

Owner's Manual for Waist Management Diet Book

Secrets of YOU: On A Diet: Owner's Manual for Waist Management Diet Book

OK – here they are. As requested by our clients without a computer, we present to you the Amazon blogs that document the lives of several people on this amazing diet.

We have gotten fantastic feedback from several of you that our **Weight Loss Diet Elixir** helps keep you on the Owner's Manual for Waist Management Diet by the fact that this elixir:

- increases your **energy levels** (for the exercises)
- decreases your **appetite**
- burns **fat**

As you all know, our elixir uses many of the Amazon herbs that have been used for years in Brazil for decreasing appetite and reducing what has been referred to as cellulite. What we didn't count on was the amount of energy it gives you for the motivation you need to stay on this diet.

For more motivation, please print out and read what the authors are getting as feedback. It is incredible. We believe in this book and this diet. It is packed with common sense.

Latest: Monday, September 25, 2006

9 26 06 Wow!!!! The YOU Dieters have blown us away this week they have lost a bunch of waist and weight (see below): We are following 9 people in preparation for the Oct 31st release of our new book [YOU:On A Diet: The Owner's Manual for Waist Management?](#) Do you YO-YO? No more for the YOU-Dieters. **As least no back-tracking—some pauses, but incredible waist losses.**

As we have reported in these Amazon blogs, we are following 9 people who have begun the YOU-Diet and YOU- Activity Plan. We emphasize that fat around your belly button (below your surface muscles in your belly) secretes substances that make you want to eat more, that increase your blood pressure and makes glucose control (diabetes) worse, your arteries stiffer, wrinkles more common and sex less likely and less satisfying. So that is why having a waist less than 35 inches for a woman and less than 40 for a man is so important (waist is measured at the belly button with you sucking in). All nine of the YOU dieters were above the healthiest waist size to start and eight of nine were in the danger zone (37 or more for women, 40 inches or more for men). **So far seven of those eight have made their waists thinner than danger zone numbers.**



Weight Loss Diet Elixir ascendedhealth.com

Formulated for **Owner's Manual for Waist Management Diet**
1 mo. \$34.95 ([buy >](#))

Based on testimonials, we believe this powerful elixir **helps your body burn fat and decrease food cravings.** It also **gives you incredible energy!** Amazon herbs and lemurian crystal energy not only helps lose weight, this is highly nutritious, detoxifying and packed with powerful antioxidants like acai, pomegranate. Goji berries and Mangosteen. A little dab is like taking 30 nutritional supplements at once.

Best of all: This is **organic** and completely **natural**, with **no animal products.**

THIS REALLY WORKS!

We all use it every day. Many of our clients swear by it and it helps give them the "over the top" energy needed for the Owner's Manual for Waist Management Diet.

Guarantee: Try this for 1 month, if you don't like it, we will give you your money back. ([buy now>](#))

Here is the summary of the 9 to date (part of the problem with continuing this report in the blog is that 2 have hit their target waists and weights, and are holding steady, so it looks like the entire group is slowing down, now that only 7 have further to go). But here are the combined results:

Those nine lost 12.75 inches & 59 pounds as a group in that 1st week

(that is a 1.4 inch & 6 pound average in week 1).

lost 27 inches & 125 pounds thru 5 weeks.

lost 45 inches & 154 pounds thru an average of 13 weeks.

lost 47 inches & 172 pounds thru an average of 14 weeks.

(see they blew me away...after a pause or reduced speed of loss in weeks 12 and 13, they lost about a ¼ inch and 2 pounds each on average in week 14—GREAT PROGRESS, YOU Dieters [they told me it is easy].

And you blog readers keep asking me how Howard's Blood Pressure iss doing with no medications (remember he started with a BP of 155/100. And no herbal meds etc., just the YOU food plan and walking (he's just now starting the YOU-Workout). After about 6 weeks his blood pressure reached its ideal for quality of life of 115/75. And yes, He still has a BP of 115/75 with no meds.

About 6 weeks ago, we introduced you in this blog to the YOU-activity plan that each of our 9 YOU-Plan dieters has adopted for life. We only had space for an introduction and start of the plan (yes, Amazon limits blog size) . So we will continue to describe it this week.

Five weeks we introduced using Your Body As Your Gym, and some material bears repeating : you can complete an entire workout that hits all three areas of activity—strength, flexibility, and cardiovascular—in one, easy twenty-minute workout three times a week (or do it in smaller bits for almost as much benefit). The full workout pictures will be available on our web site www.realage.com and are well shown in the book. You can change that workout no matter what your skill level, simply by making small exercise adjustments to match your abilities. Remember why you're exercising: Adding lean muscle through strength training, working your heart through cardiovascular training, and flexing your body with stretching help burn fat, reduce stress, improve health, and decrease your waist size.

Whether you're a newbie to exercise or an old pro, the YOU plan starts with walking for thirty minutes a day—no matter what. Only when you've mastered that, no matter how long it takes, should you begin the rest of the program. Walking thirty minutes a day and telling a supporter you did it is a real key.

Every Day: Walk: Walk thirty minutes. No matter what. No excuses.

