

How To Easily Control Your Weight Loss

Without Starvation And Exercise

And It Costs Nothing!



Don't Be Surprised How Easy It Is!

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“How To Easily Control Your Weight Loss Without Starvation And Exercise —And It Costs Nothing!”

By Curt Graham, M.D.

Calories-in verses Calories-out! There you have it!

The secret is out! You don't have to read any further----- **unless** your curiosity demands the real answers. This information is **not for those** of you who want a quick fix, immediate **fast weight loss**, or gain, or want to accomplish it all with various combinations of diet and exercise.

This free weight loss plan combines safety with weight loss dieting.

Ever wonder why there are tons of books being sold promoting various **weight loss programs** and all claim.....even guarantee you'll lose weight? Must be a barrel full of ways to get it done—right?

Think about it. One way to lose weight; All you have to do is starve yourself and forget the rest. Or a second way; Begin the ultimate exercise **weight loss system** that works you so hard and burns off so many calories that the body can't keep up --- and you lose weight. But, you and I know no credible author or weight loss expert would advise doing either one.

Since overweight folks out there (you) often are intent on **RAPID weight loss**, each author bent on selling their book gives you exactly that kind of **weight loss information**. Combinations of weight loss methods like exercise and less food, proper nutrition and exercise, calibrated diet programs and exercise, or caloric guided intake and exercise **serve that market demand**.

No matter what you read or hear, FAST weight loss punishes the body.

Forcing the body metabolism to match what the books tell you to do, is why 95% of people who reach their comfortable weight level **gain it all back within a year**. Bouncing your weight up and down (Ops, didn't mean that like it sounds) is added stress on the body. The multiple symptoms you develop **while dieting** are increased when a repetitive up and down pattern of weight loss is your style.

Well it's time to expose the real facts of how the body works on automatic pilot to run your weight up or down. I'll tell you how that works in a bit. Don't force the body to comply!

It's no secret! The bottom line of every book written about dieting and weight control is **“Calories-in verses Calories-out”----Period!** But they usually don't explain that to the readers. If they did, you might not need their weight loss advice at all --- let alone saving money by not buying the books.

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Orient your mind with these thoughts that shift you into gear for what's coming next:

1. Research has shown that 95% of individuals who successfully lose weight gain it all back (it bears repeating again) within a year, and sometimes even weigh more than when they started.
2. When you successfully lose down to your **“goal weight”** while using an exercise program to help accomplish the weight loss, it's necessary to continue the exercise program afterwards, at least to some degree, to keep the weight off. What happens when you have to give up the exercise for some reason? **You guessed it.** Your belt gets tighter.
3. **Dieting is a permanent life long process**, and not a temporary gimmick. And that's exactly what no one wants to hear. If you have to diet to begin with, it's a red flag about what you are doing that created the problem---like eating more than the body requires for maintenance.

It indicates clearly that your body metabolism is incapable of handling and using the volume of all foods you put in your mouth, so it puts it in storage wherever it can find a pouch. **Does that strike a nerve — or what?**

4. The program you use to lose or gain weight successfully is close to what you will **have to continue for the rest of your life.** That's only if you want to maintain your weight level — right?

Don't kid yourself about the **value of the weight loss** not being a major factor in improving your health. Many studies reveal several serious life threatening medical problems directly the result of being overweight. Weight loss will enable the body to avoid or reduce those medical conditions and the risk of them.

To name a few “obesity caused” medical problems: You already know.

- **Hypertension** (high blood pressure)
- **Heart attack** -- the heart pump wears out with all the work it has to do in the XX-large body.
- **Diabetes** -- leads to leg ulcers, poor circulation in legs (even amputation), vision defects like blindness, and lifelong doctor visits—not to mention the daily medications.
- **Cancer**---Some forms of Cancer increase in incidence — like breast cancer or uterine cancer. In women, obesity (fat) produces a larger amount of **estrogen** naturally which is believed to increase the risk of both cancers.

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In addition, obesity increases breast size enough to make it considerably more difficult for the patient and the doctor to feel breast lumps when the cancer is in a curable stage. The same difficulty occurs with diagnosis of an enlarged uterus in an obese woman.

OK, so scaring you into losing weight, doesn't work! What does work is a keen and clear understanding of “calories-in verses calories-out.” Now that I’ve told you all the things that you already know, insulted your intelligence, hit you with scare tactics, and managed to stir up your dander, it's time to get down and dirty.

Oh, forgot to tell you, I was born obese and my mother never forgave me. Spending all my life on weight loss programs of one type or another over the years is certainly not what I bargained for.

And, I also forgot to tell you that I am a medical doctor and spent 38 years in medical practice. A considerable amount of that time involved consulting on and helping patients with weight problems. Are fat patients more comfortable with a fat doctor? I think so—but I might be a little biased.

