

Quick Guide To Discovering Your Diet Secrets



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Introduction Discovering Your 100 Calorie Diet Secrets

The 100 Calorie Diet Secret presents the simplest of weight loss and maintenance methods. It is truly revolutionary because it is personalized by everybody's ability to find their own 100-calorie diet secrets. At the same time, it is realistic because it fits in with the daily routines, habits, and likes of the average American. *The 100-Calorie Diet Secret* does not ask a person who has not exercised in years and now is struggling with being overweight to all of a sudden commit to a workout routine like an athlete. I see a lot of people who are brave enough to start a complicated diet plan that involves counting all kinds of things as well as working out an hour a day. In the end most of them cannot sustain it and they end up with another failed diet.

More and more weight loss experts have recently come to realize and agree with me that most overweight people get overwhelmed when attempting to adopt all components of a "healthy lifestyle," and at the same time make all the necessary dietary changes to lose weight. They, too, have discovered that countless weight loss plans require people to waste calories on foods with marginal health benefits, spend money and time on special recipes and gimmicks, or make them go to the gym and spend huge amounts of time and effort doing exercise routines of marginal value.

Making just three changes to your diet, not having to go to the gym, and not being busy with a more "healthy" lifestyle may seem like a diet plan for the lazy.

The Five 100-Calorie Diet Secret Principals

My method is built on five principles described in this book. They are simple to do and can easily be applied to your life forever.

1. Decode Your Personal Three Most Important 100-Calorie Diet Secrets and Make Some Smarter Choices

The fundamental principle of this book is that every 100-calorie unit saved per day adds up to as much as 10 pounds of weight per year! Everybody can give up a single soda or a latte at Starbucks a day, change his salad dressing, or let go of one trip to the fast food restaurant per week and not even miss it. Each of your own diet secrets that you decoded is worth at least 100 calories a day when compared to the smarter choices that you have made.

2. The Power of Ten Prevents Hunger and Encourages Fullness

The second most powerful principle of this book is based on the fact that eating carbs—sugar in particular—is making people hungrier, while protein

produces fullness. The Power of Ten is the fastest and easiest method to quickly decide which food and beverage choices are good and which ones should be avoided.

3. Automatic Portion Control Prevents the Eyes from Taking Over for The Stomach

The third principle of this book is based on the fact that we all do not know when we have had enough to eat or drink. It takes 20 minutes for the brain to receive messages from the stomach, process them, and then relay the fullness signal that tells us to stop eating or drinking.

4. Avoiding Useless Preoccupation with “Healthy”

The best diet is the one that you do not know you're on. The constant thinking about what you can eat, should eat, or should not eat includes the frustrating and never ending search for better or healthier things to eat or drink.

5. Exercising Can Trap Even Dieters With the Best Intentions

The question is not about the undisputed benefits of exercise on cardiovascular disease, muscle, and bones, but the role of exercise in losing weight. Is it realistic for you to start to exercise and at the same time reduce your daily calories consumed? What about the increased appetite after exercising? The fact is that we lose weight by creating a daily calorie deficit. This can be achieved by either eating fewer calories than what you burn—which is done with dieting—or burn more calories than you eat—which is done by

Keep it Simple, Lose All the Weight You Want

The reality is that we are unable to go against our nature for more than just a very short period. There is a reason why we do the things we do. Throughout our lives, we develop many mechanisms to cope with the demands of this world. Our basic instinct is to survive and all that we do has to do with this instinct. We cannot disassociate our environment, our bodies and our lifestyles from each other. Trying to artificially implement changes that don't agree with us is not only a waste of time but can actually create more unwanted problems for us.

A Glimpse On How You Will Achieve Your Goal

Once you have decoded your own three personal diet secrets, you will learn how to make the necessary changes to your lifestyle and be done with it. Making just three changes to your daily consume habits is all I will ever ask of you! No

other restrictions, no hunger, no extra exercise required. No cooking recipes, no specialty foods and no supplements are required. The best thing is that everything you need to do this diet plan successfully is readily available at every supermarket in the country. You will see fast results. Sounds easy and simple enough? This method has worked for so many of my patients. Give it a try. You may like it!

2.. Looking for The “Right Weight Loss Plan”

Losing weight is not so difficult if you know how to start. Every diet plan, whether advocating low calorie, low fat, high fat, low carb, counting, weighing, phases or points end the same. People always return to what they like to eat, sooner or latter. How should the average person solve the problem?

