

Lose Weight

Without Dieting or Working Out!

JJ Smith

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by JJ Smith

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Important Note to Readers

The information contained in this book is for your education. It is not intended to diagnose, treat, or cure any medical condition or dispense medical advice. If you decide to follow my plan, you should seek the advice and counsel of your licensed health professional and then use your own judgment.

It is important to obtain proper medical advice before you make any decisions about nutrition, diet, supplements, or other health-related issues that are discussed in this book. Neither the author nor the publisher is qualified to provide medical, financial, or psychological advice or services. The reader should consult an appropriate healthcare professional before heeding any of the advice given in this book.

Preface

I am a nutritionist and certified weight-management expert who has seen firsthand that *what you eat* is the most crucial aspect of managing weight and is much more important than traditional dieting or exercising. I wrote this book because I made a personal commitment to help others get slimmer, sexier, and healthier. My goal is to give you all the information you need to lose weight and get healthy. I will provide you with the knowledge, skills, and guidelines that you can use in your life to not only lose weight but also to restore your health and energy.

When I was in my twenties, I could eat anything I wanted and still stay slim. Unfortunately, I practiced poor eating habits. I was a junk-food and fast-food junkie. When I was in my thirties, my health began to deteriorate, and as my metabolism slowed, my weight began to increase. I eventually gained forty pounds and went up four dress sizes. However, of even greater concern were the numerous health ailments and illnesses that I began to experience.

I tried South Beach and other diets, but they required too much discipline and only worked as long as I stayed on them. But who wants to be on a diet all the time? I learned that if you go on a diet, at some point, when you go off the diet, you typically gain the weight back. While you're on it, you starve and crave foods, and as soon as you go off it, you eat all the foods that caused you to gain weight in the first

place. In order to be successful, you have to break the addiction to foods that cause you to gain weight. If you crave them, you will always fail on a diet...until the addiction is broken once and for all. So, I got off diets and changed my lifestyle to lose weight, regain energy, and restore my health.

At one point, when I was in my twenties, my doctors gave me antibiotics that I took every day for several months to cure acne. Years later, I found out that this lengthy period of medication had taken a toll on the internal balance in my system: I had an overgrowth of intestinal bacteria and was diagnosed with candidiasis. Furthermore, for years, I kept getting sick with numerous ailments and illnesses. I was diagnosed with sinus infections, yeast infections, arthritis, chronic fatigue, prediabetes/insulin resistance, hernias, polyps, and ovarian cysts. Many of these conditions required surgery. Sometimes, I just felt generally rundown and exhausted, having little to no energy. I became frustrated! The doctors' answers were not getting me well. So I researched everything I could about different ways to heal my body and get healthy. The more techniques I tried, the better I started to look and feel. In fact, something very interesting happened. The more I applied natural practices of healing, the more I slimmed down and the more youthful I began to look. It was as though I was turning back the hands of time. At that point, I knew I was on the right path toward staying slim and healthy and getting my life back!

By the time I was in my late thirties, I had really started to heavily research, study, and apply knowledge about how to heal my body and lose weight. I learned the science

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of how the body responds to different foods, how hormones play a role in weight gain, and how to speed up my metabolism to reverse the natural slowing of metabolism that happens as we age. I began to get amazing results. I even went on to receive several certifications—one as a certified nutritionist and another as a certified weight-management expert. Now, in my forties, I teach my numerous clients these techniques to stay slim, restore health, and get their sexy back!

I realized that by adopting a healthy diet and lifestyle—one that involved regular internal cleansing and detoxification—I could regain control of my body and my well-being. Since then, it has become my passion to educate others and share with them the natural remedies that helped me achieve the superb health that I enjoy today. I have dedicated my life to the field of healthy eating and living. I have studied many philosophies of health and natural healing and learned from some of the great teachers of our time.

Today, while many women over forty have concerns about their changing shape, I've been able to keep my body pretty fat-resistant, even now that I am in my forties and dealing with perimenopause. I discovered an entirely new approach to managing my weight that is designed to address the real underlying causes of weight gain. It is so much more complicated than eating less and exercising more. In this book, I address the real reasons we become overweight or obese. Most diet plans address only one or two of these factors; my system—which I call the DEM System—addresses all of them.

