don't wander around the house eating a bologna sandwich or snack in front of the television. If you eat anything, eat it at your kitchen table. This will cut down on nervous eating and will make you think before you eat. Snacking in front of the television isn't usually done out of hunger; it's done out of habit or from nervous eating.

38 WAIT A FEW MINUTES BEFORE TAKING SECONDS

It takes a while for your body to realize that it is full. When you finish a meal and you are still hungry, wait 10 or 15 minutes before getting more food. After waiting, you may discover that you are not hungry. This is just another way for you to eat less without feeling deprived.

39 EAT VEGETARIAN ONE DAY EACH WEEK

It's a good way to limit your consumption of heavy foods that are hard to digest. It gives your digestive system a break and helps you to clean out. Also vegetarian meals are usually low in calories. (They will be for you since you have already given up white refined flour and refined sugar). In general, it is better for you to eat low on the food chain. I agree with Jefferson (Thomas, not George) when he said that meat should be used as a condiment. Of course don't use this as a signal to eat a lot of carbohydrates—eat more greens. Since a lot of the poison we dump in the environment ends up in animal fat, this is not a bad idea. On a cleaner planet, meat and dairy products would not be nearly as bad as they are here.

40 LEAVE THE TABLE AS SOON AS YOU ARE FINISHED

This may not be necessary for you, unless you are one of those people who can pick apart an entire turkey carcass and eat it during an after-dinner conversation. My sister is like that. If we don't get her away from the table, there won't be any leftovers for the next day. She can make an entire pie disappear, one small sliver at a time. (Apparently there are fewer calories if you take small pieces.)

This is another example of nervous eating. If it is one of your habits, just get away from the table. Start to take walks after dinner. That will be easier than trying to control your eating while sitting in front of a table full of food. The walk will also increase your muscles' demand for calories, and ultimately help anyone who is insulin insensitive (as many who are overweight are) utilize the calories of the meal with less insulin than they would produce if they did not go for the walk.

41 DON'T SAMPLE FOODS WHILE COOKING

This was always a problem for me. I love to cook and I'd always fix myself little snacks while I was cooking. My wife would come home and I'd already had the equivalent of two dinners and three desserts. But I never let that stop me from having more food. She hates to eat alone and I really didn't mind overeating—a man's got to do what a man's got to do.

I tried drinking a little wine, just so I wouldn't eat so much. After we put out the fire, we decided that wasn't such a good idea. I finally started

chewing on carrot and celery sticks while cooking. It wasn't as much fun as the wine, but it was safer.

Eating while cooking is just another way to get extra calories. If you really have to have something while cooking, cut up some carrot and celery sticks. The calories are minimal and it will keep your mouth busy.

42 DON'T DO ANYTHING ELSE WHILE EATING

When you eat, you should take time to chew, taste and enjoy your food. Don't read, work or watch TV. It will make you eat too quickly and absentmindedly, and you will consume more than you had intended.

A little snappy dinner conversation is all right, even encouraged. Talking will make you pause between bites and slow down. You may find that you are not only losing weight, but the members of your family are actually talking to each other. If you really want to cut down on your eating, invite someone over who you can't stand to listen to. It will make you want to get up from the table quickly.

43 CONTROL YOURSELF IN SITUATIONS WHERE YOU ARE LIKELY TO OVEREAT

There is a tendency to exercise absolutely no self control in parties and other social situations where you've given yourself permission to break your dietary discipline. ("Heck, it's Guy Fawkes Day, and the girls in the department are having a party—I'll go back on my program tomorrow." Even though you may not follow your program as strictly on as important an occasion as Guy Fawkes Day, try to exercise at least a little self control.

Exercise some control at parties and other events where you allow yourself to go off your program. Let's use the birthday as an example. Have a small piece of cake. Have some ice cream, if you want it. Just don't over do it. Your unconscious mind may be screaming to you, "Yeah, baby! Party time! Cake and ice cream! I'll start tomorrow!" Try to have a little control. It's one thing to allow yourself a food you do not normally eat. It's another to give yourself carte blanche. (You don't want to wake up in the gutter next to Ray Milland, if you can avoid it.)

This was a hard thing for me to do at first. Once I'd given myself permission to eat incorrectly, I'd eat anything and everything. The poor host and hostess would have to make "food runs" during the party. The hostess would be shaking her head and mumbling to herself, "I could have sworn I fixed plenty of food." The host would be counting heads to make sure ten hungry stevedores hadn't crashed his party.

Don't save your appetite for a party. This is a tradition in my family. On Thanksgiving morning my mother will say, "Why do you want breakfast? We're eating a big meal at three." Skipping breakfast is a great way to ensure that you'll eat fast and you'll eat too much at dinner. Your physiology doesn't change because it's a holiday.

My weakness is pizza. When we order, I can just about finish a large one by myself. I still indulge myself with pizza once in a while, but I take a few steps to control my eating. I have a salad first and I eat very slowly, chewing it thoroughly. As a result, I eat about half as much as I used to, and I don't feel as if I'm sacrificing anything. Another way to save calories is to eat a vegetarian pizza. The worst things for you on a pizza are the greasy, processed meats. Also, the refined, white crust isn't very good for you, so a thin crust pizza would be preferable to a deep-dish or a New York style crust.

Although when I first moved to Chicago from Detroit, ordering the pizza was a strange experience. The guy making the pizza placed the dough into a contraption that flattened the dough until it was one or two Angstroms thick. Some fast-talking salesman must have sold every pizzeria in the Chicago area one of these dough flattening contraptions. The thin crust pizza was like eating a pizza flavored soda cracker. It was cut into weird trapezoid-like shapes. I was used to pizza with a crust, cut into the shape of a piece of pie. Deep-dish was also new to me. When he had his first deep-dish pizza, my brother described it as pretty good pizza-like food. As it turns out, our weird

trapezoid-like, Angstrom-thick pieces of thin crust pizza are a bit lower in refined carbohydrates than the traditional pizzas that I was used to.

My wife and I spent two weeks in Florida with her parents one Christmas. Her mother makes cookies that would make Mrs. Fields hang her head in shame. We were ready for a vacation of heavy eating and wonderful desserts. I lost three pounds over the holidays. Although the opportunity presented itself, I did not eat uncontrollably. I regulated my appetite by eating fruit and vegetables. After dinner I'd promise myself a cookie only after eating a pear or an apple. After eating the fruit, the cookie was just not as appealing (although a few times eating fruit didn't stop me from having a cookie—they are really good). Since we were on vacation, I had plenty of time to go to the gym. I doubled the amount of time I spent working out and spent a lot of time golfing and swimming. Even though I consumed more food and ate more incorrectly than usual, I did manage to lose some weight.

