



January 2, 2010 – Grand Rapids, MI

Weight Loss Month

Today is the day that most people generally put their weight loss resolutions into high gear. I've done it numerous times and so has almost everyone I know. The operative word is "numerous." We go along for awhile, lose a little weight on some plan, and then slip back into our old habits—we didn't permanently change our lifestyle. You can imagine how frustrating it is to me because I've written at least six weight loss programs. The primary question is this: will you and I have to do the same thing all over again in 2011? I don't plan to and neither does Paula, so I'm dedicating this entire month of January to weight loss.

"But I want to start today!" you're saying? I didn't say you couldn't, but we're going to start with the simplest things today. Every message for the rest of January will build on prior messages, so by February you'll have a lifestyle plan in place that will get you to the weight you want to be. At the end of 2010, you'll be thinking about other goals you can make because losing weight will be done or you'll be well on your way to your ultimate goal. But keep this in mind: the ultimate goal is not a body weight, jeans or dress size. It's having good health. With that in mind, let's begin.

Eat 20% Less

For right now, don't think about carbs or protein or fat. Don't think about eating six small meals a day. Don't eat breakfast if you've never eaten breakfast. All I want you to do is to just eat about 20% less than you do right now. For the engineers and accountants, if you want to weigh or measure what you typically would eat and find out how much less 20% is, go for it. For those of us who don't need to be as precise, if you eat cereal in the same bowl every morning, fill it the way you usually would and then take out about 20% of the cereal. Put in less milk but if you put in fruit, keep it the same. If you normally have two cheeseburgers for lunch, throw half of one away. All you're going to do is eat 20% less until we have more information. More about that later.

Here's the simplest way to eat less at home: switch from a dinner plate to a salad plate. Fill it with the same foods you'd normally eat, but you won't be able to fit as much on the plate. If you never take seconds, don't start. If you normally do, keep it proportional to your new plate.

This reduces your stress level by about half. You're not eating things you don't like, you're not choking on rice cakes, you're not drinking lawn clippings from the blender—you're eating the foods you've always eaten, just less of them. Do I want you to eat healthier? Of course I do, but we still don't know what types of foods will work yet. Let's move on to find out how we're going to figure that one out.

Your Genes

Recent research has revealed that there are several genes which may help control how you process and store various energy nutrients such as fat. The same thing is true for the type of exercise program; some of us may benefit more from intense exercise such as intervals, while others may be better off going slower and longer.

Paula and I are taking a genetic test offered by Inherent Health to see what our energy nutrient and exercise genetics are. It will be interesting to see if what I've observed matches the results of the tests: I know I have more energy and eat less when I eat more protein and fewer refined carbohydrates. We'll see if my genetic tendency matches that.

As the month proceeds, I'll dedicate messages to each gene pattern and explain what each means. I'll give you the outline of a meal plan and exercise recommendations for each. It doesn't mean that it will be as precise as saying, "You must eat 53.5% carbohydrates, etc." but it will make it easier to determine what you should eat. When my test results come in, I'll let you know what they are.

You don't have to take the genetic test in order to benefit from what I'm going to write the rest of the month—you'll just have to do it by trial and error. But I'm 58 years old and my lovely wife is 60—enough playing around. I want to do this one more time, get to the weight I want to be, and maintain it. I want every advantage I can get, and that's why I'm taking the genetic test. Once I have the information, I'm going to use that as my primary way of eating. The test is available at www.inherenthealth.com. I have no financial interest in the company, so whether you take the test or not won't make me one dollar. Knowledge is power. If you've been fighting your body to lose weight for many years—and if you're one of the rare people who can't keep your weight up—wouldn't it be good to know if you've been eating the wrong foods all this time? I recommend you take the test.

Invitation

For those of you interested, I'm introducing The 30-Pound Club in a special message tomorrow. There will be a link to sign up for special messages and a whole lot more. If you have 30 or more pounds to lose, joining The 30-Pound Club will provide an important part of the process—accountability—and also give you some support from others wanting to do the same thing. It will be different from the typical messages even though both are about weight loss. One is information and planning. The other is attitude and motivation.

What are you prepared to do today?

Dr. Chet



WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

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