That is step #1 of the YOU Plan (**Step #2 Measure your waist (go ahead suck in, it's okay). Step #3 Dump your fridge**). (We tell you what to dump in your kitchen and what to keep--there are 30 easy steps that will take you a weekend to do (spread out --for example you'll measure your waist every Saturday). Then you will have done what is necessary to reprogram your body to a younger waist.

So start step #1, walking 30 minutes a day today It doesn't matter if you do it in one whole block or broken up into as many as three shorter sessions. And Stretching. And theYOU Dieters are

also doing about 20 minutes three times a week that includes 20 exercises. For the last three weeks we've told you about #'s 1,7, 8 and 16:

1: Roll with It *Allows any kinks in your shoulders to be smoothed out.*

7: Steady on the Plank *Strengthens abs and shoulders*

8: Whose Side Are You On, Anyway? *Strengthens obliques (the muscles at the side of your abdominals)*

16: Invisible Chair *Strengthens entire leg*

Today we have space for one more, so here is # 2:

2: The Chest Cross *Strengthens chest and shoulders* (A) Reach your arms as forward as possible at shoulder height, and twirl your hands back and forth like you have a tennis ball in your hands. (B) Then, cross your straight arms in front of your chest in a series of quick horizontal motions with your palms facing each other (so they provide some wind resistance to your motion). (C) Next move your hands rapidly up and down with your palms facing the floor. Try to do each of these variations twenty-five times.

We'll I written too much (Amazon only allows so much in a blog—it seems much easier to write a chapter than a blog, so next week we'll have to catch up but I cannot resist a little bit on Howard. To recap (& add some new info):

Howard L: 56 year old married guy who says his wife's purchase of junk food is killing him (but who was eating the food Howard)...and you should see the lunch sandwich he brought in---a 15 layer beaut that was causing his leg pain so severe he took 16 ibuprofens a day (yes you read that right--sixteen), arthritis & lack of energy. He lost **4.5 inches & 33 pounds** in his eleven and a half weeks away from his 15 decker sandwich. He reached a plateau this week, having a cold caused him to be ravenous he said.

Howard's waist reduction has put him below the danger area, and his body senses it. His leg pain: it is now 100% gone according to Howard—and he has stopped completely his 16 ibuprofen a day habit.

More in October (1st or 2nd or 3rd), 2006.

Thursday, September 14, 2006

9 14 06 We are following 9 people in preparation for the Oct 31st release of our new book ***YOU:On A Diet: The Owner's Manual for Waist Management?*** **I have taken two weeks away from blogging as we filmed the results on 6 , (the men, Gary, Howard and Nigel have been left out of filming so far—they are doing well, but just not filmed yet—and preparing for the launch of Oprah and Friends radio (XM 156).**

We are following 9 people who have begun the YOU-Diet and YOU- Activity Plan. We emphasize that fat around your belly button (below your surface muscles in your belly) secretes substances that make you want to eat more, that increase your blood pressure and makes glucose control (diabetes) worse, your arteries stiffer, wrinkles more common and sex less likely and less satisfying. So that is why having a waist less than 35 inches for a woman and less than 40 for a man is so important (waist is measured at the belly button with you sucking in). All nine of the YOU dieters were above the healthiest waist size to start and eight of nine were in

the danger zone (37 or more for women, 40 inches or more for men). **So far six of those eight have made their waists thinner than danger zone numbers. But remember this is a plan to break the YO-YO cycle, a plan for a lifetime of vigor and ideal waist size. A plan everyone can do—cause the secret is in YOU.** That is right, science has revealed recently that YOU get to control your weight and hit your ideal waist if you just do a few things to reprogram your body, and you can those few steps easily.

Here is the summary of the 9 to date (part of the problem with continuing this report in the blog is that 2 have hit their target waists and weights, and are holding steady, so it looks like the entire group is slowing down, now that only 7 have further to go). But here are the combined results:

Those nine **lost 12.75 inches & 59 pounds** as a group in that 1st week\
(that is a **1.4 inch & 6 pound** average in week 1).
lost 27 inches & 125 pounds thru 5 weeks.
lost 28.25 inches & 131 pounds thru 6 weeks.
lost 31 inches & 138 pounds thru 7 weeks.
lost 33 inches & 146 pounds thru 8 weeks.
lost 45 inches & 154 pounds thru an average of 13 weeks.

By the way, just so you do not think we are not filming the guys cause they are not doing well, they are doing well, and the three guys have
lost 9 inches & 47 pounds thru an average of 11 weeks.

Several of you have asked how Howard's Blood Pressure was doing with no meds (remember he started with a BP 150/100 that miraculously (but predictably as he lost waist) went to 115/75 on week 7 after 2.75 inches of loss (and 22 pounds). The great news his BP has stayed around 115/75—no pills needed thank you, just the YOU plan. (We hope to have Howard on the PBS special that should start showing in March of 2007, so you can see and hear him for yourself).

Prior to the break, we introduced the YOU-activity plan that each has adopted for life (a longer , healthier one with less disability and more ability to care to chase after grandkids we believe). We only had space for an introduction and start of the plan (yes, Amazon limits blog size) . So we will continue to describe it this week. [Six weeks ago we talked about the importance of YOU-Turns; five weeks ago of YOU-reka Moments—you can find those by clicking on prior blogs].