So don't abandon all self-control when the opportunity presents itself. You can enjoy foods that you love on special occasions and still maintain your weight loss. I know it sounds like a broken record, but visualization will help you by giving you enough self-control so that every holiday is not a gustatory disaster.

SECTION E: HEALTH CONSIDERATIONS

The majority of people will lose weight following the advice in this book. There will be a few people who will still have problems with either being able to follow the program or not getting the results they should have. Some will just not be able to control overeating. They will benefit from this section. Also contained here is information that will help you to feel better while losing weight even if you're not having any problems with your program.

44 BE AWARE IF YOU HAVE DIGESTIVE PROBLEMS

If you're a person who has cracked the windows in the car by belching or your family refuses to ride in the car after a meal or people say things to you like, "It's not the smell, it's the burning of my eyes," or you bought a dog just so you have someone to blame, this section is for you. Excess gas results from incomplete digestion or an imbalance in your bowel flora.

Listen To Your Body

If you have problems with digestion, they need to be addressed. Sometimes the solution is simply changing how and what you eat. Digestive problems can contribute to food allergies, they can cause you to hold a lot of water weight and they can cause you to perpetually overeat. If digestive

problems persist, they can completely undermine your efforts. If they're bad enough, you may be constantly fatigued or have other health problems.

Do you frequently have the following symptoms?

- Gas shortly after eating
- Gas one to four hours after eating
- Loss of desire for meat (not being a vegetarian for moral or other reasons. Meat just doesn't appeal to you.)
- Fatigue after meals
- Indigestion
- Constipation or diarrhea
- Bloating after meals
- Have epigastric burning or gastric reflux
- Do not care to eat breakfast

If you do, it is vital that you eat plenty of fresh vegetables, stop eating sugar and enriched white flour, exercise, eat slowly, eat slowly, eat slowly, eat slowly, eat slowly, eat slowly, eat slowly, chew your food thoroughly, chew your food thoroughly, chew your food thoroughly, and chew your food thoroughly. Make sure that you drink plenty of water. For most people, the problems with digestion will improve with doing these things.

A Few Words About Dietary Solutions for Digestive Problems

One popular solution to digestive problems and the weight problems they cause is food combining (or, more correctly, noncombining). Dr. Herbert Shelton wrote about this style of eating in the 1930s. It was made popular again by Judy Mazel and Susan Shultz in *The Beverly Hills Diet*, and by John and Marilyn Diamond in *Fit for Life*.

On this plan you eat fruit in the morning, grains and vegetables in the afternoon and protein with vegetables in the evening. You never eat fruit with anything else and you never eat protein with starch. The argument is that your digestive system is so maladaptive that it doesn't handle different combinations of foods very well. There are different kinds of enzyme that work at different pHs to digest protein and starch.

You may have heard about the "alkaline ash" diet. This is a diet that recommends that you eat mostly alkaline foods (between 60% and 80% depending on your health). Proponents of the alkaline ash diet say that combining fruit with other foods, and combining proteins and grains is very acid producing. Alkaline ash foods are fruits, vegetables, nuts and seeds. Acid ash foods are meats, grains and legumes.

Although all kinds of people in natural health care have weighed in on the value of the alkaline ash diet, some very smart and forward thinking people also think it is a good way to eat. I recommended more alkaline eating to a patient. He went on the internet and read every article his little search engine could find and was convinced that I had joined a cult. If you read

about the alkaline ash diet, just be warned that you will be entering the realm of the food Nazis and people who seem to have no end of arbitrary and inflexible rules about eating.

That doesn't make the basic idea of eating more alkaline foods a bad one. In fact, people who follow this way of eating seem to enjoy very good health. Eating between 60% and 80% fruits and vegetables is a very good thing to do. Also, not eating protein and starch together does seem to benefit people with digestive problems.

Another idea that is linked to alkaline ash eating is that eating live, raw foods is very good for you. Live, raw foods contain enzymes and are therefore easier to digest. We cook everything and therefore make our digestive systems work too hard.

Another dietary approach that has gained popularity (especially for people with digestive problems) lately is the blood type diet, popularized in *Eat Right for Your Type* by Peter D'Adamo. The idea is based on the fact that your blood type is expressed in every cell that you own. In fact, everything in nature has a "type" analogous to our blood types. Just as the wrong blood type given in a transfusion will coagulate your blood, eating the wrong food will coagulate your cells. There may be something to this, but D'Adamo's book does not confine itself to recommending foods that do not coagulate your cells; it is a hodgepodge of advice based on alkaline/acid diets, old Naturopathic philosophy and advice about blood type.

In places, the advice is contradictory. Even with the problems, the ideas presented in the book may explain why certain foods give certain people gas and some foods are best avoided by people of certain blood types. Some of the advice is pretty good. For example, people who are blood type “O” seem to do better if they avoid gluten (a protein found in wheat and many grains). But overall it is a complex and unwieldy system.

Try not to get carried away with any single dietary guru. Many have created complicated eating programs that are sometimes difficult to follow. Also, you may have noticed that a lot of these experts don’t agree with each other. What makes a good diet is an individual thing. Identifying specific foods that you should avoid should not be based on a book that addresses everyone. If you suspect that a specific food is giving you a problem, avoid it for two weeks—see if you feel better. After two weeks, eat it several times during the day—see if it makes you feel worse.

If you do not digest well, increasing produce consumption, eating more raw foods, eating slowly and eating nutrient-rich foods will help you. Not eating fruit with other kinds of foods may help your digestion. Avoiding combining grain with protein often does help you to digest better, but many people find this to be a difficult discipline to incorporate into their diets.

You need thiamine and zinc to produce stomach hydrochloric acid. Eating a highly refined diet will deny you these nutrients. As your diet improves, so should your digestion as you provide the nutrients necessary to produce hydrochloric acid and pancreatic enzymes.

Also, eating a lot of refined food can cause yeast to grow in your intestines. Yeast can cause health problems. Your colon is an ecosystem. You have between four and eight pounds of bacteria in your colon. These bacteria help maintain the GI lining, produce vitamins, destroy toxins and keep pathologic bacteria in check. If your diet has been bad for a long time, you have undergone drug therapy (especially antibiotics), or have excessive stress, the ecosystem can become disrupted.

