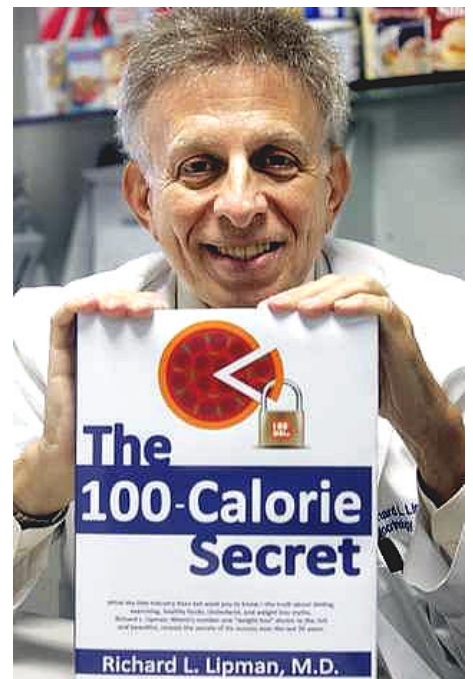


Quick Guide To Discovering Your 100 Calorie Secret



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The reading of this book does not establish a doctor-patient relationship between the reader and Dr Lipman. As discussed numerous times in this book, successful weight loss requires a personal relationship with an understanding physician.

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The names and identifying characteristics of the individuals referred to in anecdotes in this book have been changed to protect the identities of the individuals.

Chapter 1: Introduction to Quick Guide To Discovering Your 100 Calorie Diet Secrets

A Weight Loss Plan for The Adults, Children and Teens

The 100 Calorie Diet Secret presents the simplest of weight loss and maintenance methods. It is designed for the whole family including adults, children from 6 to 16 and teens. It's revolutionary because it is personalized by everybody's ability to find his own food and beverage mistakes responsible for his weight gain.

At the same time, it is realistic because it fits in with the daily routines, habits, and likes of the average American family. *The 100-Calorie Diet Secret* does not ask a person who has not exercised in years and now is struggling with being overweight to all of a sudden commit to a workout routine like an athlete. I see a lot of people who are brave enough to start a complicated diet plan that involves counting all kinds of things, shopping for special foods and preparing unusual recipes as well as working out an hour a day. In the end most of them cannot sustain it and they end up with another failed diet. My method does not ask you to put down the chocolate bar and pick up carrots and celery sticks. Yes, Americans would be incredibly healthy if they would all cherish carrots and celery sticks for snacks and spend more time in the gym, but most of us simply don't like these choices. It is just not happening.

This plan is not a diet or a short-term action plan. It changes the way you and your family eat and drink permanently. Everyone in the family participates to some degree in this plan, since one member cannot eat different foods than others. None is singled out. Even if a family member is normal weight, it will not hurt him to eat a little healthier. This will make your weight loss permanent. Any diet plan that has an end will start your weight gain on the same day it ends. Instead, we make changes that you are able to commit to for the rest of your life. Otherwise, you will only lose weight during periods when you are willing to stick to the changes, and then gain it back by going back to your old ways. I call these "temporary diets." And that is what most of my patients are on before they come to see me. They have to start a new diet all the time. When we analyze what happens to people very closely, it is really not that previous diets had failed them. Most of them have lost and regained their extra pounds multiple times. It is just that once they stopped that particular diet, the weight came back—and why wouldn't it?

More and more weight loss experts have recently come to realize and agree with me that most overweight people get overwhelmed when attempting to

adopt all components of a “healthy lifestyle,” and at the same time make all the necessary dietary changes to lose weight. They, too, have discovered that countless weight loss plans require people to waste calories on foods with marginal health benefits, spend money and time on special recipes and gimmicks, or make them go to the gym and spend huge amounts of time and effort doing exercise routines of marginal value.

Making just three changes to your diet, not having to go to the gym, and not being busy with a more “healthy” lifestyle may seem like a diet plan for the lazy.

The Five 100-Calorie Diet Secret Principles

My method is built on five principles described in this book. They are simple to do and can easily be applied to your life forever.

1. Decode Your Personal Three Most Important 100-Calorie Diet Secrets and Make Some Smarter Choices

The fundamental principle of this book is that every 100-calorie unit saved per day adds up to as much as 10 pounds of weight per year! Everybody can give up a single soda or a latte at Starbucks a day, change his salad dressing, or let go of one trip to the fast food restaurant per week and not even miss it. Each of your own diet secrets that you decoded is worth at least 100 calories a day when compared to the smarter choices you can make. If you identified your three 100-calorie secrets, you will be able to save at least 300 calories a day, which can add up to 30 pounds a year. This is an incredible amount of weight loss that can be achieved without any hunger, frustration, perceived restrictions, or feeling deprived of anything. It is a diet without being on a diet.

2. The Power of Ten Prevents Hunger and Encourages Fullness

The second most powerful principle of this book is based on the fact that eating carbs—sugar in particular—is making people hungrier, while protein produces fullness. The 100-Calorie Diet Secret method ensures that the foods you select satisfy your hunger and make you feel full at all times. No hunger, no problem. Eliminating hunger will not only make you lose weight, but also help you to maintain your weight loss. The Power of Ten is the fastest and easiest method to quickly decide which food and beverage choices are good and which ones should be avoided. Foods and beverages that contain 10 grams or more of sugars will make you hungry, while foods with 10 grams of protein or more make you feel full.

3. Automatic Portion Control Prevents the Eyes from Taking Over for The Stomach

The third principle of this book is based on the fact that we all do not know when we have had enough to eat or drink. It takes 20 minutes for the brain to receive messages from the stomach, process them, and then relay the fullness

signal that tells us to stop eating or drinking. Twenty minutes is a lot of time for us to eat and drink way beyond the point of what we needed and what should have satisfied us. Either we start to eat much slower, like the French, or bypass the problem with automatic portion control, which starts right in the supermarket. Look for foods and beverages in packages where one single serving is the whole container. This can be a 100-calorie snack pack, a high-protein bar, a frozen ice cream-like bar, a high-protein shake, yogurt, or cottage cheese. The empty container that is sitting in front of you will tell your brain that you have finished. You will start to feel full and stop eating.

4. Avoiding Useless Preoccupation with “Healthy”

The best diet is the one that you do not know you’re on. The constant thinking about what you can eat, should eat, or should not eat includes the frustrating and never ending search for better or healthier things to eat or drink. This will ultimately make you lose focus on what really counts. Concentrate on making smarter choices and do not waste either calories or time searching for the ultimate “health” foods. The medical complications from the fat around your belly are far more significant than any benefits from foods or beverages labeled “lite,” “low-fat,” “low-carb,” “natural,” or “healthy.” Such benefits may not be obvious for 20 or 30 years, if ever.

5. Exercising Can Trap Even Dieters With the Best Intentions

The question is not about the undisputed benefits of exercise on cardiovascular disease, muscle, and bones, but the role of exercise in losing weight. Is it realistic for you to start to exercise and at the same time reduce your daily calories consumed? What about the increased appetite after exercising? The fact is that we lose weight by creating a daily calorie deficit. This can be achieved by either eating fewer calories than what you burn—which is done with dieting—or burn more calories than you eat—which is done by exercising. For most of us it is a lot easier to give up a few things that we consume per day and replace these things with smarter choices, than having to schlep to the gym to work out. It is much easier to not eat a bagel with 300 calories and replace it with a smarter-choice bagel that has only 100 calories—save 200 calories that way—than having to walk two extra miles to create the same 200-calorie deficit. Mixing dieting and exercising in order to create caloric deficits will almost certainly lead to failure, as you will stop dieting the day you stop working out or vice versa. Common sense tells us that trying two things at the same time is harder than just focusing on one.

Most people are willing and able to make just three easy-to-remember changes to their diets and, most importantly, are able to sustain doing it all by themselves. Let them have the type of foods they like to eat, when they like to eat it, and are surrounded by all day anyway. Everybody can lose weight this way. There are no excuses.

