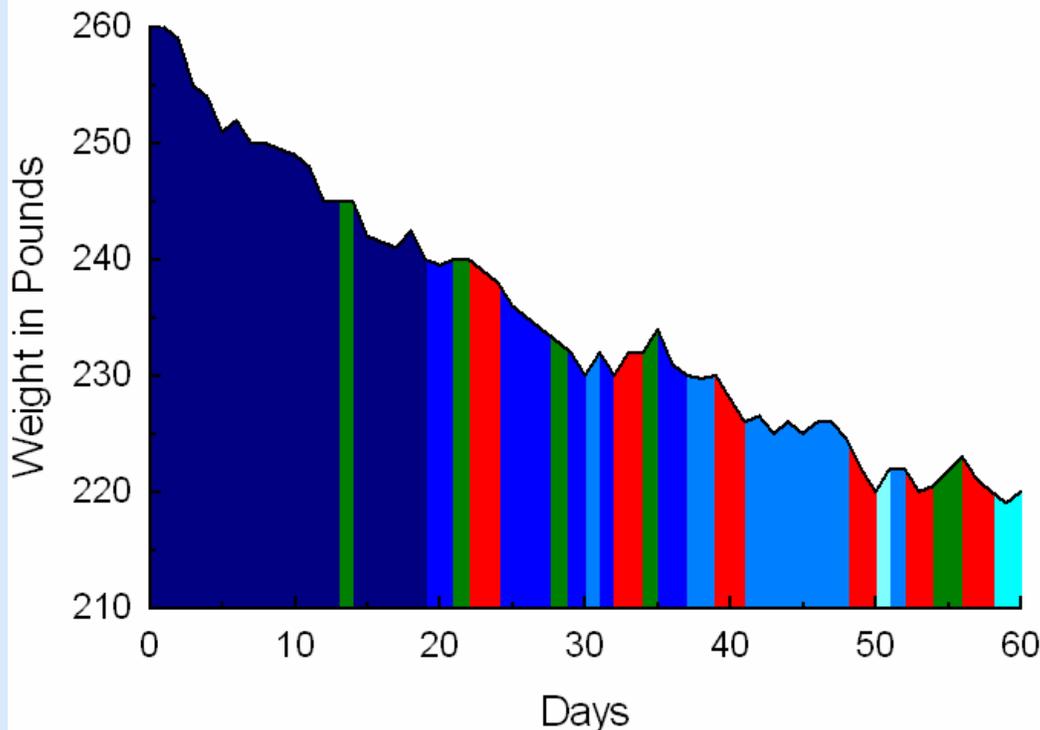


How I Lost 40 Pounds In 60 Days

with the help of a new fat-burning technique called the Plateau Buster

Weight Loss With The Aid Of The Plateau Buster



The above is a graph of my weight over the last sixty days. The colors represent these conditions:

- **Royal Blue:** 850 calories/day.
- **Navy Blue:** 1,000 calories/day.
- **Blue:** 1,250 calories/day.
- **Aquamarine:** 1,500 calories/day.
- **Olive Green:** Days when I ate anything I wanted – mostly while socializing.
- **Red:** Days when the Plateau Buster was used, within the same framework as the blues spell out.

The graph to the right shows my (interrupted) progress over the last two months.

The lines in red are the ones to watch. They show the days when I used the Plateau Buster.

Note that the Plateau Buster got my weight falling except when followed by an off-the diet day.

In the rest of this book, what the Plateau Buster is, and why it works, will be explained.

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This brief E-book has ten chapters, in fourteen pages of text. All chapters are short and to-the-point.

Each page also has right-margin notes like this one.

• **Losing Weight The Easygoing Way**

You may have heard of “fat-burning,” or eating five small meals a day in order to get the fat out of your system. Fat-burning does work; I’m one of many who have used it to get the weight down. The technique I’ve discovered, the Plateau Buster, is an add-on to it. Through using this technique, as an accessory to a regular fat-burning diet, I’ve managed to lose 40 pounds in 60 days.