Four weeks ago we introduced using Your Body As Your Gym, and some material bears repeating: you can complete an entire workout that hits all three areas of activity—strength, flexibility, and cardiovascular—in one, easy twenty-minute workout three times a week (or do it in smaller bits for almost as much benefit). The full workout pictures will be available on our web site www.realage.com & in the book.

Whether you're a newbie to exercise or an old pro, the YOU plan starts with walking for thirty minutes a day—no matter what. Only when you've mastered that, no matter how long it takes, should you begin the rest of this program. Walking thirty minutes a day is as necessary and important as daily sleep, and it benefits you whether your exercise skills are those of a pro athlete or a potato chip.

Every Day: Walk: Walk thirty minutes. No matter what. No excuses.

That is step #1 of the YOU Plan (**Step #2 Measure your waist (go ahead suck in, it's okay). Step #3 Dump your fridge**). (We tell you what to dump in your kitchen and what to keep--there are 30 easy steps that will take you a weekend to do (spread out --for example you'll measure your waist every Saturday). Then you will have done what is necessary to reprogram your body to a younger waist.

So start step #1, walking 30 minutes a day today It doesn't matter if you do it in one whole block or broken up into as many as three shorter sessions. & Stretching. & They are also doing 20 minutes 3 times a week that includes 20 exercises. Three weeks ago we told you about #'s 7, 8 and 16:

7: Steady on the Plank *Strengthens abs and shoulders*

8: Whose Side Are You On, Anyway? *Strengthens obliques (the muscles at the side of your abdominals)*

16: Invisible Chair *Strengthens entire leg*

Today we have space for one or two more, so we'll do something start with #1 and 2:

1: Roll with It *Allows any kinks in your shoulders to be smoothed out.* Roll your shoulders forward for a count of ten and back for ten. "Swim" shoulders back for ten and forward for ten. Your goal is to get full range of movement with your shoulders. Notice any areas that you don't move fluidly and try to open them up by relaxing as you move your hands in full circles. Between sets, get into the habit of rolling your shoulders five times forward and five times back. Oops #2 will have to wait--I written too much (Amazon only allows so much in a blog). Blog with you next week I hope.

Saturday, August 19, 2006

8 19 06 We are following 9 people in preparation for the Oct 31st release of our new book [YOU:On A Diet: The Owner's Manual for Waist Management?](#) **For the last two weeks we introduced the YOU-activity plan that each has adopted for life (a longer , healthier one with less disability and more ability to care to chase after grandkids we believe). We only had space for an introduction and start of the plan (yes, Amazon limits blog size) . So we will continue to describe it this week. [Four weeks ago we talked about the importance of YOU-Turns; three weeks ago of YOU-reka Moments—you can find those by clicking on prior blogs].**

Two weeks we introduced using Your Body As Your Gym: In fact, you can complete an entire workout that hits all three areas of activity—strength, flexibility, and cardiovascular—in one, easy twenty-minute workout three times a week (or do it in smaller bits for almost as much benefit). And you can change that workout no matter what your skill level, simply by making small adjustments to match your abilities. Before we detail the plan, remember why you're exercising: Adding lean muscle through strength training, working your heart through cardiovascular training, and flexing your body with stretching help burn fat, reduce stress, improve health, and decrease your waist size. All without bulking you up to the size of a Miami condo.

Whether you're a newbie to exercise or an old pro, the YOU plan starts with walking for thirty minutes a day—no matter what. Only when you've mastered that, no matter how long it takes, should you begin the rest of this program. Walking thirty minutes a day is as necessary and

important as daily sleep, and it benefits you whether your exercise skills are those of a professional athlete or a potato chip.

As the nonwalking exercises get easier, and you get stronger and leaner, you'll be able to challenge yourself, too, by adding exercises, or making slight but important variations of the positions. Now before I run out of space again I want to give you one important exercise to do. And remember, you can start to do what the YOU Dieters are doing for activity :

Every Day: Walk: Walk thirty minutes. No matter what. No excuses. It doesn't matter if you do it in one whole block or broken up into as many as three shorter sessions. And Stretching. And they are also doing about 20 minutes three times a week that includes 20 exercises. Here are three (oops two--not enough space for three):

7: Steady on the Plank *Strengthens abs and shoulders* Get into a push-up position with your elbows and toes on the floor, while pushing the area between your shoulders toward the ceiling and keeping your stomach pulled in toward your lower back, to support it. Keep your buttocks tight and your eyes looking at the floor (ignore the fact that you suddenly realize you have to vacuum). Hold the position for as long as you can. If you can last more than one minute, make it more difficult by dropping your chin twenty times out in front of interweaved hands, or by trying to balance on one foot.

16: Invisible Chair *Strengthens entire leg* Sit in a chair position (with no chair!) with your back against a wall, and with your palms resting on your knees. Ideally, have a stool below you, so you can grab it or sit on it when you're done. Keep your heels directly below your knees and at a 90-degree angle; your relaxed shoulders should be rolled back and the back of your head should be against the wall. Hold for as long as you can, and try to work up to two minutes. Keep your face relaxed and breathe.

