

# **This is How You Lose Your Weight**

*And Keep it off*

## **Getting Skinny 101**

**By Jacob Aliet**

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Nairobi, Kenya

**Available at:** <http://angelfire.com/empire/intensity/gs101.pdf>

Post Feedback to:

**Email:** [jaliel\\_2000@yahoo.com](mailto:jaliel_2000@yahoo.com)

**Blog:** <http://therunningwriter.blogspot.com>

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## Key Terms

**Adipose tissue** – a.k.a fat is loose connective tissue whose main role is to store energy in the form of fat, although it also cushions and insulates the body. It is found beneath the skin (subcutaneous fat), around internal organs (visceral fat), and in the bone marrow (yellow bone marrow).

**Overweight** - having more body fat (adipose tissue) than is optimally healthy.

**BMI** - Body Mass Index, is a measure of a person's weight taking into account their height. BMI equals body weight divided by the square of the person's height; with weight in kilograms and height in meters. BMI numbers however are typically used and written as unitless numbers.

BMI values are determined with the following formula:

$$\text{BMI} = \left( \frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

Or this one in metric units:

$$\text{BMI} = \left( \frac{\text{Weight in Kilograms}}{(\text{Height in centimeters}) \times (\text{Height in centimeters})} \right) \times 10,000$$

**BMI Classification**

<b>BMI</b>	<b>Weight Classification</b>
Less Than 18.5	Underweight
18.5–24.9	Normal Weight
25.0–29.9	Overweight
30.0–34.9	Class I Obesity
35.0–39.9	Class II Obesity
Over 40.0	Class III Obesity

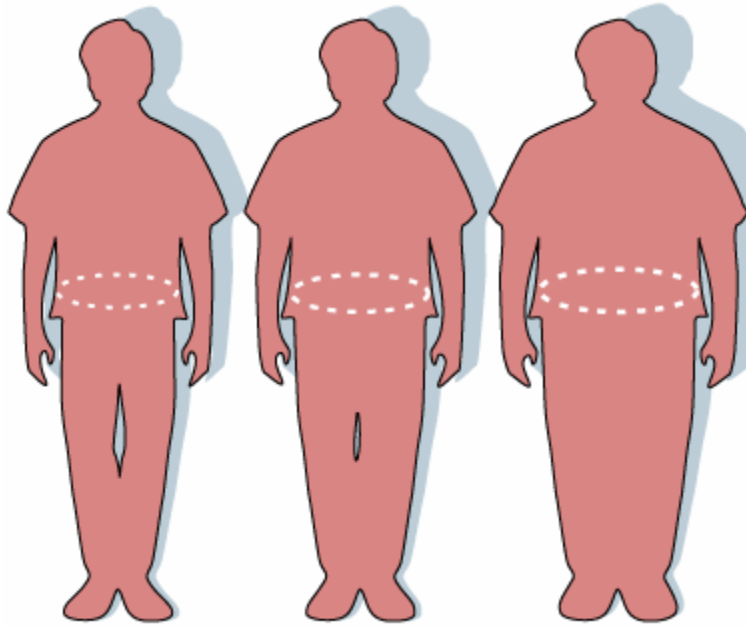


Figure 1: Silhouette of normal, overweight and obese persons - notice the same height

**Obesity** – a condition where excess body fat has accumulated to such an extent that health may be negatively affected.

**Aerobic** - this low intensity exercise and is the best for burning calories. It is done at about 70-80% heart rate and can be sustained for about 30 minutes or more.

**Anaerobic** - this is exercise done at around 85-100% intensity and can usually only be sustained for about 1-10 minutes at most. This kind of exercise will burn more calories per minute than aerobic exercises, but less calories are burned from fat since it usually uses glycogen (which is stored in the blood, liver and muscles) rather than fat as an energy source. During anaerobic exercise, the body goes into "oxygen debt" and we experience rapid lactose (lactic acid) build up. This type of exercise leads to a boost in metabolism.

**Basal metabolic rate (BMR)** - the amount of energy expended while at rest in a neutrally temperate environment, when the digestive system is inactive, which requires about twelve hours of fasting in humans. The energy release in this state is only for the functioning of the vital organs, such as the heart, lungs, brain and the rest of the nervous system, liver, kidneys, sex organs, muscles and skin. BMR decreases with age and with the loss of lean body mass. Increased muscle mass can increase BMR.