More to the point, I’ve lost a little more than 15% of my body weight. A normal weight for someone my height and size is approximately 200 pounds, so my weight at my most obese was about 60 pounds overweight. Yes, I was obese. My belt, which I normally hitched up at the sixth notch, had gotten tight at the fourth notch. The regular-sized pants I wear – 38 waist, 32 inseam – had gotten tight enough for an ‘upgrade’. I actually sent some of them to the tailor, one of them with a split crotch. My belly bulged.

As you probably have already guessed, the bloat was caused by plain overeating. There were times when I used a juice platter as a plate, with a regular dinner as a side plate. I’ve eaten a 5-pound lasagna at one sitting, and a whole chicken at another. Both were delicious. Yes indeed, I loved my food. I managed to gain more than thirty pounds in a single month; had I kept up the habit for six months, I would have been way above 300 pounds.

The eating habit had to stop...and I found that stopping was indeed painful. In the early stages of the diet I was on, I drank so much water that I began pushing dirty water out of my colon. I had gotten so used to the heavy meal that a diet meal went down...and thirty minutes later, I’d still be hungry. In the middle of this diet, I stumbled on the Plateau Buster, basically by accident. The following pages explain it, and have some tips for getting through your own diet near the end.

The Plateau Buster has been tested in a fat-burning diet.

It’s sometimes best to think in percentages when on a diet. In my case, losing 40 pounds meant a 15% loss.

The shift to a diet from overeating is often arduous.

• The Plateau Buster Defined

The Plateau Buster is a technique that has to be used in the middle of a diet; it isn't a diet in and of itself. As a result, it can be worked into any diet except for one that bans any sugared foods outright. As its name indicates, it's to get you through a weight plateau when your input doesn't match to your output.

What it consists of is eating a huge breakfast – one that takes up most of the calorie count of the day. That breakfast has to be made up of sugary foods. Once eaten, the rest of the day's diet consists of nothing...except for a late supper. The supper takes up the rest of the calorie ration for the day.

As is obvious from the description, there's no guarantee as to how fast it will take off weight. The rate of loss you have when dieting depends, ultimately, upon the difference between how many calories you use and how many you put in. This point may seem simple-minded of me (it probably is) but it's what my own weight loss depended upon.

The Plateau Buster is used by eating a large breakfast, a light supper and nothing in between.

The breakfast has to be sugary. The supper shouldn't be. Both should not be more than your daily calorie ration.

This technique can be worked into most diets. To do so, use a meal from your diet as the supper.

• Why Does The Plateau Buster Work?

There are two reasons. First of all, the Plateau Buster throws the body out of habit. The typical dieter tends to fall into a routine, into a habit of eating that make the process of dieting less onerous. A diet is a long haul, after all, so habituation comes with it. The Plateau Buster shakes the dieter out of his or her eating routine through one big meal in the morning and a small one at night. This technique grew out of fat-burning, which works by eating five snack-sized meals every day. If fat-burning is your eating habit too, then the Plateau Buster will shake you out of it.

The second, related reason comes from the sugar, and from how the body interprets a diet. In a way, we're bred to be fat in the wild; custom tends to restrain us from becoming so in a more civil environment. (Of course, there are some who would be thin in the wild no matter how much they could eat, but that kind of person wouldn't be much interested in a diet.)

The fact is: in the wild, starvation kills quickly. The health problems associated with a lot of fat are subtle, were mostly unknown until recently, and don't take effect until after a long time – typically in an old age that doesn't often come in the wild. So, our instincts incline us towards fattening up and away from cutting down on our food. It isn't coincidental that, in many close-to-nature cultures, fat bespeaks high status. Fat people know how to keep themselves well fed.

Starvation, on the other hand, is an obvious killer. So, the body tends to shut down the metabolism when food is scarce, or unavailable, to keep starvation at bay longer. This process is what makes dieting such a challenge.

If you're on a diet, the body doesn't know that you're preparing yourself for a healthier or better-looking future. What it does know is that you're not getting enough food.