Now to stretch your knowledge to a point where you will discover more new secrets:

Secrets that will sizzle your donuts! Oops, not supposed to mention food!

OK, you are chewing at the bit to read and heed! And I’m ready to throw it all at you. But first, I have to set the guidelines for what I’m going to tell you.

Credo 1 = Everyone's body is unique and different from others. Some bodies burn off the calories easily, others don't. As you become older your body metabolism slows down and it’s necessary to take that into consideration. You lose weight slower and it really ticks you off. What you did to lose weight at 25 years old does not hold for your age 65 ambitions.

Don’t ever compare yourself and how you are progressing with your weight loss efforts with someone else's progress.

Credo 2 = All weight loss efforts require absolute commitment. You don’t quit because it gets a little rough on you. Don't ruin the time in your life that it takes messing around with dieting when you are NOT SURE it’s what you want to do.

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Stay fat and live it up the best you can. **Failing to lose weight** when you approach the idea in a slipshod way, often throws you into frustration, depression, and overeating. And that is exactly what you don't need---any motivation to eat more.

For most obese folks, even kids, a time comes one day when someone or something sparks a strong desire to lose weight. You take it personal. You may even surprise yourself at feeling serious about it.

You might be standing in the clothing department for "plus sizes," or you might have slid into the booth at the restaurant with difficulty and overheard someone make a rude comment about you when the decision hits you. Don't get mad at them or at yourself for exposing yourself to that indignity. **Turn the rude comment into a motivation for you.**

Just imagine at that moment telling yourself, "I'm not ever going to let that happen again—ever." And then don't. **Choose that instant to get serious** about losing weight. Before and after photos are motivators for some dieters.

Use the power of the **combination of desire, motivation, mind, and vision of yourself** (after losing weight) to drive you to the decision, and the commitment.

Credo 3 = Learning and memorizing is essential to making this work. Does that thought scare you—it **shouldn't**. It so happens that you wind up not realizing you are doing it. Actually, that's the easy part of the **weight loss diet**.

Constant attention to what you eat at each meal sets the pattern for success. If you know how many calories that you slid into your stomach at every meal, and then add up the total calories for every meal (and snacks) for the 24 hours, the result might startle you. **Wow! More than you would have ever guessed?** Don't get bent out of shape with what I just said. It's a lot easier than it sounds and becomes second nature to you with time. **Remember—no fast weight loss!**

I like to explain automatic functions like this:

Anyone who uses their hands for work requiring fine movements of the fingers learns by **seeing** what needs to be done. A **conscious message is then sent** to the brain and instantly the **brain tells the fingers** what to do. As learning continues, the "**middle message**" becomes an **unconscious** message transfer. It's so automatic that you never even notice it.

Remember typing class in high school? When the teacher told you to practice typing without looking at the keys, did you cheat? You see the words and then like magic your fingers type the message without even thinking about it. Good typists know what I mean.

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Maybe you didn't take typing in high school. All the boys took typing class in our school. And if you had seen the typing teacher, you'd understand why.

A piano player does not have to think about each key he hits before he hits it.

The exact same occurs with counting calories --- it eventually becomes automatic (don't realize you are doing it). This ritual will stick with you for the rest of your life, guaranteed----well, at least for most of it!

To carry the point a bit further---the brain often works automatically while we are awake. No, you don't have to be asleep for the brain to accomplish this. Have you ever pulled into your driveway and suddenly became aware that you can't remember what happened while you were driving the last 2 miles?

Did you zip through a red light somewhere back there? Hit a dog? Did you have any close calls? You were totally oblivious to that time slot for a period of time. Automatic brain function enabled you to arrive home safely—even if you were in a trance.

One more example to drive the point home. Who is it telling you to take a breath 16 times a minute---and don't give me that **Little People stuff!** Who tells the heart to beat 72 times a minute? You don't! It must be a miracle happening 72 times a minute.

Credo 4 = No matter what weight loss/diet book, program, or dieting tips you read and hear about, it all boils down to **number of Calories-in verses Calories-out**. You put food (calories) energy into your body, and the body burns (calories) it off. If you don't take in enough energy (calories) to maintain all the body functions, the body has to get it from somewhere.

You bet! All that yellowish colored jello-like tissue that pushes your belly button out is a warehouse of accessible energy (that's what I call **health food**), which has been stored. Scientists have measured the amount of calories you burn off for almost every sport or activity imaginable. That information is readily available.

Hey, if you don't do sports or exercise, try counting calories.

Have you noticed that **fitness clubs** have exercise equipment, which displays on the tiny computer screen the amount of calories you are burning off with each exercise? You see, just another barrier to climb over---exercising your fat body **in front of all those people** that you "know" are watching you. Besides, it costs money to join and use fitness centers in most cases.