Yeast and undesirable bacteria begin to grow. These pathologic microorganisms irritate the GI lining, destroy nutrients, and produce toxins. Sometimes they even undo the work the liver has done in removing toxins from the body. For instance, estrogen is conjugated by the liver and removed through the GI tract. Pathologic microorganisms will re-release the estrogen into the body creating menstrual problems. A lot of times when a woman is told she has a hormonal imbalance; it started in her GI tract.

In fact, yeast overgrowth can cause many symptoms. Not all of them are GI symptoms. One of the reasons the Atkins diet seems to work so well is that it denies food (carbohydrates) to the yeast in the GI system.

Protein

In your dietary diary see how much protein you are eating. You don't need very much, but most Americans don't feel like they've had a valid meal unless there is some sort of animal protein in it. According to the National

Research Council, a 200-pound person needs between three and four ounces of protein per day. Four ounces of chuck steak has about 25 grams of protein, four ounces of white chicken meat has about 34 grams, one ounce of peanuts has about seven grams, and one cup of yogurt has about 12 grams of protein. Take your weight in pounds, divide it in half and that's about how much protein you need (in grams) per day.

$$\frac{\text{Weight (lbs.)}}{2} = \text{Protein (g.) per day}$$

You do not have to get all of your protein from animal sources. In fact, it may be healthier to get some of your protein from vegetable sources. Getting protein from vegetable sources is perhaps easier on your digestion. One of the arguments against vegetarianism is that vegetables do not contain “complete” proteins. This means that the vegetables do not have all of the essential amino acids.

Proteins are made up of amino acids which are small molecules. If a protein is a freight train, then an amino acid is one of the cars. There are 21 amino acids, eight of which are essential to your diet. An essential amino acid is one which the body cannot produce by itself. It must be provided by the diet. A “complete” protein has all eight of the essential amino acids.

Animal proteins have all of the essential amino acids. Vegetable sources of protein usually do not. You can get all of your essential amino

acids without eating meat, but you have to work a little to get them. Green leafy vegetables are good for you, but they are not a good source of protein. (This may be why so many “salad-bar” vegetarians seem so sickly.) If you eat vegetables for protein, you should get plenty of whole grains (like brown rice and whole wheat) and legumes (like nuts, peas and beans). One cup of peas has 8.1 grams of protein and one cup of brown rice has 4.8 grams of protein.

What Your Body Needs to Digest Foods Properly

If you are chewing your food to liquid, not eating refined foods and getting plenty of fresh fruits and vegetables and your digestive problems persist, it is possible that you need to supplement with Betaine Hydrochloride (a supplement to increase stomach hydrochloric acid) or digestive enzymes.

Perhaps you've taken antibiotics several times in your life. Fighting an infection with antibiotics is a lot like hunting rabbits with high explosives. If you see the rabbit in a field and blow it up, you've also killed several squirrels, some birds and your cousin Alfred who was a bit too close to the little fellow. Antibiotics kill the bacteria involved with the infection, but they also kill bacteria that belong in your body, most notably the bacteria in your large intestine.

This is not to say that you should never use antibiotics. Under the right circumstances, they could save your life. They are valuable drugs and

have saved many people from life-threatening infections. They have, however, been overused in the past and have sometimes been used irresponsibly for things like chronic acne and viral infections. (An antibiotic is useless against a virus, so don't bother your doctor for an antibiotic for your cold.) Overuse of antibiotics has created antibiotic-resistant strains of bacteria.

Antibiotic therapy may cause yeast to proliferate in the intestines. This can lead to chronic yeast and bladder infections and possibly allergies. Many people who have chronic health problems have intestinal yeast overgrowth. Eating a large, chopped salad twice each day and taking probiotics (normal intestinal bacteria like acidophilus and bifidus bacteria) will help to balance the intestinal ecosystem. There are various herbs that will kill yeast. If you suspect that this is an issue for you it is probably best to get help from a nutritionist or a chiropractor who utilizes nutrition in his or her practice. Also, if you make the dietary changes suggested here and still have digestive problems, get professional help. If you think that you need betaine hydrochloride or digestive enzymes, it is best to get help from someone trained in nutrition.

Often gall bladder problems may make it difficult for you to digest fat. These are potentially serious and can give you severe pain under the bottom of the right side of the rib cage or in the right shoulder. Sometimes you will see a lot of "mucous" in your stool, which is undigested fat. Often greasy foods cause indigestion or pain. Sometimes the stool is clay-colored. Many times a

person is being treated for gastric reflux and actually has a gall bladder problem. Pay careful attention to this because a gall bladder problem can lead to surgery and is potentially a medical emergency. If you suspect that your gall bladder is a problem you should consult your physician.

It really isn't a good idea to diagnose and treat digestive problems on your own. Get help from a health care professional.

45 BE AWARE OF THE POSSIBILITY OF FOOD ALLERGIES

Chemicals in the Environment

Our bodies have been continually assaulted by chemicals. There's air pollution from internal combustion engines, production of electricity and factories. The pollution is washed into the ground by rain, then incorporated into the vegetables we eat. We dump pesticides on our crops. We inject the animals we eat with antibiotics and hormones. We put preservatives and colorings into our food.

The government determines "safe" levels of various pollutants and additives. Unfortunately no one has studied the cumulative effect all these chemicals are having on us. We still have the bodies of poor dumb cave eople and are not prepared for this chemical onslaught.

The result of ingesting these "safe" levels of chemicals is an increase in cancer. Also have you noticed how many "new" diseases there are like

fibromyalgia and chronic fatigue syndrome, or the increase in problems like depression and ADD? Chemicals can adversely affect the endocrine system, the digestive system, the nervous system and every other system in the body. Another thing that has emerged with the poisoning of the planet and food supply is an increase in allergies. If you spend a lot of time not feeling well, allergies are a definite possibility.

Hidden “Allergies”

The most common response I get when I suggest to a patient that he or she may be sensitive to a certain food is, “Oh, I couldn’t be allergic to that. I eat it all of the time.” The image most people have of an allergic response is that of someone going into a sneezing fit or breaking out in hives when unknowingly eating something with an allergen in it. Many think an allergic response is sudden, severe and obvious. But you can be sensitive to things that you eat every day.

