

Weight Loss My Way

How I lost 50 lbs in 6 months

By: Clayton Felt

Copyright 2003 CF Marketing

The information may not be shared with anyone other than individuals expressly granted permission by Clayton Felt Marketing. Violations of this copyright will be prosecuted to the fullest extent of the law.

Important notice

This book is for educational and information purposes only. The author is not liable for the use or misuse of the information contained herein.

Introduction:

I would like to start by saying that I am not a doctor and don't pretend to be one. If you want to change your diet and start a weight loss program you should always consult your physician in advance. I am not liable for what will happen if you don't. I have to put this disclaimer in to cover me. I take no responsibility for what might happen if you don't talk to your doctor. This is my account of a successful program that worked for me. It may not work for you, but I bet it works for most people.

I was always skinny in my youth. I was the weakling. People always made fun of me. They always said how I should put some weight on. "What's the matter, don't you eat?" is what they would say. I know this is a weight loss book, but this is my story. Believe me, I will get to the same problem you probably have. When I turned 30 or thereabouts, something changed. I started to gain weight without changing my diet or anything. It started going on slowly. It was gradual, the way it usually is. It takes time for you to gain weight, just like it takes time to lose weight. When I was 38 I quit smoking. Then I started to eat more to compensate. I figured the most important thing was to stop smoking. If I gained some weight, that would be ok. Maybe down the road I could take it back off. Over the next several years I put on a lot of weight. A total of about 50lbs. I no longer was that skinny kid I was used to being. By age 42 I weighed 225lbs.

I began to read up on weight loss and dieting. I tried all kinds of stuff. I tried the low-fat diet. You know the one where everything that tastes good is off limits. Yuck!! This is the diet everyone thinks will help. I read up on vitamins and healthy foods. I even checked out Weight Watchers. I learned about Jenny Craig. I talked to people about their solutions. It seems nobody I talked to had a workable solution. It is very frustrating. I tried exercising more, aerobic and weight lifting. I would pedal my butt off on the exercise bike for 45min to an hour, several times a week. No help, nothing really seemed to work.

One day I saw an ad on TV for a product called Pentabasil. It was supposed to make your body burn fat at an accelerated rate. You know, the perfect weight loss product. This is not the solution but it did lead me to the solution. At least, my solution. I ordered this product and bought the book that they recommend you use with it. They recommend you do the diet in the book, although it was not required. The book was Protein Power, By Michael R. Eades and Mary Dan Eades. I highly recommend this book. This is the book that will change your life. I can't say enough about this book. It turns out the book was much better than the product. The Pentabasil might work for you, but it didn't do much for my wife. I never tried it. I followed the guidelines in the book and started to change my diet. I slowly started to figure out ways to incorporate the diet into my life. This is not easy with any diet. Over the next month, not a whole lot happened, maybe 10 lbs came off or so. What I didn't realize was that my body's metabolism was changing. After that first month, the weight started falling off. After 6

months I lost 50lbs! I never felt better. I feel like I did 15 years ago only better. Now I don't smoke and my health is better than it ever has been!

This book is my testimony of a great method to feeling the best you can. I highly recommend you get the book *Protein Power*, By Michael R. Eades and Mary Dan Eades, but also read my book you have here. I talk about my experience with the program and how I fit it into my daily life. I hope that you can use this information for your own use. I tell you exactly what I eat. How I handle going out to eat. What vitamins to take. How to exercise. How to talk to people about it. I basically give you the real life version of the diet. You can lose weight too. I know you can. Once you understand how it works you will be one of the minority in this country that knows the truth. I hope you are excited about this. I was and still am. You can make a change in your life. You can do anything you want to. I hope you want to become healthier and more fit, because you will, if you want it bad enough.

Chaper 1 –The Main Concept

In this book I will talk about the low carb diet. That is what this is. It is not a high protein diet. It is a low carbohydrate diet. You need to understand the difference. Most people get scared when they hear high protein, or Atkins. They instantly turn on you. Call it the low carb diet. The whole idea is to cut your carbs to a point that your body changes its way if burning fuel.