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Credo 5 = Severe disability leads many to obesity. A little further back up the page I asked you about what happens to a person when they can no longer exercise in any fashion. Not only does a physically disabled person find exercise very difficult, but also suffers the mental effects such as depression, anxiety, fear, and uselessness. All are motivators for overeating. It's another burden for disabled folks to rectify.

In this next section I will expect you to memorize every single fact and tip about dieting that is mentioned there!-----Just Kidding!

The easy way to memorize something is not by forcing your eyes and brain to burn it into your memory slots. Repetitive actions do the trick. No mental stress there. But it does get boring at times. Doing something like calorie counting over and over again gets easier and easier.....and pretty soon automatic.

1. Little things that make a BIG difference:

(a) **Always weigh yourself second thing in the morning** — naked if possible, but pull the window shade down first. Why? Because you weigh the least in the morning, after going to the bathroom.



Figure 1. "Yes dear, the scales agree with what I told you."

Whatever time you choose to weigh yourself, always do it the same each day, or you will be misled about how you are progressing. Most of us weigh 2-4 pounds more in the evening than in the morning. It varies from person to person. So if you want to lose weight quickly, first weight yourself in the evening and second the next morning. You'll weigh about 2 pounds less. Please don't reveal this secret to anyone.

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(b) Make sure that the scale is on a hard surface (tile, concrete, or wood floor). It reads incorrectly on carpeting.

(c) Weigh yourself daily, or at least every other day. Some advise doing it once a week or so because it avoids becoming frustrated at the results. **My advice is to weigh yourself much oftener.**

Why? Because any means of reminding yourself that you are trying to lose weight daily is good. And it keeps you keenly aware of your focus, let alone keeping up your motivation. Weighing less often causes a loss of motivation and stimulus.

Some believe that weighing yourself daily creates frustration when you see that 3 days in a row you haven't lost a pound, or even that you have actually gained a pound according to the scale. During the weight loss program you are forcing the body to get by on what it can scavenge up from those resupply pouches to keep the machine running well.

Your body, by union rules, **has to have a rest, or break from work** every so often--like recess in school. It's called "**plateauing.**" Some consider that aberration the straw that broke the camels back, or in biblical terms---dieting is like the possibility of a camel passing through the eye of a needle.

What would you do if you went three days on a good diet and never lost a pound? Jump on your horse and ride for the hills? Right! Most quit the program right there.

However, now that you know this trick (plateaus) the body is playing on you, you can outsmart that "inner person." And if you use a graph to plot your daily weight, you will easily notice the 2 or 3 day long plateaus about every 7 to 10 pound drop in weight.

Remember this: As your body is losing weight the plateaus get a little closer---like 5 days apart, and they last a day or so longer as you near your goal weight.

(d) How do you find out how many CALORIES are in the foods you eat? Calorie counters are at the cashier checkout stand in many grocery stores. They are available at bookstores, weight loss clinics, and fitness centers.

Get a few. One for your wallet or purse for when you are "out." One for the kitchen counter. One for your spouse or friend, just in case they are envious of your success and want to salute the same flag---and need a calorie calculator to do it.

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The easiest way is to get the **dieting information** from the Internet, **print it**, and save the information in a folder. Remember that calorie content, per measured amount, is listed on almost all food products you buy in a grocery. **Lesson: Read the label.**

The Internet has several advantages over other sources of important medical information---like libraries.

- Weight loss information is available in amounts way beyond your imagination.
- Articles about dieting number in the thousands and are available to you quickly.
- You'll find sources for help and advice you never could have thought of.
- A great percentage of medical information is **free---and that's no BS.**

(e) NEVER—never start a weight loss program right before any upcoming holiday. And you know why. Start right after the holiday so that there is a good length of time to get used to the weight loss program, and to make sure your metabolism is dancing to the right tune. Eight weeks is a reasonable time to do that—or less.

Birthdays are special holidays. A beautiful chocolate cake should not be ignored. The occasional splurge of high calorie consumption is a “mental break” for every dieter. It actually increases your motivation to continue with weight loss even though you have been told otherwise.

The reason is simple. It's a reward for sticking to the program so well. And you begin to understand that the process of losing weight does not exclude you from family celebrations, or your own personal time for happiness.

Lesson: You don't become isolated from others because you are on a diet program. Don't avoid restaurants---**just eat smart!**

(f) Smart folks will choose to eat foods that contain fewer calories because they get a **lot more food** to eat for the day. That's the reason you need to learn the amount of calories in everything you eat and drink.

(g) Hunger disappears. After about one week of strictly adhering to your weight loss program, you will notice that all those **hunger pangs** (not hungry feeling) that bombarded you in the beginning will disappear.

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Most obese people eat **when they are not hungry**—for all the various reasons. They seldom let themselves feel hungry. When dieting, it's a **good feeling** to have (feeling hungry) because you are getting back **to how the body normally handles your metabolism.**

Is all this helpful—or what?