The Plateau Buster works for two related reasons:

- 1. It breaks a habit that encourages energy conservation by the body.**
- 2. The body is fooled into thinking that the calorie shortage is over. This revs up the metabolism.**

The reason why de-habituation has to be used is because we instinctively associate a diet with a food shortage, or risk of slow starvation.

• Why Does The Plateau Buster Work? (continued)

Hence, when you diet, your body 'fights' it by conserving energy that would be needed in the wild to get through a famine. What's really happening is the body is slowing down in order to delay starvation as much as practicable. Your instincts don't know that you're deliberately getting rid of your fat, or some of it; they can't. They don't know that you're not facing a food shortage that you have to endure; they can't. What they do know is how to keep you alive through what seems to be a looming threat to your life.

The Plateau Buster works through tricking the body into thinking that the good eating times are back. If your metabolism is like mine, that's how it works: encouraging the body to speed up the metabolism in response to a new temporary respite from semi-starvation. In a sense, it's "pseudo-cheating."

Your instincts cannot know that you're dieting to improve your health or lifestyle. All they 'see' is famine.

The Plateau Buster makes them assume that the good eating times are back, thus revving up your metabolism and rate of calorie use.

• What Are The Drawbacks To It?

The most obvious one is the hazard that the normal fat-burning diet is supposed to minimize: hunger during the day. To reiterate, the use of the Plateau Buster technique means eating *two* meals a day – a breakfast and a supper. Most people eat three; a typical fat-burner eats five. In order to use the Plateau Buster, you have to get through an eight- to twelve-hour stretch with only one meal in your stomach.

This drawback means, unless you have more self-discipline than I (you quite possibly might), the first Plateau Buster shouldn't be used until you're already habituated to your diet.

In my case, it would have been either lunacy or self-taunting for me to use a Plateau Buster early on in my own diet. I went from several thousand calories¹ per day to 850 in a crash diet, which I later increased according to a sliding scale as my weight dropped. Until I had become habituated to such a drop, it wouldn't have been prudent of me to try one: I might have seen it as a prelude to getting off the diet entirely. It would have put the diet at risk.

Once I got used to eating small meals – and these meals were not vegetables – my stomach began to shrink. As I ate less per sitting, less food filled me up. So, eating Plateau Buster-sized breakfasts did wind up carrying me through most of the day.

On the days that I ate a Plateau Buster-sized breakfast, I was jolted out of my routine, so I did feel some hunger in the later afternoon, more than I was used to on the five meals a day plan. That was a sign that my body was no longer in conservation mode. I also had more energy during those days, and was able to accomplish more.

1. Formally, this should be "Calories" or "kilocalories," but I'm using a more casual terminology in this book

The main drawback to the Plateau Buster's use is hunger emerging between breakfast and supper.

It can be minimized by eating foods that are not only sugary but bulky for the breakfast part. Examples: glazed donuts or danishes.

• How A Plateau Buster Works

As I've already indicated, it's no more complicated than a big breakfast with sugared foods, the kind that tell the body that the semi-famine is over. This breakfast and supper combo is eaten over two days. Once the two days are up, it's back to a regular eating schedule. The same ration of calories is eaten no matter what the schedule is. So, if you're on a ration of 1,000 calories/day, a Plateau Buster breakfast may take 750-800 of them, leaving 200-250 calories for supper. For a regular eating day, the 1,000 calories would be consumed at whatever schedule you're using. Either way, the amount of calories consumed is the same, which is crucial for staying on the overall diet.

One example of a kind of food that I've used to Plateau Bust is the simple, humble glazed donut. At the time I used the Plateau Buster, I was light enough to rate 1,250 calories/day; I had lost more than thirty pounds by that time. Each of the glazed donuts I had bought was 190 calories. Eating five of them in the morning brought my breakfast up to 950 calories, which left 300 for supper. Before that late-night meal, the donuts were all I had to go on.