As explained in the Protien Power book, your body digests carbs by changing them into sugar. After they are changed to sugar, the pancreas secretes insulin into the blood stream and the blood sugar is released into the cells and converted into energy. There are millions of things called insulin receptors in your cells. These receptors are triggered by insulin to start taking in the sugar from the blood stream. This is what happens in the ideal situation on a diet that is not too high in carbs. What happens in today's society is we eat way too many carbs for our body to handle. We drink lots of soda, eat lots of French fries, supersize everthing. Anyway, your pancreas has to keep dishing out that insulin. Over time your insulin receptors start to get a little numb. They ignore the signal somewhat and it takes more insulin to get them going. Now the pancreas starts dishing out even more just to get the same job done. This problem escalates over time and gets worse and worse. Some times it gets so bad your pancreas cannot keep up. This is called Diabetes type 2. Also called adult onset Diabetes. Your blood sugar cannot be controlled because your insulin receptors are so numb they don't work as efficiently as they used to.

What also happens with insulin production is fat storage. The insulin triggers the cells to store the extra sugar in the body as fat. Fat is how the body stores reserves for between meals. When a little extra is needed. The body needs reserves to survive. Insulin sends all that extra sugar you can't use as fat. It also stores all the fat you ate with the sugar. The body is getting all its energy from the carbs changed into sugar, and storing all the extra that it can't use. The more insulin you produce the more gets stored. As you can see if you could produce less insulin you would probably be better off. That is the basis o f this diet.

Actually, what happens when you cut your insulin production there is another hormone that is produced called glucagon. The glucagon was actually always there, just not much of it. When insulin is not in control, glucagon is in control. This has the oposite effect as insulin.. The body starts burning the extra fat that was stored. It signals the cells to dispose of the fat stored and turn it into ketones. These ketones are the substance that the body burns as fat. The cells throughout the body use these ketones as an energy source. The body continues to burn fat at the same time it slows the storage of fat. Less insulin means less fat storage. More glucagon means more fat burning. You can see how this is a winning combination for losing weight.

A lot of people say that the problem with the Atkins diet, or any low carb diet is that your ketones go up. That is true. Actually that has to happen in order for the weight to come off. That very fact tells you that the fat is being burned up. What you will find is that there is so much extra fat that not all the ketones get burned up. A lot of them are expelled from the body without being used. They go out through your urine, and also through your breath. It is for this very reason you should drink a lot of water when doing

this diet. This will give the body a path for the fat to get out. It also cuts down on your bad breath. If it doesn't come out the urine, it has no choice but to go out through the breath.

You will also experience more loss of body fluid. The insulin you used to have always promoted water retention. Glucagon promotes water loss. This is another reason to drink lots of water.

What this diet does is restore those insulin receptors sensitivity to a level close to what they used to be. By cutting your carbs to a very low level for a while, your insulin receptors get a break. They aren't being bombarded with insulin. They will take a breather if you will. Their sensitivity will improve over time. Just remember this. If you get them back to where they should be and then start eating lots of carbs again, they will go back to being less sensitive again. They have been damaged and will never act like they did in your youth. It is for this reason you will have to follow a lower carb diet throughout your life to maintain your weight. Everyone is different. Some people can get away with more, some less. After you lose your weight you can slowly carb up and determine your level that maintains.

This is the main concept of the diet. I hope this all makes sense to you. I know it is a little complicated, but it is the basis of this diet. It all makes complete sense when you understand it.

Chapter 2-Make Sure you Know This

There are several things you must do in order to stay healthy while on this diet. I can't stress these enough. These are very important!

1. Drink lots of water. This does not mean soda, tea, coffee, milk, cool-aid, fruit drinks. It means water. At least 32 oz. a day. Preferably more. Force yourself to drink when you are not necessarily thirsty. This will help you lose weight and keep you from getting dehydrated. It will help dilute those ketones going through your urine.
2. Take potassium. Because you are losing water, your kidneys are losing potassium. You don't want to become short of potassium. You will need to take around 300-400 mg a day. If you find yourself becoming tired during the day you need more. IF you have leg cramps during the night you need more. Take a supplement every day. I take 400mg a day in the morning.

Chapter 3 – What to Eat

Here is where it gets interesting. I'll give you a list of don'ts and then a list of Do's. Then I'll give you my sample menus that I found to work.