(h) It takes much more effort to lose the last 10 pounds. As you become leaner the fat takes longer to disappear (be metabolized off). The weight loss **plateaus** get longer in duration and closer together. This is the best time to start thinking of all the new clothes that you can fit in to. Forget the "big and tall" department.

When you are near to your goal weight, the **tsunami of positive thoughts** begins to hit you smack in the face. Look much better. Feel much better. Full of energy. Mentally clear and excited. Light on your feet and better balance. And a powerful urge to brag and show-off—not that anyone who just took off 50 pounds would ever do. **You think?**

FOOD FOR THOUGHT: Reverse the process for weight GAIN.

The body seems to put on weight easier than take it off. Why? Because it is easier to over-eat and gain, than to under-eat and lose. I don't know if anyone has studied that aspect. My guess is that they have.

Jockeys and boxers are forced to gain or lose weight often. Parts in movies often require actors to gain weight by overeating (taking in more calories of food than the body needs that day) or the opposite. We'll talk about how much is needed shortly.

Unless you have a significant malfunction of your body metabolism, disease, or medication that reduces or increases appetite, weight gain will progress smoothly.

Again, you will have to **keep readjusting the calorie intake** to the amount of **weight gain** you want to achieve according to **what your metabolism can handle** well. You can eat **40 pounds** (32,000 calories—I'm guessing) of food a day and gain the same amount of weight as eating **5 pounds** (4000 calories) if that is all your body can absorb and process into flesh and storage.

So what happens to the **other 35 pounds of food** still sitting in your gut? Your body is not dumb. It knows that it has to grab what it can when it can. Motility of the intestines slows down allowing increased absorption of good calories. The efficiency of extraction of food ingredients increases. Slowly your body is able to absorb a great deal more of the food being digested.

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All those extra calories that the body absorbed and was unable to use that day are stored away in special areas of your body determined by your genetic make-up. Everything that didn't have time to be absorbed is relegated to the circular ceramic file.

Because 20 to 30% of our population is obese and the rest of us are worried about becoming obese, most of us understand how easy it is to gain weight **when you aren't paying attention.**

Now, I'm in trouble! You didn't get what you wanted to hear, yet!

Keep an open mind—there's always a reason! Back to **weight loss.**

Expanding your mind into all those delicate niches of dietology, is my way of making you aware that losing weight properly (and safely) at your own metabolism rate is a **Looooonnnnnngggggg** process.

Your body metabolism rate tapers a bit with age, and the efficiency of the body to handle food processing slows down. What a revolting development that is!

The point of weight loss taking an extended period of time (quickie programs are a set-up for mental "pain") is to allow you to obtain a degree from **Calorie University**, and to establish what you have learned as a **habit pattern for the rest of your life.**

We function daily in a secure and comfortable world of habit patterns. You always put your same leg into the same side of your pants daily. Park the car in the same spot every day. Grocery shop at the same store all the time. Travel the same street to work every day. Familiar surroundings make you feel safe.

Research studies validate certain facts about habit patterns. Repeating the same thought process, ritual of mannerisms, or patterns of life style daily for as short as one month, will create that habit unconsciously. Persuasion expert Kevin Hogan in his book **THE SCIENCE OF INFLUENCE** presents research evidence that habits can be formed in as short of a time as 3 to 5 days.

The habit pattern becomes a comfortable (almost unconscious) and natural way for you to control your weight or lose weight—and without having to exercise!

From the opposite point of view, obesity will continue to bug you for as long as you live because your life long eating habit pattern is burned into your brain. **One big chore is to change the eating habit pattern.** You can only do it using your own motivation, desire, commitment, and persistence.

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Estimate you will need about four weeks to change to the new habit pattern of eating. But perhaps you can do it sooner with encouragement from those around you that know what you are trying to do. It's a good way to find out who your true friends are. The one who keeps asking you if you are ready for desert---isn't.

Time for the facts: (Using averages applicable as much as possible to everyone)

1. Lying horizontal motionless not eating for 24 hours, the body uses up (burns) 1500 calories (average person, average weight to make it easier to understand) just doing maintenance of body requirements.

2. The normal person doing their normal daily activities burns off calories in amounts that depend on physical activity levels:

Example — Average for women over 24 hours = **2500 to 3000 calories.**

Example — Average for men over 24 hours = **3000 to 4000 calories.**

3. You must accumulate a deficiency (lack of) 3600 calories to lose ONE pound. This one fact is key to weight loss. In other words, you have to deprive the body of that many calories of intake to lose one pound. Chewing food is not the culprit—it's the swallowing that gets you in trouble. (Discuss later in detail)

4. Simple addition and subtraction is the game plan. Adding the calories that you take in daily and subtracting the calories that you burn off daily, gives you a close measure for judging exactly how your efforts are working. The math is simple and reliable. This is where knowing the amount of calories in a measured amount of food is critical.