The answer is simpler than you think. Read the most recent reports from the best experts in the field. I have referred to three extensive, long term weight loss studies, two from this country and one from Israel. The most important one was from the Harvard-Pennington Group reported in the January 26, 2009 issue of the New England Journal of Medicine. The authors found no difference in weight loss in people following any of the 3 diet plans: low fat, low carb or low calorie. No only was there no difference in weight loss among all of the dieters, almost the identical weight loss results were found in all three studies--quite amazing.

Small Changes Lead to Success

These might sound like minor changes, however, over the long term cutting out 300 or 400 calories a day is very significant. It can result in a 30 lb. or more weight loss in a year. Instead of the reader going through trial and error to find his dietary mistakes, the 100 Calorie Secret does it for him. The book ranks the common mistakes people make by which ones contribute the most to weight gain and at the same time are the easiest to change.

The "secret" is for every one struggling to lose weight, to find out what are his most significant, easiest to change mistakes, and just like all of the participants in these studies, make a few better choices from all of the usual foods.

3. Are You Among Those 200 Million Americans At Risk? Do You Need to Lose Weight? Do Your Children Need to Lose Weight?

1. Why You May Need To Lose Weight:

You don't have to be obese or be 30 lbs. overweight to increase your risk for heart attacks. All it takes is gaining 7lb. to increase you chances of having a heart attack by 11%. Double that weight gain and you have a 25% risk

Spanning two decades, 21,000 non-smoking American male doctors -average starting age of 53- without heart disease were followed annually for 8 years. Blood pressure, cholesterol, triglycerides, heart disease and cancer were checked yearly. *You will be surprised how poorly they did.*

Only 1109 male doctors were in this part of the study. Here is what they found:

- A higher BMI increased heart failure risk in active & inactive participants.
- Modestly overweight had increased heart risk-increasing with weight gain
- Every 7 pounds of excess weight = 11% increased heart risk in the 20 years.
- Overweight participants had a 49% heart failure increase.
- Obese participants had a 180% heart failure increase.
- Active participants experienced an 18% reduction in heart failure risk.
- Higher activity participants experienced a 36% reduction in heart failure

There was a Doubling of Obesity in These Doctors!

The study shows that even in healthy doctors in this country, who presumably should know better, there was a doubling of obesity and a 8% increase in those overweight. The general US population is far behind with 33% obese and 67% overweight. You will see how your belt size is your best measurement of your risks for getting high blood pressure, stroke, diabetes, heart attack, cancer and even dying young!

In the largest study to date of obesity and lifespan, 500,000 European men and women had 20% increase in mortality for every 2 inch increase in waist size above 38 inches for men and 32 inches for women. Find your relative risk of dying young: (risk: 1.0 = average, 2.0= twice the risk)

Circumference of waist (inches) vs. Mortality Ratio (Normal risk= 1.0, two times risk = 2, one half risk = .5)

	Mortality Ration for Men	Mortality Ratio for women
Waist Circumference		
27 inch	<.5	0.75
31	<.5	1.0
35	<.5	1.3
39	1.0	1.7
41	1.5	>2.0
45	2.0	>2.0

Men with a waist of 45 inches were twice as likely to die young as compared to men with a 39 inch waist. For women it was 43 inches vs. 31 inches. The same trend applied even to normal, non-overweight adults: increasing abdominal girth above 34 inches was associated with increased risk.

4. Discovering Your 100 Calorie Secrets

The 100 Calorie Secret Weight Loss Plan is based on finding the three most important causes of your weight gain and then making some simple, permanent changes in your diet. Your diet secret can be foods, beverages, or even food patterns that when changed by making smarter choices results in an average savings of at least 100 calories a day which translates into 10 lb. weight gain in a year.

Why Do I Call the Mistakes People make Causing Their Weight Gain Their Diet “Secrets”?

Because most people do not realize how significant a few daily mistakes can be. If they do, they don't know which ones to change first. Diet secrets include not only the obvious fast foods, sugary drinks, snacks, and desserts that everyone recognizes, but the less obvious salad dressings, alcohol, eating in the middle of the night and even skipping meals—especially breakfast and lunch. What is common to all of these secrets is that they are the cause of rapid weight gain for just about everyone.

The 100 Calorie Diet Secret Plan is Different.

