

# The 30 Pound Club

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August 22, 2010 – Grand Rapids, MI

## Plateau Busters

*When your weight loss stops  
And it's tough to lose,  
Who you gonna call?  
Plateau Busters!*

No matter how well you control your diet or how consistently you exercise, sooner or later you're going to hit a plateau just like the woman who asked the question last week. If you remember that message, I said that we put weight on slowly and it will come off the same way. But more than that, our body is an adaptable machine. It will learn to become more efficient: it will burn fewer calories per workout. You're giving it less food of higher quality and probably with fewer additives. That doesn't mean that it will extract more calories because it was always efficient at that. However, at some point, eating less food catches up with you.

What do you do? A combination of eating less and burning more calories. I'm going to give you five things to try--you can try one, you can try them all. You already may be doing some of these things. Pay closer attention. They should get you moving in the right direction. It might not happen that day, but stick with it and they'll get you going again.

### **1. Start weighing your food.**

Small differences can be meaningful. Here's an example. After eating, I was putting away leftovers. I had warmed up German potato salad, and there was about three or four tablespoons left. I would normally just stuff that into my mouth and finish it, but I decided to weigh it instead. It turns out it was 3.7 ounces. Potatoes are 25 calories per ounce. With the turkey bacon and sugar from the sauce, it would have been over 100 calories. How many times have you cleaned a spoonful or two from the serving dish or your kids' plates--or even from your own plate after you were full? How many hundreds of calories have you eaten that way? Put it away or throw it out.

### **2. Go to the Health Info section of [drchet.com](http://drchet.com), print the Interval Training workout, and start to do intervals twice a week.**

Our bodies adapt so quickly to slow and steady. We need that kind of exercise, but we use fewer calories doing the same work. Try doing the intervals on a different piece of equipment. That will use different muscles, and you'll increase muscle damage, which increases calories burned as your muscles repair themselves.

### **3. Drink a fiber cocktail 15 minutes before you eat.**

You'll increase your satiety level so that you'll be satisfied with less food. Another benefit: constipation will not be a problem for you.

### **4. Start weight training three days a week.**

If you're already weight training, try increasing the intensity by lifting heavier weights and resting less between sets. Try a heavy-duty yoga program or try the Spartan Workout in the **Health Info** section of my website. That has to work because the goal is to do it as quickly as you can--no adaptation can take place.

### **5. Take the Inherent Health Weight Management Genetic Test.**

In the A TO Z Study, all the subjects lost weight initially; the only ones who continued to lose were the ones who were eating right for their genes. You may have run the course on eating less, and in order to continue to lose, you'll just have to find out what combination of nutrients works best for your unique body. If you want to know more about the genetic tests, check out the **Messages** from February and March.

Here's one thing you *shouldn't* do: quit. I understand exactly how hard it is when you don't see results quickly. But you have options. I've just given you five, and there are probably even more. You'll reach the weight goal you want as long as you don't quit.

One and Done.

What are you prepared to do today?

**Dr. Chet**

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