Now as we have reported, we are following 9 people who have begun the YOU-Diet and YOU- Activity Plan. We emphasize that fat around your belly button (below your surface muscles in your belly) secretes substances that make you want to eat more, that increase your blood pressure and makes glucose control (diabetes) worse, your arteries stiffer, wrinkles more common and sex less likely and less satisfying. So that is why having a waist less than 35 inches for a woman and less than 40 for a man is so important (waist is measured at the belly button with you sucking in). All nine of the YOU dieters were above the healthiest waist size to start and eight of nine were in the danger zone (37 or more for women, 40 inches or more for men). **So far five of those eight have made their waists thinner than danger zone numbers.**

We'll I written too much (Amazon only allows so much in a blog—it seems much easier to write a chapter than a blog, so next week we'll have to catch up with Howard, Gary and Alex—other than their numbers: all continue to loose waist and weight. **We keep track week by week of inches lost. And that is the blog we post weekly.**

All nine have made it past 8 week.
Those nine lost 12.75 inches & 59 pounds as a group in that 1st week
(that is a 1.4 inch & 6 pound average in week 1).

lost 19.5 inches & 84 pounds thru 2 weeks.
lost 22.75 inches & 105 pounds thru 3 weeks.
lost 26. inches & 119 pounds thru 4 weeks.
lost 27 inches & 125 pounds thru 5 weeks.
lost 28.25 inches & 131 pounds thru 6 weeks.
lost 31 inches & 138 pounds thru 7 weeks.
lost 33 inches & 146 pounds thru 8 weeks.

(that is an astounding—to even me—3.7 inches & 16 pounds each in 8 weeks).
Well I've run out of space again so you'll have to go back two weeks to see the story
and progress of each--they are now losing inches & weight at the right pace— a
quarter inch & a pound a week). More on August 26th.

Saturday, August 12, 2006

8 12 06 We are following 9 people in preparation for the Oct 31st release of our new book [YOU:On A Diet: The Owner's Manual for Waist Management?](#) **Last week we introduced the YOU-activity plan that each has adopted for life (a longer , healthier one with less disability and more ability to care to chase after grandkids we believe). We only had space for an introduction (yes , Amazon limits blog size) . So we will expand on it this week. [Three weeks ago we talked about the importance of YOU-Turns; two weeks ago of YOU-reka Moments. And last week we introduced the YOU-Activity Plan—you can find those by clicking on prior blogs].**

Last week we introduced using Your Body As Your Gym: In fact, you can complete an entire workout that hits all three areas of activity—strength, flexibility, and cardiovascular—in one, easy twenty-minute workout three times a week (or do it in smaller bits for almost as much benefit). And you can change that workout no matter what your skill level, simply by making small exercise adjustments to perfectly match your abilities. Before we detail the plan, remember why you're exercising:

Adding lean muscle through strength training, working your heart through cardiovascular training, and flexing your body with stretching help burn fat, reduce stress, improve health, and decrease your waist size. All without bulking you up to the size of a Miami condo. The other point of this program: You'll focus on your foundation muscles—the major muscles most responsible for fat burning, waist trimming, and injury prevention. Those key groups: your thighs, chest, back, and abdominals. Whether you're a newbie to exercise or an old pro, the YOU plan starts with walking for thirty minutes a day—no matter what. Only when you've mastered that, no matter how long it takes, should you begin the rest of this program. Walking thirty minutes a day is as necessary and important as daily sleep, and it benefits you whether your exercise skills are those of a professional athlete or a potato chip. Most of us wouldn't entertain the nightmare of no sleep. From an aging perspective, it's as bad to skip a daily walk as it is to skip a night of sleep. As the nonwalking exercises get easier, and you get stronger and leaner, you'll be able to challenge yourself, too, by adding exercises, or making slight but important variations of the positions. Now I've run out of space again—so next week we will finish introducing the plan and give you one important exercise to do. But for now , remember, you can start to do what the YOU Dieters are doing for activity :

Every Day: Walk: Walk thirty minutes. No matter what. No excuses. It doesn't matter if you do it in one whole block or broken up into as many as three shorter sessions.

And **Stretch:** Once your body is warm (after walking, for instance), stretch for five minutes to help elongate your muscles. You'll find stretches detailed in the You Workout below and the yoga poses we've outlined later.

Three Times a Week: you'll also Do the Twenty-Minute YOU Workout.

Now as we have reported, we are following 9 people who have begun the YOU-Diet and YOU- Activity Plan. We emphasize that fat around your belly button (below your surface muscles in your belly) is more risky to you than going 95 in a Georgia speed trap. Fat in your middle secretes substances that make you want to eat more, that increase your blood pressure and makes glucose control (diabetes) worse, your arteries stiffer, wrinkles more common and sex less likely and less satisfying. So that is why having a waist less than 35 inches for a woman and less than 40 for a man is so important (waist is measured at the belly button with you sucking in). All nine of the YOU dieters were above the healthiest waist size to start (32 or less for women, 35 inches or less for men), and eight of nine were in the danger zone (37 or more for women, 40 inches or more for men). **So far five of those eight have made their waists thinner than danger zone numbers.**

We'll I written too much (Amazon only allows so much in a blog—it seems much easier to write a chapter than a blog, so next week we'll have to catch up with Howard, Gary and Alex—other than their numbers: our latest addition, continues to loose waist and weight and his Blood Pressure has gotten even lower—all the way to the ideal of 115/75. **WOW.** To recap, we're following 9 members of 5 families who've adopted the YOU Diet and YOU Workout as lifestyle changes. We'll use their stories for broadcast pieces. Four weeks ago a 9th person, Howard L. of Chicago, joined due to his significant back & leg pain, & high blood pressure. He was told he needed an operation on his legs by one Doc and on his back by another. He needed neither—just the YOU Plan—all his problems I thought were due to his weight gain). **We'll keep track week by week of inches lost. And that is the blog we post weekly.**

All nine have made it past 7 week.