I have learned to work within the scope of what my patients realistically can do and sustain by themselves when they have left my office. That's where real successful weight loss happens, and not in the perfect world of healthy lifestyle theories and nutritional balance fantasies. It is in the drive-thrus of the fast food restaurants, in the lines of the school cafeterias, at the ball games, in the gas station shops, and at the concession stands in the cinemas where people actually gain their weight. Munching in front of the TV, lack of physical movement, the cravings for sweets, and the absolute demand for total convenience are the true frontlines where we must confront the ongoing epidemic. *The 100-Calorie Secret* is a realistic weight loss tool for real people living an everyday life. It is simple, successful, and can be done by anybody at anytime. You can do it, too.

Chapter 2: Keep It Simple: The Obvious Is Usually Right

This book is the result of a lifelong professional search for a method that could help my patients achieve success in their quest for the ideal body weight and all the associated health benefits. I encourage you to try dieting just one more time. I guarantee you that there is a way. The beauty of my method is that it is extremely simple. It contradicts everything you have ever tried. Instead of altering all of your deep-rooted, personal habits in order to change your body weight, you are encouraged to embrace your habits, to understand who you are and to accept what you like and dislike, especially when it comes to selecting foods and drinks. My method asks you make only three changes, and you will shed the extra pounds. Simply discover the three reasons you are gaining weight.

The reality is that we are unable to go against our nature for more than just a very short period. There is a reason why we do the things we do. Throughout our lives, we develop many mechanisms to cope with the demands of this world. Our basic instinct is to survive and all that we do has to do with this instinct. We cannot disassociate our environment, our bodies and our lifestyles from each other. Trying to artificially implement changes that don't agree with us is not only a waste of time but can actually create more unwanted problems for us.

At the end, you will realize that the truth and the secret about healthy body weight—its achievement and maintenance—are one and the same and, in fact, are very simple. They are so simple that at times, one may be tempted to see them as the most obvious things in the world.

The Obvious Is Usually The Right Choice

The reality is that, most of the time, the obvious and the simple do not appeal to us because they are not sophisticated enough, so we embark on journeys to find miracle cures, short cuts, tricks and magic pills that will present us with a “get out of jail free” card, just so we can avoid facing the obvious. Over time, that most obvious thing becomes the secret itself.

After reading this book, you'll understand what the basics of successful and sustainable weight management are. You will be able to correctly distinguish between small changes that have a big weight loss effect and unnecessary changes which yield little or no weight loss effect. Focusing exclusively on your efforts to lose weight instead of getting bugged down in all sorts of questions related to healthy lifestyle choices is the name of the game. I guarantee you will be able to do this without having to go through pain, anxieties or big personal sacrifices, and I promise that I will not ask you to eat or do anything that you don't like.

A Glimpse On How You Will Achieve Your Goal

Once you have decoded your own three personal diet secrets, you will learn how to make the necessary changes to your lifestyle and be done with it. Making just three

changes to your daily eating habits is all I will ever ask of you! No other restrictions, no hunger, no extra exercise required. No cooking recipes, no specialty foods and no supplements are required. The best thing is that everything you need to do this diet plan successfully is readily available at every supermarket in the country. You will see fast results. Sounds easy and simple enough? This method has worked for so many of my patients. Give it a try. You may like it!

Chapter 3: Looking for The “Right Weight Loss Plan”

Losing weight is not so difficult if you know how to start. Every diet plan, whether advocating low calorie, low fat, high fat, low carb, counting, weighing, phases or points ends the same. People always return to what they like to eat, sooner or latter. How should the average person solve the problem?

The answer is simpler than you think. Read the most recent reports from the best experts in the field. I have referred to three extensive, long term weight loss studies, two from this country and one from Israel. The most important one was from the Harvard-Pennington Group reported in the January 26, 2009 issue of the New England Journal of Medicine. The authors found no difference in weight loss in people following any of the 3 diet plans: low fat, low carb or low calorie. No only was there no difference in weight loss among all of the dieters, almost the identical weight loss results were found in all three studies--quite amazing since they were done worlds apart by very different methods.

Successful Dieters Find Their Own Plan

All of the authors summarized their studies with almost the same conclusions: dieters attempting to drastically alter their underlying food preferences cannot change even with almost one-to-one supervision. People sooner or latter (usually within 6 months or less), even with the best of care, will return to their old foods habits.

If the world's most experienced and knowledgeable experts cannot get people to lose weight and keep it off what should you do?

Recognize Your Mistakes:

What they did find is very encouraging if you can see through all of the distractions. Despite returning to their old eating habits, most individuals going through the diet process recognized a few mistakes they were making and made almost unconscious simple changes that they were able to continue for the long term.

For example, the dieters on the Atkins-South Beach like plans stopped the regular sodas the fruit juices, and the French fries, even after they gave up most of the "rules" of these plans. The Mediterranean dieters did the same and may have stopped frying the foods found fresh vegetables and fruits and found some better sweets. The calorie or "point" counters learned to recognize the very high calorie foods and found some better choices.

Small Changes Lead to Success

These might sound like minor changes, however, over the long term cutting out 300 or 400 calories a day is very significant. It can result in a 30 lb. or more weight loss in a year. Instead of the reader going through trial and error to find his dietary mistakes, the 100 Calorie Secret does it for him. The book ranks the common mistakes people make by which ones contribute the most to weight gain and at the same time are the easiest to change.

The "secret" is for every one struggling to lose weight, to find out what are his most significant, easiest to change mistakes, and just like all of the participants in these studies, make a few better choices from all of the usual foods.

Before I review The 100 Calorie Secret Weight Loss Plan you need to know whether you or members of your family need to lose weight and why it may be so important.

Chapter 4 Are You Among Those 200 Million Americans At Risk?

Do You Need to Lose Weight?

Do Your Children Need to Lose Weight?

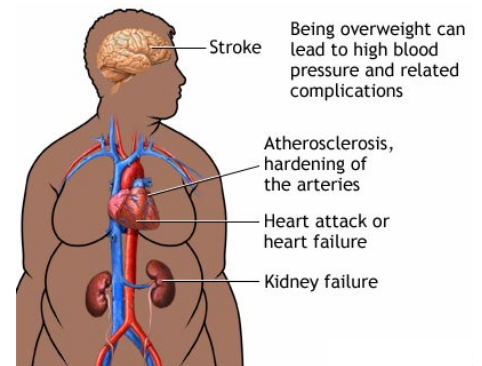
1. Why You May Need To Lose Weight:

You don't have to be obese or be 30 lbs. overweight to increase your risk for heart attacks. All it takes is gaining 7lb. to increase you chances of having a heart attack by 11%. Double that weight gain and you have a 25% risk

Spanning two decades, 21,000 non-smoking American male doctors -average starting age of 53- without heart disease were followed annually for 8 years. Blood pressure, cholesterol, triglycerides, heart disease and cancer were checked yearly. *You will be surprised how poorly they did.*

Only 1109 male doctors were in this part of the study. Here is what they found:

- A higher BMI increased heart failure risk in active & inactive participants.
- Modestly overweight had increased heart risk-increasing with weight gain
- Every 7 pounds of excess weight = 11% increased heart risk in the 20 years.
- Overweight participants had a 49% heart failure increase.
- Obese participants had a 180% heart failure increase.
- Active participants experienced an 18% reduction in heart failure risk.
- Higher activity participants experienced a 36% reduction in heart failure



There was a Doubling of Obesity in These Doctors!

The study shows that even in healthy doctors in this country, who presumably should know better, there was a doubling of obesity and a 8% increase in those overweight. The general US population is far behind with 33% obese and 67% overweight. You will see how your belt size is you and your child or teen's best measurement of the risks for getting high blood pressure, stroke, diabetes, heart attack, and cancer. Yes children and teens get high blood pressure, high cholesterol and diabetes!