Since you are not exercising, use the average amount of calories noted above as the **basis for calories burned off in 24 hours.**

Use the information in the **calorie counter booklets** for the estimated number of calories you have consumed in the 24-hour period. And to do this requires keeping track mentally or by a written list what you ate and the amount of each food that you ate.

It's a lot easier to flip open the calorie counter booklet, checkout the number of calories listed there for the amount of each food you ate, and add them up after each meal, or snacking intake. Wheat Thins are 9 calories per cracker.

Example: Small dish of peas is listed at 60 calories. You ate the volume of two small dishes of peas. $60 \text{ cal.} \times 2 \text{ dishes} = 120 \text{ calories.}$ It's not that exact---just go with the flow.

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Now you're wondering how to measure the volume of peas. See how many tablespoons of peas it takes to make a usual serving in a small dish of peas. Using this same technique for all the foods you eat enables you to quickly learn the **volume of that food** that contains that **certain number of calories**. Other ways to do it is up to you.

The food industry usually indicates the volume of food on the label in terms of teaspoonful, tablespoonful, or serving size (Ex. = a serving of bread is 2 slices).

When you serve up your own food at home, then you know how much to put on your plate, and the number of calories that it contains.

At restaurants you will have to **“visually look at”** the volume of food and decide on about how many calories are in it. Or just eat the volume of food off the plate that you consider fits your mental calorie calculator.

Remember: In restaurants you are not required to order food dictated by the menu. Many people forget that and order off the menu even if part of what is listed they don't want. **Forget the menu—** be specific in ordering exactly what you want to eat.

Clue: Almost everyone is taught to “clean your plate.” Any extra food on the plate that you really didn't want when you ordered from the menu almost always gets eaten. That's cheating. It's called **“opportunity” eating** and sets you back a day in your weight loss program.

Grocery stores make it even easier. Many packaged foods have the number of calories listed on the side of the container for a certain amount of the food. A slice of whole wheat Roman Meal bread is 60 calories. Add 20 calories for butter on it.

Boxed--- full plate meals, prepackaged, list the total number of calories for all the food contained inside. No calculating necessary.

5. Everyone genetically has a set basic metabolism rate for burning off calories and is different from all others. Your neighbor may lose only a half of a pound a day by depriving their body of 3600 calories. Some can lose weight by depriving themselves of only 2500 calories a day. Why was she born with a better thyroid gland than me?

You set your rules to follow, and then try them out.

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If you don't lose like you want, then reset the program till it matches what you want to happen. Exercise increases metabolism and burns the calorie energy off faster---but it **could increase hunger** and then you eat more—canceling out the weight loss effort.

Paraphrasing the words of President Kennedy, **“It’s not what the body is willing to do for you; it’s what you are willing to do for your body and health.”** Once you find the right combination, you will be able to use it over and over successfully every time in the future.

The Bible is very exact in explaining to everyone the great importance of the body and reasons to treat it with great respect. **You don't get trade-ins.**

6. If you splurge and over-eat one day—no problem. You don't have to make up for it the next day! Simply resume the diet pattern you have been using. But, you will notice a leveling off of the weight loss for a day or so, while the body readjusts to your rough running body engine.

Now you are going to learn the most important information for anyone using any weight loss program—pitfalls—what to expect and how to confront them:

Have I convinced you yet—that exercise and starvation suck!

If you understand the pitfalls, they will cease to be a barrier.

1. The one thing that always frustrates me most in all my dieting efforts is that the scales I use are terribly inaccurate. I would be following my calorie-counting program perfectly and when I jumped on the bathroom scales expecting a dramatic drop in weight, I had **gained** a couple pounds, or at least I was the same weight as the day prior.

But then, a sudden realization impacted my brain like a meteor, assisted by my background medical knowledge. It was clear that the scales could not repeatedly be inaccurate. After all, they are just a mechanical device that is calibrated and guaranteed, right?

So then, it had to be my math calibrations or caloric adding errors blurring the real picture — then I could understand why it appeared that my weight was not dropping, even though I was sticking to my weight loss schedule. It was logical. I rechecked the data over and over. It was accurate.

Was this just an enigma? Never to be explained or understood.

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A new and medically significant explosion hit my brain. It gave me a headache just thinking about it. It goes like this:

We work hard and then we rest. **Our bodies work hard also, and need a rest.** The fog lifted when I noticed on my weight loss chart as the chart line descended (about every 7 days) a flat leveling off of the line occurred for a couple days and then continued down again.

You guessed it! Every few days or so your body has to stop and recuperate. The work and stress of taking off pounds requires it. It makes sense. **This critical point is where most dieters quit** — because the weight loss program “is not working.” You say to yourself, “I’m sticking to my weight loss program and I’m not losing a pound!”