Dr. Herbert Rinkel characterized three kinds of allergic reactions. The type of reaction we’ve been discussing is called a “fixed” reaction. It is the same every time you eat a food, even if it is only a small amount.

Another type of reaction is called a “cyclic” allergy. It is the type of allergy that doesn’t bother a person unless he or she consumes a lot of the allergen or has it often. If you are allergic to dairy and you don’t feel bad if you have a dairy product once or twice a week, that may not be enough to cause you to react. If you have it at three meals for a couple of days in a row,

then you may have some problems. If a food bothers you when you eat it, but not all of the time, it's a cyclic allergy.

The third type of reaction is called an "addictive" allergy. It is the kind of allergy where the person has to have that particular food every day. He or she may have withdrawal symptoms if a meal with that food is missed. Dr. Rinkel's choice of the word "allergy" may not be entirely correct, but it is possible to adversely react to foods that you regularly eat.

Addictive "Allergies"

Theron Randolph was a pioneer in ecological medicine. He helped develop the concept of the addictive "allergy". Spotting an addictive allergy can be tricky. If the food in question is corn, for instance, you can be eating corn and not realizing it. Most candy bars, ice cream, soda pop and other sweetened products contain corn sweetener. Corn starch is a common food additive is frequently found in sauces made in restaurants.

Often a person with an addictive allergy will overeat chronically or be obese. It is one of the things that can keep you from losing weight even after you've made lifestyle changes that should be effective. Or, you will lose weight, but not as quickly as you would if the allergen was identified and eliminated from the diet. If you are a compulsive eater, or you absolutely have to have chocolate, a can of soda, potato chips or some such food every

day, you may have an addictive allergy to one or more foods. Suspect this when someone is a “junk food junkie”. It’s like being an alcoholic.

Theron Randolph called alcoholism “the ultimate food allergy.” Read his book, *An Alternative Approach to Allergies*.

Many people severely react to additives and pesticides. Often they find that they can eat organically grown versions of foods that otherwise might bother them. Chemical sensitivities are a common problem. Many times people will think all fruit bothers them, when in reality it is the pesticide sprayed on the fruit.

Allergies and sensitivities can be responsible for a wide variety of symptoms such as:

- skin problems
- headaches
- fatigue
- blurred vision
- arthritis
- digestive problems
- asthma
- muscle weakness
- mental disorders and mood swings
- depression and even schizophrenia

In fact there are few symptoms that can't be caused by allergies and sensitivities. Two symptoms that are common are obesity and the tendency to overeat. There is even some evidence to suggest that gallstones may be connected to hidden food allergies.

Frequently a patient suffering with hidden food sensitivities may be written of by his or her doctors as a hypochondriac. Sometimes these patients will have a lot of bizarre and seemingly unrelated symptoms. They may have headaches, nausea, arthritic pains, insomnia, skin problems or even mental disorders. Tests are performed, but often a disease process is not identified. Often doctors indulge themselves in the ultimate medical conceit, "If I can't find it, it must be in your head."

One way to tell if you've ingested a food to which you are sensitive is if your pulse speeds up. Some people are so allergic to certain foods, it feels as if their heart is pounding in their neck or head after a meal.

The Coca pulse test was devised by Dr. Arthur Coca. It is as good a way as any to find hidden food sensitivities. You have to take your pulse for a full minute. Don't take it for 30 seconds and multiply by two—do the full minute. We are looking for a subtle difference and if you don't take the pulse long enough your findings simply will not be accurate.

After you take your base pulse, place a food in your mouth and keep it there for a full minute. Then take your pulse again, for a full minute. If the pulse is higher with the food by four beats per minute higher than it was without the food, there is a good chance that you are sensitive to that food.

Dr. Coca says that the higher the pulse goes up, the greater the food sensitivity.

Of course pulse testing is controversial. For that matter, so is the concept of hidden food allergies. Is it scientifically proven beyond any reasonable doubt? No. Does the health of some people improve when they stop eating certain foods? Yes. The pulse test is cheap and easy to perform. Also, avoiding a particular food for a short period of time is harmless.

The proof will be in the avoidance. If you feel much better when you stay away from a particular food, it may be because at some level, that food is not good for you. After two or three weeks you can reintroduce the food, have it at all three meals. If your symptoms return, that is a pretty good indication that the food didn't agree with you.

Not all food sensitivities last forever. Sometimes after avoiding a food for a short period of time a person can eat it again. Also, as your nutrition and general health improves, you are less likely to react to innocuous substances.

Very often the sensitivities are transient. They may simply arise from eating a particular food repeatedly and trying to handle it with an impaired digestive and immune system. In fact it is often favorite foods that are the offenders. Wheat leads the list in this country. Harry Eidenier is a chemist and a good friend. He jokingly told of a way to approach food allergies. He said to have the patient write down all of the foods they like and put it in

column “A”. Then have them write down all of the foods they don’t like a put them in column “B”. Then tell them they can only eat foods in column “B”.

A favorite joke among people treating allergies is a cartoon of Popeye sitting on an exam table in a Doctor’s office. The doctor is holding a clipboard and reads from it, “You’re allergic to spinach.” It often is the food we love that gives us the most trouble.

46 GET HELP IF YOU NEED IT

Following what is written in this book will work for most people. You just need to make the effort. Contained here are several ways to lose weight without being hungry, ways that will make most people have a great deal of energy and get healthy while enjoying the process. Even a lot of people suffering from digestive problems and allergies will improve by cleaning up their diets and by exercising.

Everyone who reads this is different. I don’t know your situation, physical condition or the kinds of health problems you may have. You may try very hard to apply what is written here and not do well. You may need help with a health problem that hasn’t been mentioned. You may need a support group. You may need help with motivation. If you are not successful on your own, by all means, get help.

Perhaps you have trouble motivating yourself to exercise. You may do better if you go to a structured exercise class or even get a personal trainer.

You may have a physical problem that needs attention. Whatever your problem, if you're not succeeding on your own, please get help.

Some people have problems with self-image. Sometimes there is a history of abuse early in life. Some people won't be able to succeed without some sort of counseling or support group.

The Hindus have a saying, "When the student is ready, the teacher will appear." I believe that if you earnestly ask for something in your heart, an answer will appear to you. Call it prayer; call it Karma; call it Fred—who cares what it's called. When you earnestly begin to seek answers to your health and weight issues, you will find them; maybe in ways that aren't even in this book.