Don'ts:

Potatoes
Bread
Pasta
Beans
Rice
Sugary sauces
Carrots
Peas
Corn
Lima Beans
Soda pop
Deserts with sugar
Sugar

Do's:

Beef
Pork
Chicken
Fish
Tuna
Sausage
Berries – Strawberries, Raspberries, Blackberries
Eggs
Broccoli
Green Beans
Lettuce
Celery
Radishes
Olives
Peanuts
Cheese
Water
Coffee

As you can see, the big hurdle is going to be potatoes, pasta , and bread. If you can cut those three out you will do well at this diet. This is the most important thing. I'll go into some detail about some of these items later. Try to stay under 10 carbs per meal for the first 2-3 weeks. Then move to 15 per meal. When you check the label look at fiber content as well. If you subtract the fibers from the total carbs you get the Effective carbohydrate content (ECC). This is the magic number you need to go by.

Here is what I was eating and still am for that matter.

Breakfast:

3 Eggs Over easy
4 Sausage links precooked
Water

I pretty much stick to this. You can have bacon, as well. Sometimes I have a cooked pork chop, or a hamburger without the bun.

This is around 0 carbs for the whole meal, Depending on the sausage.

Mid morning snack:

Tuna Salad

I take a can of tuna, drain it. Mix it with 1tbls of Mayonnaise, 1 tblsp of nonsweetened pickle relish. Eat it out of the bowl. No bread.

One note on mayonnaise. Don't get the low fat stuff. As a rule if it is low fat, it is high carb. Check the label. It should be around 2 carbs per tablespoon.

Pickle relish – Check the labels. The non sweet relish is only 2 carbs or so per tablespoon.

This is only 4 carbs as the tuna has none.

Lunch:

I found these low carb tortillas at the whole foods store. They are made by La Tortilla. You can get them online at <http://www.latortillafactory.com/> or you might find them in

your neighborhood health food store. You can put mayonnaise, mustard, cheese, lunch meat and lettuce on them. Then fold it in half like a taco and it is practically a sandwich. I eat these regularly for lunch. The tortillas are 12 carbs but 9 fibers so the ECC is only 3. This is a lot less than 2 slices of bread. Most bread is around 25-35 carbs for 2 slices. The mayonnaise is only 2 carbs, the rest is nothing. This is a total of 5 carbs for a sandwich.

I also eat some strawberries as a desert. Don't put anything on them. I like the Schwaans brand but any will do. I buy them frozen and let them thaw just a little. They are tasy and if you only eat 8 of them or so it should under 10 carbs.

The strawberries pushes the total over 10 but you were way under up til now so it is ok. The strawberries are really good for you. They are full of antioxidants and will help keep you from getting colds and such.

Afternoon Snack:

I usually have some summer sausage and cheese. Sorry, no crackers. They are high in carbs. Slice up 4 or 5 slices of summer sausage and the same amount of cheddar or your favorite kind of cheese. Eat them plain.

This is pretty much no carbs, unless there is some in the sausage. Cheese has none.

Supper:

Here is the one everyone has trouble with. What do I eat for supper? I usually have to fix myself something separate from the rest of the family. I usually eat some kind of meat, a vegetable, and a salad. I like to grill my meat as it is easy. If I forget to thaw something I can just put it on the grill and it will thaw and cook. I use a gas grill and it gets a workout. I like to cook too much and then store for a couple of days whatever is left. This makes it a little easier the next day or two.

Meat

Hamburgers – You can eat a couple of hamburgers, with cheese and mayonnaise or mustard. No bun or bread. Just eat it with a fork. No Catchup either. It is high in carbs. If you have any doubt read labels. I like to salt and pepper my meat too.

Pork chops – A couple of pork chops is good. Just salt and pepper to taste.

Chicken – No breading. You can cook it anyway you like as long as you don't add any breading or flour. I like the frozen tenders or filets. Breasts, and thighs and wings and such are just fine.

Sausage – I like to eat some bratwurst style sausage too. I like to grill them. I eat about a half of the total size.

Steak – I love to eat steak. Any of your favorite cuts. Just don't use steak sauce or ketchup. Salt and pepper are ok.

Vegetable:

I usually eat broccoli or green beans. There are a lot of other veggies you can eat but I don't like them. I guess I like spinach but I haven't been fixing it. If you stick to these two you will lose weight. I know that is tough. I like to put melted cheese on my broccoli. I've grown to really like broccoli. Actually broccoli is really good for you.

Salad:

I usually use lettuce, radishes, celery, and green olives. You can also use bell pepper, onions, and tomatoes. There are probably others, I just know what I use. Salad dressing is not a big deal. Just check the label. Most of them are 2 carbs or less per tablespoon. Just go easy with the dressing.

