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**LIA Lifestyle Instruction Aid**

**wl8. So you want to lose weight do you?**

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If you want to be thin, then think thin, eat thin, and do thin.

If you can't do thin then do somethin.

Do thin things that thank your body.

If you are gaining weight even slowly, the most important thing you have to learn is that you are now consuming more food than your body needs. Remember the 444 rule. This is my own rule so you will not find it written about anywhere else. It goes something like this. The first 4 hours after a meal your brain gets its glucose from the food you last consumed. The second four hours after the meal your brain gets its glucose from the liver glycogen stores which are broken down into glucose. Only in the next, the third 4 hour period, does your body launch into major fat burning mode. Of course, if your total calories are very low, below your needs, then your body will go to fat stores right after it goes to proteins stores in muscles. This is one very good reason to exercise every day to maintain the muscle stores.

What does all that mean you ask? Well, if during the 24 hour day you never achieve a 12 hour period without food, then your body never ever gets into major fat burning mode. People who eat or drink, late in the evening, then go to bed and get 8 hours sleep, but wake up to a hearty breakfast, end up preventing the body from going into major fat burning mode. Of course, eating a breakfast has many positive benefits so the obvious solution is ..... you guessed it, no food or drinks in the evening.

The other lesson to learn from physiology is that when you consume what is considered a normal meal then 50% of the glucose from that meal will be burned for energy. The other 50% is stored. The larger the meal, then the more that is stored. You might ask "Stored where?"

Some of the surplus glucose builds up glycogen stores in the liver, some builds store in the muscles and the rest goes to... guess where..... FAT. This is a simplified explanation. If you want a complex explanation of the metabolism of each of the food types then please read an up to date physiology text. You will certainly get an eyeful and a head full.

So, the key is to reduce the total volume of the meal. Drop the Calories down to 1,500 for the day if you can. That will mean pushing away from the table hungry. A 300 Calorie breakfast, a 400 Calorie lunch and an 800 Calorie dinner will do nicely but, NO SNACKS. Not many people can sustain that kind of a meal plan.

“Sacrilege” you say. Now that you have enough money to buy any food you want and this guy is saying DON’T. Ok I hear you, but, if you want to lose weight and live longer then you HAVE TO LISTEN. It won’t work doing it the way you are doing it now. Right now you are not losing weight but are either staying steady or are slowly gaining. And, you are raising your children to be overweight. You will have to change your attitude and your lifestyle. So what do we have to do to motivate you? What do we have to do to get you to change to a PERMANENT new lifestyle?

Dr. Ouellette’s duct tape rule and Alice’s fridge lock rule are not really going to work. Alice’ says LOCK your fridge. LOL You could try Dr. Ouellette’s Duct Tape fast. (Duct tape your mouth for a day.) Please don’t send cards and letters, it is only a joke.

Fasting for a day every other day has been shown to confer a longer life to some animals even though they consume the same amount of Calories over the two day period. We need to wait for more research on that one but, short fasts may show some promise in the future and it will likely be tied into that 444 rule that was mentioned earlier.

Yes, we do know that some people claim to not consume many Calories, but still cannot lose weight. These people have to learn to screen their true Calorie consumption and to exercise more. What they think is a lot of exercise is really not much to a person who climbs 6 flights of stairs 4 times a day, plays a hard squash game for an hour and a half once a week, roller blades for an hour once a week and dances once a week.

Next EXERCISE.

The 10, 10, 10 24/7 may be what you need. 10 pushups, 10 sit ups, 10 times a day 7 days a week. Sounds like a lot. Not really. If you want weight loss then you have to commit. Oooh there’s that nasty commit word which men seem to have more trouble with than women when it comes to interpersonal relationships. Women have trouble with it when it comes to weight lose.

If you are not going to commit to some strenuous exercise then low Calories may actually harm you. Whether the low Calories without exercise harms you more than excessive weight, is unknown at this time.

See the other articles on weight loss on this site.

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