I firmly believe that every individual person is respon-

sible for his or her own health and wellness. If you want to be healthy and energetic and look vibrant, you must learn what is involved and apply it to your life. You have to watch what goes into your mouth, how much physical activity you get, and what thoughts you think. You need to cleanse and detoxify your body and eat “clean and balanced” foods that provide nutrients that fuel your body throughout the day. I make the commitment to staying on top of this valuable information every day. The good news is that you can, too! It is very easy because this knowledge is readily available to you. Of course, health professionals can give you valuable information and help you treat illness and diseases, but in the end, the responsibility rests on your shoulders.

Thousands of studies support the foundational principles of the DEM System you are about to learn. And I have personally seen the techniques work for myself and for thousands of people who have achieved optimal health and vitality. I have applied these principles for more than ten years and currently conduct teleseminars guiding people through the experience you are about to embark on. The results that are possible within a few short weeks are remarkable.

You, too, can now take advantage of the DEM System I have developed to help you achieve quick and sustainable weight loss and begin a new lifestyle of healthy eating and living. It's time to stop dieting and start living!

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Battling excess weight can be one of the most frustrating, challenging, and emotionally draining experiences on earth. Despite the numerous diets, exercise regimens, and magic pills for weight loss, Americans continue to grow larger and larger year after year. More than two thirds of the adult population and one third of our children are now overweight. Obesity rates have tripled since the 1960s.

Diets abound, and the diet industry is huge. But the sad fact is that about 95 percent of people who lose weight on a diet gain the weight back in three to five years. You cannot lose weight permanently by strictly following any special diet, by taking a weight-loss pill, or by following an exercise regimen.

The good news is that anyone can lose weight and stay slim if he or she just understands, addresses, and corrects the hidden causes of weight gain. In order to succeed in the battle of the bulge, you have to realize that losing weight involves a major lifestyle change.

The goal of my book is simple: to show you how to lose weight *permanently* and achieve optimal health. You can achieve this without counting calories or measuring portion sizes or eating bland, packaged foods. Instead, you will enjoy fresh, delicious, healthy foods that will nourish every cell in your body so that you not only get slim, but healthy and vibrant as well. Your skin will become brighter,

your eyes will sparkle, your hair will get shinier, and your overall look will be radiant and beautiful!

The information in this book is different from that of any other diet or detox book. It is a combination of information that I have learned as a certified nutritionist and certified weight-management expert. I've acquired this knowledge from many different teachers, health practitioners, training programs, mentors, and friends. These concepts are based on sound research and the work of many doctors, scientists, and research institutions. Some of the topics I'll discuss still have not made it into mainstream health and nutrition practices. However, the good news is that all my research, study, and practical application have paid off for me and my numerous clients, who have lost weight and kept it off!

This book explains the strongest, most-compelling, and best-supported principles of permanent weight loss that anyone can follow, no matter their size, income level, or educational level. And the end result is a sexy, healthy, beautiful body. If you have been on a rollercoaster ride of weight loss, you will finally be able to get off and achieve your healthy, ideal weight.

This book is for you if you are sick, tired, overweight, and frustrated; you've lost weight and gained it all back; you diet and exercise, yet the weight never seems to melt away. Have you tried:

- Counting calories throughout the day?
- Using your willpower to resist sweets and junk food?

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- Working out in the gym like a maniac four to five times a week?
- Cutting fats and carbs and measuring portion sizes of everything you eat?

Traditional dieting is sheer torture and costly, with results being hit or miss. I've been there. You have to suppress cravings, eat foods that taste boring, and feel continually hungry, only to regain the weight after the diet ends. If you have tried any of the traditional dieting approaches with little to no success, you are not alone. They simply are not effective for losing weight permanently.

Some of you may have picked up this book to shed a few pounds for a special occasion, while others may have a more significant amount of weight to lose. Some of you have found that taking weight off is relatively easy but keeping it off long term is a lifelong challenge. Maybe you have simply been single too long and want to make a concerted attempt to look more attractive to the opposite sex. Maybe you're a parent trying to help your overweight child gain control of his or her eating habits. There is no bad reason to begin on this journey to lose weight, heal your body, and regain a second youth.

The Detox, Eat, Move (DEM) System

The DEM System is a breakthrough permanent weight-loss solution that melts fat from your body, especially from stubborn areas like the hips, thighs, and belly, through detoxifying and cleansing the body and feeding it healthy, nutrient-rich foods that keep it slim. Even if obesity runs in your family, you can break that hereditary cycle with this

new approach to managing your weight. You can't change your genes, but by simply eating smart, you can manage how your body functions to optimize your health.

The DEM System achieves far more than what traditional dieting accomplishes. It is a complete weight-management program designed to help your body clear out old toxic waste that contributes to excess fat in the body. By following the DEM System, you can learn what many people don't know and what celebrities pay thousands of dollars to famous doctors to learn. You will learn about how your body responds to certain foods, how to achieve excellent health, and how to maintain a healthy, ideal weight.