Some individuals are so obese that their condition is life-threatening. A medically supervised program may be in order. Try to find a doctor or a program that will emphasize exercise and education about food, and has counseling or some sort of support group. It should be a holistic program. Your doctor should pay attention to thyroid function and other health problems, not just take the attitude, "Drink this slop and call me in the morning."

No matter what kind of shape you are in, you should get a thorough physical examination before starting your program. There is a possibility that your weight problem is caused by hypothyroidism or some other health problem. You can also discuss with your doctor the type of exercise program you are planning.

47 EXPECT TO FEEL GOOD

One of the worst things about getting fat is feeling tired and miserable. Exercising and eating right will make most people feel great, even if they are still overweight. Expect to feel good. That should be your real goal.

If you've been eating a lot of sweets and refined carbohydrates for a long time, you may need to supplement yourself with B vitamins and other nutrients. If you are really out of shape, you may have a lot of aches and pains that will keep you from wanting to exercise. I recommend a good chiropractor. (I know it sounds prejudiced, but it's my book and I can say what I want.) Actually many people are very pleasantly surprised how much better they feel when they begin seeing a chiropractor. Many chiropractors have a good background in nutrition and incorporate nutritional advice in their practices. Your chiropractor could be a good source of nutritional information.

We've discussed exercising from the standpoint of getting your heart rate up and burning calories. We've also discussed weight training as a way to increase your muscle mass—increasing your metabolism. Strength training will increase your lean body mass, which will cause you to burn more calories in your day-to-day life. Flexibility should be another goal of exercise. Yoga can help you with flexibility.

Deep breathing will increase your energy by increasing tissue oxygenation and the removal of cellular waste by the lymphatic system. Try taking a slow deep breath and holding it for about 30 seconds, then let it out very slowly (exhale for about twice as long as you inhale). Doing ten breaths like this will increase your energy almost immediately. If you are the kind of person who can look at food and gain weight, you may have a very slow metabolism. You may be very tired and have trouble following through. The breathing exercises will help you. Exercising in a cool room will help you increase your metabolism, as will taking a cold shower or finishing a shower with cold water. Taking a sauna followed by a cold shower will also help stimulate your sympathetic nervous system. Certain supplements will aid in stimulating your sympathetic nervous system, such as carnitine (an amino acid), B vitamins and essential fatty acids. If your metabolism is slow, you may need the help of a good chiropractor (chiropractic is all about the nervous system—not about bones) to help balance your sympathetic nervous system.

If you have been eating a lot of junk food and you give it up, there is a possibility that you won't feel well at first. Be patient and don't give up. You should feel better after a few days.

48 DRINK WATER

WC Fields' admonition against water notwithstanding, getting adequate water is important for weight loss. I know that recently there was a study published that said we were being told to drink too much water. Actually we drink too many diuretics like drinks with caffeine, sugar and artificial sweeteners. We need water and not these other drinks. Now that you are exercising and breaking down fat, drinking between six and eight 8-ounce glasses of water each day is not unreasonable for an adult.

Water enables you to eliminate waste. Many people think we urinate to get rid of water. That isn't the case. We lose more water from respiration. Your body spends water, which is precious to it, in order to get rid of small amounts of solid waste.

If your program is successful, you will begin breaking down fat. When fat breaks down, it creates waste products like ketone bodies. These are eliminated by the kidneys, which need water to remove them. If you don't get enough water when you're losing weight, these waste products are not properly removed. You will feel tired and maybe a little headachy.

One common complaint I get from patients when they're told to drink this much water is, "If I drank that much water, I'd live in the bathroom." This is often a sigh that you need water. It may mean that your body is holding on to its waste until you provide it with enough water to get rid of some. You drink a little water and your body says, "Goody, I can get rid of some of this junk." And you have to go to the bathroom. Once again—stop drinking the diuretics like coffee, tea, colas and so on.

As you drink more water and your body becomes more hydrated, you will go to the bathroom less. This happens because you hold on to less of your body's wastes when you are well hydrated. Very often sinus problems improve in people who begin drinking water. Constipation is commonly present in people who do not drink enough water. Tea, milk, coffee, juice and other liquids do not count. You can have some—but make sure you get enough water.

What Kind Of Water Is Best?

There is a lot of controversy about which kind of water is best to drink. Long ago, well and spring water were clean. They were rich in iron, calcium and other minerals. Today much of the water is polluted with pesticides and industrial waste. Every so often you hear of an inordinate number of people in the same area dying of cancer. Often hidden pollutants are to blame. There are labs that will test your water and there are kits you can purchase for various pollutants at home. National Testing Lab, Inc. in Cleveland, Ohio, will test your water for heavy metals, pesticides and other contaminants for a modest fee. Their phone number is 1-800-458-3330.

If you have a well, it is probably a good idea to filter the water from it. There are activated carbon and reverse osmosis filters available. This is an oversimplification, but activated carbon is good for removing organic materials such as chemicals and pesticides. Reverse osmosis filters are good

for removing metals such as lead and mercury. There are also filters that combine reverse osmosis and activated carbon. Make sure you change the filtering element when you're supposed to. Otherwise you may be adding pollutants to your drinking water.

Some people buy bottled distilled water. Proponents of distilled water claim that it is relatively pollution free. Critics say that it has no minerals and is not natural. If you place a cell into distilled water, it will explode. Another problem is that volatile pollutants (with a lower boiling point than water) can get distilled right in with the water.

City tap water has a lot of chlorine and fluorine in it. You cannot be completely sure that all of the contaminants have been removed. You should at least filter it.

There is bottled spring water for sale. Some of it is good, some of it is not. There are no controls over the quality of bottled water that would guarantee that it is any better than your tap water. You could start your own bottled water company with your tap and some jugs.

SECTION F: MISCELLANEOUS

Here are some extra hints to help you achieve your goal, and to keep this book from being called *48 Ways to Lose Your Blubber*.

49 AVOID COMMON MISTAKES

You will be able to see these on the “David Letterman Show” under the heading “Stupid Dieter Tricks”.

