

The Diet Docs'[®] Guide to Permanent Weight Loss

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THE DIET DOCS® GUIDE TO PERMANENT WEIGHT LOSS

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First Things First

If you've purchased this book, chances are you've also purchased other diet books in the past. You're probably hoping this one offers a final workable solution to your attempts at weight loss.

It does.

The Diet Docs' plan is simple, scientifically sound, and it works. It's straightforward in that it can be explained in just a sentence: To lose weight, you must help your body burn the excess fat it's been adding and storing while you've been eating improperly (and probably not getting the exercise you need).

It's scientific because it takes into account how your body—and all human bodies—work. You'll learn how to help your body work with you to shed that excess weight for good.

As for its workability, if Scott's opening pages didn't convince you, we're going to scatter some other testimonies throughout the book from people just like you who have successfully lost weight using the The Diet Docs' Rx for permanent weight loss. Their stories make it clear that you too can succeed.

Although the plan is simple, its effectiveness depends on three keys vital to success.

1. *Learn to eat the right foods to help your body burn the stored weight.*

In order to learn to eat the right foods, you need a basic understanding of the three all-important “macronutrients” you consume daily. These macronutrients are the basic fuels your body uses in various combinations to survive and thrive. They also determine whether you gain, lose, or maintain weight. The macronutrients are protein, carbohydrates (carbs), and fat.

Macronutrients are counted in grams per serving and are listed on the side of most packaged food and drinks (except most alcohol). If you haven't already developed the habit of reading food labels, you will need to do so. Pay particular attention to serving size. Are the values listed for five nuggets or six? This may not seem like much, but that's a 20 percent difference! Even what you think would be an obvious serving size may actually be two servings or even two and a half. Drinks, especially soda, are notorious for that. A 20-ounce bottle is 2.5 8-ounce servings, so if you drink it all, you have to multiply the carbs and calories by 2.5. Knowing the value of what you put into your body is crucially important. On The Diet Docs' Rx you will be keeping track of the amounts of the three macronutrients you consume daily. Don't overlook this critical step.

Chapters 2–4 examine these all important macronutrients in detail.

2. *Adding appropriate exercise to further boost weight loss.* Any successful weight-loss plan must include some form of repeated physical activity. The multiple health benefits of exercise—beyond weight loss—don't need to be debated here. From a clinical perspective we can tell you that most fit elderly patients have “taken some exercise” for decades. We have some 70- and 80-year-olds who can do many energetic push-ups.

True, it's *possible* to lose weight without exercise (good nutrition takes care of that), and to someone who is gravely obese or disabled, that may be where you'll have to start. However, for the majority of us who *are* able to exercise, it's crucial that we move. Chapter 7 will help you get moving.

3. *Staying motivated.* Learning about macronutrients is perhaps the easiest part of the weight-loss process. Even incorporating some exercise into your life may be harder than this third element: *becoming and staying motivated for the changes that must happen if weight is to be shed and kept off.* Success in permanent weight loss can ultimately be traced to a person's willingness to change. Weight loss is not as easy as some of the infomercials make it sound.

An important part of staying motivated is having realistic expectations. People are built differently. I, Scott, will never, ever have arms like Joe's, even if I lift weights until I'm 80. However, Joe will never be as tall as I am. Ha! But the fact that you're not blessed with a certain physique shouldn't stop you from going to the gym and working out. Don't waste your life agonizing over your supposed flaws. Even the "beautiful people" constantly want someone else's lips, buns, or chest. God's Word says you are "fearfully and wonderfully made," so accept your genetic makeup and work on the best you that you can be. This is about *your* transformation.

The Diet Docs' plan will give you some shortcuts and the information you need to achieve weight loss *and* a higher level of fitness. But just like the proverbial swampland in Florida, always beware of diet plans that sound too good to be true. Any diet that tells you that you won't have to watch what you eat or exercise to achieve your goals is a complete lie. Have you ever really known anyone who successfully "burned calories while they slept"? Give me a break. Those programs are deceptive and lead to despair among the dieters who try them. Our plan is based on scientific facts. It can help you turn your life around if you are dedicated to changing your bad habits. And you *can* do it! You are stronger than you think you are.