With the DEM System, you will never count calories or have to follow complicated and expensive meal plans or measure food again. After the initial detoxification phase of the DEM System, you will not only eat well, you also will begin to desire healthy, natural foods.

And here's my favorite part of the DEM System: you will see results even if you don't maintain an exercise regimen. If you already exercise, then, of course, you will accelerate your progress and gain the great benefits of exercising. Since we all know that physical activity is good for general health, I will provide some simple ways to "get moving" without having to go somewhere (like to a gym) to get your workout on. However, even if you don't exercise, you will still see results.

For those who think I'm going to tell you to work out in a gym three to four times per week, you're in for a pleasant surprise. You can reach your ideal weight without any formal exercise regimen when you follow the DEM

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System. You will also enjoy generous amounts of tasty, satisfying foods. I believe food is to be enjoyed and should help us not only maintain great health, but also help us stay slim and lean.

Following the DEM System, you will give your body the quality nutrition it needs while cleansing your cells on an ongoing basis. Vitamins, minerals, and other nutrients will be absorbed by your body more efficiently, allowing your cells to become like new as you begin to look and feel younger. Your skin will begin to look more youthful because your cells become tighter and healthier. Aging, dull, dry skin; puffiness; dark circles; and wrinkles will start to fade away. It is possible to look and feel better now than you did a decade ago. You will feel like you're growing younger, not older! What makes us feel old is sludge and waste in the body. Even if you opt for anti-aging creams and cosmetic surgery, you cannot fully slow the aging process without cleaning out the sludge and waste in your body. In short, you'll learn how to become young, healthy, and energetic from the inside out.

I'm not going to tell you that the DEM System is simple and easy. The fact of the matter is that the first twenty-one days will be the hardest part but also the most rewarding, as it tends to result in rapid weight loss (fat loss). You will also reprogram your body to continue to lose weight until you get your desired "naturally thin" body. You will eat nutritious, healthy foods and stop eating unhealthy junk foods that cause weight gain and provide no nutritional value. I will help you train your body to enjoy vegetables, lean meat, fruits, nuts, and seeds and to shun the unhealthy crap. I will ask you to cut out fatty, sugary junk foods and

to simply “get moving” without going to the gym.

I will often discuss strategies for “losing weight,” but in reality, what you want to lose is fat; you actually want to shrink fat cells in the body. The focus isn’t going to be on the number on the scale as much as on the loss of body fat and inches.

Even if you have given up on losing weight due to your age and hectic lifestyle, you can lose excess body fat very quickly on this program. You can achieve a lean, healthy body for life.

What’s in this Book?

The strategies presented in this book will provide greater long-term success than any other diet or exercise program you may have tried in the past. This book addresses all of the underlying causes of weight gain and poor health in a comprehensive system that will result in permanent weight loss. You will lose body fat and see a decrease in your clothing size all while watching your overall health and happiness levels increase to a level you may have never thought possible.

In Part 1, I discuss what makes most people overweight and unhealthy. This will help you understand what has been going on in your body causing you to gain weight. You’ll come to understand why you crave certain foods and learn what types of foods cause weight to melt away. We begin by debunking many of the misconceptions about weight loss. You will discover how much of what you have learned about dieting is wrong, ineffective, or unhealthy.

In Part 2, I give you the keys to turning your body into

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a fat-burning machine that allows your body to lose weight effortlessly. You'll learn the techniques and methods to sculpt a fat-burning body without strenuous exercise. You'll gain a practical understanding of the principles behind permanent weight loss, which include getting rid of toxins, balancing your hormones, and speeding up your metabolism. You will also learn which foods help you stay slim and which cause you to get fat.

In Part 3, I detail the DEM System to guide you along each step of your weight-loss plan. You will learn how to detoxify the body, eat “clean and balanced” foods, and get moving without “working out.” I will provide you with a wealth of information, including a detailed list of delicious foods, supplements, and other detox methods to support you through the program. You'll be surprised to find that your body will begin to crave healthy foods, allowing you to easily follow this program. All you'll need to do is follow the guidelines in each phase of the program and listen to your body, which will repay you with the shedding of pounds as it savors the many delicious food choices. I believe it is more effective than any other weight-loss program available today.