1. *Going on a half diet:* Trying to watch your weight during the day by under eating, but doing it without any real plan. Skipping breakfast, having a salad for lunch, etc. You’re pretty proud of yourself and hardly notice that you had a can of Pepsi or a few chocolate chip cookies during the late afternoon. You will tend to eat more later, especially snacking after dinner. Snacking after dinner is the very worst thing that you can do if you are trying to lose weight. All you will accomplish by doing this is to begin a yo-yo dieting pattern and slow down your metabolism.
2. *Starting the day with donuts and coffee.* You’re just starting your program and you’ve decided that you don’t want to give up sweets just yet. Starting the day with sugar will screw up your eating pattern for the rest of the day. This also goes for eating something starchy, like a bagel; eat protein (like a beagle?) for breakfast. Protein in the morning will help you to control sugar cravings throughout the day. Eating nothing but sugar in the morning will make it very difficult to give up sugar because a few hours after this sugary breakfast your blood sugar will drop and you will crave sugar again. Make sure that you eat a good,

sugar-free breakfast with protein. If you don't want to give up sweets yet, it is better to have them in the form of a dessert after a meal. Don't have sugar on an empty stomach. If you do not like to eat breakfast, it may be due to the fact that you snack at night or you are having problems digesting last night's dinner. Try to gradually change your habits to stop eating late at night and slowly increase the amount you eat in the morning.

3. *Taking over-the-counter appetite suppressants:* Have you learned nothing?
4. *Having protein drinks for a meal:* If you are doing this to reduce calories—don't. I just went to the grocery store to see what the label on a popular brand says. Other than the fact that I'll need to finish my masters in chemistry to understand it, the stuff has both aspartame and sugar in it. Calling it a food is really a stretching the definition. Eat food. There is really nothing wrong with that. Enjoy eating; don't go hungry. Just be selective about what you eat.
5. *Exercising a body part that hurts:* Don't think that the pain will just go away. You may be courting a serious injury that will keep you from exercising. Change your exercise. If your knees hurt, start rowing instead of bicycling. If your shoulder hurts, bicycle instead of row. If the problem persists, see a physician.

6. *Eating a boring diet:* Just because you've given up eating many of your favorite junk foods doesn't mean you have to burn out on carrot and celery sticks. Healthy food can be enjoyable. Vary your foods. Approach this with a sense of discovery. Take time to find a variety of healthy foods that you like. Many ethnic cuisines, such as Middle Eastern and Asian are healthy and enjoyable.
7. *Using aspartame:* I know I've mentioned aspartame before, but this stuff is bad enough that it is worth mentioning again. From a dieter's standpoint, aspartame may be of no help to you in losing weight. It has fewer calories, but some physicians believe that it interferes with your body's mechanism for feeling full after a meal. It may actually contribute to overeating. You may not be worried about the increased chance of getting a brain tumor, but the possibility of actually gaining weight may make you stay away from it.
8. *Drinking too much alcohol:* You wake up in the morning feeling like General Schwarzkopf and the boys are holding desert maneuvers on your tongue. You hear an ear-shattering noise that makes your head explode in pain. It's your spouse opening the mail. Someone is playing the Anvil Chorus on your head. It's time for your morning exercise, so you jump right up and do it. (Right, and the check is in the mail, I'm from the government

and I'm here to help you and we can't print the third one). A shot of whiskey or a glass of dry wine has about 80 calories and 12 ounces of beer has about 150 calories. A six pack of beer has about 900 calories. A good bender is worth anywhere from 600 calories for a good buzz to a couple of thousand calories for, "I'm so drunk I can't find my butt with both hands," or waking up and remembering using a solid gold toilet. The extra calories don't count the junk food you may eat when your judgment is impaired.

9. *Becoming complacent:* Start to change your habits, begin to get some results and then allow yourself to plateau without reaching your goal. I don't know why this happens but often someone will lose ten pounds and be so thrilled with the results that they quit trying to lose anymore weight. Don't get complacent. It's all right to plateau for a little while and not try as hard to lose weight, but you should at least try to maintain your weight loss. Keep interested in the idea of losing weight and keep track of your weight. Keep visualizing. Think of it as a little vacation from your program, but keep your goal in mind. You can begin in earnest later.
10. *Using time as an excuse:* Time is the most common excuse we use to keep from doing things we do not want to do. Not having time to shop for good foods, clean vegetables, cook healthy meals

or exercise is usually not the problem. The problem is desire and willingness to make the effort to change. It would be best if you worked out 30 minutes per day. If you just work out for 15 minutes each day, you will still notice some improvement. Surely you can find 15 minutes to do some exercise. If it were sex, you'd find the time. The problem isn't time, it's motivation. Visualization takes a little bit of time each day, but you can do it while you do other things. Visualize during your workout, on your way to work or in the bathroom. Usually excuses come in groups. I don't have time, I don't know what to do, my feet hurt, I'm tired and I really should wait until I'm ready (yes, that mythical time when my life is in order). Frozen dinners, canned food and packaged mixes sell very well because people don't have time to cook. Please don't use time as an excuse to consume chemicals, hydrogenated oil and devitalized food. There are cookbooks written for busy people. Fresh vegetables take almost no time to prepare because they can be eaten raw. Many supermarkets now have salad bars. There are lots of meals you can make that take about as much time as a frozen dinner. Even fast food restaurants have reasonably healthy choices available like salads with chicken in them and sandwiches wrapped in a tortilla instead of white bread.

Cooking In a Hurry

I'm no Emeril Lagasse, but I do some cooking. My wife and I both work and we don't spend a lot of time in the kitchen (which is one reason we got into the habit of ordering carry-out food in the first place). Here are some suggestions for busy people who do not have much time for meal preparation:

1. Make casseroles: Take any kind of meat and put it in a casserole dish. Add a half cup of sherry and a half cup of bouillon. Slice vegetables and potatoes (or leave out the potatoes and serve it over brown rice). Cover the dish and bake at 375 degrees for about 35 minutes per pound. Here are some of the combinations we use:

- Chicken, pineapple, onions, garlic (two crushed cloves) seasoned with fresh ginger and some of the juice from the pineapple.
- Chuck roast, onions, carrot, celery, sliced red bell peppers, seasoned with Rosemary, salt and pepper.
- Chicken with julienne cut carrots and zucchini seasoned with ginger, soy sauce, garlic and a little sesame oil.
- Pork tenderloin (organic) in red vermouth and beef bouillon. (Let this sit overnight).--

You get the idea. There are casserole recipes much better than these. The point is that you can have a nutritious

meal, free of additives with just slightly more effort than a TV dinner. The more vegetables you use, the fewer you will have to prepare separately. Use seasoning and vegetables that you like. This is not gourmet cooking here. It's just a way to get away from commercial frozen dinners without spending a lot of time cooking. These meals may spend an hour in the oven, but so do many TV dinners. The time spent putting the food in the casserole is minimal.

