

# **The F-Word Diet Plan**

## ***Revealed***

### **Or How to Lose Weight and Trim Down Easily and Naturally**

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## Introduction

Just as I hit 40, quite by chance (is it ever?) I came across a cholesterol screening facility. In Australia, the government provides this service for free. After giving a small blood sample, I was informed that my cholesterol was rather high. This was something of a wakeup call for me to review my health. I quickly concluded that I was also overweight and so I started finding out information about how to trim down as well as ways to reduce my cholesterol. Over a period of about three months, I lost well over 20 pounds (about 10 kilos) quite easily and moreover trimmed in excess of 5 inches (13 cms) from my waist-line. It was an enormous pleasure during that period bringing all my trousers, a few at a time, to the alteration shop to have them taken in at the waist! Over the ensuing three months or so, I continued to shed around another 8 pounds (4 kilos), as well as get rid of more mid-riff fat. Even more importantly, I managed to remain close to my new weight and size for the next fifteen years. This was until I moved to Argentina, where it was rather difficult to stick to a healthy eating regime. Most Argentinians seem to survive on tons of meat and pastries; and view vegetables as a dirty word! It wasn't until I returned to Australia that I heard about diets that recommended eating nothing but fat-laden protein – well they certainly didn't seem to have worked for me!

One of the important undertakings recommended in order to lower one's cholesterol was to cut right down on fatty foods. I'm sure you don't need me to tell you this (it's in most books and articles about eating healthily). There were also many suggestions to reduce the consumption of meat, especially fatty varieties and certainly to trim it before eating.

For weight reduction, it was clear that it would also be advisable to considerably reduce starchy foods. Furthermore, it seemed prudent to diminish the drinking of alcohol. As the saying goes “Your stomach shouldn't be a waist basket.” But what really struck me from my research was the emphasis everywhere on the benefits of certain kinds of food.

So I decided on a diet of certain food types that I would eat for 3 months and then review things after that. I assumed that a weigh-loss diet would be tough going but I must say that it didn't turn out to be much of a hardship at all, especially as the results were fairly quick. I only occasionally felt hungry because I decided to allow myself to eat as much of my chosen foods as I wanted. Moreover, I started to feel much better and healthier than I had ever been in my life! During that ‘health-kick’ period I studied and learnt a lot about better eating habits. I will describe them in this book and I hope that you can profit from each one of them.

There were two other important life-long habits I formed, initially as part of the cholesterol reduction regime. One was to eat breakfast everyday and the other was to eat oat bran regularly (on my breakfast cereal, as it happens). Before that time, I rarely ate breakfast. However, my research suggested that it helps to kick-start the metabolism into action at the start of the day plus it prevents you snacking badly during the morning. It has certainly worked for me! As Josh Billings, the US humorist of the 1800s put it “Never work before breakfast; if you have to work before breakfast, eat your breakfast first.”

Oat bran has been shown in many studies to help reduce cholesterol levels. This message seems to have been corrupted dreadfully and there are many who unwittingly eat other types of bran, such as wheat bran, which do not have the same benefits. In fact, it is also rather disconcerting how the originally recommended merits of oat bran muffins have been totally invalidated by the popularity of all types of other, very unhealthy, fatty and sugar filled versions!

I also carried out a certain amount of exercise, although I did not increase it by much at the time. Most of the weight loss was due to the diet. I suspect this is probably true the more excess weight you have. However, numerous investigations have found that those who progress better have also incorporated an exercise program. Certainly, I now participate in quite a lot of exercise and it is invaluable in order to keep the weight off long term. Just as important, I have found it easy and natural to continue with the improved eating habits practically ever since, apart from the one lapse mentioned above, when I lived overseas for a while.

I could have written a whole (very large) chapter dedicated to the dangers of being overweight or obese, particularly on your health, but also on your general lifestyle. However, I assume you must be well aware of these, which is why you are interested in a book that will ensure that you trim down so as to look and feel incredibly better. Some quite recent studies of over-weight persons propose that rather than weight per se, a better indicator of likely health problems is the size of your waist. In fact, waist measurements of over 102 cm (40 inches) in men and over 88 cm (35 inches) in women were

established to be the thresholds for increased likelihood of developing weight related health disorders. You can read more on the subject in another of my books [How To Look Years Younger Naturally](#).