As you get closer to your goal (standard weight recommended), the body's "**rest stops**" (days when you don't lose any weight) come closer together and last longer. That is understandable if you think about it.

At first, the body has a whole warehouse of fat all over the body to grab on to and get rid of. As you lose poundage (such a polite term), it is harder for the metabolism to find the fat resources and drag them out of their hiding places. **Are you with me?**

If you quit now, I am reporting you to FOOD: (Fraternal Order Of Dieters).

2. Quickie weight loss programs amount to pouring good wine into a leaky old leather pouch. Another pitfall that gets my dander up is commonplace in our society. It's about those who advocate "lose 10 pounds in a week" programs. I call these quickie diet programs, "**Acute Dehydration Donkeys (ADD).**" Any jackass can do it, but your metabolism suffers.

Sure! They can get into their jeans now, and no one seems to suffer much. However, if your kidneys could talk, you'd get an **earful!**

These **ADD** (Doesn't this abbreviation stand for something else familiar?) folks cut out lots of food and some fluids as you would expect. The fallacy is that there is **no medical way** that the body can metabolize off noticeable or significant amounts of fat in that short of a time span. So, what else accounts for the fast weight loss? You bet! **It's all water with a smidgen of missing fat.**

3. Exercise can be a pitfall. When exercise is added to a weight loss program, **it speeds up the process** of losing weight because it increases the burning of calories — and we all know that. What is often, if not always, neglected, is that exercise must also be continued after reaching the goal weight.

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Look at it like this. Let's say that half of the weight you lost was due to **reducing caloric intake** and half was **due to the exercise**. Now assume you are through with the dieting process, and you continue with the same food (caloric) intake regimen you used while dieting, hoping that you will now be able to maintain your goal weight. **Ain't gonna happen!!**

How is the body suddenly going **to burn off the other half of the calories** (accomplished by the exercise) that was necessary for you to lose in the first place, while on the same intake of foods used while dieting?

Now you have only two reasonable alternatives.

- Decrease food intake **even more**.
- Continue with exercise.

Decrease the food (caloric) intake to compensate for what calories **exercise** burned off, is one way. That would mean you have to reduce your intake of food (calories) considerably below what you dieted with. The other is to continue the exercising—but maybe not quite as much, as **now you want to maintain, not lose, weight**.

Don't think about having surgery done quite yet! Liposuction and stomach stapling are open to possible complications.

Let's bring it all together here:

There are no restrictions on what food or how much food you eat **using the calorie counting line of thinking**. Too good to be true? **Believe it!** It becomes a **choice** of how you want to lose weight ----- **fast, slow, or not at all!**

FOOD FOR THOUGHT # 1. Each tiny bit of food (and most drinks) contains energy that the body needs. Calories tell you how much energy that amount of food contains. Thankfully, some smart enthusiastic scientists have measured how many calories are contained in most foods.

If you want three donuts (about 300 or so Calories each) for breakfast and 2 at lunch, then your supper has to be reduced to what is left of "your limit" of calories for that day (how about 4 slices of bread—plain, without butter?).

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If you maintain a **deficiency of 1800 calories a day**, you can lose about a **half of a pound a day**.

Look at it like this; Let's say a man normally eats, or his body needs, **4000 calories of food a day**. He wants to lose a half pound of weight per day in order to lose 30 pounds (would take 60 days). So, **4000 calories minus 1800 calories leaves him 2200 calories** of food to eat that day. All the calories of the foods and drinks he consumes must add up to **2200 calories or less** to make it work as he planned.

If he chose to lose weight slower because the above regimen was too restricting, then the numbers change, **not the results**. In that case you could increase the amount of food and calories consumed. He can now consume, let's say, **3100 calories** of food and drink daily.

Math on this: 4000 calories = consumed at present, per day.
-900 calories = deficiency needed to lose **one-fourth pound** per day.
3100 Calories = available for eating per day.

(Would take 120 days to lose 30 pounds using this program--simply using calories as a measure)

How much of and what kind of foods can you eat or drink that add up to 3100 calories of energy? The more the better, right? **Not exactly. Dragging your diet program out** and losing such small amounts of weight per day is often discouraging and frustrating.

Smart dieters establish a balance in their program where the results of their weight loss efforts are easily **seen and felt** in short periods of time. One's confidence is increased and motivation is reinforced when you see and feel the results of the weight loss rather quickly. Losing a **half a pound a day is an excellent weight loss program—and that is not doing it FAST**.

Another reason for losing weight slowly is to give adequate time for you to try all the adjustments to the program that are needed to make you confident that you can live with it.

FOOD FOR THOUGHT # 2. Think about it---- "No rules to adhere to except your own."

