

## How to Lose Weight, Calories Aren't Everything ...

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**... Calories are the only thing.** If you burn more calories than you take in you will lose weight -- beginning, middle, and end of story. Maintaining a negative calorie balance is the only thing that matters for weight loss.

The therapy professions and pharmaceutical companies would have you believe that obesity is an uncontrollable disease or an addiction. They want you to pay for therapy or buy their drug. Both are total nonsense.

But, losing weight is difficult. It's a long, lonely, and solitary road. It's not just a matter of going on a diet for a while, and it requires changing much more than just your diet. It requires a permanent change in lifestyle, including discarding friends who disparage or try to discourage your efforts. You, yourself, inside your soul, have to decide that losing weight is something you want to do. Not because friends said you should lose some weight; not because your doctor is on your case about it. You look at yourself in the mirror and decide you don't like the way you are and decide that you want to change your life.

I know all this for a fact. I've lost over 50 pounds, gone from being overweight to being a few pounds above underweight, and have kept it off for more than 15 years.

### Caveats

- 1) Diet Programs like Weight Watchers can help you to find a weight losing diet, but not for support. If you need support from others, you'll probably fail. Your desire to lose weight, which requires establishing a new, permanent, lifestyle, must come from within.
- 2) Gaining Weight as you get older you're older is \*not\* inevitable. It's just another excuse.
- 3) Exercise has many health benefits, but it is not necessary for weight loss. It can help only if you don't use exercise as an excuse to eat more.

### Recommendations

- 1) Eat mostly to get the nutrition your body needs, and less for enjoyment. Establish a healthful diet and learn to enjoy healthful foods, and make eating less a part of your life.
- 2) Three meals a day: breakfast, lunch, and dinner. That's it. No snacks, and no "in between" meals.
- 3) Give up sugar. No sugar in coffee, soda, or on cereal. Give up fruit juice — it's

mainly just another form of sugar. Water is the only liquid you need.

4) No alcohol. Alcohol has no food value, alcohol is just empty calories.

5) In the beginning, establish a very regulated moderate calorie diet.

Don't follow any sort of fad. Just pick a selection of foods that add up to a normal balanced diet — whole grains, veggies, fruit, dairy, a little meat, etc. But start out by having exactly the same three meals each day — the same foods and the same amounts. Weigh the portions on a scale. Consider frozen dinners. Healthy Choice, Lean Cuisine, Kashi, Smart Ones, Smart Made and probably other brands have several that are low in calories (350 or less) and saturated fat, 25% daily value or less of sodium, and high in fiber — no need to weigh these.

6) Round out your diet with supplements for nutrients that your diet does not contain enough of.

7) Weigh yourself every day on a 0.2 lb. accuracy scale. Your weight will fluctuate, but with a constant diet it should trend down over every two or three days. If it doesn't, eliminate items from your diet or reduce the size of portions until your weight does go down. (If you don't have a 0.2 lb. accuracy scale, I'd recommend the EatSmart Precision Plus Digital Scale, which is sold on Amazon.) Don't obsess over the scale — let it be your friend and point the way to a weight losing diet.

8) When you have achieved a weight losing diet, then you can start making adjustments to add variety, but make sure that you keep losing weight.

9) Establish a routine of regular daily exercise.

10) When you're down to the weight you want to be, you can adjust this diet to be a weight maintaining diet. Make changes for variety, but keep to the approach to eating recommended here. That can be your permanent diet for life. Eat mainly to get the nutrition your body needs and less for pleasure — find pleasure in other things.