

Liquidate Those Unwanted Pounds

And Fatten the Wallet!

by Dale Anderson, M.D.

Between the stress of corporate America and the prevalence of sedentary jobs, many of today's business professionals weigh more than they did just a few short years ago. In fact, sixty percent of the US population is overweight, and thirty percent are classified as obese. With breakroom vending machines tempting us with sugary sodas, calorie rich energy drinks, and candy bars, it's no wonder that today's workers are packing on the pounds.

But being overweight has become a huge health problem for our country, a serious drain on our medical finances and work productivity. Additionally, those who are overweight die sooner. Think about it . . . how many overweight or obese people do you see in their 80s and 90s?

Extra pounds are often the behind-the-scenes culprit contributing to diabetes, hypertension, heart problems, and muscle weakness. Being overloaded with too much weight contributes to many orthopedic problems, especially pain and stiffness in the back and lower extremities. Since you can't drive a Mac truck on Volkswagen tires, you need to remove the excess weight tastefully, slowly, and sensibly.

"But how?" you may be thinking. "I've tried just about every diet under the sun. Plus, I work ten to twelve hours per day at a desk job. There's simply no time to exercise!"

Unfortunately, people often interpret the word "diet" to mean deprivation,

punishment, and failure. The true meaning of the word "diet" is Greek for "a way of life." Therefore, we all need to banish our way of thinking of the term "diet" and instead focus on a new way of life.

Every year, the media and weight loss industry bombard us with "new" and "breakthrough" diets that promise to melt away excessive pounds almost overnight. The list of diets include high/low protein, high/low fat, high/low carbohydrates, and even some one-food diets like grapefruit, bananas, or popcorn – or named after an individual or an exotic location.

The truth is that there is no "magic formula" or "secret food" that helps you lose weight. So let's agree to stop this dieting foolishness right now. In fact, if you are overweight, the best advice is to stop buying into the fad diets, save your money, and simply liquidate now.

The Liquidation Way of Life

Fortunately, there is an easy way to lose weight and win with your health at the same time. Quite simply, stop drinking calories for thirst. In other words, *if you can spill it, don't swill it!* By following this one simple rule, you will painlessly shed unwanted pounds. This is the weight loss number to remember: 3,500 calories equals a pound of FAT!!

Consider this: If you drink one eight-ounce glass of milk a day, you ingest

the caloric equivalent of one "fat" pound each month – more than ten pounds in a year. The same holds true if you drink one can of soda or one energy drink per day. If you drink all three every day, you risk gaining three pounds a month, or a whopping thirty-six pounds in a single year! So if you stop drinking these three items each day and make no other changes in your diet, you would drop over thirty-six pounds in a single year.

Here's a handy list of drinks you can easily liquidate:

- 4 oz of juice = 100 to 120 calories
- 8 oz of milk = 100 to 150 calories
- 8 oz sports drink = 100 to 150 calories
- 12 oz of soda = 120 calories
- 12 oz of beer = 100 to 130 calories

In a month, daily consumption of these liquid items can easily top 3,500 calories. One pound of fat equals 3,500 calories. To lose weight, you either have to work off 3,500 calories through exercise, or you have to not put an extra 3,500 calories into your body. And just like that – it ADDS UP to FAT.

To make the most of the liquidation way of life, follow these guidelines:

• H2O is the Way to Go

Drink eight to sixteen glasses of calorie-free water for thirst every day. Never sip a single calorie in liquid form, except for the occasional glass of "medicinal" red wine, a party beer, or nonfat milk on your morning cereal.

Your liquid calories should only come spoonful by spoonful as soup or on cereal, but never gulped from a glass, cup, can, or bottle. *Don't sip it – Skip it!*

Avoid "Breakfast on-the-Go" and "Energy Boosting" Drinks.

Many people overlook the added calories of smoothies, slushies, or blended drinks that they normally consume as "breakfast on-the-go." Because the liquidation way of life says, "*If you can swill it, spill it,*" drink nothing that has a calorie out of a glass, can, cup, or straw. Sure, if you are a normal weight, then a once in a while indulgence is okay, but not for someone who is overweight.

Avoid the expensive, exotic, designer drinks that often act as a substitute for food, because they only give a temporary feeling of having eaten. So while they pack on the calories, they don't give the sustained feeling being full. Within an hour or so, you'll be raiding the vending machine to get your fill of real food, which will only add more calories to your day.

Dilution is the Solution

Most "zero calorie" drinks that are sweetened with artificial sugars are okay to consume. However, some preliminary research suggests that sugar substitutes give you a hankering for sweets. So drink zero calorie beverages in moderation. Still, if you just can't stomach plain water, then dilution is the solution. Gradually, you can dilute any diet drink or juice by 70-90 percent and still get a sweetness or taste you crave.

Make Time for Tea

Tea is a great way to flavor water. But before you say, "I don't like tea," take a stroll down the tea aisle of your local grocery store. Today's tea is much more than Earl Gray. Tea (which often has caffeine, so you can get the mid-afternoon boost you crave) comes in a multitude of flavors, from citrus to berry to herbs, meaning that you don't have to add any sweeteners to have a great

taste. Additionally, tea is so versatile – you can drink it hot, cold, or lukewarm. It's tea-riffic! Don't LEAF home without it!

Drain Calories and Fatten YOUR Wallet – Not Theirs!

Just because you have a sedentary job doesn't mean you have to succumb to weight gain, nor do you have to blow your paycheck on diet fads. You can liquidate your way to a more slender you. In fact, many research studies have shown that cutting back on calories extends the life of monkeys, rats, mice, and humans. For example, rats and mice that cut their daily caloric intake by thirty to sixty percent lived thirty to sixty percent longer.

The real skinny on looking and feeling younger and more energetic is choosing a way of life that features these marquee headlines: Whole grains, fruits, fish, lean meats, green veggies, and lots of water. Deprivation and torture is not the answer. Food is fuel. By making some simple and healthy choices about what you consume, you reduce your risk of developing heart disease, stroke, diabetes, cancers, and obesity. And by

eating rather than drinking your fruits, you may even add five, ten, fifteen, or more productive and fruitful years to your life.

Quite simply, if you follow this simple liquidation way of life, you, too, will become and remain a healthy "light-weight." Never again will you be "swallowed up" by the "get thin quick" fad diets.

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