As previously indicated, each diet secret represents a net savings of at least a 100 extra calories per day. Whether it's from changing a daily secret like sodas, fruit juices and salad dressings (140 calories) to zero calories diet sodas or a *once a week* secret like fast food or large lunches (1000 calories) to 400 calorie sandwiches, each change still results in the savings of at least 100 calories a day or a weight loss of 10 lb. or more a year. Obviously if the frequency of your diet secret is greater than the once a day or the once a week minimum, then the weight loss increases proportionally.

What Kinds of Foods are the 100 Calorie Diet Secrets?

Your diet secret are foods, beverages, or even food patterns that when changed by making smarter choices results in an average savings of at least 100 calories a day. Diet secrets include not only the obvious fast foods, sugary drinks, snacks, and desserts that everyone recognizes, but the less obvious salad dressings, alcohol, eating in the middle of the night and even skipping meals—especially breakfast and lunch.

A 100 calorie diet secret can also be healthy foods that when consumed in excess exceed the calorie intake for the day and result in weight gain. A common example of this occurs when people with sedentary jobs eat a large lunch and plan for a small dinner and end up eating a large dinner as well—resulting in eating two large meals within the same day. Both meals may consist of very

health promoting food, but in the end the total calories consumed becomes far in excess of the individual's needs.

Why Will Identifying Your Top Three 100 Calorie Diet Secrets in the Diet Secret Table Help You to Lose Weight Permanently?

You may have previously attempted to lose weight by eliminating one food group for another, counting one thing or another, weighing your food or assigning points to foods. This plan is just the opposite, you will not add any more food, but simply eliminate 100 calorie units of food and drink. You will not need to eat any unusual or exotic foods nor shop or prepare new recipes that you know you could not possibly do for more than a week or two. Instead you will focus all of you energy on first identifying **your** three most important 100 calorie diet secret and then make some simple changes. Sounds obvious, well it is. It's much easier than you think.

I Want to Lose Weight Quickly, Why Can't I Change All of My Diet Secrets At Once?

Experience has shown us that the simpler you make the diet; the more likely it is for you to lose and then maintain the weight loss. In every other weight loss try, you attempted to change too many things at once, burdened your self with changes that are impossible to maintain or tried to remember so many details that you lost focus on your goals. Here it's a matter of priority, change the most important ones first and everything will follow.

Using the 100 Calorie Diet Secret Table to Uncover Your Personal 100 Calorie Diet Secrets

The highest diet secrets will be on the top of the table and the least important on the bottom. first page and the lowest on the bottom. Scroll down and circle each of your diet secrets.

How Serious Are Your Diet Secrets?

In order to find out how serious the problems with your intake habits are you need to add up the numeric values of the ranking numbers for each of your three highest ranking diet secrets that you checked on the 100 Calorie Diet Secret Table. If, for example you checked diet secret #8, #6 and #4 in that order your score in that case would be 18 ($8+6+4=18$).

Total	How Bad Are Your Secrets?
10 or more	Indicates eating habits that are very serious and need to be addressed and changed immediately
5 to 9	Indicates that you have eating habits that require attention
3 to 4	Indicates that you only need to make a few changes
1 to 2	Indicates good eating habits requiring minimal changes

Here Are The Diet Secrets of Some of My Patients, They Will Show You How Easy The 100 Calorie Secret is to Use:

Case Study: Bill S., a Florida state trooper drives up and down the Florida Turnpike. He weighs 250 lb, and is only 5 ft 9. He always skips breakfast, his lunch is whatever he can find at the burger restaurant on the turnpike stop, usually a double hamburger with cheese, large French Fries and a large regular soda. He has fatty salad dressings for dinner and mayonnaise wherever he can. Two or three times a week he eats in the middle of the night.

What are his diet secrets? Where should he start?

Case Study: Diana G. eats bagels and cream cheese for breakfast, leftovers for lunch, TV dinners with a fatty salad dressing and 2 or 3 snacks during the evening. She is 170 lb, and is 5 ft 3 inches tall.

What foods or drinks should Diana G. change first?

Case Study: Sandra L. is a busy attorney who is very concerned with her weight and health. She weighs 179 pounds despite running on a

treadmill for 30 minutes three times a week. She tries to eat only fresh, healthy foods. She never drinks sugary drinks, and never eats fast food or large meals at lunch. She has a low-fat bran muffin for breakfast, a mid-morning apple and a salad with protein for lunch. She even takes her own olive oil-based salad dressing to work. While working at her desk, she has almonds and cashews for snacks.

What are Sandra's secrets?