In the largest study to date of obesity and lifespan, 500,000 European men and women had 20% increase in mortality for every 2 inch increase in waist size above 38 inches for men and 32 inches for women. Find your relative risk of dying young: (risk: 1.0 = average, 2.0= twice the risk)

Circumference of waist (inches) vs. Mortality Ratio

(Normal risk= 1.0, two times risk = 2, one half risk = .5)

	Mortality Ration for Men	Mortality Ratio for women
Waist Circumference		
27 inch	<.5	0.75
31	<.5	1.0
35	<.5	1.3
39	1.0	1.7
41	1.5	>2.0
45	2.0	>2.0

Men with a waist of 45 inches were twice as likely to die young as compared to men with a 39 inch waist. For women it was 43 inches vs. 31 inches. The same trend applied even to normal, non-overweight adults: increasing abdominal girth above 34 inches was associated with increased risk.

Risks of Dying Young from Obesity

Here is a rough correlation: Every 2 inch increase in your belt size =17% increase chance of dying young. (Walking a mile a day = a 2 inch reduction in a year). The same 2 inch increase in your waist size results in a 25% increase in diabetes and heart disease and cuts off 1 to 2 years from your life span.

Risk of Complications from Gaining Weight

You don't have to be obese or be 30 lbs. overweight to increase your risk for heart attacks. All it takes is gaining 7lb. to increase you chances of having a heart attack by 11%. Double that weight gain and you have a 25% risk

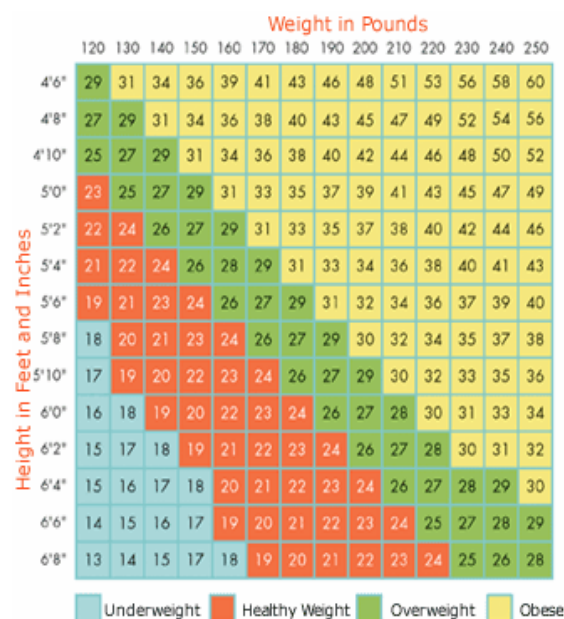
Reduce your weight, reduce your risks

Whether you are seven pounds or 70 pounds overweight, the more you exercise, the more you reduce your risk for heart failure and prolong your life. Even a 7 lb. weight loss increases life span.

2. Who Needs to Lose Weight? For Children, Teens And Adults:

It's Easy to tell if an Adult is Overweight

It's easy for adults to recognize whether they are overweight: Over sixty years



ago, the Metropolitan Life Insurance Company published a table of “Ideal Weights.” This system classifies individuals by their “frame” size: small, medium and large. Trying to estimate “body frame” is often more opinion than fact and more recently the Body Mass Index (BMI) has gained favor. BMI is calculated from an individual’s height and weight using a table or an internet calculator.

Adult & Teens > 16 years Old: Find If Your Are Overeating, Overweight or Obese

	Normal waist	Normal BMI	Borderline	Obese
			Waist BMI	Waist BMI
women	32.5 inch	< 25	25-29” 33	36” or> 30 or>
men	35 inch	<25	25-29 “ 37	40” or> 3o or>

The accepted definition of obese in adults is a BMI equal or greater than 30. Overweight is considered to be a BMI of 25 or more. Below 25 is “normal” and 40 or above is morbidly obese. For example, a women who weighs 160 lb. and is 5 feet, 3 inches (63 inches) tall has a BMI of 28 (overweight). If she were to weigh 180 lbs. her BMI would be 33 (obese). A male who is 5 ft 10 and weighs 200 lb. has a BMI of 28 (overweight.) If his weight was 220, then his BMI would be 32 (obese).

All of obesity-related medical problems are caused by the extra fat accumulation around and especially inside the abdomen. Clumped together, the internal fat cells, no larger than a bar of soap, produce numerous abnormal proteins that were not present before the weight gain. These newly produced chemicals circulate through the blood damaging distant organs. Since measuring the inner fat is difficult and expensive, researchers use the circumference of the waist as a good proxy. A WL (waist circumference or waist line) greater than 40 inches for men and 36 inches for women correlates with the critical amount of fat.

Ideal waist lines are 32.5 inches for women and 35 inches for men.

It’s impossible to attack and reverse any medical problem without knowing what is normal and what is abnormal. The difference between being overweight and obese is only a matter of degree. The treatment is the same in children—slow the weight gain down or actually lose weight depending upon the degree.

Estimating Overeating, Overweight and Obese in Children and Teens: Much Harder Than in Adults

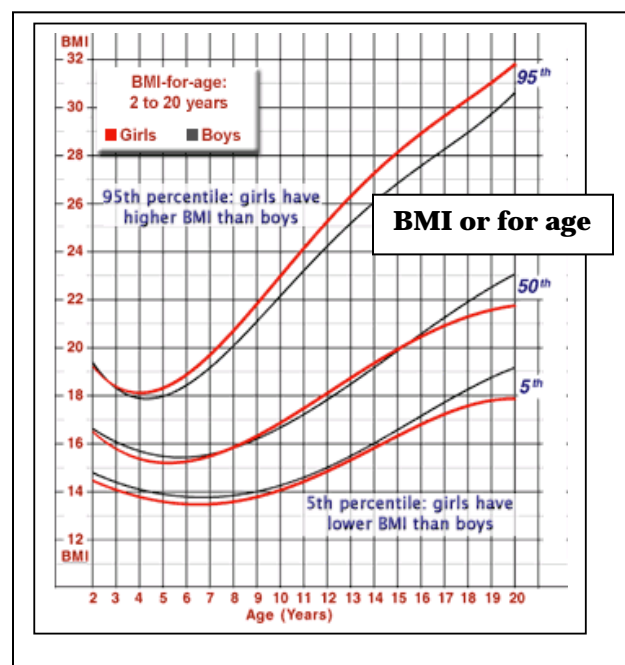
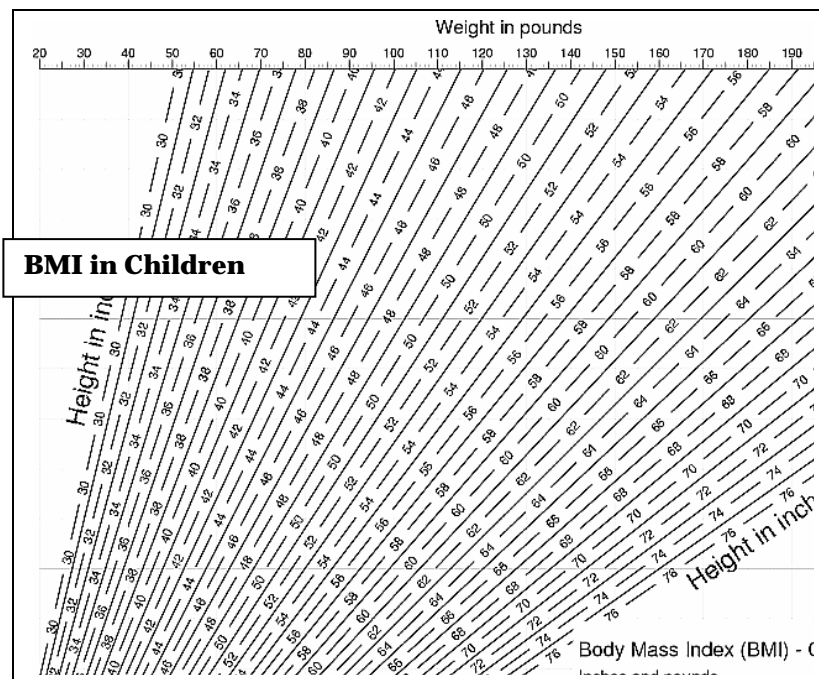
Body Mass Index (BMI) is the gold standard for defining adult obesity. It's based on height and weight. The changing nutrition needs of children as they mature differ greatly from adults, who actually need to reduce their food as they age. The ordinary BMI does not consider age or sex. The Centers for Disease Control (CDC) has developed a system for using the BMI, but adjusting for age and gender:

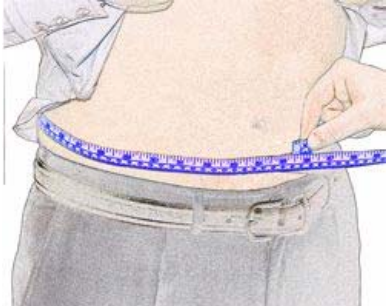
For children and adolescents (aged 2–19 years), the BMI value is plotted on the CDC growth charts to determine the corresponding BMI-for-age percentile.