## **1.0 Introduction**

As I am about to embark on a serious marathon training regimen, I think its appropriate that I close my weight loss program with a document that can be used as a guide by others that are interested in lowering their own weight for whatever reason.

I started running about four years ago mainly to keep fit. But over the years, my weight started piling and I moved gradually from about 74 Kilograms to 92 Kilograms. As per my height, I am overweight at 79 Kilos upwards. As I added weight, I trained harder and suffered various running injuries particularly shin splints. Whenever I mentioned to friends and relatives that I was engaged in marathon training, most of them told me that my body frame was such that I had to be a stocky, muscular fellow and that being skinny was never in the cards for me. "This is your body", they told me. "Perhaps rugby or something else, marathon is for skinny people", some ventured helpfully.

Over time, I bought that argument and even gradually believed that I would never go below 84 Kilograms in weight loss. At any rate, I ran the 2007 Standard and Chartered Half Marathon at 84 Kilos with a splintered shin and finished in 2 Hours 2 mins. I remember beating several skinny people. At the time, I remember people remarking at how much I had lost weight and it sort of felt good. But at the same time, some went as far as saying that I looked sick and should eat some more. What is ironic is that I was overweight. I was 5 Kilos overweight and yet I was being told I was too skinny!

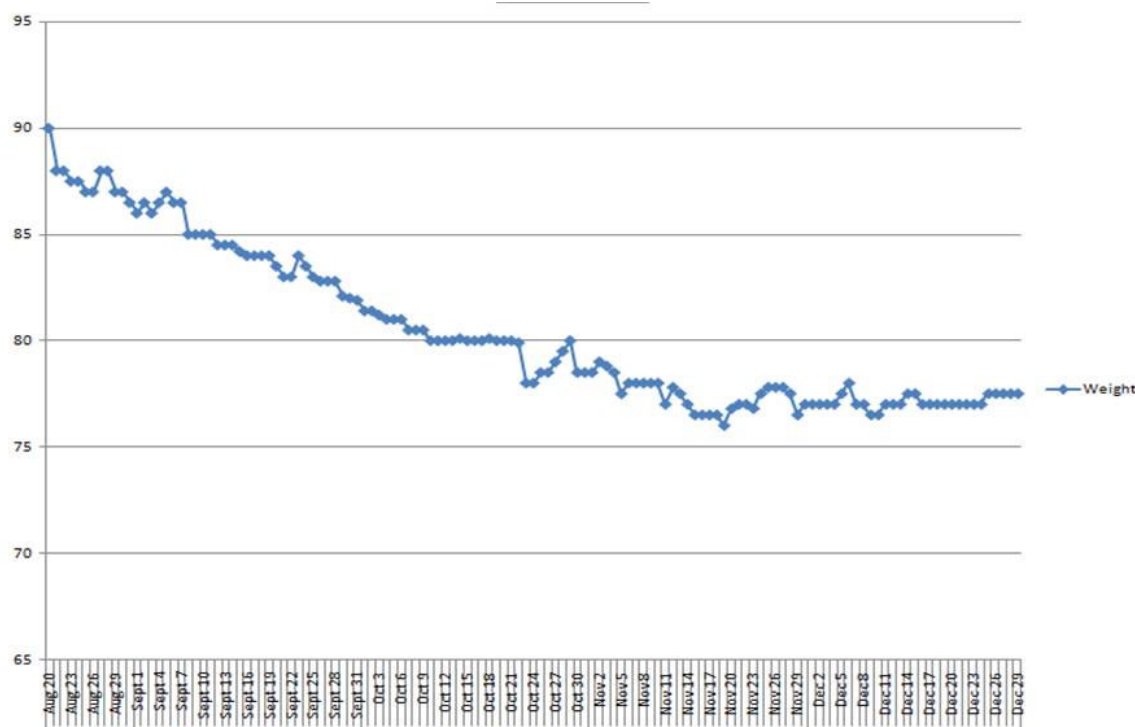
When I mentioned my BMI, I was told that those weights I was talking about were for white people and I should not go by them. That is when I realized that if I were to lose weight and reach my running goals and weight loss goals, I would have to stop listening to people.

I knew that a healthy runner races about two seconds per mile faster for every pound they lose. And I knew I needed to lose weight to become a better runner. Plus the less weight you carry around, the more miles per gallon you get from your oxygen since by definition, your heart has a smaller mass to pump blood to.

