



Lose Weight Without Dieting

1st Edition

W. G. Miller

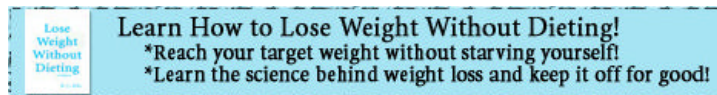
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Disclaimer: *This book is intended as an informational guide. The remedies, approaches, and techniques described herein are meant to supplement, and not to be a substitute for, professional medical care or treatment. They should not be used to treat a serious ailment without prior consultation with a qualified health care professional.*



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This book is dedicated to all the overweight people that struggle daily with their efforts to lose their excess weight while being ridiculed and tormented by the rest of society. Now you can lose the weight you have so desired to lose and finally be happy and at peace with yourselves!

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"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

—Hippocrates c. 460 – 377 B.C.

Introduction

According to the latest statistics from the third National Health and Nutrition Examination Survey (NHANES), 97 million Americans are overweight or obese.¹ There are an estimated 300 million people in the United States, resulting in a relative number of one in three Americans being overweight or obese.

Excess weight is often accompanied by high blood pressure, high blood cholesterol, type 2 diabetes, coronary heart disease, certain types of cancer, stroke, arthritis, breathing problems, and psychological disorders, such as depression, not to mention other health

problems. The total costs attributed to obesity-related disease surpass \$100 billion annually in the United States.²

Weight loss is not just a matter of wanting to look and feel better, it is a necessity if you want to get and stay healthy and let's face it, who doesn't.

The prevalence of obesity in children has increased markedly, with approximately 20% - 25% of children either overweight or obese.³ An estimated 25.6% of adults in the United States reported being obese in 2007, an

¹ <http://win.niddk.nih.gov/statistics/>

² <http://health.nytimes.com/health/guides/specialtopic/weight-management/print.html>

³ http://www.medicinenet.com/obesity_weight_loss/article.htm

increase of nearly 2 percent since 2005 according to the Office of the Surgeon General. The economic cost of obesity in the United States was estimated to be \$117 billion in 2000.⁴

Based on national survey data collected between 1988 and 1994 by the Office of the Surgeon General, The prevalence of overweight and obesity increases until about age 60, after which time it begins to decline.⁵ Obesity is also increasing rapidly throughout the world, and the incidence of obesity nearly doubled from 1991 to 1998.⁶

“Overweight” was defined as a body mass index (BMI) of 25 to 29.9 kg/m² and obesity as a BMI of 30 kg/m².⁷ BMI will be further defined later so don't concern yourself with it at this time. The bottom line is, if you are overweight and you know it, you probably don't need to prove you are overweight or need to know just how overweight the government thinks you are statistically.

Obviously, you understand that there is a problem and you

purchased this book to solve it so let's get on with it.

⁴ <http://www.thecommunityguide.org/obesity/index.html>

⁵ http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_glance.htm

⁶ <http://www.prlog.org/10335113-obesity-global-epidemic-and-overweight-and-obesity-issues-solved-only-aastha-healthcare.html>

⁷ *Nutrition Secrets*, by Charles W. Van Way, Carol S. Ireton-Jones - 2004 - Medical - 284 pages

Chapter 1: The “Popular” Diets & Why They May Not Have Worked For You



How many times have you started that new diet all excited, convinced that this one is it; This is the diet that is finally going to get you down to your “target” weight and keep you there. But each time the same thing happens. You may lose all the weight you want to lose, or almost all of it, and then you start cheating a little and then a lot and pretty soon you are off the diet and back to the weight you started at plus a little more which you attribute to the stress of being on the diet in the first place.

One thing you probably noticed about these diets was that you generally had to either eat really small portions or you were limited to very bland, “rice cake” type food. One diet

program advertised on television says that you can even eat chocolate cake and then they show you the piece of cake. It looks very tasty but it’s probably about one inch square. Ever noticed they never lay a fork next to the plate? There’s a good reason for that. The fork would look like a giant pitchfork because the piece of cake is so small. Come on, that’s not a piece of cake! That’s a sample of cake but not even close to a piece of cake. They also show you on the same advertisement a hamburger on a bun and other foods that are, not only not that healthy for you, but are certainly not something you would want to be eating if you are trying to lose weight.

The bottom line with these diets is that they don't work for most people. The main reason is that the hardest thing to do when you are wanting to diet is to go hungry. I remember when I was in wrestling in high school and I had to lose weight by Friday in order to wrestle in an upcoming meet. I would starve myself for two or three days, lose 10 or 11 pounds and wrestle for six minutes on Friday. First of all, let me be the first to say, if I tried to do that today it would probably kill me. It is amazing what your body can take when you are young and healthy.