In Part 4, I speak directly about the weight issues affecting women. I discuss how to achieve great health, beauty, and vibrancy. I'll discuss problem areas for women over forty who are fighting aging skin, wrinkles, cellulite, and belly fat—as well as that unexplained weight gain that occurs during perimenopause and menopause—and fun and sexy ways to get fit without traditional exercise. I'll also help you regain your self-confidence and self-esteem to keep you motivated throughout the program.

Your Weight Loss Journey Begins Today!

My goal is to make you, my reader, understand that you can avoid wasting time and energy on traditional diets that only provide temporary weight loss. Know that you can achieve your most beautiful self and your perfect weight while still eating abundantly. When you are no longer worrying about your weight, you can focus on your life dreams and goals.

Keep in mind that you are an individual, which means your journey to weight loss will be uniquely personal to you. You will discover what techniques work well for you, what roadblocks you may need to overcome, and, most importantly, how to encourage and motivate yourself. I've tried to explain the steps in the DEM System as clearly as possible so the dietary and lifestyle changes ensure steady and consistent progress and don't make you feel overwhelmed. The DEM System is your personal journey toward your weight-loss destination.

I suggest you read this book just for understanding at first and then reread it with a mind to take action and begin your journey. Get a copy for a family member and friend so that you all can encourage and support one another through this life-changing transformation. Your family, friends, and I will be here to guide you along and support you. I have had frustrations with unexplained weight gain. I have worked hard to lose weight, only to find that each week, the pounds continued to pile on. You are not alone. We will do this together. Let your journey begin today.

Lastly, I want to congratulate you for having the courage to take back control of your weight and your

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health. We are surrounded by so many unhealthy food choices that are enticing and addictive. But with the proper guidance and motivation, you can leave old eating habits behind and establish new, healthier eating habits. Know that this will take resolve, discipline, and the ability to overcome short-term temptation, but those temptations will diminish significantly after the first month of the DEM System. I know how much courage it takes to begin a new life and a new relationship with food. I support you and encourage you in your efforts.

Sincerely,

JJ Smith

PART 1

What Makes Us Overweight and Unhealthy?

What Makes Us Overweight and Unhealthy?

I believe that most overweight people are actually naturally thin. The body is complex and designed to maintain healthiness. The body is smarter than any diet pill or fad diet on the market. If you just change your eating habits to align with your body's natural ability to heal, stay slim, and have energy, you will never have to worry about weight again. So, in this book, we are going to change the way you think about weight loss and eating forever.

People who do not struggle with weight problems seem to think the cause of obesity is simply laziness and gluttony. In fact, I really get tired of people assuming that overweight or obese people should just eat less and exercise more to lose weight. This is an overly simplistic view of the problem. The mantra of “eat less and exercise more” does not solve the many complicated factors affecting weight gain for most people. You need to understand that the human body is much more complex than this as it relates to weight loss. I've heard everything from “stop eating so much” and “step away from the table” to “overweight people are lazy and have no willpower.” It's a false message to send to overweight people that being fat is totally their fault. This is simply not true. We may have heard an overweight person say, “I don't really eat that much, and I still can't seem to lose weight.” Often they are telling the truth. In fact, I think we all know people who are overweight who

work very hard to lose weight to no avail. They count calories, eat less, and work out but get little in the way of long-term or permanent results.

The truth is that nobody wants to be fat. Excess weight is due to a combination of factors that are often outside of one's control, such as genetics, hormonal imbalances, or the poor-quality Standard American Diet (SAD) readily available to us. It isn't your fault that you have problems with your weight. Even if you have enough willpower to keep yourself from eating when your brain tells you that you're hungry, you still may not be able to lose weight. There are so many other factors in play that cause you to gain weight. Until you understand the real reasons you gain weight, you will never be able to lose weight permanently. The key is to learn to naturally speed up your body's fat-burning capabilities to help you lose weight and get healthy.

There is no one simple reason why an individual may have trouble with his or her weight; in most cases, there are several reasons. I will share all of them with you so you can understand how to assist your own body in becoming naturally thin and healthy.

CHAPTER ONE

Why Diets Fail You

Diets are not the most effective way to lose weight permanently. Your goal should be to change your lifestyle, including proper nutrition and getting physically active, as a way to achieve your weight-loss goals. When most people think of dieting, they immediately think of eating less, which is a flawed dieting technique that allows you to lose weight in the short term but rarely allows you to keep the weight off permanently.