While struggling with weight loss, injuries and marathon training in 2008 August, weighing around 90 Kilograms, I came across an article in a website called BetterBodyJournal. The article was titled [\*Laying the Foundation - Part 1\*](#) *How I Stopped Dieting and Started Changing My Lifestyle Eating Habits*<sup>1</sup> This is the article that changed my weight loss efforts and helped me lose 14 Kilograms from the 90 odd Kilograms I was carrying around at the time. I combined the ideas in that article with other ideas elsewhere and came up with a regime that worked for me and has worked ever since, even when I am out of training due to injury or anything else. I ran the half marathon two months later at 76Kilos at 1 Hr 42 Minutes.

One thing we must realize is that the food you eat and how you eat it will contribute 70% towards weight loss. The other 30% is exercise. Remember this please as it cannot be overemphasized (those are just approximations and are not based on actual statistical researched data).

Below is my weight loss chart between August 20 and December 29 2008.



Notice that I stabilize toward the latter periods. In the coming year, I will reduce to about 75 Kilos, which is my ideal weight. But I digress.

Weight loss is not all that rosy even when you are successful. Humans have evolved to regard weight loss as a sign of ill-health and in our HIV-infested and AIDS prevalent age, visible weight loss is a cause of alarm and it makes people uncomfortable, worried and concerned. Body size and weight helps our species in selection of healthy mates and in general most illnesses, like cancer (chemotherapy is hell), diarrhea, cholera, AIDS, Tuberculosis, Pneumonia and so on are accompanied with weight loss. So weight loss is a mark of questionable health and we have evolved to be careful around people losing weight lest we get whatever disease is cleaning them out.

And that is fine but this is largely a third world perception. In the developed world, fat is bad (obesity, bulimia etc), just like very thin (anorexia) is bad. Skinny is not bad. Bony is bad. Sample the interactions below between ordinary mortals in planet earth.

"Why are you losing weight?" A colleague asked me some months ago, fixing me

with an accusing and betrayed look as she limply shook my extended hand. "Because I want to" I replied to her demand, smiling easily as I surveyed her blood-red lipstick and remembered Sarah Palin's pitbull-in-a-lipstick slogan. She was positively fuming.

She did not bother to ask me why I wanted to lose weight. Instead, she stormed "You are so annoying!" and she turned away from me. I didn't know what to make of that. Annoying *her* for losing *my* own weight?

"Me [sic] I can't go out with a skinny boyfriend" a girlfriend quipped as we were talking about weight loss. "That's enough, stop there. If you go beyond that, you will look terrible!" another female colleague told me recently.

"Look how thin you are now!" another colleague told me with a big-eyed, sad, pitiful look. This was delivered in the same tone of voice a mother would tell a child who has been playing in mud and is all covered in dirt except for his two innocent eyes.

"Only your head is remaining!" a friend told me when I was 85Kgs. I told him I have 6 more Kilos to go and he remarked that he can't imagine how I will look like when I am 6Kgs less. You have to be ready to deal with naysayers like the above if you are to stay the course and reach your ideal weight. I will show you how. Suffice it to say that a majority of them are overweight already and misery just likes company.

This document will provide the reader with information that will enable them to lose weight and keep it off.

## **2.0 Fundamentals of Weight Loss**

### **2.1 *Weight Loss is not for everyone***

Just to make sure this material is not read and mis-applied by the wrong person, it is important to note that losing weight is not for everyone. This material is meant for the people with the right frame of mind and attitude: people who want and are willing to lose weight.

Losing weight is not for everyone. Some people are overweight but don't know it. This is not for them. Some people are fat and they know this but they don't care or they don't think it's a big deal. This is not for them. Some people want to lose a few kilos for their wedding or to participate in a single, short-term event. This is not for them. Some people are fat but they are in denial with garbage excuses like "It's genetic, even my parents are fat. It's the genes!" This is not for them either. Some people think they cannot live without ice creams and French fries (chips) and burgers. This is not for them. Some people are overweight but think it's sexy and frigging classic. This is not for them too. Some are already thin and or underweight. This is not for them either. I have prepared this tract for people who are obese or overweight and are both interested in and have made a serious decision to lose weight but need to be shown or advised how. If you are ready to do what is required to lose weight without cutting corners, I am your man. If you want your six pack to be visible or for your waistline to take the desired shape, you are looking at the right document. As Cody Maveric (Surf's Up) would put it, you got that far.

