



PHASE 4 - HELPFUL HINTS

BUY YOUR FAVORITE FOODS AND SNACKS IN SMALLER QUANTITIES

Those Super-size or "Sam's Club" sizes of bags of chips, nuts, etc. may help you save a few bucks but are also likely to help you put on a few extra pounds. A study demonstrated that we are likely to eat up to 44% more if we buy foods in larger portions or quantities. Think of those little, single serving boxes of cereal as compared to the 'Family -Size' box of "Rice Krispies". How much cereal will you put into your bowl? If you are using the larger box, chances are that you will place multiple serving in the bowl - and think nothing of it. If you are going to allow yourself an indulgence, chose smaller portions!

DON'T COME TO THE DINNER TABLE STARVING

To help prevent over-eating at suppertime, have a light snack an hour or so before choice such as a piece of hard cheese, an apple or low sugar yogurt. This will help calm the hunger down (reduce ghrelin levels) prior to sitting at a table full of food.

EAT LIGHT AT NIGHT

The old saying goes: "Have a King's breakfast, a Prince's lunch and a Poor man's supper". To help prevent the regaining of weight, promote having a bigger breakfast than a bigger supper.

ENJOY YOUR "CHEAT DAY"

The "Cheat Day" once a week is mandatory....SO, Enjoy Yourself! Remember it is only necessary to follow this by ONE DAY of a PHASE ONE Protocol.....with or without Ideal Protein foods.

IT'S HARD TO FEEL CONTENT OR FULL WITH COLD FOODS

Only hot foods will help you to feel full without over-eating. We recommend a hot soup or broth before your main course, preferably with a salad course. Multi-course meals will not only allow you to help fill up on lower calorie fares, but will also slow down the eating process, allowing time for "satiety signals" to be sent to the brain. We're better off with a soup and a salad and a "normal serving" of "meat and potatoes" as opposed to 2 or 3 helpings of the main course!

Think of Japanese meal: hot green tea, miso soup, a small salad, and then a sensible portion of sushi or sashimi. You feel very satisfied but very comfortable, not over-stuffed or sleepy and the hot beverage throughout the meal just adds to the feeling of fullness (hot Sake works great too!!! Only kidding! -save that for your "Cheat Day"!).

DON'T DO YOUR GROCERY SHOPPING ON AN EMPTY STOMACH:

Make sure your stomach is full and that you have a PRECISE LIST of what you intend to buy. This will prevent impulsive buying or buying that delicious bag of chips that you can't wait "to scarf down" or filling up on all the "free samples" readily available in most large supermarkets today.

THINK ABOUT SPICES!!!

It can become boring or even depressing eating vegetables or other foods that are always steamed or boiled. Check out your spice rack: if they are old, or if you don't have a nice variety, get some new ones! Add some "zing" to your food with fresh ground pepper or cayenne pepper, cumin, curry, fine herbs, fresh mint, hot mustard, or fresh ginger! One of our "Cajun Doctors" adds a capful of "Zatarain's Shrimp and Crab Boil" to the water when he boils / steams his veggies! These foods will not be boring they will be delicious and interesting! For ketchup lovers, Heinz makes a delicious low-carb version which tastes like the real thing! It's hard to find in stores but can be ordered on-line from numerous suppliers.

CHEW WHILE YOU COOK

If you like to cook (and are a "good eater") it's a good idea to chew a piece of sugarless gum while cooking. By doing this you will be less likely to keep tasting the dishes over and over again and your guests will be able to have some of your cooking as well!

READ AND UNDERSTAND FOOD LABELS

Make certain your "graduate" knows how to read the "Nutrition Facts" on the foods they buy. Stress portion size and calories per portion. They should avoid foods with a lot of saturated fat and, for sure, "trans fats" (metabolic poisons). Understand that if a food says "0 grams trans fat" it may contain up to 999 mgs of trans fat (less than one gram (1000 mgs) allows the manufacturer to claim zero grams. Be particularly careful on dairy products and baked goods (cookies, crackers, etc) with this. Look at the total carbohydrate count; look at the grams of sugar and the grams of fiber. If you subtract the fiber grams from the total carbohydrates, that number should pretty much be the grams of sugar (if it's more, there's probably some hidden sugar in there!).

Compare similar products and pick the best one. For example, there are a lot of spaghetti sauces on the shelves. Compare the sugar content of Hunt's, Prego, Ragu, Paul Newman's, etc. and pick the one with the lowest sugar content.

ALCOHOL

Ethyl alcohol (AKA: ETOH, "booze", drinking alcohol) is a toxin and, although a rich source of calories, the cells of the body cannot use it as 'fuel'. Alcohol must first be converted to acetic acid through a specific series of biochemical reactions. In moderation (like anything else) consumption of alcohol is not contraindicated in Phase 4 of our diet. Moderation is THE watchword! For five days of the week, one glass (5 oz.) of a dry red wine with dinner is perfectly acceptable. If you do not fancy wine, try some of the "good stuff" (Menage a Trois, is a very affordable brand available in Target and Albertson's stores. Its taste rivals the hundred dollars a bottle red brands).

Red wine is rich in the anti-oxidant "resveratrol", which has been shown to provide a wide range of health benefits.....if consumed in moderation! Mixed drinks (i.e. 'hard liquor' provide a "buzz" but sans the health benefits...in other words, 'empty calories').

Beer is a different animal altogether. For many a cold beer is one of life's simple pleasures, but for folks who have a tendency to gain weight, beer can be problematic. Beer was invented by the ancient Egyptians (some scholars say it has its origins much earlier. Brewing was a way to actually make "bread" with a much longer shelf-life(albeit 'liquid bread'). Therefore it is inheritantly high in carbohydrates, but worse, its main sugar is "maltose".....a disaccharide composed of two molecules of glucose. Tablesugar is "sucrose" another disaccharide composed of a molecule of glucose and a molecule of fructose (a 'fruit sugar..or slow sugar'). Maltose is a "double-whammy". It's one of the highest glycemic sugars and will really spike your insulin! Even the so-called "low-carb" beers can be a problem if consumed on a daily basis.

As Dr. Tran and Olivier say: "The problem with beer is that it tastes like 'more!'" Think about that;many folks (guys in particular) can easily drink two six-packs or more during the course of a football game,.... tail-gating before, celebrating afterwards. Could they drink the same amount of bottled water? Bottom line: if you enjoy beer, save it for your 'cheat day' and have a few.....without feeling guilty! "Zum Wohl.....PROSIT! "

RE-SET THE "PENDULUM" EVERY YEAR

Make sure your client knows that it is NORMAL to gain weight. Gaining say 7 lbs. over the course of the year is NOT a failure. Do not stress about Thanksgiving or the Holidays.....ENJOY THEM, because WE have a plan. Every year, following the Holidays, the client should schedule an appointment with the Ideal Clinic in their area and reset the "pendulum" (i.e. the pancreas). Let's shed those few pounds we put on in the course of the year in a couple of weeks. Those 7 pounds won't become the 50 pounds it once was, and of course, we will not be needing any of those prescription drugs we were once dependent upon. This is SO empowering! Think of this as REAL health insurance! Weight gain and all the clinical problems associated with this will never have to be a /problem again!