Even if you achieve your weight-loss goals through a particular diet, you will slowly gain the weight right back. The problem is that you “go on” a diet, which implies that you also later “go off” the diet. A typical diet is something you do for a short period of time. Therein lies the reason 95 percent of people who lose weight on a diet gain it back. In fact, if someone tells me they’ve lost twenty or thirty pounds on some great new diet, I tell them to come back in six months’ time. If they have maintained their weight loss, then I’m willing to listen about this great new diet. By then, in many cases, they have unfortunately already begun to gain all the weight back.

Too many diets force you to eat bland, prepackaged, unappetizing food or chalky-tasting milkshakes. This causes you to crave and fantasize about all the delicious foods

you can't have on your diet. These cravings or mental images challenge your willpower and cause you to give in to the foods you're missing, making you feel like you've failed on your diet again. My plan allows you to discover whole, natural foods that are healthy and palatable, without the empty calories.

The beauty of fresh, whole foods is that you can eat them abundantly and still lose weight. When you eat high-sugar/high-fat foods, you tend to keep on eating and eating because sugar and fat don't make us feel full and cause us to crave more sugar and fat. However, whole, natural foods (fruits, veggies, whole grains) are nutrient-rich, high in fiber, and make us feel full and satisfied so we don't overeat.

Diets require that you eat less and lower your calorie intake, but if you don't provide your body with adequate nutrition, it will go into starvation mode and begin to hold on to fat for future use. Fat cells respond to starvation by holding on to the fat they already have as a survival mechanism, making it more difficult to shed fat in the long run. However, if you give your body the proper nutrition, it will shed fat, and the pounds will melt away without you even making an effort. When we consistently provide the body with good nutrition, the brain no longer believes the body is dieting, so it "relaxes" and stops telling the body to hold on to fat. As an example, if you skip breakfast to cut calories and lose weight, your stomach will begin to growl and send a message to your brain that you are starving, and it will immediately begin to store fat for future use in case your body does not receive any more food.

Any diet that deprives us of nutrients works against

our weight-loss efforts. Even if you decide to lower your caloric intake, you still must be sure to eat high-quality foods that contain a lot of nutrients and vitamins. This is the key to losing weight.

Why Calorie-Counting Is Useless

Most diets focus on restricting calories partly by cutting back on the amount of food eaten. But calorie restriction doesn't work in and of itself; losing weight is not just about eating less. In fact, if you eat too little, you set off a chain of chemical imbalances in your hormones and brain that actually cause you to gain weight.

Yes, calories are important. But it is not the *number* of calories you consume as much as it is the *type* of calories that makes all the difference between how much weight you lose and how healthy you are.

You can actually have an identical amount of calories from sugary foods (cupcake) and lean proteins (turkey breast), but the metabolic effect will be entirely different. The nutrients in sugary foods are different from the nutrients in lean proteins, and so they cause a different hormonal response, which plays a key role in determining what happens to those calories, such as how much of them end up being stored as fat in the body. This is why calorie counting simply does not work for weight loss.

What is a calorie? A calorie is simply a unit of energy. A more scientific definition states it as the quantity of energy required to raise the temperature of one gram of water by one degree Celsius under standard conditions. Simply stated, calories are units of energy that fuel our bodies, just as gasoline fuels our cars. We get calories from the food we

eat. When we consume food, our body breaks down this food and turns it into energy. We consume calories so that we will have something to burn. The average adult body needs at least 1,000 to 1,400 calories to have enough energy to fuel key organs like the heart, brain, and lungs—to keep the basic functions of our body operating. This minimum number of calories is called your resting metabolic rate (RMR) and it varies depending upon your sex, age, weight, and muscle mass. You then need some additional calories (400 to 600) just to move and be active throughout the day. When you severely restrict caloric intake, it causes the number of calories you consume to drop below your resting metabolic rate. This then falls below the basic amount of energy or calories you need to fuel your body for the day.

The commonly stated logic is that if you eat the same number of calories you burn, you will stay the same weight. If you eat less than you burn, you will lose weight; if you eat more calories than you burn, you will gain weight. This seems to make sense, but it does not tell the whole story. As an example, let's look at the difference between 1,000 calories of lima beans versus 1,000 calories of a low-fat cinnamon raisin bagel. As far as calories go, they are both 1,000 calories. But because each item has a different amount of protein, fat, carbs, and fiber, the nutrients are absorbed into the body at different rates, sending different metabolic signals that ultimately control your weight. The carbs (sugar) from the lima beans enter your bloodstream very slowly, but the carbs from the low-fat cinnamon raisin bagel enter your bloodstream very rapidly. The calories from the lima beans will be absorbed over time and thus

used over a longer period of time for energy. However, the calories from the cinnamon raisin bagel go into your bloodstream all at once, and any calories that can't be used right away for energy will get stored as fat. This means the low-fat cinnamon raisin bagel causes more fat storage in the body, even though it has the same number of calories as the lima beans. Here's the general rule of thumb: foods whose calories enter your bloodstream quickly promote weight gain, whereas foods whose calories enter your bloodstream slowly promote weight loss. So, you can see why calorie-counting alone is not effective for managing weight loss.