Those nine lost 12.75 inches & 59 pounds as a group in that 1st week

(that is a 1.4 inch & 6 pound average in week 1).

lost 19.5 inches & 84 pounds thru 2 weeks.

lost 22.75 inches & 105 pounds thru 3 weeks.

lost 26. inches & 119 pounds thru 4 weeks.

lost 27 inches & 125 pounds thru 5 weeks.

(that is an astounding—to even me—3 inches & 13.9 pounds average in 5 weeks).

lost 28.25 inches & 131 pounds thru 6 weeks.

lost 31 inches & 138 pounds thru 7 weeks.

I am flat out of space. More on August 19th.

Tuesday, August 8, 2006

8 05 06 We are following 9 people in preparation for the Oct 31st release of our new book [**YOU:On A Diet: The Owner's Manual for Waist Management?**](#)

Two weeks ago we talked about the importance of YOU-Turns last week, and last week of YOU-reka Moments. This week we will talk about the YOU-activity plan that each has adopted for life (a longer , healthier one with less disability and more ability to care to chase after grandkids we believe): We only have space for a little (yes , Amazon limits blog size) so here is the essence: The world has all kinds of gyms: home gyms, hotel gyms, female-friendly gyms, muscle-head gyms, and gyms that look like spas.

Though any one of them may be perfectly decent places to pump your muscles, work your heart, or admire spandex, there's one gym that gives you absolutely everything you need: Your own body. Your body can be your best gym. Really, all you need are two things: your body and the knowledge of how to use it. That is the YOU Plan. No barbells, no dumbbells, no balls, no ankle weights, no machines, no infomercial equipment—just your body. By learning and using a plan that requires only your physiological barbells, you have all the tools you need to make exercise easy and automatic. That's because:

Your body costs nothing to use.

You eliminate the best excuses for avoiding exercise, like driving hassles or needing to buy equipment.

Using only your body, you can work all of the muscles necessary for effective waist management—and that's for both beginning and advanced exercisers.

In fact, you can complete an entire workout that hits all three areas of activity—strength, flexibility, and cardiovascular—in one, easy twenty-minute workout three times a week (or do it in smaller bits for almost as much benefit). More about this next week—we've hit our Amazon word limit—so next week we'll have to catch up with Howard, Gary and Alex—other than their numbers. **We keep track week by week of inches lost. And that is the blog we post weekly.**

All nine have made it past 6 week.

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lost 19.5 inches & 84 pounds thru 2 weeks.

lost 22.75 inches & 105 pounds thru 3 weeks.

lost 26. inches & 119 pounds thru 4 weeks.

lost 27 inches & 125 pounds thru 5 weeks.

(A confession, I added the pounds wrong last week: this is correct:)

(that is an astounding—to even me—3 inches & 13.9 pounds average in 5 weeks).

lost 28.25 inches & 131 pounds thru 6 weeks.

NOT enough space, so data on just three:

Person Start Start waist/ week1 wk2 wk3 wk4 wk5 wk6 wk7 wk8 change to date
Date Weight

Alex B 6 10 06 45.0 inches 43.5 43 43 41.5 on vacation 41 minus 4 inches
230 pounds 225 222 222 222 on vacant 215 minus 15 pounds

Gary S 6 03 06 47.3 in 46 45.7 45 44.5 44.7 44.5 44.5 44 minus 3.3 inches
285 pnds 274 272 271 270 269 268 267 267 minus 18 pounds

Howard 6 23 06 41.5 inches 40 39.5 39 39 39 38.75 minus 2.75 inches
220.3 pnds 215 213 204 200 198 194 minus 26 pounds

After 6 weeks, the nine ALL REPORT MORE ENERGY AND LOVE THE PLAN. They lost inches & pounds too fast at the start of the YOU Plan, they are now losing inches & weight at the right pace— a quarter inch & a pound a week). More on August 12th.

Saturday, July 29, 2006

7 29 06 We introduce **YOU-reka Moments** this week. We are following 9 people in preparation for the Oct 31st release of our new book [YOU:On A Diet: The Owner's Manual for Waist Management?](#) **As we emphasized in last two week's blog**, fat around your belly button (below your surface muscles in your belly) in your middle secretes substances that make you want to eat more, that increase your blood pressure and makes glucose control (diabetes) worse, your arteries stiffer, wrinkles more common and sex less likely and less satisfying. So that is why having a waist less than 35 inches for a woman and less than 40 for a man is so important (waist is measured at the belly button with you sucking in). All nine of the YOU dieters were above the healthiest waist size to start (32 or less for women, 35 inches or less for men), and eight of nine were in the danger zone (37 or more for women, 40 inches or more for men). **So far five of those eight have made their waists thinner than danger zone numbers.**

And we talked about the importance if YOU-Turns last week. We taught each how to make a YOU-turn when they make mistakes. That way, your dietary fender benders won't turn into 100-car Autobahn pileups.