It is not easy but it is not difficult either. What you need is to be committed and to do the right thing and you are home. Hundreds of keyboards have been banged senseless and plenty of ink spilled over paper over weight loss programs, Atkins diet, diet pills, veggie diets and so on and so forth. Most of the stuff is good but not necessary and largely polemical and exclusionary. The bulk of it is based on tenuous evidence with different schools of weight loss trying to tear the other school down. I will stick to the basics and don't care which weight-loss cult you subscribe to.

First of all, weight loss is a "rich" person's problem. Poor people are generally not fat. So if you are fat, you must be one able to get an excess supply of food regularly and must be enjoying a fairly sedentary lifestyle either crouching behind a monitor all day or generally having your butt in a seat for more than six hours daily. Maybe watching some football game or some other inactive past time like reading newspapers or chatting. Or you are active and overeat. Or you just eat the wrong kinds and quantities of food. Save the "But I don't eat much!" excuse for someone else.

One thing we realize is that weight loss can and will make your lifestyle cheaper if you want it to. For example, you can ignore public or private transport and walk



home if your home is less than 10 Kilometers from your work place and you will thereby burn calories. You will forego buying certain unhealthy snacks (which are normally expensive) and thereby save money. But we will come to that later. Those who insist on enjoying their hard-earned comfortable life needn't worry too much about that.

Your life will also be cheaper because you will be less susceptible to getting injured (sprained joints, injured backs, broken bones, swollen legs etc). You will also be less susceptible to suffering from type 2 diabetes, high blood pressure, high cholesterol and triglycerides, coronary artery disease, stroke, and sleep apnea. Because of the latter, your life will be happier. You can enjoy better sex, better moods, less health problems and better performance at work among other things. The benefits are countless. Anybody knows so I won't bore you with them. If you don't know them please Google and learn about them. The more you know, the more you know why and the more you are on top of things.

If you don't feel motivated to lose weight and are obese or overweight and know the side effects of your condition and the benefits of losing weight, there is hardly much more I can add to motivate you. The motivation must come from you. This tract may motivate you, but that is not its intended purpose. I will show you how, but you must have the desire. Let us start with some fundamentals.

## ***2.2 Don't lose if you can't keep it off***

First of all, don't lose any weight if you don't plan to keep it off. It is pointless. Do not diet to lose a few kilos: change your lifestyle instead and stay lean. Most people who disparage weight loss programs tried dieting and failed to keep the weight off. They thought it is a temporary thing, or they thought it was as easy as starving for a week or two. It is permanent or nothing. Do not expect weight loss to be a short-term activity: it's a life-time activity. If you think it's a seasonal thing, you might as well stop reading this because you will end up disillusioned. And perhaps, fat.

That week you are starving, you are exposing your body to a very harsh condition and it is suffering. Once your starving bout is over and you are happy with a few kilos gone, your body has learnt a harsh lesson: there can and will be starvation. So what does the body do in preparation for possible similar starvation episodes in the future? It will shoot up your appetite and ensure you eat more so that it can store more fat for use in case of future starvation episodes. So what happens is that after starving yourself for two weeks, and losing some kilos, three weeks later you will have regained and added a couple more. Then you will remark "Diets don't work!" to anyone who cares to listen.

## ***2.3 Gradual Approach***

Do not try to make an overnight change. Do not try to lose more than 1.5 Kilos in a week. Remember that nothing worth doing can be done overnight. Plus,

impatience is a sign of lack of focus. Be focused! Change your eating habits slowly. If you feel too hungry it is because you have made a drastic change. You make a drastic change because you want a short cut. There is no shortcut in this. Have a strategy and follow it. You will be more successful at staying with the changes you make if you pick just one eating habit at a time to work on. Establish realistic goals and work on them. You can pick one change in your eating habits and see if you can maintain it for a week before introducing another change. For example, you can start eating a smaller portion during dinner in week one then the following week cut off ice cream and French fries and so on and so forth. Remember the mantra, *the slower you lose weight, the more likely you are to keep it off.*

## **2.4 Why are you eating?**

Don't live to eat, eat to live. Change your relationship with food. Eat when you are hungry and eat for a purpose. For example, eat carbohydrates if and when you will be engaged in some physical activity that requires energy. If you eat carbohydrates that you don't put to use, they will be stored as fat. Plain and simple. This applies for fats and proteins too, which must be eaten in moderation. Do not eat when you are bored, stressed, or sad. Do not use food as a reward. Find other ways of rewarding yourself. Do not eat to occupy yourself either or eat to kill boredom. Find a hobby that does not involve eating. Preferably something that involves movement.