At that time, I was stuck on a serious plateau. I had been at or above 230 pounds for a week, despite me sticking to the day's ration of either 1,250 calories, or 1,000, with the exception of a single night out. (230 pounds was the cross-point where I went from 1,000 to 1,250.) After two days of eating the donuts for breakfast, various small foods for supper and nothing in between, my weight had dropped to between 226 and 227 pounds, after my normal eating schedule had been re-imposed.

A single Plateau Buster takes two days, with the breakfast for each day.

Most of the daily calorie ration is taken up by the breakfasts; the rest is taken up by the suppers.

An example of my own use shows the Plateau Buster working.

• **How A Plateau Buster Works (continued)**

The sugar seemed to be the decisive ingredient, but the purity or concentration of it doesn't seem to matter much. A few days after I had done with the donuts, it was apparent that I had hit another plateau; this one was at about 225-6 pounds. I was still on a 1,250 calorie/day ration at that time. I tried a more extreme variant of the Plateau Buster through drinking a mickey of maple syrup, which was the only food I had on the first day. (I don't recommend something like this; in fact, I disrecommend it. I was going extreme for test purposes.) The second day, I had a little less than 1,000 calories' worth of chocolate-covered biscuits, and a light supper. For the weighing I had taken on the afternoon after that second day, I had dropped to 220 pounds...but the day after that one, my weight had crept back up to 222 pounds, where it stayed for a subsequent day. This net drop, with factoring the rebound in, is comparable to what a normal Plateau Buster can get.

A Plateau Buster session works best when on a plateau.

The example to the left indicates what a Plateau Buster can do for the dieter.

• Does It Normally Work?

It normally does for me; it has since the first time I lucked into it. During that stage of my diet, I had received a couple of cinnamon buns, with icing, as a kind of hand-me-down gift. My weight at the time was 240 pounds, which meant that I was shifting from 850 calories/day to 1,000 calories/day on the rationing system I was using. Each cinnamon bun was about 700 calories. Rather than blow the diet entirely, or throw them out, I decided to eat one for breakfast for each of the following two days, and do without until supper that day. At that time, my weight had been stuck at a 239½ - 240-lb. plateau.

The afternoon after I had finished the first bun, my weight had dropped a pound. The next afternoon, I had dropped another pound. The plateau had gone; I was back on a losing trend. Six days after I had started with the first cinnamon bun, I had lost five pounds – all on 1,000 calories/day.

It even worked when I thought it didn't. After using it (during a time when a social outing had led to a temporary break-away from the diet) and finding that I had gained a couple of pounds, at which point I had decided that the earlier successes had been merely lucky, I shot down three pounds, from 234 to 231. It didn't get me off the 230-lb plateau that time, but that was because I had gone off the diet at that time. It did, however, get me back at that plateau level. A later use of it, without interruption, took me below 230 lbs., as I disclosed above. These uses show that it has normally worked for me.

As explained above, the theory behind the Plateau Buster is the tricking of the unconscious into believing that the 'famine' is over, and thus speeding up the metabolism. This leads to more calories burned during the day.

Your metabolism may be different from mine; sugared products may not do it. As of now, I haven't experimented with other kinds of high-calorie foods that signify "prosperity's back" because I've stuck to what's worked for me.

I discovered the Plateau Buster through lucking into it, and once found that it worked when I had given up on it.

Sugared foods may not work for all: it depends upon your own metabolism.

• **How To Tell If It's Working**

For me, the indication was simple...so simple that it had me wondering if the Plateau Buster was also a fluid releaser. (I can't say that it is.) When on it, I found that I urinated more than once during the night, and at least one of those urinations was a full bladder emptying. The link between this pattern of urination, the metabolism speed-up and the weight loss, lies in the waste products of the glucose that the released fat is turned into. One of them is carbon dioxide, and the other is water. The "waste water" is what's urinated out during the use of the Plateau Buster, and it does make my urine more watery than is usual for overnight.

A similar reaction will be experienced by you if your metabolism is similar to mine.

Advance evidence of its working comes at night, with a major increase in overnight urination.