For weight problems in children and teens the CDC has proposed these definitions:

- Overweight is defined as a BMI at or above the 85th percentile and lower than the 95th percentile.
- Obesity is defined as a BMI at or above the 95th percentile for children of the same age and sex.

If you want to use this system for your child or teen, here is how it is done: The first step for evaluating weight status in children is the BMI. Using the BMI chart above or an on-line calculator, you need to enter height and weight. In the second step, the BMI is then entered into a second graph called the BMI- for-Age Chart below.





To measure the waist size (circumference) place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug, but does not compress the skin, and is parallel to the floor. Relax, exhale, and measure the waist.

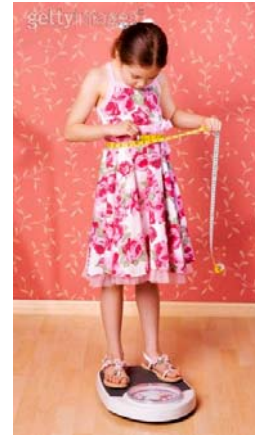
For example, if you have a boy who is 10 years old and weighs 100 lb. and is 50 inches tall, his BMI from the first table would be 26. On the second table, you follow the 10 year age line up until you find his BMI on the left. The intersection is above the 95% black line, indicating he is obese and at risk for a metabolic disorder. Complicating the problem is that kids can also have a high BMI if they have a large frame or a lot of muscle, not excess fat. A kid with a small frame may have a normal BMI but too much body fat. The accumulation of abdominal fat has been proven a better predictor for adult morbidity than obesity itself.

The BMI –for-age percentiles are unfamiliar to most people. They involve several calculations which require either a computer program or extensive CDC charts. It requires experience to use and interpret and will never be something the average parent will use. Parents can not visualize what the numbers mean in their minds.

These currently used cut off points to distinguish overweight and obesity in children are subjective values distinguishing “normal” from “abnormal”. A measurement based on risk factors for disease is the child’s waist circumferences. As in adults, the complications of obesity in children and teens are directly related to fat deposits around and inside the abdomen. Focusing on waist circumference measurements instead of total body weight helps quickly to identify the child with potential metabolic problems due overeating. Children develop high blood pressure, elevated blood lipids and cholesterol and blood sugar just like adults due to the enlarged fat cells around the belly secreting abnormal proteins into the blood.

Waist Line Number Identifies Children and Teens at Risk: A Very Simple Measurement:

The waist circumference in children, even more so than in adults, is a better indicator of the metabolic disorders accompanying weight gain and the associated risks than is the scale or BMI. Drs J.R. Fernandez and D.T. Redden from the University of Alabama reported on the distribution of waist circumferences for children between 2 and 18 years old. Waist circumferences values of 26 inches for 6 year old boys and girls and 33 inches for 12 year old boys and 32 inches for 12 year old girls were the cutoff between normal and obese children. (The 90th percentile). Note that the normal child increases his/her waist line about 1 inch a year.



While data on waist circumferences is not as extensive in children as in adults, there is enough studies to make some generalizations. Pediatricians treating obesity usually make little distinction between overweight and obese, preferring to place the child into a category labeled “overweight” which includes both groups of children, since the treatment is the same. I decided to use the average Waist Line (WL)) at the 75th percentile for age and gender to distinguish between “normal” children and overeating, “at risk,” overweight or obese children and teens. That child who’s WL equals the 75th percentile or more is overeating. Children whose waist falls midway between the 75th and 95th percentile are probably overweight and that above 95th percentile definitely either overweight or obese. The intervention in all of these children and teens needs to be both dietary and activity based.

I have summarized the values in the following table and graph. Average waist line from age 6 to 16 for boys and girls are listed below. To make calculations simpler, I grouped genders together for overeating and overweight. Note that increasing waist circumference is normal.

At 11 years of age, a child with a WL of less than 28 inches is normal; a WL of 28 to 30 indicates overeating. A waist line of 31 or more indicates overweight. Over the age of 16, teens are considered “adults.”

Overeating and overweight as evidence by high Waist-to -Take Action is treated the same. The first goal should be to slow down the rate of weight increase so that by growing taller the child or teen will “grow into” his weight. For example, a 13 year old boy should be gaining about 10 lbs. a year, if he is gaining 18 lbs. that is too much. By slowing the weight gain to a little less than 10 lbs. per year, he will slowly lose the extra weight and grow into what is normal for his age and height. The decision to take action does not need to be so complicated or difficult for both the child and the parent because the plan is so simple.

**Use These Waist Line Measurements to See If Your Child or Teen is:
Normal, Overeating or Overweight**

AGE	6	7	8	9	10	11	12	13	14	15	16
Normal boy weight (lb)*	46 lb.	50	57	64	70	78	88	100	112	126	134
Normal boy waist line	20.5 inch	21.0	21.5	22.2	23.0	23.7	24.5	25.4	26.4	27.3	28.2
Normal girl* Weight	44 lb.	50	57	64	72	82	92	100	108	115	119
Normal girl Waist Line	20.3 inch	20.7	21.3	21.8	22.3	22.9	23.6	24.3	24.9	25.4	25.7
Overeating waist line	23 inch	24	25	26	27	28	29	30	31	32	33
Overweight wasit line	26 inch	27	28	29	30	31	32	33	34	35	36

Normal Body Weight Gain:

The values are supplied so that you can get an idea of what the normal weight gain should be at each age. You can not use the weight to compare to your child's weight because of great variations in height. You can compare your child or teen's waist line with what is considered "normal" or see if his waist line indicates "overeating" or "overweight. *Waist lines are independent of height and a better predictor of overweight problems.*

Boys: Between age 6 and 11 the average boy gains about 6 lbs. per year. From age 13 to 16 the normal weight gain doubles to approximately 12 lb. per year.

Girls: Between age 6 to 8 girls add normally about 6 lb. per year. At 10 years body weight increases by about 10 lbs. per year, until age 14 when weight gain slows down a little.

The waist line number provides the parent with simple, easy to use system that takes only a few seconds and involves nothing more than a tape measure.

Note in the table there is a rapid weight gain between 5 to 7 years of age. This time period is called the adiposity rebound. It corresponds to the time when fat cells start to increase in number. Prior this, fat cells increased or decreased in size, not number. This adiposity rebound can last anywhere from 3.5 years to 5 years. Overweight children's increase their weight at a greater weight than normal.

Also, it's important to look at the waist line measurement as a trend instead of

focusing on individual numbers. The real value of these simple measurements lies

What These Data Show About Excess Weight in Adults, Children and Teens:

You have seen how easy it is to determine if you or members of your family are at risk because of weight gain due to overeating. You have all seen all of the risks for both adults and children. Now it's time to do something about it:

For Adults: You don't have to lose 30 or 40 lb. to change you life risks. Even 7 or 10 lb. results in significant reduction in complications and even premature death. The reason is that all of the problems are due to fat inside the abdomen making new, dangerous chemicals. Shrinking these cells by even a little weight reduction changes their function: lowering blood pressure, strokes, cancer risks and heart disease. Losing 10 lb. is easy; it's cutting down 100 calories a day or walking for less than 30 minutes--a mile. Make it your New Year's Resolution, just cut down 100 calories a day.