## **2.5 Physical Exercise**

Make physical activity part of your daily life. Move more. Incorporate some physical activity in your daily routine. Walk, run, take the stairs etc. Find something that will bring your metabolic rate up. For Christs sake, **FIND SOMETHING YOU LOVE DOING**. If you don't love doing it, you won't be able to do it for years. I love running but you could swim, box, jump, dance, whatever. Anything that brings your heart rate up and makes you sweat will do. Just find it and do it. The more challenging, the more interesting and therefore the better for you. Aerobic exercise should be mixed with anaerobic but the important thing is, exercise! Just do it. It should challenge you because it is human nature to lose interest once they reach a plateau and an activity becomes routine.

## **2.6 Cut out the bad food**

Cut out deep fried food. No negotiation. That means french fries (chips), bhajia, fried chicken etc are out. Cut out ice cream. No debate. Cut out sodas and beer. No negotiation. Simply decide never to take such food under any circumstances. They have huge amounts of calories and burning them off is very difficult. Instead of eating them and piling calories, focus on burning the excess calories that you are carrying around.

## **2.7 Negative Caloric Deficit a Must for weight Loss**

To lose weight, the number of calories you use up must be more than the number of calories you take in. Let me repeat that. To lose weight, the number of calories you use up must be more than the number of calories you take in. Calories are the amount of energy in the food you eat. Some foods have more calories than others. For example, foods high in fat and sugar are also typically high in calories. If you eat more calories than your body uses, the extra calories will be stored as body fat. Plain and simple. You are overweight because you eat more than you use so at the bare minimum, you must start eating less. **Now.**

The best way to lose weight and keep it off is to eat fewer calories and burn off more calories. For example, if you cut 250 calories from your diet each day and exercise enough to burn off 250 calories, that adds up to 500 fewer calories in one day. If you do this for 7 days, you can lose 1 pound of fat in a week.

## **2.8 The Food you eat**

The food you eat must be chosen carefully and should be eaten for a purpose. We will quickly go through their various purposes.

### **Vitamins**

#### **Vitamin A**

Vitamin A helps cell reproduction and stimulates. It also helps in vision and promotes bone growth, tooth development, and helps maintain healthy skin, hair, and mucous membranes. It can be found in Tomatoes, Watermelon, Peaches, Kiwi, Oranges, Blackberries. Vegetable sources for Vitamin A are Sweet potato Kale, Carrots, Spinach, Avocado, Broccoli, Peas, Asparagus and Green Pepper. Nuts like Chestnuts and hazelnuts also contain Vitamin A.

#### **Vitamin B1/Thiamine**

This is important in the production of energy. It helps body cells convert carbs into energy. Not getting enough thiamine can leave one fatigued and weak.

Thiamine is available in avocado, peas and watermelon.

Vitamin B2/ Riboflavin serves a similar function.

#### **Vitamin B3/Niacin**

Serves a similar function to Thiamine and in addition it assists in the functioning of the digestive system, skin, and nerves. Bananas, watermelon, tomatoes, mushrooms, potatoes, avocado, corn, carrots and peanuts have it.

There are other similar vitamins like B9/folic acid that you may read on.

#### **Vitamin C**

This is one of the most important of all vitamins. It acts as an antioxidant, thereby protecting body tissue from the damage of oxidation. Antioxidants protect your

cells against the effects of free radicals, which are potentially damaging by-products of the body's metabolism. Free radicals can cause cell damage that may contribute to the development of cardiovascular disease and cancer. Its main sources are citrus fruits and vegetables.

Other vitamins are Vitamin D, E and K.

## **Carbohydrates**

These are energy giving foods. There are two main groups of carbs:

### **Simple Carbs/ Simple Sugars**

These are found in refined sugars, like the white sugar we use for tea and coffee. They are also contained in more nutritious foods, such as fruit and milk. So it is better to get your simple sugars from food like fruit and milk because they contain vitamins, fiber, and important nutrients like calcium.