• Is There A Catch?

Yes, a big one: you have to be dieting all the way through while using it. The Plateau Buster is an add-on to a diet, not a break from one. You consume the calories in a different routine, but the same calorie restrictions, which you have to observe while dieting, still apply. As a normal man, I probably burn about 2,500 calories/day when my metabolism is functioning normally. If I eat 2,500 calories/day, my weight will go nowhere. Using a Plateau Buster with this overall calorie count won't lose me any weight.

Other than that, there isn't one, with the exception of staying the course between breakfast and supper. If the volume of food consumed at breakfast is much larger than a normal diet meal, then the extra volume will help assuage any hunger for most of the day. I have found this to be the case. Since the metabolism speeds up, and since an acclimatized routine is being broken, though, some hungry feelings may creep through. Unless you've got your mind on something else during the afternoon and evening, it can be a long stretch 'til the next meal.

The Plateau Buster is an ancillary to a diet, not a substitute for one. The calorie restriction of the diet has to be observed all the way through.

Also, the specific drawback to the Plateau Buster is the need to get through the day without any meals until supper. Already being used to a diet routine helps in sticking to the Plateau Buster regimen.

• **General Observations On Dieting**

When shifting from a bout of overeating to dieting, a hunger attack is unavoidable. So is the temptation to go back to overeating. For some people, the temptation is too much that time `round.

I found it useful to be matter-of-fact about such temptations. If you didn't like food, then you probably wouldn't have gotten fat to begin with. If I didn't like food, I wouldn't have bloated up myself. Given this normal reaction, I found it expeditious early on in my diet to use nostalgia as a technique of keeping myself away from food binges. Often, going over the memory of eating a huge meal was enough to remind me that I was no longer eating at that level. Getting nostalgic over a habit now gone is a way of clearly separating the old ways from the new.

Speaking of old habits, I found that reaching a normal weight triggered the memory of my normal eating patterns, thus triggering hunger when I thought I had gotten used to eating smaller. This seems to work by sight: once you appear to be an old weight in the mirror, the old habits are triggered again. I found this to be an obstacle after reaching my old weight of about 225 pounds.

Regarding "cheating," I also found the matter-of-fact approach to be the best one. When you "cheat," you've made a decision to take yourself off the diet. If you fall into a habit of "cheating," you've taken yourself off the diet for good. I found that it's best not to be self-delusive on this point, including on the latter one. Not everyone is ready for a diet on the first go-`round; sometimes, a good try is enough unless a diet is mandatory for medical or immediate health reasons. There'll be another summer next year, and the next time round a good trier will have a more definite idea about what he or she is getting into, and what (s)he's in for. We can't all jump in the pool; some people have to wade in. Actually, we all do every now and then.

The shift from overeating to dieting is always hard, at first. I found that being nostalgic for the more food-heavy days works when sticking to a diet in the early, critical phase.

Successfully returning to "fat-normal" from unusually weighty also puts an obstacle in your path, as old habits resurface.

If you "cheat," it's best to be matter-of-fact by interpreting it as simply going off the diet.

Another beneficial matter-of-fact attitude is "what's done is done."

• General Observations On Dieting (continued)

The most common-sensical approach to either “cheating” or the infamous social occasion where your diet is expected to be broken, is a what’s-done-is-done approach. Tomorrow is another day, and what you or I eat tomorrow is not determined by what you or I eat today. It is possible to go from diet breaking to diet resumption; I know because I’ve done it. In the midst of the 2-month diet in which I lost 40 pounds, I’ve gone to four social occasions where I went off the diet. (One of them reduced the effect of a Plateau Buster to weight maintenance, as explained above.) Before going to any of them, I deliberately allowed myself to “cheat” for a day to see if I had the inner strength to get back on track after falling off. I found that I did.