For Children-6 to 16 years old: Just like adults, overeating in children leads to obesity and all of its complications. However, most children and teens do not need to lose much weight. What they need to do is to reduce the rate of normal weight gain so in a year or two they will reach what is normal for their age and height.

Chapter 5: Discovering Your 100 Calorie Secrets

The 100 Calorie Secret Weight Loss Plan is based on finding the three most important causes of your weight gain and then making some simple, permanent changes in your diet. Your diet secret can be foods, beverages, or even food patterns that when changed by making smarter choices results in an average savings of at least 100 calories a day which translates into 10 lb. weight gain in a year

Why Do I Call the Mistakes People Make Causing Their Weight Gain Their Diet “Secrets”?

Because most people do not realize how significant a few daily mistakes can be. If they do, they don't know which ones to change first. Diet secrets include not only the obvious fast foods, sugary drinks, snacks, and desserts that everyone recognizes, but the less obvious salad dressings, alcohol, eating in the middle of the night and even skipping meals—especially breakfast and lunch. What is common to all of these secrets is that they are the cause of rapid weight gain for just about everyone. They are either high in calories, fat, or carbs, often have serious portion control problems or in the case of skipping meals lead to hunger and loss of control of the day's foods.

Diet Secrets Can Be “Healthy” as Well as “Bad Foods”

A 100 calorie diet secret can also be healthy foods that when consumed in excess exceed the calorie intake for the day and result in weight gain. A common example of this occurs when people with sedentary jobs eat a large lunch and plan for a small dinner and end up eating a large dinner as well—resulting in eating two large meals within the same day. Both meals may consist of very health promoting food, but in the end the total calories consumed becomes far in excess of the individual's needs.

Why Does Thinking About Weight Loss in 100 Calorie a Day Units of Food Beverages Make Weight Loss So Easy?

Previous diets you may have tried eliminated one food group for another, counted calories, carbs, fat, or protein or had you prepare special recipes or do unusual shopping. Some of these plans maybe useful, but in the end they don't work because they are too complicated, require too much effort and sometimes too much expense. Diet plans involving prepared foods delivered to you, bars or Shakes also fail in the long run. People will not eat what they don't like nor will they count, weight or measure everything they eat for more than a few days. Moreover, the time that successful weight loss depends upon eliminating one food group for another has passed. We have all tried that and it does not work. Both plans recognize that people will eat what ever is put in front of them and think that's the correct portion.

New Kinds of Weight Loss Plans for 2010

Two recent books last year offered different totally new types of weight loss plans. All of them eliminated counting calories, carbs, fat or protein, limiting one food group for another or eating special foods. Brian Wesnick writes about it in *Mindless Eating* and Michael Pollan recently writes in his book, *In Defense of Food* that the answer is “Eat food, not too much, mostly plants.” Dr Wesnick answer is eating 20% less than you might want before your start, and at the same time increasing fruits and vegetables by 20%. He suggests, making three 100-calorie changes in your daily food plan by using the “Power of Three Checklist.”

The 100 Calorie Diet Secret Plan is Different.

As previously indicated, each diet secret represents a net savings of at least a 100 extra calories per day. Whether it's from changing a daily secret like sodas, fruit juices and salad dressings (140 calories) to zero calories diet sodas or a *once a week* secret like fast food or large lunches (1000 calories) to 400 calorie sandwiches, each change still results in the savings of at least 100 calories a day or a weight loss of 10 lb. or more a year. Obviously if the frequency of your diet secret is greater than the once a day or the once a week minimum, then the weight loss increases proportionally.

Adding a 2nd and 3rd diet secret to you plan is like stacking one building block on another—the calorie deficits keeps building up. Remember, it does not matter what kind of food or drink the 100 calorie excess represents-- a *savings* of any 100 calories results in the same weight loss. Since the dieter is encouraged to make the fewest, easiest to remember changes that will result in the greatest weight loss that he knows on the very first day he can do forever, the problem has been to identify which 100 calories each person should eliminate and in which order. Making the task even more complicated is the fact that everyone has not only different diet secrets but also eats and drinks them at different frequencies.

What Kinds of Foods are the 100 Calorie Diet Secrets?

Your diet secret are foods, beverages, or even food patterns that when changed by making smarter choices results in an average savings of at least 100 calories a day. Diet secrets include not only the obvious fast foods, sugary drinks, snacks, and desserts that everyone recognizes, but the less obvious salad dressings, alcohol, eating in the middle of the night and even skipping meals—especially breakfast and lunch. What is common to all of these secrets is that they are the cause of rapid weight gain for just about everyone. They are either high in calories, fat, or carbs, often have serious portion control problems or in the case of skipping meals lead to hunger and loss of control of the day's foods.

A 100 calorie diet secret can also be healthy foods that when consumed in excess exceed the calorie intake for the day and result in weight gain. A common example of this occurs when people with sedentary jobs eat a large lunch and plan for a small dinner and end up eating a large dinner as well—resulting in

eating two large meals within the same day. Both meals may consist of very health promoting food, but in the end the total calories consumed becomes far in excess of the individual's needs.

The 100 Calorie a Day Savings Results From Changing Each Secret to its Corresponding Smarter Choice—Not the Calories in the Secret Itself.

Remember changing each diet secret is responsible for a savings of minimum of 100 calories a day of excess food and will result in a weight loss of 10 lbs. per year. Your 100 calorie savings may require making smarter choices once a day, such as sodas, juices and salad dressings. Other secrets, because they have enormous calories, require you to make changes only once a week. Obviously if you are eating the “daily” or “once a week” diet secrets more often you can save even more calories by making additional changes, for example, eliminating two regular sodas a day, **or** only two fast food meals a week, instead of 1, results in a 2 lb. weight loss a month.

The 100 Calorie Diet Secret Decoding Table Prioritizes the Diet Secrets by Impact, Rapidity of Weight Loss and the Best Chance for Permanent Change

In order to decide which diet secrets you should change first, I analyzed the dietary changes made by my patients and the thousands in the medical literature who have lost and maintained their weight. I categorized these secrets into ten individual clusters of foods, beverages, and even lack of foods which when changed daily, several times a week or even once a week would result in a least an average savings of 100 calories per day. Each of the ten 100 calorie diet secrets are ranked not only in the impact they make on weight loss, the rapidity of the weight loss but also which ones can be changed the easiest, and especially ones with the greatest chance that the changes can become permanent. As indicated previously each of the 100 calorie diet secrets are presented in Table form latter in this chapter. Here is a shortened version of the table:

As you scroll down the Decoding Table, you need to circle the number to the left of each diet secret that represents one of your usual food or beverage choices. What is usual? Of course food choices vary from day to day, but food patterns don't change that much. You need to focus on your “normal” patterns, not the rare exceptions. In the full table on the next page, you will see the approximate frequency of each secret, ranging from the “sugary” drink or “snack secret” of one or more per day to the ‘fast food/large lunch secret of one of these meal a week. Less than these frequencies are probably not important. When in doubt, pick a higher ranked diet secret rather than a lower one.

As you scroll down the table, Diet Secrets # 9 and # 8 have the highest caloric impact and that also might be the easiest for most people to change. On the other hand, diet secrets # 1, 2 or 3 may have lesser caloric impact but be much harder for other people to change.