We are not going to be counting calories in the DEM System. I never count calories. For generations, people stayed slim and healthy without ever counting calories. Decades ago, people weren't focused on counting calories to stay slim, and obesity wasn't a widespread issue like it is today. Part of that reason is that they didn't eat all the processed foods and low-fat, low-calorie "diet" foods that we do today. So many people have messed up their metabolism by focusing on reducing calories that they ended up not getting the proper nutrition they needed to feed their body to stay slim and healthy. You can lose weight on 2,000 calories per day of clean, nutrient-rich foods and gain weight on 1,500 calories per day of junk food.

If you are used to counting calories and have had success with that method to help control your weight, then by all means continue counting calories. However, if you do not have success with counting calories, you'll want to focus on what you're eating, the type of foods you're eating, and how they affect your weight loss.

The Importance of Detoxifying to Lose Weight

Another reason traditional diets so often don't work is that they don't address the toxic waste in the body. Simply counting calories does not detoxify and cleanse the body. Weight loss won't be permanent if your body's systems are sluggish or impacted with waste matter or suffer from toxic overload or if your organs are not functioning at peak performance. In the DEM System, we ensure that you first rid your body of toxins, sludge, and excess waste to ensure that it can best utilize and metabolize the food you eat.

It is imperative that you detoxify the body to break the addiction to the foods that make you overweight and unhealthy in order to lose weight and keep it off. The method of dieting that involves resisting foods for a period of time and then returning to old eating habits will always cause the weight to return. Therefore, the goal is to break the addiction to foods that cause you to be overweight so you no longer desire or crave them anymore. Most traditional diets don't address how detoxifying the body aids in permanent weight loss.

Why Popular Diets Fail Us

There are many people who have tried popular diets, such as Atkins or the South Beach Diet, and have struggled to lose the weight permanently. The primary reason is that most of the popular diets lack the nutritional support to allow your body to naturally regulate and lose weight. The diets often work in the short term, but they can also cause health problems, such as bloating, constipation, fatigue, or skin problems or make current health conditions worse

due to the lack of balanced nutrition. Additionally, these diets don't address the underlying hormonal imbalances and sluggish metabolism issues that cause weight gain. Let's look at some of the current and popular diets and why they don't work for permanent weight loss.

High-Protein/Low-Carb Diets. Some of the most popular diets of our generation involve reducing or eliminating the intake of carbohydrates. When you do this, you will lose weight, but eliminating an entire food group removes nutrients the body needs to function properly. On this type of diet, you can eat large amounts of protein and fat and still continue to lose weight.

The main problem with high-protein/low-carb diets is that they severely restrict an entire food group that has essential nutrients. Carbohydrates, such as grains, fruits, and vegetables, are what give us energy. When you stop eating carbohydrates, your body begins to break down fat very rapidly to receive a substitute for the carbohydrates it is no longer getting. This causes fat loss, initially. But your body will burn only a small amount of fat before it stops using fat as an energy source. It then begins to burn off water and then muscle tissue. In more serious cases, it will turn to connective tissue and then organ tissue. This process is called catabolism, and it can become extremely dangerous, even deadly. Eventually, melatonin and serotonin are not produced, which suppresses your ability to function normally and maintain energy. High-protein/low-carb diets can cause low energy, fatigue, sleeplessness, mental confusion, fainting, and vomiting. You will lose weight, but unfortunately, you will gain it back when you go off the diet.

Low-Fat Diets. Low-fat diets are among the most unsuccessful of all diets. Too many people focus on reducing and limiting all fat in their diet. We now know that healthy fats are a vital part of the body's survival and balance. The body's use of fat helps determine the satisfaction level a person receives from food. It helps to produce key hormones that assist with proper functioning of the brain.

When low-fat diets became popular, many companies began offering low-fat versions of their products. But if you read the labels, many of these low-fat foods actually contain more calories than the regular version. This is due to the sugar added to make up for the flavor that was lost when fat was eliminated from the product. If you eat these foods, you really aren't making much progress toward your weight-loss goals while on a low-fat diet. So many people end up eating low-fat foods and snacks thinking they were working towards losing weight, when in actuality they were eating more sugar and calories than they had in the past.