The most difficult part of this whole dieting thing, which is the point of all this, was going hungry. It affected how I slept, my ability to concentrate, my mood and energy levels and my overall ability to think and react. There was nothing in my life that was not affected by the hunger, and all in a negative way I might add.

The only positive thing that came out it was that I lost the weight and got to wrestle in the meet on Friday. Other than that, it was awful! I would have to go back and re-read chapters I had already read because I couldn't remember the information I had read when I was so hungry. My lack of

concentration and focus during the intense dieting periods had rendered me almost totally ineffective at things I did normally with ease.

This is the reason I think most diets fail, because they cause you to go hungry which upsets every other aspect of your life. It even causes you to be ineffective in some normal, every day facets of life and have to do tasks two and three times to get them done, all because you are preoccupied with hunger. This frustration causes stress and eventually you stop this damn diet and get back to normal!

Most diets predispose you to failure for two different reasons. One type of diet gives you great tasting, fattening foods but only small tiny, tiny little portions. The other type of diet lets you have as much celery and rice cakes as you want. Guess how much celery and rice cakes I want? If you said none, you already know me pretty well. Even if I haven't eaten all day I still don't think a rice cake is tasty or satisfying. I couldn't care less that I can have as much of that crap as I want. I don't want any of it!

What you will begin to learn in a few pages is how you can lose weight eating tasty, healthy foods and not have to

limit the quantity and go hungry, within reason of course.

The reason I say, "within reason" is because if you weigh 900 pounds and you eat 17 bologna sandwiches for lunch every day, you must reduce the quantity of food you eat if you expect to lose weight. By the same token, if you weigh 900 pounds, you need to be under the care of a physician and not reading this book. For the rest of us, cutting out fattening food most of the time will be a big part of eliminating the excess weight you are carrying around.

If you get on one of these diets where you have to buy all your food from some company, then how are you ever going to eat at a restaurant? What are you going to do on holidays? What are you going to do when someone invites you over to their house for dinner? You certainly cannot bring your little microwave diet dinner with you; People would think you were nuts.

All of these situations occur in all of our lives and in all of these cases we have to go off the diet for these meals if we are on one of the diets where we buy special food. These diets do not teach you how to eat healthy in the real world and as soon as you quit buying this special, expensive food, you

begin to gain back all the weight you lost.

If you are cheating on these meals then why not cheat a lot and have desert and everything? Then you get back on the scale and you realize you have gained back all the weight you lost in the previous week after suffering through a painful and debilitating starvation diet period.

I wanted to briefly outline why these diets fail so you would realize you are not alone. If the last few pages read like your biography there's a reason. Everyone, or almost everyone, goes through this same rollercoaster ride year after year and diet after diet.

We have our fat clothes and our skinny clothes. We get skinny then something traumatic happens and there we are with Twinkies and potato chips eating away the frustration and digging out our fat clothes from the back of the closet.

Let's get on to what works and why so you can begin to reach your goals. This time, as you lose the weight, throw out your fat clothes! You will not need them anymore! You are going to learn how to get the weight off, how to eat out at restaurants correctly, how to eat holiday meals correctly, how

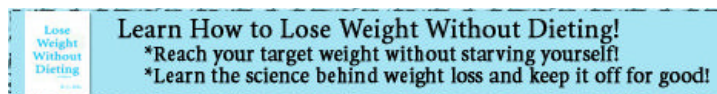
to accept dinner invitations and eat correctly and how to become thin and healthy for the rest of your life. In addition, you will learn the all important, "how and when to cheat." Let's face it you can't restrict the type and amount of food you eat every single meal, week after week and year after year so you need to know how to cheat without discouraging yourself from continuing with the weightloss.

This method does not require you to never cheat. You can cheat. Just go right back to the foods that keep the weight off. If your skinny clothes begin to get a little snug, go back to the basics you are getting ready to learn in a few pages and off comes those few pounds that caused the clothes to get a little too snug and you're back to thin and healthy once again.

Once you learn how this all works and you realize how much better you feel, you will become very adamant about

sticking to the foods that keep the weight off and avoiding the foods that put it back on. You will notice that the foods you thought you liked so much actually make you feel sluggish and tired, even a little sick.

Many people even report that after a long time without these foods, re-introducing them into their diet, even temporarily, caused indigestion and nausea. It is a little disappointing when this happens but keep in mind you are changing both physically and mentally and the way you view all food is also changing. Don't deny the change or be disappointed when your favorite food, or what you thought was your favorite food, makes you feel ill and eventually doesn't even sound good anymore. The changes in the way you view these foods is evidence you are making permanent life changes that will keep you thin for the rest of your life.



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