In my plan, you need to make only three changes in your daily diet. That's why you need to choose the ones which are associated with your three highest ranking diet secrets. Make sure you choose changes you will be able to stick to indefinitely. Some habits like drinking beverages that contain sugars or eating large meals for lunch are significant causes for weight gain, and are easy to change. Eating smaller portions for dinner or eliminating pleasure-producing snacks in the evenings are changes that are harder to maintain consistently. In the beginning it is absolutely important to focus only on the highest ranked diet secrets that apply to you and make those changes first. Remember, your objective is to identify your personal 100 calorie diet secrets whose change will offer you the biggest weight loss benefit and at the same time being the easiest to change.

You may find out that not only three, but four, five or even more diet secrets apply to you, including some of the highest ranking ones like for example the sugary sodas and fast foods. Alternatively, you may discover that your diet secrets are less obvious such as olive oils, mayonnaise and salad dressings.

Why Will Identifying Your Top Three 100 Calorie Diet Secrets in the Diet Secret Table Help You to Lose Weight Permanently?

You may have previously attempted to lose weight by eliminating one food group for another, counting one thing or another, weighing your food or assigning points to foods. This plan is just the opposite, you will not add any more food, but simply eliminate 100 calorie units of food and drink. You will not need to eat any unusual or exotic foods nor shop or prepare new recipes that you know you could not possibly do for more than a week or two. Instead you will focus all of your energy on first identifying **your** three most important 100 calorie diet secret and then make some simple changes. Sounds obvious, well it is. It's much easier than you think.

I Want to Lose Weight Quickly, Why Can't I Change All of My Diet Secrets At Once?

Experience has shown us that the simpler you make the diet; the more likely it is for you to lose and then maintain the weight loss. In every other weight loss try, you attempted to change too many things at once, burdened your self with changes that are impossible to maintain or tried to remember so many details that you lost focus on your goals. Here it's a matter of priority, change the most important ones first and everything will follow.

Using the 100 Calorie Diet Secret Table to Uncover Your Personal 100 Calorie Diet Secrets

The highest diet secrets will be on the top of the first page and the lowest on the bottom. Scroll down and circle each of your diet secrets. Be careful, you must weigh the impact of the secret as well as the frequency of each secret. Sometimes

looking at the “smarter choices’ will help you decide if a food or beverage is your secret.

Discover the 3–Top Causes of Your Weight Gain

Most Important



9. Drinks: regular soda, fruit juices, sports drinks:
1 sugary drink a day for a month = 1 lb. weight gain



5. Wrong Breakfast: bagels, muffins, sugary cereals, pastries donuts are filled with sugar, high calories & make you hungry all morning long, not much different than skipping



8. Fast Foods at Lunch or Dinner: burgers, fries, & chicken or fish sandwiches, chicken nuggets. = ¼ of the day’s food. *1 fast food meal a week = 1 lb. weight gain a month*



4. Large Portions & Fried Foods At Dinner: Less of a problem than the choices at lunch. Portions of beef, pork and the carbs are limited. Fish, vegetables, fruits are almost unlimited.



7. Lunch: LARGE MEALS: meat, chicken, fish, rice, pasta, potatoes, & fried foods. No different than fast foods, =1000 cal or more, lots of oils & difficult portion *1 day a week of large lunches & dinners = 1 lb weight gain a mo.*



3. Snacks & Deserts: ice cream, cookies, cake, pie, chips, nuts, cheese, candy, seeds. easy to find replacements with new 100 cal. packs, nuts are high calorie
17 almonds a day = 1 lb. weight gain a month



6. Skip Breakfast or Lunch: (or coffee or juice only) Skipping meals only leads to loss of control of the day’s food and more eating later due to hunger & low sugar. Coffee or juice alone is not breakfast.



2. Condiments: olive oil, butter, regular salad dressings, often overlooked, *1 tablespoon of olive oil a day = 1 lb. wt gain*



1. Alcohol: Drinking 5 or more days a week. Not so much the calories (glass of wine or straight liquor is 95 cal), but the resulting loss of control, increase appetite and decrease in metabolism are the real problems. Keep it to the weekends., 2-3/wk, avoid the mixes that are filled with sugar

Pick only the top 3 causes of your weight gain, the higher on the list, the worse the problem.

Least important

How Serious Are Your Diet Secrets?

In order to find out how serious the problems with your intake habits are you need to add up the numeric values of the ranking numbers for each of your three highest ranking diet secrets that you checked on the 100 Calorie Diet Secret Table. If, for example you checked diet secret #8, #6 and #4 in that order your score in that case would be 18 (8+ 6+4=18).

Total	How Bad Are Your Secrets?
10 or more	Indicates eating habits that are very serious and need to be addressed and changed immediately
5 to 9	Indicates that you have eating habits that require attention
3 to 4	Indicates that you only need to make a few changes
1 to 2	Indicates good eating habits requiring minimal changes

How Do I Avoid Frustrating Plateaus and Set Points?

Every weight loss plan is challenged by plateaus and set points. These occur naturally as the body slows down the metabolism during weight loss periods and increases hunger. These mechanisms are leftovers from our cave man days when our bodies had to adapt to long periods with little or no food. Using the *Table* to address weight loss plateaus and set points is easy. Once you have conquered your three highest ranking diet secrets and you hit a plateau, simply go ahead and make the changes required for your fourth and fifth diet secret, but also consider some extra physical activities just to break through the plateau. Some physical exercise in these periods can help to force the body to increase its metabolism and get the weight loss moving again. Outside of combating plateaus I do not ask you to exercise beyond your usual levels.

How Do I Use the 100 Calorie Diet *Secret Table* to Maintain My Weight?

Once you have eliminated the causes behind your three highest ranking diet secrets, you are left with your maintenance diet. These changes are permanent. It is that simple. This is not a diet that ends one day and you go back to the habits that made you gain weight in the first place. This plan makes a few highly effective changes in your life for good. That is why so many of my patients have succeeded on this plan. They made only three changes that they knew they could stick to for ever.

Here Are The Diet Secrets of Some of My Patients.

These cases studies will show you how easy it is to use the 100 Calorie Secret to discover why you are gaining weight.

Case Study: Bill S., a Florida state trooper drives up and down the Florida Turnpike. He always skips breakfast, his lunch is whatever he can find at the burger restaurant on the turnpike stop, usually a double hamburger with cheese, large French Fries and a large regular soda. He has fatty salad dressings for dinner and mayonnaise wherever he can. Two or three times a week he eats in the middle of the night. His top three

diet secrets are #10 (sugary drinks), secret #9 (fast foods) and secret #7 (skipping breakfast), as indicated below:

Bill S's Diet Secrets

- 10. Sugary Drinks**
- 9. Fast Foods**
8. Large Meals at Lunch
- 7. Skipping Breakfast**
6. Wrong Breakfasts
5. Large Portions or Fried Foods at Dinner
4. Snacks and Desserts
3. Condiments
2. Alcohol
1. Eating in the Middle of the Night

For Bill to initially concern himself with the lower ranking secrets like snacks, carbs, brown vs. white rice, mayonnaise, fatty salad dressings, eating in the middle of the night and even large dinners is pointless when his top three secrets total more than 2,000 calories. Trying to change all of his poor food selections at once would be overwhelming. Counting calories, fat grams or weighing food is equally fruitless for Bill—and just about everyone else. Changing his top three secrets is simpler, easy to remember and will quickly lead to significant weight loss.

For Bill and most people, making better choices at lunch would be easier if he eats breakfast instead of working a whole day and having to be concerned about what he eats during dinner. At night at home, his wife can help him but in his police cruiser, he is on his own.

Once Bill loses weight, he can then tackle the large dinners and then the snacks. It is a simple three steps at a time to successful weight loss for this Florida State Trooper.