You can adjust the whole process yourself to fit what you can tolerate. You might decide to lose one-fourth pound per day. That way you can eat more food. Alternatively, you may feel that you can tolerate less food, and lose faster. Just do the simple math and make a decision!

We all have been secretly indoctrinating ourselves to eat a certain volume of food on our plate at each meal. If you don't see that amount on the plate, your brain immediately thinks that your hunger will never be satisfied unless that volume is as much as it is visually "supposed to be."

Easy Weight Control

Mom says, "Clean your plate before you leave the table. Don't waste food. Put only what you can eat on your plate." **How do you know** how much food you will need to satisfy yourself before you have eaten anything yet? That intimidation always sent the wrong message to me, and ruined my meatloaf!

I think I've said all I need to in order to get my point across. But, on second thought, there are other important issues that need to be examined.

Comparing other weight loss programs:

The importance of getting into the pros and cons of **those other diet programs** can't be overestimated. Plain, simple, easy, calorie counting that any regular person like you and I can understand and use successfully will save you a lot of money. Besides, you can even do it while people are staring at you and they'll never know.

Benefits of the calorie counting system: (I pretend it's my idea, but it's as old as "way back.")

1. You can use the calorie counting system for weight control anywhere, anytime, and even start and stop it whenever. No consequences result from this system because you aren't exercising (unless you want to) or overstressing the body.
2. You set the goal line, and you set up the yard markers to get to the end zone (goal).
3. You are not forced to comply with any rigid rules (like you have to lose 10 pounds in the next 2 weeks, or else).
4. The system is applicable if you're traveling, on the high seas, or visiting other countries.
5. It is easy to use calorie counting, and others won't even notice it.
6. The greatest benefit is that you can easily use this system for the rest of your life to avoid re-gaining the weight like happens to 95% of dieters. It becomes a pleasant and easy habit pattern since you have used it for so long to get to your goal weight.
7. Join a **diet club**, join a **fitness club**, get dieting books and videos, and buy all those "special protein foods" --- costs a lot of money. And exercise equipment for home use is not cheap. Join a **weight loss forum** on the Internet for free. When all the money that **you would have spent** on these other programs begins to bulge your own pockets, you know you are winning both ways.

The difficulties with almost all other diet or weight loss programs are:

1. Exercise Sucks: Almost all weight loss instructions and requirements either presume you will be adding exercise to your weight loss program, or directly tell you to do it. No one doubts that exercise improves health and it makes you feel better.

My personal concern is that **if exercise is so important to weight loss**, what happens to your diet regimen when you break your leg and can't do exercise for the next 4 months or so? Will you continue losing weight? Or just have to do it some other time.

And when you have been regularly using exercise as an important aspect of keeping your weight stable over a long time, **what happens when your arthritis and heart problems prevent you from exercising?** If the calorie counting idea then becomes necessary to keep your weight down, having to learn a new system for losing weight is just another reason to stop dieting all together.

Food for thought: (yes, one more time) Use exercise to feel good, be healthier, and to assist and speed up the weight loss process—just **don't rely on exercise as a primary need to accomplish weight loss** and also to maintain your weight.

2. High priced diet foods suck: Doesn't it bother you that you must or are pushed into consuming commercial diet products when you are dieting? Does it mean the body has no means to store up the good stuff from what you do eat? You don't need all those special powders, drinks, and energy bars. Vitamins are a good supplement to use whenever a person is on a diet program.

Does it mean that you can never get the proper amount of vitamins, minerals, and special proteins (amino acids) from the amount of food you are consuming on your diet? **Hogwash!**

Have you noticed that on certain days, or at times over the year, you have a definite desire or taste for certain foods? It's a natural **f-mail (food mail)** message from the body that it is running low on that item in the warehouse. **Pay attention!**

Living on regular foods that you routinely eat, but less volume of them, is all you need. Your metabolism does well while dieting, if your calorie intake is over 1500 or so, per day.

Easy Weight Control

You get all the essential ingredients that your body needs to do its job—and still lets you lose weight. Ever hear about a serious medical problem that was the direct result of an 1800, or 2000-calorie diet?

The low calorie diet foods you see everywhere are only a **substitute for normal foods**. The assumption is that while dieting no one eats a balanced variety of foods. The enticement to buy commercial diet foods is simple. It's quick, convenient, and you are told exactly (hopefully) how many calories are contained in that diet candy bar.

For the "**quick fix**" warrior, it saves having to count calories yourself. Do you plan to eat those candy bars for the rest of your life? Of course not.

The diet food industry earns **billions of dollars** each year. I would prefer to spend my savings on reliable, sensible, and validated diet techniques, rather than contributing to the diet food industry employee vacation benefits.

When you understand that fasting within the religious framework never harmed anyone, then it seems illogical that dieting, being a much tamer brand of fasting requires all those extra vitamins and health foods. Since fasting is just for a short number of days—not months---nothing extra is required. Do you believe that dieting in the manner I have outlined here leaves you with a large deficiency of nutrients?