Simple sugars are to be avoided as much as possible because they create a sudden spike in your blood sugar level which is accompanied by a good feeling (boost).

When we eat refined sugars or other carbohydrate-rich foods that are quickly processed into blood sugar, the pancreas goes into overtime to produce the insulin necessary for all this blood sugar to be used for energy. This insulin surge tells the body that plenty of energy is readily available and that it should stop burning fat and start storing it.

This spike also goes down as quickly and leaves you feeling hungry. The main problem is that this insulin surge causes too much blood sugar to be transported out of our blood and this results in our blood sugar and insulin levels dropping below normal. This leaves us feeling tired and hungry and wanting to eat more. The result of this is that it makes us want to eat something else with a high sugar content. This creates a vicious cycle.

### **Complex carbohydrates/ Starches**

These are found in grains like corn/maize and rice and in processed grain products like bread, spaghetti and pasta. Processed carbohydrates like white flour and sugar have had nutrients and fiber removed from them so are not very good. Unrefined grains like boiled maize and brown rice and bread still vitamins and minerals and are also are rich in fiber, which helps the digestive system work well. Fiber helps us feel full, so we are less likely to overeat foods that contain them.

## **Proteins**

These are body building foods. They are found in eggs, milk, fish, chicken and beans (leguminous seeds) among other sources. Proteins can be converted to fat (indirectly) and stored just like carbs however protein contains Nitrogen, an important chemical essential for the production of antibodies. The body prefers to

hold onto Nitrogen therefore protein is more likely to be converted to carbs rather than fat. These complex chemical reactions use up extra energy and help us burn more calories at rest!

In other words, the body uses energy to digest/process protein therefore proteins end up yielding net lower calories than carbs. This is a thermogenic effect (more on thermogenesis below under chapter 2.12). In general, when you ingest food, your metabolic rate increases above the fasting level. In the case of proteins, energy is required and used up to process the protein, which is then used for tissue growth and repair. On the other hand, carbohydrates and fat function primarily as fuel and are used more efficiently as such by the body. Carbohydrates and fat therefore have a much lower thermogenic effect than protein. Hence proteins are more preferable for weight loss.

## **Calories and How to Take Them**

*Note that:*

1 gram of fat contains 9 calories

1 gram of protein contains 4 calories

1 gram of protein contains 4 calories

From the above, we can see that fats are to be eaten in small quantities. Some fats are good. Some help in vitamin and mineral utilization, enzyme regulation, energy provision, healthy hair and nails, and helping your burn body fat throughout the day. Experts recommend that your fat intake should be at about 20-30% of your daily calories, with less than 10% coming from saturated fats, and less than 2% from trans fats.

## **Eat Smart**

Eat proteins for repair of tissue and building of muscles. Always take in vitamins for a healthy body and strong immune system, thus incorporate plenty of fruits and vegetables. Eat carbs when you are going to be involved in energy-consuming activity. Don't just eat carbs because its lunchtime. And never avoid them altogether. For example, when you are not exercising either because of an injury or lack of time, minimize your carb intake.

Every time you are eating, think about the calorie content of the foods you are ingesting. Avoid carbs and fats if you are sedentary and eat more of the rest. So long as you do it gradually, you will find you can do it and maintain a healthy body weight even when you are not training.

There is a very good article on building a food pyramid that I recommend for your further reading. A link to it is available at the end of this document. A food Pyramid helps in choosing food types and frequency and quantities one should take.<sup>2</sup>

In general, food pyramids recommend the following:

- Eat more fruits, vegetables and whole grains.
- Reduce intake of saturated fat, trans fat and cholesterol.
- Limit sweets and salt (salt causes dehydration).

- Drink alcoholic beverages in moderation, if at all (alcohol is also a diuretic).
- Control portion sizes and the total number of calories you consume.
- Include physical activity in your daily routine.

## **2.9 How many calories should you take?**

This I won't go into. It is rather complicated and depends on your body weight, daily activity level, BMI, age, current intake, weight loss targets and so on and so forth.