For many individuals, it is not just consuming the wrong type of foods but they simply over-eat continuously. In some cases, as with the so-called gourmand, they may be eating excellent food (in terms of cuisine) but just quantities that are far too large. I have to say that the U.S.A. seems to be the worst culprit here. Having visited a considerable number of times, I am still amazed (frankly appalled!) at the ridiculously huge portions dished up at restaurants (and presumably in their homes also). I assume that this started as a marketing method to encourage customers to patronise certain restaurants which has snow-balled out of all common sense. This reaches its peak with buffets (especially at the infamous brunches in the U.S.A.). I have to confess that along with most people, I find the temptation of buffets rather difficult to ignore so I generally avoid them. I had a rather disquieting episode with a smorgasbord (located on the second floor) quite early in life, where I had trouble clambering back down the stairs after gorging myself - luckily I took heed of the warning signs. I saw a TV program recently that indicated that most people have little idea of just how many calories they are consuming and are easily fooled by the marketing ploys for what appear to be better choice meals. It seems that so-called healthy options at fast food joints often supply more than half the daily energy needs rather than the somewhat healthier low-cal lunch you were expecting!

We all need to be aware of the massive marketing and Public Relations (PR) campaigns being waged by these huge food processing corporations to get us to keep eating their products. Some of their PR is particularly despicable; including setting up dubious scientific institutes and similar organisations, funding scientists whose research is unlikely to be genuinely objective. The tobacco companies seemed to have excelled at this. There are many seemingly well-known facts about food that are simply PR stunts - the internet has become a valuable tool for disseminating this misinformation.

When I lived in Canberra, the capital of Australia, I often used the sporting facilities of the national Australian Institute of Sport. One day there was a film crew shooting there and during a break, I noticed a woman 'playing' with a bowl of cereal on a table and I asked what she was doing. She informed me that she was getting all of the good looking parts of the breakfast cereal out on top ready for the next filming sequence of an advert for the product, which was being advocated by the Institute (for a fee no-doubt)! Later in life, I met a French woman whose job was to photograph food for magazine ads. Her title was something like 'food display artist' and she told me of some of the amazing things and techniques she had to employ to make most of the products in ads and magazines look appealing; ranging from glazes, dyes and lighting, to simply replacing the real thing by an artificial substitute!

Do you know how overweight you really are? One simple way to check is to use the BMI (Body Mass Index) method. Now we need to be aware that this is essentially an estimate because it only uses your height and weight so it does not take into account whether you

have lots of good strong muscles instead of fat. However if that applies to you then I doubt that you are reading this book because you want to personally lose weight. Nor does this BMI calculation consider the fact that we naturally put on a little weight each year we are over forty (although this is not inevitable if you live a healthy lifestyle!). Your BMI is calculated by taking your weight in kilograms and dividing it by your height in metres squared (i.e. Kilos/(Metres X Metres). Checkout the table below for your height; it will tell you how much you should weigh ideally. Subtract this from your actual weight to give the amount you should aim to lose. Note that this table is for females so males should add 5kg to the BMI recommended weight for your height.

Be aware that if your BMI is 25 – 30 (heavier than ideal by 5 – 20 kgs) you are considered overweight; over 30 (overweight by 20 – 45kgs) you are considered obese and at considerable health risk. If it is over 40 (more than 45 kgs too heavy) then you should get serious assistance as you are considered morbidly obese which means that you have a very high and immediate risk of serious life threatening disease.

I have also added columns so it works in pounds (or stones) and feet and inches!