If you are a Bible warrior, then imagine spending 40 years in the open desert eating only manna, some meat, and water—without vitamins and health foods, then surviving in such great physical condition they went on to win battle after battle in the Promised Land. Just think of all the income the diet food companies missed out on during that time. And if they had been there.....boy would they have had a rough road trying to compete with the Big supplier!

Summary:

Calorie counting as a method of dieting is certainly not for everyone.

However, it is very useful for anyone that is serious about losing weight—and keeping it off. Why? Because it is a program that is easily adaptable to be used with any other weight loss program you may choose to follow.

Other weight loss programs may not be adaptable to plain old calorie counting, especially those that require exercise.

Easy Weight Control

Losing weight is not a whim or urge to be taken lightly! It's like crying "Wolf." The more times you fool yourself with a, **"I think I'll try to lose some weight,"** the less chance you will ever be able to lose weight---and that's a guarantee!

Trying to lose weight several times and failing is not the issue. If you think of, or even mention, **the word "try,"** you've already failed before you start.

My first rule is: Don't waste your life making yourself miserable dieting if you aren't serious about losing weight!

Forgetting the dieting thing and making the most of other paths in your life for many obese folks is the only way to go. How do you know if you are serious about losing weight—or not? **I'll tell you.**

The words that are in your mind, and the words that come out of your mouth that mean you are serious, are, "I will lose weight ('come hell or high water'—my emphasis)." Notice that the words "try" or "want to" aren't there. These two words are your brain telling you to **"forget it."**

My second rule is: Once started, weight loss is a daily part of the rest of your life!

Why do I even mention this when you already know it? This is called "brain training." Once you have a weight problem, it's permanent. You will **FOREVER** be dieting the rest of your life.

And if you don't believe this, **you lose!** This is assuming no other cause for the weight loss is present—like cancer or bulimia.

My third rule is: Calorie counting becomes such a habit pattern everyday that it becomes an unconscious chore and habit!

Sure, your weight will drift up and down with seasons, holidays, and special events. But correcting for the small changes is no longer difficult. It's the big changes in body weight that drives you nuts! What is it that keeps you on track and motivated?

Without a doubt seeing the slimming changes occurring as you lose your "storage supply" (another polite reference) is number one. Your belt needs more holes punched so it can be snugged up better. You can actually lean forward and reach your feet easily and even pull your socks up around your foot without fork-lifting your leg up into your lap to do it.

And your neighbor calls the cops because she saw a stranger poking around in your back yard—without even recognizing you. It's actually that dramatic of a change sometimes.

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My fourth rule is: Realizing how much your life improves in so many ways becomes a constant “coach” for motivating you!

Think about what happens:

- It seems like your body is lightened and you can move much like you are floating around.
- Clumsiness flat disappears.
- Mentally you feel younger and a lot healthier.
- Your interests change and you become excited about getting out there and doing things.
- Compliments come to you daily—preferably not to make your spouse jealous.
- You are comforted by being a much more productive and interesting person.
- Comparing your body to overly obese people that you see every day around you, who haven't found the truth yet, is an unbelievable motivation factor.
- Buying new and "skinny" clothes is like a reward for your efforts.

And if these benefits aren't enough to keep you on track I don't know what is.

Thousands of ideas, tips, and bits of information about diets and dieting are available everywhere. I would be embarrassed to attempt to drag you along for another hundred pages here, although I'd like to tell you more. **Make the diet decision now!**

Plan your work and work your plan—my grandfather always told me!

Your right! All this information could just be a bunch of BS put out here hoping that a few souls would catch on and be motivated. **You don't have to believe me** - go to the experts who have worked out how the human body communicates with itself (Reference # 4).

I have always made it a requirement that anything I write is backed up with scientific studies, references, and valid documentation. **If it's BS, you'll recognize it!**

The author, **Curt Graham**, is a retired medical doctor who has written extensively on many topics over his 35 plus years in active medical practice. He has been published in Modern Physician, and is credited as an “Expert Author” by EzineArticles.com web directory.

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1. Katch and McArdle, "Exercise Physiology: Energy, Nutrition, and Human Performance," 4th edition. Williams & Wilkins, 1996.
2. Internet Resources: Type "Caloric Research" into the search line on the computer and you will find over 17,000 pages of references.
3. <http://www.healthrecepies.com> is one of my favorite websites for determining body caloric needs and for great references.
4. <http://maxpersuasion.com> an incredible website that will make you aware of Kendrick Cleveland's concept of "Subconscious Persuasion."

You will then realize and understand the power of the unconscious mind in getting you moving along in your weight loss program—and keeping you entirely and comfortably locked into your permanent weight control program—without a conscious effort.