Brown rice makes an excellent side dish. (Just a hint: use chicken or beef broth instead of water and use 25% more liquid than the directions tell you; it keeps you from burning the rice and you can drain the excess liquid.) You can chop tomato, onion and green pepper into the brown rice before you cook it.

2. Chopped salads are a good solution for busy people who tend to let their produce rot. Take any vegetables that you have on hand, put them in a food processor and chop them to a fine consistency. Use oil and vinegar as a dressing (or some people like other light dressings, like honey mustard or Caesar [in a supermarket, do you buy Romaine lettuce in the Caesar section?]). A chopped salad is very good for people who don't care much for vegetables and it's a great way to get rid of leftover

vegetables. Make extra and take it in a Tupperware container for lunch.

3. Stir frying is easy and fast. If you use peanut oil with $\frac{1}{4}$ tsp. of sesame oil, slice some fresh ginger and mince fresh garlic in the oil, the dish will taste a lot like it came from a Chinese restaurant. Cook the meat in the oil then take it out. We sometimes will take chicken or beef and marinate it in equal parts pineapple juice and teriyaki sauce overnight. Cook the vegetables over a hot flame for a short period of time and add the meat back in as you are finishing up. (Or don't use meat, there are many excellent vegetarian dishes). Season with soy sauce and thicken with arrowroot. There are a hundred books with stir-fry recipes. Most of the dishes are quick and easy to prepare.
4. Soups and salads are easy to make. Soup takes some time, but you make soup just by placing ingredients in a pot of water and boiling them. They take a while to cook, but not long to prepare. Salads do not take much time. If you are really busy, most supermarkets have salad bars. You can even buy salad already made and sealed in a bag in your produce department.
5. There is a device called the Foodsaver that will vacuum seal any food so it can be frozen long term. Taking out the air preserves the flavor and prevents freezer burn. We have stored steaks for

two years. It has enabled us to freeze soups, stews and leftovers. I have even taken a few hours on a Sunday to make several dishes and freeze them for later consumption. The food can even be heated by placing the bag in boiling water.

When you freeze food or cook it in a casserole, you do lose some of the vitamins. Vitamin C and folic acid are particularly unstable. You do, however keep all of the minerals and many of the more stable vitamins. There is nothing wrong with frozen food—you lose some vitamins, but keep many others. We have bags of frozen vegetables that we keep on hand. They are not as good as fresh vegetables, but better for you than Twinkies. It is a good idea to include raw produce when you are eating cooked meals or food that has been frozen. The proponents of eating raw foods believe that you not only get nutrient value from food—you also get the energy from the live or raw food. There may be something to that. At the very least you will be helping to ensure that you get enough folic acid and vitamin C.

When you are busy it is hard to eat “perfectly” all of the time. First, because no one can agree on what perfect eating is. Second, you are bound to make compromises. Just have the best meal that you can. A chicken breast, frozen vegetables and a bag of salad can be purchased and prepared quickly and easily and is reasonably nutritious.

Eat Right Even If You are Busy

There are many good recipes that are quick and easy to make. There are many cookbooks that are written for people who are short of time. With a little effort you won't be living on Hamburger Helper, frozen dinners, canned foods and carry-out pizza anymore.

Busy people often use the fact that they have to eat in restaurants as an excuse for eating poorly. One time I accepted a ride in my office manager's car. There was a fast-food bag on the floor and she offered an explanation (perhaps I'd been a bit insufferable as a reformed junk food junkie). She said that she had a very hectic day and just grabbed a hamburger, fries and a coke for lunch. Fearing that I may have been giving a few too many fire-and-brimstone lectures on the subject of nutrition, I didn't tell her that her fast-food eatery has salads—pretty good ones, with chicken and other sources of protein), as do most burger chains now.

Restaurants are triggers. You may think of fast-food and your desire for grease is triggered. So, of course, you have a Big Mac and fries (a little over 600 empty calories and a lot of fat). The fact that you didn't have a salad has nothing to do with how much time you have. You could even have a hamburger with a side salad (don't have the fries, soda pop or bun). Many people lament that they are unable to watch closely what they eat because they are busy and eat out frequently. They blame their love handles and pot bellies on business lunches. Just because you go to "Luigi's" for lunch doesn't

mean that you have to stuff your face with linguini and garlic bread. Luigi's also has chicken, salad and other vegetables.

One nice side-effect to the low-carb diet craze is that most restaurants now have meals that are free of refined carbohydrates. Even fast-food places now have relatively healthy meals. You can now go into a nice restaurant at lunch and order a hamburger with no bun, a side salad and cooked vegetables instead of fries without the waitress looking at you like you are crazy. Instead she will say, "Oh, you're on the Atkins diet, my sister is doing that." Just don't let her know that you are a closet whole-grain eater.

You're not fat because you're incapable of staying on a 1,200-calorie diet long enough to lose weight. You're not fat because you cannot completely avoid carbohydrates or fats. People get fat because they make too many fat decisions: that extra 150 calories because you really wanted a can of pop, the grease orgy at the hamburger stand or the sweets you feel you need at night while watching TV. People get fat because they are not active enough. You can use time as an excuse, but it won't make you thin. Take the time, lose the weight and you too can become insufferable.

50 DESIGN YOUR OWN PROGRAM

There it is: everything you wanted to know about losing weight, but were afraid to ask. The hardest part will be getting started. I know. I wore

out a couch and three sets of batteries for the remote control saying, “I’ll start tomorrow.”

Take a week or two and write down what you eat every day. It may shock you into action. Set your goal and begin visualizing. If you keep track of what you’re doing and visualize what you want to do, bingo! You’ve started.

We’ve had a lot of fun, saying things like, “destroy your television”. You may have figured out that some of the 50 ways are more important than others. You can get away with ignoring the advice about destroying your television, but you can’t really ignore the advice to exercise.

How you proceed will depend on what kind of shape you are in and what you are willing to do. It will be hard to sustain dietary changes that you find unpleasant. You will however be able to make permanent changes once you understand the connection between your habits and how you feel. Many of your compelling habits are the result of an endocrine system that is out of whack. As your health improves, the habits will seem less compelling.