Doing so may have merely been a control ritual on my part, but it did add a certain robustness, which a dieter that seeks to shed as many pounds as possible in the shortest amount of time may not have. Diet interruptions of this sort do slow down the weight loss, but so does a sliding calorie scale – for that matter, so does eating 1,000 calories/day instead of a ridiculously low number like 500/day does. When it comes down to it, the ‘optimal’ strategy for losing the greatest amount of weight in the least amount of time is a multi-week hunger strike with vitamin pills. Who in their right mind would want to do that?

Given that all diets are ‘sub-optimal’ from this angle, a derailment or sidetracking every now and then isn’t that big a deal. Where we end up is.

Before this final section closes, a note about work. I found that my performance at a repetitive task, which I’m already good at, is largely unaffected. On the other hand, my performance on a new task while diet-hungry went seriously downhill. If you’re working, I suggest that you wait until a time when routine tasks dominate your workload. You may have to make special arrangements for doing so. This constraint may be all that’s necessary; I have found that removing yourself from work entirely isn’t necessary.

“What’s done is done” works especially well for social occasions where over-the-diet eating is expected of you.

It sometimes helps to deliberately “cheat” for one day in order to test your staying power.

It also helps to cultivate a sense of perspective about diet setbacks.

Dieting can cut into work by making new tasks harder. Sticking to procedure at work may be necessary during a diet.

• **General Observations On Dieting (continued)**

I have to admit, though, that I've been a "recreational eater." I haven't used food as a reward for task performance. Someone that does is going to have a harder time getting de-hooked off overeating than I did. I myself drink a lot of coffee, and have found the withdrawal headache too daunting for me to kick the coffee habit. So, if you find it impossible to get yourself off the big-eating hook, I sympathize.

Finally: a note on buying the smaller-sized wardrobe. Recently, I went from a size 38 waist to a size 36...and found that I looked fatter when squeezed into a smaller pant-waist. It wasn't just my belly that spilled over the waist; I also felt a bit of flab hanging over the back and sides of my pants too. Going down a size can either galvanize or it can be an occasion to laugh the whole thing off. Whatever option is right, is up to you.

My own experience is not the same as that of someone who needs extra food for performance. They're likely to have it harder than I did.

• Conclusion

In the last fifteen pages, you've learned what the Plateau Buster is, what it can do, what its limits are, and the underlying reasons behind its working for someone with a metabolism similar to mine. To recapitulate:

- **Big breakfast, light supper, nothing in between.**
- **The breakfast should be sugar-laden, but bulky to help minimize hunger attacks during the day. The supper should be light, and from your regular diet plan.**
- **Eat this way for two days.**
- **Stick with the calorie limits of your diet while using the Plateau Buster.**
- **Work this technique into your diet whenever you experience a stubborn plateau.**
- **Only expect to get your weight loss track unstuck.**

By following these rules, you should experience the benefit of a less-interrupted weight loss.

In closing, I wish you well. Even the best diet requires toughing it through at times, and you will experience this challenge while dieting yourself. If a diet proves to be too daunting, and you go back to your old ways after only partially meeting your goal, just remember that a good try is better than nothing. You've gotten experience that you lacked beforehand. Some people need several diet attempts before they're acclimatized enough to see it through to normal-weightedness. Every pound you lose on a diet, even if it's gained back later, is a practice pound for the time when you go all the way to genuine thinness.

If you'd like to see the blog where I lucked into the Plateau Buster, it's here:

<http://goal200pounds.blogspot.com> . It's a daily diary of the 60 days, with daily weighings of myself. After January 2, 2008, there will also be new material because I'm going on a more challenging diet. There'll be more tests of the Plateau Buster then, plus any variations I discover during the second phase of my overall quest to lose weight.

To the left are the rules needed to make the Plateau Buster work.

As you diet, always remember that it's a challenge, and that a busted diet was still a practice diet. Giving up isn't permanent unless you let it be.

If you want to read more on the evolution of the Plateau Buster, click the URL found in the last paragraph in the text to the left. Starting the day after New Year's, 2008, there'll be another diet phase.

And yes, the date I chose to resume dieting does have that tie-in....

(Reminder: this book is freely redistributable in an unaltered form.)