At any rate, the article in BetterBodyJournal attempts to develop a guide that you can go through. Rather than reinvent the wheel, I will refer you to his work. It is available in the following link:

<http://www.betterbodyjournal.com/diet-and-healthy-eating-articles/laying-the-foundation-part-2>

The author notes the following:

A calorie is not a calorie. Fat should not be combined with carbohydrates period. General guidelines are: any meal with more than 10 grams of carbs should have less than 8 grams of fat; any meal with more than 8 grams of fat should have less than 10 grams of carbs, and absolutely NO sugar. Yes, this means high-fat sandwiches are out, steak and potatoes are gone, no more juice and toast with your eggs, and nix that full-fat butter on everything except for vegetables.

In general though, without hurting your head with the math and finding an excuse to put off changing your diet ("I am still calculating my daily caloric requirement!"), just start gradually reducing what you are eating now, starting with dinner (since you will spend the night engaged in a low-energy activity – sleep). Start now since the fact that you are overweight means you are eating too much already. As Cody Maveric the surfing penguin would put it, "You are eating too much. When is that not happening?"

## **2.10 Do not Skip Meals Especially Breakfast**

You will find that most overweight people skip meals. Especially breakfast. They do it as some sort of badge of honor. When you get into a conversation with them about weight loss, they will comment, "By the way, I don't even eat much" upon which you will ask, "What do you have for breakfast?" and they will proudly declare that they just wake up, shower and go to work. Then they will look at you for approval. Upon which I sit them down and lecture them.

Never Ever skip breakfast.

Note that when you wake up, you have been sleeping for about six or more hours. Or starving for 6 hours. Your stomach is empty. If you get up and go to work or engage in some activity, the body senses an increase in activity level without a corresponding input of food in the stomach. So it assumes that you are

starving. It goes into energy saving mode. What it does is that it reduces your metabolic rate and starts storing the little energy you have into fat to deal with the impending starvation. You try to use energy while the body is trying to save the little that is available. So you are at war with yourself. When your metabolism reduces, you will feel weak and lethargic. If one is up at 6am, by about 9.30am, they are in a lethargic, grumpy mood, starving and craving for some sugary food.

What happens then is that such a person is likely to buy an unhealthy snack, which are normally doing the rounds in the offices, like a burger, samosa and so on. In generous quantity. Then because they are starving, they will hog it down in large quantities and it will take a while before they realize they have had enough since the uptake is so fast. And since they are high-calorie, low-fiber snacks from refined sugars, which give them an instant high, and a fast crash, and by about 11.30am, these same people are hungry again and either go out prowling for some food and hog it again or they demolish any food in the vicinity. Lunch is an hour away by the way. Since they feel they skipped breakfast, they won't spare lunch either. At any rate, they will be feeling hungry since the high from the snacks will have become a low by lunchtime.

That is how they become fat.

In the same way, when you skip meals, your metabolic rate reduces and you burn less fat and store more of it. When your metabolic rate is low, you feel lethargic and are less likely to move more. Yet you need to move more to lose weight and increase your metabolism! So never skip meals. Instead, eat less, more.

### **2.11 Eat Less, More**

This is a cornerstone of any weight-loss diet. Eat more less means you should have a reasonably small meal every three or four hours. The reason you should do this is to keep your metabolic rate up and prevent hunger pangs that make people overeat and bust their diet plans. Whenever there is food in the stomach, the body maintains a reasonably high metabolic rate knowing that there is food available. The important thing here is that the foods you eat must be (1) in small quantities and (2) must be healthy, low-calorie food like a fruit, a healthy sandwich and so on. Not burgers, ice-cream and French fries. There is no hard and fast rule on the size of the meal and there is no reason to pay someone to tell you how much. Just start gradually. Your stomach is about the size of your closed fist so don't fill it too much. You can start by splitting your breakfast into two. Have one half at your usual time and another after 3 hours. Do the same thing with dinner. Because you are eating more frequently, you must reduce the quantities in order to compensate.

For example, have breakfast at 7, a snack at 10, lunch at 1am, a snack at 4pm and a light dinner at 8pm.

What this means is that you may need to start carrying food if you don't have an eatery near where you work. Carrying food has psychological advantages that will help you with weight loss. The most obvious one is that since you know you will always have some food at your disposal, you will find it easier to eat less because of that assurance that you have food nearby. If you carry your own food, you take control of what you eat and are less likely to eat the junk food being offered in the office so this is important. Don't rely on other people to decide what you eat. Be prepared by having your eating times and the food you will eat.

People who don't have food in their desks will be at pains to leave food on their plates during lunch because they don't know when they will see food next. It could be 6 hours later! So they wipe their plates clean and thereby eat more than what the body needs. Our bodies have finely adapted to store excess food in form of fat. Plain and simple. Remember that if you don't let extra food go to waste, it will go to your waist.