See Your Physician

Speaking of the physical aspect of weight loss, as you begin to implement The Diet Docs' plan, you'll want to let your doctor know. We suggest you have a physical checkup. We're not just putting this in to give the lawyers something to do; this is a critical part of your total health. Many health problems are not outwardly visible. High

blood pressure, thyroid problems, early propensity to develop diabetes, and many other potentially dangerous conditions are best detected early.

We know many people don't want to go to their physicians because they don't want to be lectured on their poor health habits. I, Scott, didn't see my physician for a couple of years because *I* didn't want to hear what I knew he'd say either. We all prefer to camp out by that river in Egypt: De Nile. It's nestled right next to the crumbling ruins of the food pyramid.

Just remember, your doctor is your partner, not your parent. You need to be monitored and to have someone in your corner during your commitment to permanent change. If you discover you have a problem, you and your doctor can work together to defeat it rather than being pulled under the water of De Nile by one of those currents of hypertension, diabetes, or coronary artery disease. To those of you who have already discussed your weight issues with your doctor and wouldn't miss a yearly physical, great job!

While seeing your doctor, do *not* ask for diet drugs to jump-start your weight loss. You don't need them. You will likely lose five to seven pounds in the first week. Medications are not without side effects (check with the Phen/Fen people), and you can only take them for a certain period of time by law. Time and again we see people take diet drugs, lose a few pounds, and one year later they're back to their previous weight and asking for more drugs. Even gastric bypass, which is a life-changing operation, has its risks. But on The Diet Docs' plan, we've seen people lose 100 pounds or more without resorting to something as drastic as surgery. It's much better to apply the principles in these pages, lose five to seven pounds in the first week and one to two pounds a week thereafter. It may not be quick, but it's the healthy, sensible way to lose weight. Plus it won't harm your metabolism, which will make it easier to keep the weight off for good.

If you need a friend or a loved one for support in the days ahead as you implement the plan, ask them. However—and this is very important—it is your responsibility to lose weight and no one else's.

Unless you need support, you don't need to tell your friends, neighbors, or cat you're going on a diet. You don't really need someone to hold you accountable. The only one you would cheat is yourself. Let's face it, "food eaten in secret is delicious" (Proverbs 9:17). Solomon understood that 3,000 years ago—and the Thighmaster hadn't even been invented yet!

Let me say it again: The only one who holds you accountable is you. Not your parents, your spouse, your friends, your coworkers. You can nibble that cheesecake when your accountability partner isn't there, but the calories still count. And you haven't fooled anyone. You'll then step on the scale and wonder, *Why isn't this diet working?*

Hmmm, I wonder why.

Preparing for Battle

Now, some basic information to get you started.

- First, read this book all the way through. That should be fairly obvious, but we have known plenty of people who have abandoned a diet book because it was too complicated or too boring. Hopefully this book is neither and can be read leisurely in a weekend. Only a complete understanding of the principles taught will allow you to apply these strategies effectively.
- Buy a digital food scale of decent quality. Some people say that having a food scale is a bit obsessive, but can you accurately tell what four ounces of meat looks like or how much one ounce of nuts is? People will use the "size of a fist" or the "size of a deck of cards" comparison, and that is helpful in a pinch, but we have seen people make their fist small or the size of the Incredible Hulk's, depending on how hungry they are. If you're going to develop healthy eating habits, it's critical to weigh your food when you can, especially in the early phases of your diet.

Some may have discovered after weighing their meals that they often underestimate the amount of food consumed by 50 to 150 percent! Take the guesswork out of the picture. Be precise. Estimating rather than weighing may not make a lot of difference if you're eating tuna, but it could mean the difference of 10 versus 20 grams of fat if you're eating red meat.