And in the book we also share moments that we call **YOU-reka Moments!** Like Einstein suddenly realizing that $E=mc^2$ we share the insights that medical students call AH HA moments—when all of a sudden they realize something key about your body. These deep insights that challenge preconceptions about diets, about fat, and about your body we term **YOU-reka Moments**. The first of these **YOU-reka Moments** we discuss in the book and with our YOU-Plan dieters is that your body naturally wants to take you to your optimum weight, as long as you don't get in its way. That's right. For almost everyone, no matter what your genetics, the systems, organs, and processes of your body all want you to function at an ideal weight and size. With following a few principles that we develop throughout the book, we teach you how you can make that happen without having to bludgeon yourself with a butter knife.

We'll I written too much (Amazon only allows so much in a blog—so next week we'll have to catch up with Howard, Gary and Alex—other than their numbers: **We'll keep track week by week of inches lost. And that is the blog we post weekly.**

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(that is a 1.4 inch & 6 pound average in week 1).
lost 19.5 inches & 84 pounds thru 2 weeks.
lost 22.75 inches & 105 pounds thru 3 weeks.
lost 26. inches & 119 pounds thru 4 weeks.
lost 27 inches & 141 pounds thru 5 weeks.

Eight have made it 7 weeks.

Those eight lost 11.2 inches & 54 pounds as a group in that first week.
lost 17.5 inches & 76 pounds thru 2 weeks.
lost 20.2 inches & 89 pounds thru 3 weeks.
lost 23.5 inches & 99.5 pounds thru 4 weeks.
lost 24.5 inches & 102.5 pounds thru 5 weeks.
lost 25.5 inches & 108 pounds thru 6 weeks.
lost 26.5 inches & 114 pounds thru 7 weeks.

To recap (& add some new info): All were given the new book & tested on Day 1.

Person Start Start waist/ week1 wk2 wk3 wk4 wk5 wk6 wk7 wk8 change to date
Date Weight

Alex B 6 10 06 45.0 inches 43.5 43 43 41.5 on vacation minus 3.5 inches
230 pounds 225 222 222 222 no data minus 8 pounds

Gary S 6 03 06 47.3 inches 46 45.7 45 44.5 44.7 44.5 44.5 minus 2.75 inches
285 pounds 274 272 271 270 269 268 267 minus 18 pounds

Howard 6 23 06 41.5 inches 40 39.5 39 39 39 minus 2.5 inches
220.3 pounds 215 213 204 200 198 minus 23 pounds

Howard's Blood Pressure AFTER 1st Week on YOU-Plan went from
155/100 TO 145/90-95

After 2ND WEEK, it was 130/85,

to 3rd week 130/80 to 123/77 4th week

5th 120/77 with more energy (no medications just the YOU-Plan)

After 5 weeks, the nine report losing an astounding—to even me—3 inches & 17.5 pounds on average. AND THEY ALL REPORT MORE ENERGY. After losing inches & pounds too fast, they are now losing inches & weight at the right pace— a quarter inch & a pound a week). More on August 5th.

Saturday, July 22, 2006

7 22 06 BRAVO !!! So far four of those eight have made their waists thinner than danger zone numbers. Yes, We YOU Docs are following 9 people in preparation for the Oct 31st release of our new book *YOU:On A Diet: The Owner's Manual for Waist Management?* As we emphasized in last week's blog, fat around your belly button (below your surface muscles in your belly) in your middle secretes substances that make you want to eat more, that increase your blood pressure and makes glucose control (diabetes) worse, etc.. So that is why having a waist less than 35 inches for a woman and less than 40 for a man is so important (waist is measured at the belly button with you sucking in). All nine of the YOU dieters were above the healthiest waist size to start (32 or less for women, 35 inches or less for men), and eight of nine were in the danger zone (37 or more for women, 40 inches or more for men). So far four of those eight have made their waists thinner than danger zone numbers. BRAVO !!!

Since some of our dieters are on vacation (we hope not from their YOU plan), this week will be short. But I did want to discuss a YOU-turn. Sometimes you will make a mikstake...like a small accident or fender bender. On vacation, you may choose that ice cream cone with its aging fats and sugar. That's alright as long as one ice cream cone doesn't lead to 100. Instead, realize that eating plans have effects—offshoot actions, behaviors, and emotions that are simply part of everyday living. One of those effects is that you will occasionally eat things that are nutritional

cigarettes; while one may not hurt you, it can get you addicted to some bad behaviors. Because of that, waist management is about developing contingency plans—plans that allow you to make mistakes and then get back on the right road. We're going to teach you as we have our YOU plan dieters how to make a **YOU-turn** when you do make mistakes with Twinkies or Tootsie Rolls. That way, your dietary fender benders won't turn into 100-car Autobahn pileups.

We've even had some reporters we've sent early editions of the book to try the YOU – Plan, and they are right on track with the inches and pounds lost below. But we kinda knew they were likely to be, cause we've used this approach on our own patients.