Eat high fiber foods to regulate your blood sugar level and avoid cravings for food. For example, avoid fruit juice. Instead, eat the actual fruits. Fiber makes you feel full and also slows down the rate of glucose absorption and speed of digestion. In other words, *avoid processed food as much as possible*.

## **2.12 Drink Plenty of Water**

I won't tell you how much water you should drink. The mantra that you should drink eight glasses of water is bunk. I will just stick to the facts. Suffice it to say that if your urine is yellow, you are dehydrated. If your urine is clear you are over hydrated. Urine should be light yellow. Sometimes I drink 3 liters in a day, sometimes five, sometimes one liter in a whole day. It depends on that day's weather, activity level, your weight, salt and sugar concentration of the foods you eat that day and so on. The important thing is not to wait till you are thirsty to drink water. By the time you feel thirsty, you are already dehydrated.

So no dogma here. Dogma is for religion. I will just give you the facts then you find what suits you.

Water serves several bodily functions which I will quickly go through then go to how it helps in weight loss. Water improves endocrine (hormone) function, it increases metabolic function, reduces appetite, it increases fat used for energy, it improves liver function, decreases fluid retention and increases natural thirst.

### **How Water helps in weight Loss**

1. For weight loss, cold water is preferred to warm water because when you take water that is below your body temperature, the body will burn some calories in the process of bringing that water to normal body temperature. This is water-induced thermogenesis. Thermogenesis is the process by which the body generates heat, or energy, by increasing the metabolic rate above normal.
2. One of the liver's functions is the metabolism of fat. But the liver also helps the kidneys, which need plenty of water to work properly. When the kidneys



are water-deprived, they are less efficient, so the liver has to take up some of the kidney's work, hence lowering its own efficiency. The consequence of this is that the liver won't be able to metabolize fat more efficiently. So you will end up with more fat stored than used up.

3. Most people are carrying around excess water because the body is saving it for the time when they will be dehydrated. This is "survival mode" water. When you give the body adequate water, it will get rid of this "excess" water knowing that there is adequate supply. One author explains that "As you continue to give your body all the water it could ask for, it gets rid of what it doesn't need. It gets rid of the water it was holding onto in your ankles and your hips and thighs, maybe even around your belly. You are excreting much more than you realize. Your body figures it doesn't need to save these stores anymore; it's trusting that the water will keep coming, and if it does, eventually, the flushing (of both the body and the potty) will cease, allowing the human to return to a normal life. It's true. This is called the "breakthrough point."<sup>3</sup>

### **3.0 Some Points to Remember**

1. Weight loss is a permanent change of lifestyle, not a diet fad. It should be a way of life, not a change in a way of life. That is why I have stayed away from fad diets like Atkins diet, veggie diets, low-carb diets and so on.
2. Don't listen to people. Get your weight and height, get your BMI. Know your ideal weight and work toward it. Your appearance will change and people will bitch. But your body will adjust accordingly and you will look just fine as people get accustomed to your new look.
3. Diet contributes 70% and exercise 30% toward your weight loss.
4. Start gradually. Crash diets crash. No overnight change can be successful.
5. Monitor and record your weight and what you eat. Don't start without a scale or tape measure to measure your thighs, waist etc – I prefer a bathroom scale myself. You can't rely on people's comments to determine your weight loss progress. If you can't measure it, you cannot manage it.
6. Exercise will increase your metabolic rate and enhance fat-burning. Exercise for at least 30 minutes at least three times a week.
7. Eat less more.
8. Drink plenty of water.
9. Stay the course. Don't cheat.

10. Cut out all the bad food and don't look back.

## End Notes

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<sup>1</sup> *Laying The Foundation Part 1* <http://www.betterbodyjournal.com/diet-and-healthy-eating-articles/laying-the-foundation-part-1>

<sup>2</sup> *Food Pyramids: Building A Better Pyramid*, [http://fitness.ksc.nasa.gov/health/nutrition\\_tip\\_091504.pdf](http://fitness.ksc.nasa.gov/health/nutrition_tip_091504.pdf)

<sup>3</sup> Maia Appleby, *Why Drinking Water Really is the Key to Weight Loss* <http://www.inch-aweigh.com/water.html>