



Living and Flying "Over Gross" How to Jettison Fat

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'The time has come,' the Walrus said, 'to talk of many things...' —From Lewis Carroll's The Walrus and the Carpenter

This just might be the time to decide to lose some weight, especially since summer is coming, and bathing suits and shorts show it like it is. There is no problem with motivation. Take just about any three people you see: The odds are that one needs to lose weight and one is obese.

Lifting the Fog

Motivation books are really worthless because anyone who buys one is already motivated. The problem is self-discipline.

The search for the easy fix leads to myriad diets and resolutions to lose weight. Diet-book writers dance on the table and promote erroneous and dangerous fads that sell, and sell and sell. Millions spend millions of dollars to join the dog-and-pony shows in a burst of enthusiasm and do lose weight fast.

But, the point is not to lose weight but to lose fat. You can easily lose twenty pounds of weight in two weeks. First goes the glycogen (sugar) in your liver, then goes water, and finally muscle protein is burned. The immutable law of metabolism is that 3,500 calories must be burned to lose a pound of fat.

All miracle diets—when studied carefully—are actually low-calorie diets. Eventually, after a few months or so you either become sick of the diet, or become sick physiologically.

"I can't lose weight." "I have a very low metabolism." "It's hereditary—

everyone in my family is fat." "My thyroid is not working right." "I have cellulite all over." These are excuses, not reasons.

Think of this: If the person dearest to you would die if you did not lose fat (in a reasonable time) it's inconceivable that you would not do so. Self-discipline would then take care of the fat. So, the argument that you cannot lose fat is not valid.

Diets

A psychological barrier with most diets is that they emphasize what you cannot eat—they accentuate the negative. Here is a positive, foolproof way to eat properly and still never go hungry. No one should ever go on a diet. Instead, learn to eat properly. Stay on this list of foods until you get to your desired weight. Plan on losing a pound a week (see table, on page 18).

Until you have attained your goal, if a food is on this list, eat it. If not, don't.

There is absolutely no way to avoid losing fat if you eat only these foods. And, you will not lose an ounce of muscle.

Forget that there is such a word as "diet."

Scales

Stop weighing yourself. How do your clothes fit? How do you look unclothed in the mirror? Scales tell nothing but how much you weigh.

Patience

Be patient. Losing 50 pounds of fat might take as much as a year. But,

it probably took over a year to accumulate the pounds. New clothes do not become snug or tight in just a few months. If just your pants or skirt are too tight, even a few weeks of proper eating will accomplish wonders—for your appearance and mood.

Snacks

A snack at mid-morning, mid-afternoon, and late evening will keep any hunger away. Six small meals are always much better than the three regular ones we are accustomed to.

Meats

Choose one: fish, chicken, turkey, or beef once a day. Not all four.

Exercise

Regular exercise is absolutely necessary. A rule of thumb for fat loss: about 80% from diet and 20% from exercise. Both are essential.

Balance

When you attain your desired body proportions (not just weight), relax a bit down to the Rule of 80/20. Eat in moderation about 80 percent of the time, and enjoy what you like to eat (again, reasonably) the other 20 percent of the time. You don't have to give up the pleasures of foods you really like.

Moderate

Self-discipline is the key to attaining and keeping your optimum body fat all your life.