Serving size has been so distorted by restaurant entrées that weighing is a good way to get things back into perspective and achieve a true and healthy portion size. Don't want to take a scale to work? Then don't. Weigh the food in the morning or evening or on the weekends. After a while you'll have a much easier time correctly estimating portion sizes of the foods you eat regularly.

- Purchase proper measuring cups. (For the culinary impaired, there is a difference between measuring cups for solids and liquids.) Scott was very naïve about cooking (Hamburger Helper, Dinty Moore Beef Stew, and spaghetti were all he managed in college) and didn't realize that one fluid ounce does not equal one ounce by weight, no matter how many times his eighth-grade home economics teacher told him the difference. One cup of a dry cereal by volume does not equal eight ounces by weight. There are usually only 14 ounces in an entire box.

Scott's former breakfast routine seemed healthy, but upon closer examination it was just the opposite. He would pour orange juice in a travel mug, grab a breakfast bar, and head out the door to work. He thought he had about 8 ounces of liquid, but when actually measured, it was 12 ounces. Then when he read the label and found out how much sugar is in juice, combined with the high number of carbs in the breakfast bar, it wasn't hard to figure out why his weight loss was so slow. That little science experiment only took a few minutes to calculate, but it taught him a valuable lesson.

- Get a journal. The kind doesn't matter. You just have to be faithful to write down whatever goes into your mouth. A truism in medicine: Document everything. This is not obsessive. It's a semi-objective way to see where you might be having problems. Develop the discipline of writing food down. Those little candy bar miniatures add up when you eat several a day. The difference in 200 carbs versus 125 is very substantial over time (That's 300 calories per day!). Also a journal is useful for keeping track of your exercise and giving encouragement to yourself. You don't have to buy an expensive notebook. I usually get a devotional journal that has blank pages and jot down columns for protein, carbs, and fat. I add them up as the day goes on.
- Unless you're good at adding in your head, get an inexpensive calculator. You'll be totaling your amounts of three macronutrients (protein, carbohydrates, and fat). Keep it simple.
- Get a food-count or values book. These usually are sold in the diet section of your local bookstore. A food count book shows the true nutritional values for many foods. If you're not sure about the value of a certain food, and you know it may have a lot of fat and carbs, be careful. Take only a small portion.
- As for a scale...to weigh or not to weigh your body, that's the question. Whether 'tis nobler to watch thy downward progress or to wail at the upward slide of the needle...we don't have a good answer to that one, folks. We've already talked about Scott's love/hate relationship with his scale, but he hasn't thrown it out the window yet.

A scale can be a good tool to learn what foods affect you and what you can do to combat the upward slide. For example, some people learn they are more sensitive to fat calories than carbs. If they overdo it on fat intake, they would gain weight. It would also take much longer to lose than if they overate a

little on their carbs. Scott liked to weigh daily initially because it helped inspire him and encouraged his new healthy habits (walk, weigh, hit the showers, prepare for a day of healthy eating). When you weigh, use the same scale at the same time of the day. Wear the same amount of clothing. Most people find that a salty meal during the evening will show up on the scale the next morning. Women will find their weight increasing due to water retention during their monthly cycle. Whatever you do regarding the scale, keep going. Don't be discouraged. If you're consistent, the weight will come off.

Some people foolishly allow their scales to control their moods, which goes up and down, fluctuating regularly. If you can't handle the truth and a "bad scale day" sends you into the "I suck so I'll just eat an entire pan of brownies" state of mind, don't weigh daily or don't weigh at all. To thine own self be true. Know yourself and your limitations. The scale is simply a tool. It's not a mechanical judge of your worth.

Okay....you have an appointment with your doctor, you've made a shopping list for the items mentioned, and you're getting motivated, right? Great!

Key Points

1. The Diet Docs' plan is based on solid science.
2. Be an active participant in your success.
3. No one is the same metabolically or personally. While providing the right structure, The Diet Docs' Rx allows maximum flexibility.
4. See your physician for a physical—you're overdue.
5. Take responsibility, be consistent, track your food, and educate yourself. You are now on your way to becoming your own nutritionist!