All nine have made it past 4 week.

Those nine lost 12.75 inches & 59 pounds as a group in that 1st week
(that is a 1.4 inch & 6 pound average in week 1).
lost 19.5 inches & 84 pounds thru 2 weeks.
lost 22.75 inches & 105 pounds thru 3 weeks.
lost 26. inches & 119 pounds thru 4 weeks.

Eight have made it 5 weeks.

Those eight lost 11.25 inches & 54 pounds as a group in that first week.
lost 17.5 inches & 76 pounds thru 2 weeks.
lost 20.25 inches & 89 pounds thru 3 weeks.
lost 23.5 inches & 99.5 pounds thru 4 weeks.
lost 24.5 inches & 102.5 pounds thru 5 weeks.
lost xxxx inches & yyy pounds thru 6 weeks...we'll have to catch up on
this as one of our YOU dieters is so far in the back woods on vacation that he hasn't
been able to call in his numbers.

To recap (& add some new info): All were given the new book & tested on Day 1.

Howard L: 56 year old married guy has lost **2.5 inches & 20 pounds** in his four weeks away on the YOU-plan.

Howard's waist reduction has put him below the danger area, and his body senses it. His leg pain: it is now 99% gone according to Howard After 4 weeks Howard's BP is down to 123/77 or 37/23 with no pills. He says he hasn't felt this good in years.

Gary H: 59 year old nuclear plant reconstructor who had congestive heart failure 6 years ago, received a coronary artery stent. His daughter wanted him to see his grandkids graduate from high school, so she begged him to enroll in the YOU plan program. **He is right on track losing about ¼ inch and 1 pound a week the last three weeks.** He has gradually increased from 4000 (by pedometer) to 9800 steps a day. He is feeling strong and loves the food. He tried to hit the 10,000 steps every day two weeks & made it four days. He did above 9000 every day last week & this. But his commuting schedule makes it difficult three days a week.

Person Started Start waist/ week 1 wk 2 wk 3 wk 4 wk 5 wk 6 change to date

Weight

Alex 6 10 06 45.0 inches 43.5 43 43 41.5 vacatn minus 3.5 inches
230 pounds 225 222 222 222 vac minus 8 pounds

Gary 6 03 06 47.25 inches 46 45.7 45 44.5 44.7 44.5 minus 2.75 inches
285 pounds 274 272 271 270 269 268 minus 17 pounds

Howard 6 23 06 41.5 inches 40 39.5 39 39 minus 2.5 inches
220.3 pounds 215 213 204 200 minus 20 pounds

Howard's Blood Pressure AFTER 1st Week on YOU-Plan went from
155/100 TO 145/90-95
After 2ND WEEK, it was 130/85,
to 3rd week 130/80 to 123/77 4th week. (no medications just the YOU-Plan)

After loosing inches & pounds too fast, they are now loosing inches & weight at the right pace—a quarter inch & a pound a week... this is an operating system for a lifetime). More on July 29nd.

Sunday, July 16, 2006

7 16 06 Want to know why we are following waist measurements more than weight in preparation for an Oct 31st release of our new book [YOU:On A Diet: The Owner's Manual for Waist Management?](#) **Waist is more important to YOUR quality of life...your waist size determines how your weight affects your health. Fat on your hips is as active as a hibernating bear, but fat in your middle is as active as a bear in the middle of a salmon rush.** Fat in your middle (waist is measured at the belly button with you sucking in) secretes substances that make you want to eat more, increase your blood pressure and make glucose control (diabetes) worse, your arteries as stiff as a board, wrinkles more common and sex less likely and less satisfying. So that is why having a waist less than 35 inches for a woman and less than 40 for a man is so important. All nine of the YOU dieters were above the healthiest waist size to start (32 or less for women, 35 inches or less for men), and eight of nine were in the danger zone. So far three of those eight have made their waists thinner than danger zone numbers.

(By the way, I know I am a day late--I'm on vacation in the backwoods so keeping track of our nine individuals has been tougher due to my cell phone not working in this area. I'll try to do better in the future). In fact, this week, two –Alex and Richard–actually lost some waist size but gained weight this week, but that is healthy. Howard, our latest addition or should it be edition, continues to loose waist and weight and his Blood Pressure has gotten even lower—not quite all the way to the ideal of 115/75 yet, but lower than he says he can ever remember it. To recap, we're following 9 members of 5 families who've adopted the YOU Diet and YOU Workout as lifestyle changes. We'll use their stories for broadcast pieces. Three weeks ago a 9th person, Howard L. of Chicago, joined due to his significant back & leg pain, & high blood pressure. He was told he needed an operation on his legs by one Doc and on his back by another. He needed neither—just the YOU Plan—all his problems I thought were due to his weight gain). **We'll keep track week by week of inches lost. And that is the blog we post weekly.**

Nine have made it past 3 week.

Those nine lost 12.75 inches & 59 pounds as a group in that 1st week
(that is a 1.4 inch & 6 pound average in week 1).
lost 19.5 inches & 84 pounds thru 2 weeks.
lost 22.75 inches & 105 pounds thru 3 weeks.

Eight have made it 5 weeks.