High-Carbohydrate Diets. A high-carb diet has a lot of potatoes, breads, pastas, grains, and rice—so-called “energy” foods. Although carbs are necessary for a well-balanced diet, too many carbs can have a negative effect on blood-sugar levels, which affects mood and brain functioning. Additionally, too many carbs can create a condition known as insulin resistance, which I'll discuss later. Insulin resistance is a common, but not widely known, reason so many people are getting fat at an alarming rate.

Additionally, carbs tend to have more calories than other foods. In the long term, a high-carb diet prevents the body from burning fat for fuel. So even though you may initially lose weight, you will quickly gain more weight, namely fat.

Why Diets Fail You

I have often said, it's not hard to lose weight rapidly, but the trick is to keep the weight off permanently. Permanent weight loss must come from burning fat and maintaining as much lean muscle mass as possible. You want to eliminate toxic overload in the body to shrink your fat cells. You want to also be sure that your hormones are properly balanced and that they are not hindering your weight-loss goals. Permanent weight loss (or fat loss) can be achieved with knowledge and effort as long as you remember that people don't fail at diets; diets fail people. Most diets simply don't help you achieve permanent weight loss.

CHAPTER TWO

Why Exercise Won't Make You Thin

Is exercising good for your health? Sure! Is it key to losing weight? Absolutely not! But so many people believe that it is. We've all heard the mantra "eat less and exercise more to lose weight." Close to 50 million Americans have gym memberships or belong to health clubs. We spend about \$20 billion a year on gym memberships, yet obesity rates continue to drastically increase year after year.

There are many good reasons to exercise, such as improving cardiovascular health, but weight loss is not one of them. The truth of the matter is that although exercise is important for good health, the foods you eat are three times more important for controlling your weight than exercise. I remember reading a *Time* magazine cover story that quoted the prominent exercise researcher and professor, Eric Ravussin, who admitted to *Time* ("Why Exercise Won't Make You Thin," August 9, 2009) that "in general, for weight loss, exercise is pretty useless."

To lose one pound of fat by exercising, you must burn 3,500 calories. This would be equivalent to running thirty-five miles or walking on a treadmill for about seven and a half hours (at four miles per hour). As you can see, it would

take a considerable amount of exercise to make a huge impact on your weight-loss goals.

I think it is important to note that exercise has many more benefits beyond weight loss. Most people who take up exercise become healthier by increasing their aerobic activity, which results in decreased blood pressure and overall better mood and mental health. I think because exercise is good for your overall health, many health practitioners downplay the fact that more and more research has shown that exercise has a negligible impact on weight loss. In other words, exercise may not be critical for weight loss, but in general, it is still great for our overall health.

It is true that exercise burns calories, and you must burn calories to lose weight, but exercise has another effect that counteracts the burning of calories: it stimulates hunger, which causes you to eat more, which in turn offsets any weight lost from exercising. Exercise doesn't necessarily make you lose weight; in fact, it could make you gain some. The one time in my life that I worked out with a trainer for a few months, I gained fifteen pounds. When I complained to my trainer, he said the extra weight was all muscle. But my feeling was *Who cares? I can't fit into my clothes*. And I hated my new body shape—not curvy and shapely, but big and bulky.

Even though I feel it is one of my personal flaws, I have to be honest with you: I don't work out. I haven't exercised in years. I tried to in the past but could never stick with it for more than four months, even when I had a trainer. I know that it's good for me and that we should all exercise, but unfortunately, I don't have the discipline to stick to an exercise regimen. However, I do have a strong

desire to look and feel great. So I had to figure out how I could lose weight and keep it off, knowing that I didn't want to do fad diets and didn't want to be in the gym all the time. Happily, I found a system of healthy living that has yielded amazing results: permanent weight loss, a higher energy level, and overall great health! As a result, I have come to the conclusion that staying slim is all about eating right, while being fit is about exercising. So, as long as I focus on healthy eating, I will continue to stay slim. But if I want to reach a high level of fitness, I will need to incorporate more exercise into my life.

Focus on Physical Activity Throughout Each Day

The question we should be asking ourselves is how much physical activity we need to be healthy and fit. Physical activity is about movement—things that get you moving throughout the day and away from the computer, TV, bed, or couch. Exercise is a type of physical activity where you set aside a specified amount of time to get moving. You can be physically active throughout the course of the day without ever going to the gym.