The Diet Docs in Action...

Audra's Story

I was always active, which worked great with my passion for horses. They're a lot of work! I competed in equestrian events and operated an equine breeding program that involved daily horse care, putting up hay, and handling feed. Like most of us over our busy adult lives, I gained a few extra pounds. I didn't get too shook up about it since I could still out-work the teenage boys in the hay field.

After major surgery my doctor suggested that I lose the extra 40 to 50 pounds since I wasn't getting any younger. After explaining I wasn't the Twinkie-popping couch potato he pictured, I told him that when I attempted to watch my diet, I ran out of energy when completing my farm chores and tending to my full-time job. He handed me a piece of paper with a phone number and told me I would benefit from nutritional counseling. My first reaction was, "What? I always grab a glass of orange juice and a banana on my way out the door each morning! What in the world could be wrong with that? It's not a doughnut, for crying out loud!"

Little did I know! Everything was wrong with it. Reluctantly I called and soon met with one of Dr. Joe's associates. I bought Dr. Joe's book and headed home. As I sat down to read, I thought, *How is this one any different from all the others in my bookcase?* But it was different. For the first time in my life I understood what was wrong with my breakfast, along with all the other convenience foods I consumed on a daily basis.

My first trip to the grocery store for shopping Dr. Joe's way took me more than three and a half hours. Talk about a field trip! I'm sure security was watching and asking, "What in the world is this woman up to? Is she planning a robbery, stalking someone, or just plain crazy?" I stuck to the plan and the weight started falling off. It was amazing!

Unfortunately I wasn't mentally or emotionally prepared for the turn of events that soon unfolded in my life. I would soon know the frustration felt by Wile E. Coyote every time he blew himself up, got smashed by a boulder, or ran off a cliff. Along with an unplanned career change and stressful personal events, the next five years were plagued with numerous injuries, which included a patella alignment surgery on my left knee, a dislocated right knee from being kicked by a horse, a fractured right arm and leg after being run over by a galloping three-year-old filly (no quarterback has ever been sacked like that!), and injuries from a defective air bag exploding when I started my car. If I were a horse, they would have shot me!

continued →

My bout of depression turned self-destructive, and I gained back the lost weight and then some. Toward the end of 2006 I turned 39, weighed 302 pounds, experienced constant knee pain, and my physical activity was nonexistent. I realized something had to change, but how? Luckily I saw Dr. Joe's ad in a local paper and remembered the book that was still in my bookcase (and a little dusty). And hey, didn't my family doctor, Scott Uloth, do the diet and help write a new edition? He seemed pretty enthused about the project. I read the book again and decided to give it a try once more, but I didn't tell a soul in case I failed. Just like before, the weight started falling off. I had to ask, *What went wrong before? Why did I quit when my life turned upside down?* I pondered this for weeks until I saw another of Dr. Joe's ads, and this answer hit like a ton of bricks: support.

That was the help I needed. It still took me a few days to gain the courage to make the phone call that would change my life forever. Dr. Joe met with me, addressed concerns regarding my injuries, and provided the inspiration and motivation I so desperately needed. Dr. Uloth attended one of the lectures I was at and kept emphasizing the key points of the diet when I met with him in his office.

I have lost 118 pounds and am within 35 pounds of my goal weight. I am lifting weights twice a week and doing cardio training. I have reduced my knee pain to almost nonexistent and am back in the saddle again! Thanks to The Diet Docs, I will be living the rest of my life instead of merely existing.

The other day I went on a cruise with my son and father. When we went before, all I did was gorge on the buffets. This time I was zip-lining across treetops! Living, not existing; experiencing unbridled passion and freedom.

If you had the opportunity of a lifetime to do something as dangerous as climb Mt. Everest, would you take that risky adventure without a guide? Of course not! So don't even think of embarking on this life-changing journey without The Diet Docs. Guys, "thank you" will never be enough for guiding me to my summit and beyond.



Before

Audra



After