After Supper:

Actually I don't recommend eating anything after supper. I tried snacking on low carb stuff after supper, but it always stopped my weight loss. I am recommending you eat supper late enough that you can go to bed without being hungry. I usually go to bed between 10 and 11. I try not to eat supper before 5 and preferably after 6.

I sometimes do drink an occasional Diet Rite Cola after supper. This is the only diet drink that uses Splenda instead of Nutrasweet for a sweetener. This helps keep my stomach full without any carbs or calories.

I drink a lot of ice-water . It keeps me from eating. You should try not to eat unless you are hungry. Don't eat because you are bored. If you are hungry you should eat. Don't go long periods of time being hungry. On this type of diet you should eat when you are hungry. I usually eat some steak or meat or hamburger I have in the refrigerator.

Work

I managed to do this and fit my work environment into the plan. I take a small personal cooler to work and eat my snacks and lunch that I described earlier at work. I eat my breakfast and supper at home.

4 – Eating Out

Eating out is not as hard as you might think. The main thing is to avoid pasta, potatoes, and bread.

If it is a fast food restaurant like McDonald's, I recommend eating the burger without the bun, don't eat any fries, and drink an ice tea or water. This is not that hard to do. If you are still hungry, eat another burger.

If it is a sit down restaurant I usually order a steak or chicken or some kind of meat that is not covered in some kind of sauce that is full of carbs. They usually want to give you a baked potato with it. Don't do that. Instead ask if they have some steamed veggies or some kind of vegetable you could have instead of the potato. They usually do. Then order a salad, just don't eat any croutons and go easy with the dressing. Again you can drink ice-tea or water. Coffee is ok also.

If it is a buffet it shouldn't be too hard to find something in the meat category, and broccoli or green beans. I actually find it easier at buffet's than anywhere else. The salad bar is usually pretty good at a buffet place too.

5 – Exercise

I don't do a whole lot of exercise, but I do recommend it. I just don't want you to wear yourself out doing it. You could go for a walk or play a game with the kids or something. Strenuous exercise is not necessary to lose weight. You need to be active, just don't overdo it.

I do some weightlifting which according to the Protein Power book, is the best form of exercise. I do some upper body stuff every few days, but I don't make a big production out of it. I have my own weight bench, and I use it for about 15-20 minutes every few days.

The idea is to increase your lean body mass, your muscle while at the same time decrease your stored fat.

6 – Keeping track of your progress

I recommend you take several measurements on yourself when you start this program. Measure around your waist at your belly button. Also measure your hips. If you like, you can measure your thighs and your upper arms. You should also weigh yourself. Check your weight first thing in the morning, right after you urinate. This is when you are at your lightest part of the day.

Don't worry about the weight so much. It will come off, but it is not as accurate as your other measurements as a determination of how you are doing. If your lean body mass (muscles) get stronger at the same time you are losing fat, you might not see much total weight loss. You will however see inches go away in your other measurements.

If you get discouraged about your progress, try only weighting in once a week. This should help your attitude as you will see a larger change with each weigh in.

7 – Plateaus

With every diet there is always going to be periods where there is nothing happening. You seem to do so well for a while, then nothing happens. They can be frustrating. Don't give up. Keep at it, if the plateau lasts for several weeks there is something you can try but don't get carried away with it. Believe it or not if you fall off the wagon for one day, it can get you back on track. I've found that you can blow the diet for one day, then go right back to the low carb way of eating the next day, and go back to losing weight an inches. Just don't go more than one day. You will be tempted to just go back to eating the other way.

8 – Saving up

You can actually distribute your carbs throughout the day any way you like. If you go easy in the morning, you can have more in the later part of the day. Try to keep your total under 30 for the day to start. After a few weeks you can drift up some, but if you stop losing weight back off to 30 again.

If you work this right, you can actually still have that dessert you like. You just need to remember to count those carbs.

I really don't recommend you do this in the beginning. You are trying to teach your body a new way of eating. It will learn better if you don't tease it with treats. I've also found that if you don't eat any sweets for a while you don't crave them as bad. If you have an occasional sweet, you tend to want more.

9 – You made it!

After you make it to your target weight you can start eating a few more carbs. You need to do it slowly so you can keep track of what is happening. The idea is to find a total per day that causes no weight gain or loss. This may take months to determine. Again, after you know this you can save up or vary it a little from time to time.