<u>Cms</u>	<u>Height</u>		<u>Weight</u>		
	<u>Feet, inches</u>	<u>Kilos</u>	<u>Pounds</u>	<u>Stones</u>	
145	4' 9"	42	92	6.6	
146		43	95	6.8	
147		45	99	7.1	
148	4' 10"	46	101	7.2	
149		47	103	7.4	
150	4' 11"	48	106	7.5	
151		49	108	7.7	
152		50	110	7.9	
153	5'	51	112	8.0	
154		52	114	8.2	
155	5' 1"	53	117	8.3	
156		54	119	8.5	
157		55	121	8.6	
158	5' 2"	56	123	8.8	
159		57	125	9.0	
160	5' 3"	58	128	9.1	
161		59	130	9.3	
162		60	132	9.4	
163	5' 4"	61	134	9.6	
164		62	136	9.7	
165	5' 5"	63	139	9.9	
166		64	141	10.1	
167		65	143	10.2	
168	5' 6"	66	145	10.4	
169		67	147	10.6	
170	5' 7"	68	150	10.7	
171		69	152	10.8	
172		70	154	11.0	
173	5' 8"	71	156	11.2	
174		72	158	11.3	
175	5' 9"	73	161	11.5	
176		74	163	11.7	
177		75	165	11.8	
178	5' 10"	76	167	11.9	
179		77	169	12.1	
180	5' 11"	78	172	12.3	
181		79	174	12.4	
182		80	176	12.6	
183	6'	81	178	12.7	
184		82	180	12.9	
185	6' 1"	83	183	13.1	
186		84	185	13.2	
187		85	187	13.4	
188	6' 2"	86	189	13.5	
189		87	191	13.7	
190		88	194	13.8	
191	6' 3"	89	196	14.0	
192		90	198	14.1	
193	6' 4"	91	200	14.3	
<b>Males add</b>		<b>5kgs</b>	<b>(11 lbs</b>	<b>or</b>	<b>0.8 stone)</b>



## Chapter 14. In Summary

I started writing this book merely in retrospect, recalling how I had very easily and quickly got rid of a lot of excess weight many years ago. However, as I continued penning my recollections and carrying out additional research, I realised that perhaps I ought to be practicing again what I was preaching. Without much effort, I had managed to keep the excess weight off for about 15 years until I went to live overseas. During this period and over the next few years, what with eating out much more, doing considerably less exercise and reaching sixty, I realised that I had put on some undesirable and certainly unwanted surplus bulk. I note that it is frequently stated that the older you are, the easier it is to put on flab but the harder it is to remove it. So here was a double challenge for me. I decided that while completing this manuscript I would follow my own recommendations and shed the excess 5 kilos (11 pounds) or so that I was carrying; and at the ripe old age of sixty.

So I started to abide by the recommendations in the First Consolidation Phase – marked as phase (A) in that Chapter. The results started to occur fairly rapidly – within 6 weeks, I lost over 5 kilos (over 11 pounds). This was accompanied with a reduction around my midriff of over 2 inches (over 5 cms). After a few more weeks I continued to get rid of even more.

Now bear in mind that these results were achieved, not even using the full-fledged diet and certainly no increase in exercise, so just imagine what you can accomplish by following the diet proper! Moreover, I was not exactly plump and also aged in my sixties.

If you are seriously overweight then you can be certain that you will lose far greater amounts and much more quickly than my recent attainments.

After reviewing the book one final time before releasing it, I realise that I have not really mentioned the potential benefits of using hypnosis. It can be particularly useful to set up a trigger which could be used for those dire moments when you are feeling especially desperate to snack for whatever reason. These can be setup using self-hypnosis or via a hypnotist. As a once-practicing hypnotherapist, I could produce some appropriate audios for download. If you are interested drop a line to [Derek@WeightControlMethod.com](mailto:Derek@WeightControlMethod.com) and if there's enough interest, I'll set them up.

But if you have read this far, the question is – have you actually started to implement anything yet. Knowledge is a wonderful thing but nothing is ever achieved without taking significant action. So, please consider getting to work straight way – the sooner you begin, the sooner you will see the positive results and feel great, look wonderful, and be far healthier. As Epictetus the philosopher put it many centuries ago “First say to yourself what you would be; and then do what you have to do.”

If you have particular comments on any of the subjects in this book and especially some additional advice or success stories, I would be very pleased to hear from you. If it seems useful to others then I would like to be able to consider acknowledging it in a future update of the book or on the website. Feel free to write and let me know how you go to [Derek@WeightControlMethod.com](mailto:Derek@WeightControlMethod.com)

Better still take some before and after photos and send them to me.

Here's to your success!

Derek Boughton

[www.WeightControlMethod.com](http://www.WeightControlMethod.com)