People tend to greatly overestimate how many calories they burn while “exercising.” The reality is that walking on a treadmill for about an hour burns only 350 to 400 calories, which can be nullified with one jelly donut or one or two glasses of wine. People typically burn 200 to 300 calories in a 30-minute aerobic-exercise session, but when they follow it up with a bottle of Gatorade, they replace all the calories they just burned. Another way to think of it is that you have to do a lot more exercise than the average person

does in a typical hour-long session to burn off about 500 calories. To burn off just two donuts, about 500 calories, takes roughly two hours of cycling. To burn off two slices of pepperoni pizza, you'd have to do one and a half hours of swimming. So you have to do an awful lot more exercise than most people realize to make any real progress toward weight loss.

For some time, researchers have been finding that people who exercise don't necessarily lose weight. An increasing body of work reveals that exercise is rather ineffective when it comes to losing weight unless eating habits are also changed. Changing how and what you eat is the most effective route for losing weight. So, practically speaking, exercise is not the most effective method for slimming down unless you have the training regimen of an Olympian or professional athlete.

I definitely don't want to give people an excuse to not exercise; rather, I want them to accurately understand what exercise can and cannot do for their weight-loss goals. Those of you who do exercise should be proud of yourselves, and I encourage you to keep it up. When you get more physically active, you feel better about yourself and feel more inclined to watch the type of foods you put in your body.

In a very noteworthy experiment led by Dr. Timothy Church at the University of Louisiana, who published his results in the prestigious *Journal of the American Medical Association*, hundreds of overweight women were put on exercise regimens for a six-month period for the purpose of determining the health benefits of exercise. One group worked out for 70 minutes each week, another for 135

minutes, another for 190 minutes, and another kept to their normal daily routine with no additional exercise. The women in the study were all postmenopausal, sedentary, overweight, and had elevated blood pressure. To ensure there was 100 percent compliance with the exercise regimens, the women's exercising was supervised to accurately monitor results.

It was found that there was no significant difference in weight loss between those who had exercised, even with some groups exercising for several hours per week, and those who did not exercise. In fact, some of the women who exercised even gained weight. The possible reason for this was a problem identified as "compensation." Those who did exercise cancelled out the calories they had just burned by eating more, typically as a self-reward (rewarding yourself with food) for working out or to satisfy their stimulated appetites from the actual workout. It would be as if I would eat a donut or pastry to celebrate all the hard effort that I just put in during my workout, but in reality, I simply erased all the calories that were burned. So, if you have committed to exercising, and that is indeed a good thing, be sure not to get in the habit of rewarding yourself with food.

One positive finding in the study was that every exercise group reported an improvement in quality of life, including the group that exercised for ten minutes a day. That means that as little as ten minutes of exercise a day has benefits. This is very good news for those who can find only ten to fifteen minutes a day for exercise but are not able to find one hour, three times a week.

Barry Braun, associate professor of kinesiology at the

University of Massachusetts, found that the evidence emerging from his research team shows that moderate exercise, such as “low-intensity ambulation” (i.e., walking), may help to burn calories “without triggering a caloric compensation effect,” meaning you won’t immediately feel the need for a snack after your workout as a result of increased appetite hormones in your blood. This means that an intense workout in the gym might actually be less effective than gentle exercises, such as walking, in terms of weight loss because you don’t get the stimulated appetite that comes with intense workouts.

If you look at numerous studies over the years, it clearly shows exercise alone won’t make you thin; rather, being physically active is a key factor in weight loss. In the DEM System, we focus on ways to get physically active throughout the day as opposed to just exercising a few times a week. Even if you just do light exercise—like taking a brisk walk to and from lunch or walking up the stairs instead of taking the elevator—you will get many of the good benefits of exercise. This is because light exercise can increase your heart rate and improve your cardiovascular health.

Another consideration is that once you become overweight, it is much harder to exercise or go to the gym to work out. However, you are more likely to be able to simply “get moving” throughout the day. Once you begin to lose weight and become healthier, it will be easier to incorporate more intense physical activity (i.e., exercise) into your daily regimen.

I strongly believe that nutritional education must come first. People don’t lack willpower; they lack nutritional education. Eating habits must change first with a

Why Exercise Won't Make You Thin

focus on nutrient-rich foods that do not cause the body to gain and store fat. I believe that changing how and what you eat will help you lose weight. Being physically active helps you keep the weight off permanently, so you'll find two key steps of the DEM System are to EAT (healthy, nutrient-rich foods) and to MOVE (get physically active throughout the day). Since we know being physically active is good for your overall health, it makes sense to focus on that as well as changing your eating habits.