Case Study: Diana G. *eats bagels and cream cheese for breakfast, leftovers for lunch, TV dinners with a fatty salad dressing and 2 or 3 snacks during the evening. Her diet secrets are decoded as follows.*

Diana G's Diet Secrets

10. Sugary Drinks
9. Fast Foods
- 8. Large Meals at Lunch**
7. Skipping Breakfast
- 6. Wrong Breakfasts**
5. Large Portions or Fried Foods
at Dinner
- 4. Snacks and Desserts**
3. Condiments
2. Alcohol
1. Eating in the Middle of the Night

Diana, like Bill, lives a stressful life and has little time to cook, follow complicated diet plans or count anything. For her to shop for special foods or prepare recipes would be just about impossible. The Diet Secrets Decoder Table helps her identify her top three secrets as: #8 (large lunches), #6 (wrong breakfasts) and secret #4 (snacks). Eliminating just three foods is not very complicated. Once Diana has lost weight and is confident that she can make more changes, she may then improve her salad dressings.

Bill and Diana's food problems are related to obvious mistakes in eating habits. However, many individuals have secrets that are much less obvious, such as Miami attorney, Sandra L.

Case Study: Sandra L. *is a busy attorney who is very concerned with her weight and health. She weighs 179 pounds despite running on a treadmill for 30 minutes three times a week. She tries to eat only fresh, healthy foods. She never drinks sugary drinks, and never eats fast food or large meals at lunch. She has a low-fat bran muffin for breakfast, a mid-morning apple and a salad with protein for lunch. She even takes her own olive oil-based salad dressing to work. While working at her desk, she has almonds and cashews for snacks. One handful, two handfuls, possibly more, who knows? Sandra comes home at the end of the day and has a glass of red wine, fish, salad with olive oil and vegetables for dinner. She*

almost never snacks after dinner. Despite what appears to be a healthy diet, Sandra has been unable to lose weight. Here are her diet secrets:

Sandra L.'s Diet Secret:

10. Sugary Drinks
9. Fast Foods
8. Large Meals at Lunch
7. Skipping Breakfast
- 6. Wrong Breakfasts**
5. Large Portions or Fried Foods at Dinner
4. Snacks and Desserts
- 3. Condiments**
- 2. Alcohol**
1. Eating in the middle of the night

Sandra L. is certainly eating “healthy” foods, but are they really low in calories? Her three secrets include secret #6 (bran muffin) at 650 calories, secret #3 (olive oil) that can total four to five tablespoons a day and more than 500 calories, and nuts without portion control that can total 300 or more calories, and secret #2(daily alcohol) that has calories and slows her metabolism. The Diet Secrets Decoder Table tells her how she can end her frustration over her weight by making better choices at breakfast and by substituting the nuts and olive oil with portion-controlled snacks and zero-calorie salad dressings. Extra calories are extra calories, regardless where they come from—nuts or a candy bar.

Now that you have seen how easy it is to narrow down the food and beverages causing you weight gain, you will see a review in the next chapter how the 100 Calorie Secret provides all of the information you need to make better food and beverage choices.

Chapter 6: What's to Eat? After Discovering Your Secrets, It's Easy to Make A Few Better Choices.

After the one or two most important secrets are discovered the next step is to find some equally pleasing and convenient alternative foods and beverages that are both low in calories and sugar with easy portion control. Whether at home, in the school cafeteria, at sport games and dancing lessons there are numerous good alternative foods and drinks that your child or teen will like.

The smarter choices are presented in simple food menus using thumbnail pictures for each meal including portion size and preparation that are easily understood by adults and children. There are no special recipes, counting one thing or another or shopping for unusual products. These menu suggestions only serve to provide a guide to alternative choices. Families with the parents in control need to make their own choices depending upon individual likes and dislikes of each member of the household. There are 4 food menus: one for each meal and one for snacks. There are multiple food menus showing you the best brands in each group.

Breakfast: At Home, In the Office, On-the -Go women: pick any 2, men: pick any 3

Low fat cheese, ham, turkey 2/1/2 oz.

Whole wheat or whole grain bread

High protein, low carb Bars, shakes, yogurt

Typical breakfast from These

Dinner: The Large Meal of the Day

Starters: Pick 1

Unlimited

Shrimp cocktail

pasta

Black beans

Brown rice

Baked potato

Chicken: Women: 6 oz, Men: 8 oz

Lean beef: Women: 4 oz, men: 6 oz

Combinations From These Choices

avoid starters, as they fill you up. Avoid the baked, barbequed, or grilled entrees. Noables without butter and salads with low-fat food protein choices are fish, chicken, lean more than one cup of cooked carbohydrates like rice, or black beans. A small baked-p-calorie margarine is acceptable. You may

Lunch: Small Meal, Cold Type of Foods women: pick any 2, men: pick any 3

Only "hot food"

Salads with low fat or no fat dressings

Wraps, sandwiches, subs with turkey, tuna, ham, roast beef, mustard, ketchup

High protein, fat cottage cheese, bars, shakes

Typical Lunches Prepared from These Smarter



Chapter 7: Summary of the Many Weight Loss Issues Reviewed in the Complete 100 Calorie Secret Book

Weight Loss and Fast Foods
 Weight Loss and Prescription Medications
 Weight Loss and Exercise
 Titles of Many More Reviews

Weight Loss and Fast Food Drive-Thurs

Fast Food Drive-Thru Eating Sabotages all Good Intentions: The fact that almost everyone samples and often eats the food bought in a drive-thru as they are driving precludes most people from buying the lower calorie alternatives such as wraps, salads, chili or a baked potato since they are much more difficult to eat in a car, especially salads. This forces the customer at the drive in window to order the higher calorie foods that lend themselves more to snacking that can be eaten with their fingers. Try driving a using a fork or spoon.

What can be easier and use less exercise? You don't even have to get out of your car? Its easy to order two double Whoppers, two double fries and an apple pie from the faceless person at the drive-thru, after all they could be for children in the back seat, taken home for the whole family or more often than not eaten by the driver. (Calories in single serving: Double Whopper = 1020, 65 grams of fat, Fries = 540, 25 grams of fat, apple pie = 340 calories, grand total for the one meal = 1790 calories, and 104 grams of fat, which is the whole day's food allowance for many children and teens.)

Best Choices at Fast Food Restaurants are found Inside the Restaurant: The secret, like eating at home or in sit down restaurants, is to make better choices from all of the available fast food restaurants. There are many lower calorie alternatives to the burger drive-in. Switching to the alternatives foods ONLY ONCE A WEEK can save your child more than 700 calories a week, which translates into a 10 lb. weight loss over a year. Remember, this change is only one meal out of the whole week. Although they may not be as convenient, look at the calories savings.

The first step in beating the odds at a fast food restaurant is to get out of the car and go inside. Nutrition information is usually posted on the wall. There are more alternative choices on the more complete menus inside. Most important you have as long as you want to decide what are the best choices for your family without having the car in back of you in-line start honking on the horn. On many healthy appearing foods like salads, putting the wrong dressing or fried toppings can add hundreds of calories. Look for grilled toppings and low fat dressings.

Weight Loss and Prescription Medications

Each overweight individual has a different reason for his weight gain - it may be eating very large meals, cravings, eating out of anxiety or boredom or even eating in the middle of the night. You need to first identify your particular eating problem and then find a food plan that best matches your food preferences and personal requirements. The role of medication is to assist individuals who are having difficulty with hunger, cravings and compulsive eating. Diet drugs, even then strongest, are not "magic bullets," only "helpers", and that even the strongest pill cannot stop one from eating some very bad, readily available foods.

Dietary changes, even simple ones, always come before medications. Taking these medications, even for brief periods of times often assists individuals in their weight loss plan. Some individuals experience fullness for the first time in their lives while others feel in control of their food and learn to make better food decisions. Many overweight people learn that they genuinely do not need as much food as they had once believed they did.

While some individuals might do well taking the drugs for only a couple of weeks to help "jump start" their weight loss plan, others may need to take them for months or even years. Since each overweight individual has a different reason for his weight gain, the right drug needs to be matched with the "right person"-not only in choice of drugs, but dose and duration.