Exercise

How should you exercise? That depends on what kind of shape you are in. If you are extremely overweight and have not exercised for a while, you should spend months doing easy, aerobic exercise. Of course you should check with your physician before beginning any exercise program.

If you are not extremely obese and already do some exercise, you will be able to incorporate some anaerobic activity sooner. In order to progress, you do need to push yourself a little when you exercise. Dr. Maffetone, in his book, *In Fitness and in Health* can teach you when to do aerobic and when to do anaerobic activity. Generally, if you have plateaued or are bored with your exercise, you may need to push yourself a little. If you get up dreading exercise, are injuring yourself, or are getting weak or dizzy, you may be pushing a little too hard. Once again, talk to your doctor.

Insulin

How you store and burn calories is the key to losing weight. That's spelled i-n-s-u-l-i-n. One of the reasons that low-carb diets seem to be so effective is that they help your to produce less insulin. Insulin stores energy from a meal. Our refined diets have us producing too much insulin resulting in obesity, high cholesterol, high triglycerides, adult-onset diabetes, high blood pressure and many other health problems.

Bad eating habits that seem so compelling are often the result of insulin, liver function, and adrenal function. Normalizing insulin production and helping your endocrine system help you to lose weight is much easier than dieting. There are certain rules that you have to follow:

- *Eat a good breakfast with protein:* Eating enough protein in the morning will help with your blood sugar control all day. Eating nothing or just eating starch like a bagel or cereal makes controlling your eating throughout the day difficult.
- *Eat slowly:*
- *Don't snack between meals. There should be between five and six hours between breakfast and lunch and between lunch and dinner (there are some exceptions here—see below):* For three hours after you eat a meal insulin stores the energy from that meal. The three hours after that, you burn stored energy. If you eat, you produce more insulin and store calories instead of burning them.
- *Don't eat anything between dinner and bedtime:* Same reason as above. There should be at least three hours between dinner and bedtime.
- *Eat low-glycemic foods:* That is to say, eat foods that do not cause your pancreas to produce a lot of insulin. This means no refined sugar including things like candy, cake, soda pop, ice cream etc. Also, refined white flour should be avoided. This means no white noodles, white bread, white rice etc. Other high glycemic foods are white potatoes (sweet potatoes are actually low glycemic), dried fruits like raisins, and high-sugar fruits like bananas and grapes.

Ideally you will be able to follow the above rules. Some people, however, have a lot of trouble controlling their blood sugar. They cannot go five or six hours without eating. Without snacking they become weak, dizzy, headachy, and irritable, or have other symptoms. If this is you, by all means snack. Snack on protein—something like nuts or cheese. Some people need to snack every two or three hours. As you get healthier, you can start extending the time between snacks.

If you are hypoglycemic and have problems if you do not snack, snack if you need to. Also, vitamin supplementation often helps. Rather than recommend specific products, you should get help from someone trained in nutrition.

It is clear that your health will dictate to you how you approach this problem. If you are extremely overweight you need to ease into exercise. If you have trouble going a couple of hours without eating, it will take a bit more effort to get your insulin production under control.

Your attitude will also determine how you begin your program. Some people are fed up and want to do as much as possible right away. Others love their habits and want to gradually ease into any change. The point is that you need to proceed at your own rate. You want permanent change and if you are miserable and relying on will power, permanent change is less likely.

Now What?

The last thing I want to do here is to create a dogma to be followed with blind obedience, like so many other diet and fitness books do. Think of this part as suggestions of how to apply the information that you have just read. There are 50 ways to lose your blubber, but some will serve you better than others.

The key to your weight-loss program is to control the quality of the food you eat, eat in a way to minimize insulin production and to increase your activity level. The more successful you are at those three things, the more successful you will be at losing weight.

Perhaps as you read this, the thought of giving up sugar or fried food is unthinkable, or you don't feel that you have time to exercise. You must make it a goal to implement these changes. Visualizing will help you to change; this can't be stressed enough.

Just because there are certain "have tos" for you to lose weight doesn't mean that there is not room for individual variation. You can offset certain indulgences. I have a patient who has been fairly successful with his program, but he likes to have a cookie with his lunch. Having the cookie after a meal is much less of a problem than if he had it between meals. It won't completely torpedo his program. There are certain meals that I like to have French bread with. Eating cookies, pasta and French bread will interfere with anyone's attempt to lose weight. But if you are willing to be strict in other areas, you can indulge yourself in the things you really love. If you are being

too indulgent, don't worry, the scale will tell you. Some people will have a lot of trouble giving up certain foods, but will love to exercise. Others will be able to control the quality of their foods, but will want to exercise minimally.

You will have to adapt your program to your own circumstances. For instance, people who travel a lot have special problems following a routine. You just have to take it one day at a time. Each day will present you with choices. If you have time to kill at the airport, touring the facility with a brisk walk will serve you better than time spent in the cocktail lounge looking at your watch. People often complain about airline food. You can order vegetarian meals or bring fresh fruits and vegetables with you. Food at the airport itself has improved and it is possible to get a fairly healthy meal there. You can choose hotels with health clubs or swimming pools. There are more and more of them. If you can't get a hotel with a health club, perhaps you can get one that is several stories tall. Get a room near the top and use the stairs.

As bad as diet soda is for you, the concept that makes it sell is a good one. If you drink a can of soda, it's about 150 extra calories. A diet drink saves you 149 calories. Don't do this, drink water and save the full 150 calories. Throughout the day there are decisions you make that will either help or hinder your weight loss. Deciding whether to walk or to drive someplace, deciding whether to have a salad or a hamburger for lunch, or deciding whether to snack on carrots or potato chips are the types of decisions that will determine your success or failure. By burning off an extra 100

calories when the opportunity presents itself and by choosing food that will nourish you and not just add empty calories consistently every day will help you lose weight and feel better.

During your program, you may notice that at different times, your resolve varies. I have been very strict with myself for the first 20 pounds. I exercised more than I had to and was very strict about what I ate. When I broke the 20-pound barrier, I began exercising less and eating more. For about three weeks I didn't lose anything. (For what it's worth, I didn't gain anything either.) after the three weeks I became more interested in exercise again and started to lose weight. You will experience similar highs and lows. Don't worry too much about them. Remember, you are trying for permanent change and good health. The weight loss will really just be a pleasant side effect.

