



October 5, 2009 – Grand Rapids, MI

No Rules

I spent most of last week in the Dominican Republic. One reason it was an interesting experience is this: the traffic laws are not enforced—at all. Stop signs are really only for decoration. Going straight from the left turn lane is fine. Roads marked as two lanes? Surely we can get three or four lanes-worth. When there's no apparent traffic, red lights mean just slow down a little to see if anyone is coming and then keep going—of course, that means you have to slow down for green lights, too, in case someone is running reds. You know what? It seems to work for them. They get from one place to another without problems for the most part.

It got me to thinking. What if there were no rules on how you should eat to lose weight other than eating less than you do know? You're getting from one place—overweight—to where you want to be—thinner—with no rules for what to eat and when to eat it. Or eating at all for that matter; there's enough research to support controlled fasting that it could be an option as well. Eat whatever you want whenever you want. Just make sure it's less than you eat right now (and you should probably take your supplements as a safety net).

Who knows what could happen? No rules. What a concept!

What are you prepared to do today?

Dr. Chet

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