Here is an overview of the prescription obesity drugs choices today:

Phentermine: Ionamin, Adipex

Phendimetrazine: Bontril

Diethylpropion: Tenuate

Subutramine: Meridia

Xenical: orlistat

First approved as an appetite suppressant in 1959, Phentermine is sold under a variety of brand names including Ionamin and Bontril as well as under its generic name. Phentermine and its cousins Phendimetrazine and Diethylpropion are all sympathomimetic amines, which are similar to an amphetamine. They are also known as an "anorectic" or "anorexigenic" drugs. They stimulate the central nervous system (nerves and brain), which raises your heart rate and blood pressure as it suppresses your appetite. Dr. Weintraub, in groundbreaking studies combined phenteramine with fenfluramine in a combination called Fen-phen. Interest in these drugs peaked in the mid 1990's when you could find a doctor on virtually every street corner who prescribed them. The rare occurrence of heart disease and even rarer pulmonary hypertension led to the withdrawal of the drugs from the market in 1997. The 1990's and early 2000's saw the use of herbal fen/phen and combinations of Phentermine and Prozac all without significant weight-loss benefits.

Nonetheless, these drugs still play a role in weight loss and have been taken by millions of people over the past 25 years.

How it Works, Side Effects, Who Should Take It Phentermine, Phendimetrazine and Diethylpropion are closely related drugs that reduce appetite but have little effect on cravings and compulsive eating. They raise blood pressure in some individuals and often are limited by the development of tolerance in others. These are useful drugs for those who simply eat too much, particularly during the day when these drugs are the most effective. They need to be used with caution in people with high blood pressure. They should not be used either in people who have heart disease, who have had strokes, or other serious brain or cardiac problems. These drugs are most effective when used in low doses and titrated slowly to avoid side effects and the development of tolerance. Some physicians alternate Phentermine with Phendimetrazine in order to avoid tolerance. Of all of the drugs in this group, Diethylpropion has the least side effects and the least problems with tolerance. Related to bupropion, Wellbutrin, not only reduces appetite but helps many people with compulsive eating.

Subutramine Approved by the U.S. FDA in 1997, Meridia (sibutramine) is thought to decrease appetite by inhibiting the re-uptake of serotonin, nor epinephrine, and dopamine in the brain. By doing this, it helps increase the levels of these hormones that control appetite and hunger. It was the first selective serotonin reuptake inhibitor (SSRI) to be used specifically for weight loss, although other drugs in the same class such as prozac and paxil have been used as anti-depressants.. The drug causes a small increase in average blood pressure and heart rate.

Exercise and Weight Loss: Do You Need to Do It? An Unbiased View

Nothing is as frustrating to people struggling to lose weight is the failure of their exercise to promote weight loss, especially when vigorous exercise is combined with food restriction.

Six reasons exercise may be or not be the answer to your weight problems. The customary thinking that all one has to do is eat less and exercise more may not be so simple. There are so many people who exercise regularly and do not lose weight that other explanations need to be considered. John Cloud, in his recent Time Magazine cover article discussed many of the reasons for this dichotomy. His article raised considerable uproar in the workout crowd.

Here are 6 more reasons that may explain the failure of exercise to produce weight loss in overweight people:

1. Exercise increases appetite, especially for high-fat, pleasing, energy dense foods some of which have been voluntarily restricted.
2. Inappropriate food choices and food rewards often follow exercise. Some of these choices may be voluntary, others more passive such as a slightly increase in food portions.
3. Misjudgements about the calories consumed after exercise relative to the calories expended with the exercise.
4. Reduction in NEAT following increase in voluntary exercise. NEAT, the exercise that occurs with daily activities may be unconsciously decreased following vigorous exercise. Several studies have shown that in children in school exercise programs may burn no more calories over a 24 hour period in those with no planned activity.
5. Exercise may decrease metabolism. Similar to the reduction in metabolism seen with food restrictions, exercise may actually decrease metabolism to preserve body weight. Apparently, there are biological compensatory mechanisms to prevent what the body sees as a starvation process.
6. Exercise may induce fatigue. Fatigue due to vigorous exercise may increase sleep time and "rewards" the individual with increase leisure time.

Whether due to metabolic and therefore involuntary compensations or the result of a "reward" mentality, the failure of exercise to promote weight loss is a very individual response. One-size-fits all exercise programs may not be appropriate for everyone. Of course exercise is important not only for psychological well being, but for cardiovascular, bone and muscle health. The only issue is what kind, how often, and how much is enough.

Requiring a 60 year old legal secretary who sits all day to go to the gym for an hour, 4-5 times a week when she never worked out before is a sure way to blow the whole program. Asking her to walk up a single flight of stairs, park far away from the entrance to her office building, and walk her dog around the neighborhood twice a day is reasonable. If she doesn't have a dog, maybe she can borrow her neighbor's dog. This is the kind of moving about that overweight people can understand and accomplish and not feel guilty.

Additional Chapters and Reviews in the 100 Calorie Secret

Weight Loss & Fast Food Drive Thrus - The Worst of the Worst

Weight Loss & Eating Fast Foods - F-A-S-T - 4 Simple Secrets to Keep You on Track

Childhood Obesity and School Lunches - How to Put Your Child's Lunch Under Remote Control

Childhood Obesity Prevention

Children's Weight Gain From School Vending Machines

Weight Loss & Antioxidants - No Benefit & Increasing Danger - A Doctor's View

Overeating Child Or Teen? Medical Doctor Tells What to Do About It

Weight Loss in Children and Teens - Preventing Diabetes & Heart Disease

Weight Loss and Your Belt Size - Lose 2 Inches From Your Waist - Save Your Life

Sexual Dysfunction & Weight Gain - A Medical Doctor's View

Breaking the Barrier to Helping Overweight Children

What Makes a Good Weight Loss Plan? - The Role of Shakes & Bars

Sexual Dysfunction & Overweight - A Medical Doctor's 7 Steps to Reverse It

Weight Loss & Sports and Energy Drinks - What Role Do They Have in Weight Loss?

Weight Loss and White Bread - Who is Afraid of a Ham and Cheese Sandwich?

Eat What You Want and Not Gain Weight? Why Some People Appear to Eat Anything and Stay Thin Weight Loss –

Antidepressants May Be Stopping Your Weight Loss - What to Do About It

Losing Weight on a Budget - A Doctor's View

Weight Loss and Weekend Eating and Exercise

Weight Loss and Portion Control - More Important Than Exercising

3 Healthy Foods Causing Weight Gain

Weight Loss and Controlling Hunger

Worthless Detox Diets - Detox Invented to Sell a Product For a Non-Existent Problem

Weight Loss Plans - Successful Weight Loss Means Finding What is Best For You

Exercise & Weight - An Unbiased View - Part 3 - Overweight People Compensate Exercise With Eating Weight Loss

Exercise and Weight Loss - Part 2 - The Use of NEAT To Help Weight Loss

Weight Loss and "Health" & "Energy" Drinks - Neither Healthy Nor Energizing

Weight Loss in Children & Teens - Does Concern For Eating Lead to Psychological Problems Latter

Losing Weight - Changing the Drinks More Important Than Changing the Food Weight

Weight Loss and Supplements - Save Your Money - They Do Not Help Either Weight Loss Or Your Health

Weight Loss & Hidden Eating - Eating in Secret and Hiding Foods Makes All Diet Attempts Impossible

Weight Loss & Health Foods - A Doctor's View That "Healthy" Foods May Not Help Weight Loss

Weight Loss & the Single Worst Food Or Beverage - The 20 Oz Bottle of Soft Drink Weight Loss

Weight Loss and Artificial Sweeteners - Artificial Sweeteners Are Safe - Part 1

Weight Loss and Artificial Sweeteners - Both Safe and Effective For Weight Loss - Part 2

Fast Weight Loss is Healthy - Separating Myths From Facts

Weight Loss Ensures Good Health Weight Loss

Weight Loss and Eating Natural Or Organic Foods Weight Loss

Weight Loss - What to Do If Your Weight Loss Stops

Weight Loss Plans For 2010 - What's the Best One For You?

Eating at Night - 9 Secrets to Stop Mindless Eating Weight Loss

Diet Pills and Weight Loss - Never a Magic