Those eight lost 11.25 inches & 54 pounds as a group in that first week.
lost 17.5 inches & 76 pounds thru 2 weeks.
lost 20.25 inches & 89 pounds thru 3 weeks.
lost 23.5 inches & 99.5 pounds thru 4 weeks.
lost 24.5 inches & 102. pounds thru 5 weeks.

To recap (& add some new info): All were given the new book & tested on Day 1.

Howard L: 56 year old married guy who says his wife's purchase of junk food is killing him (but who was eating the food Howard)...and you should see the lunch sandwich he brought in---a 15 layer beaut that is causing his leg pain, arthritis & lack of energy. His Blood Pressure was at a dangerous level of 160/100, and we measured it repeatedly over 1.5 hours in both arms. He lost **2.5 inches & 16 pounds** in his three weeks away from his 15 decker sandwich.

Howard's waist reduction has put him below the danger area, and his body senses it. His leg pain: it is now 90% gone according to Howard After 3 weeks Howard's BP is down to 130/80 or 30/20 with no pills.

Howard says this week his wife had even joined in...he thought she never would. That is fantastic Howard.

& Michelle's 16 year old son Alex: gained weight due to hunger that a drug he must take causes, but is getting the 10,000 steps and YOU diet and exercises. **His weight increased this week while his waist decreased—that is a positive. Doing away with that active bear around his middle.**

Gary H: 59 year old nuclear plant reconstructor who had congestive heart failure 6 years ago, received a coronary artery stent. His daughter wanted him to see his grandkids graduate from high school. **He is right on track losing about ¼ inch and 1 pound a week the last three weeks.** He has gradually increased from 4000 steps a day (by pedometer) to 9800 steps a day. He is feeling strong and loves the food. He tried to hit the 10,000 steps every day last week and made it four days and was above 9000 every day. But his commuting schedule made it difficult three days this week.

Person	Started	Start waist/	week 1	wk 2	wk 3	wk 4	wk 5	change to date
		Weight						

Alex B	6 10 06	45.0 inches 230 pounds	43.5	43	43	41.5	41	minus 4 inches minus 8 pounds
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Gary S	6 03 06	47.25 inches	46	45.75	45	44.5	44.75	minus 2.5 inches
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285 pounds 274 272 271 270 269 minus 16 pounds

Howard 6 23 06 41.5 inches 40 39.5 39 minus 2.5 inches
220.3 pounds 215 213 204 minus 16 pounds

After loosing inches & pounds too fast, they are now loosing inches & weight at the right pace— a quarter inch & a pound a week...They seem to not be discouraged...and get the idea that the YOU Plan is an operating system for a lifetime). More on July 22nd.

Saturday, July 8, 2006

7 08 06 As preparation for an Oct 31st release of our new book [YOU:On A Diet: The Owner's Manual for Waist Management](#), we're following 9 members of 5 families who've adopted the YOU Diet and YOU Workout as lifestyle changes. We'll use their stories for broadcast pieces. Two weeks ago a 9th person, Howard L. of Chicago, joined due to his significant back & leg pain, & high blood pressure. He was told he needed an operation on his legs by one Doc and on his back by another. He needed neither—just the YOU Plan—all his problems I thought were due to his weight gain). We tell you about him this week as we do more on Gary. **We'll keep track week by week of inches lost. And that is the blog we post weekly.**

Nine have made it past 2 week.

**Those nine lost 12.75 inches & 59 pounds as a group in that 1st week\ (that is a 1.4 inch & 6 pound average in week 1).
lost 19.5 inches & 84 pounds thru 2 weeks.**

Eight have made it four weeks.

**Those eight lost 11.25 inches & 54 pounds as a group in that first week.
lost 17.5 inches & 76 pounds thru 2 weeks.
lost 20.25 inches & 89 pounds thru 3 weeks.
lost 23.5 inches & 99.5 pounds thru 4 weeks.**

To recap (& add some new info): All were given the new book & tested on Day 1.

Howard L: 56 year old married guy. His Blood Pressure was at a dangerous level of 160/100, and we measured it repeatedly over 1.5 hours in both arms. He lost **2 inches & 8 pounds** in his two week away from his 15 decker sandwich. His leg pain: it is now 80% gone according to Howard. When you start loosing weight your body senses it and it goes down even before you have lost much weight. After 2 weeks Howard's BP is down to 125/85 or 35/15 with no pills.

Michelle B: 42 year old working single mom . [One highlight I cannot help reporting...she has gone from size 12 to size 10. Will she make size 8?](#)

Gary H: 59 year old nuclear plant reconstructor who had congestive heart failure 6 years ago, received a coronary artery stent. His daughter wanted him to see his grandkids graduate from high school, so she begged to have him enrolled in the program. Love goes along way. Is it too late for him. [He is right on track loosing about ¼ inch and 1 pound a week the last two weeks.](#) He has gradually increased from 4000 steps a day (by pedometer) to 9000 steps a

day. He is feeling strong and loves the food. He states he is going to hit the 10,000 feet this week.

Person Started Start waist/ week 1 wk 2 wk 3 wk 4 change to date
Weight

Alex B 6 10 06 45.0 inches 43.5 43 43 42.5 minus 2 inches
230 pounds 225 222 222 221 minus 8 pounds

Gary S 6 03 06 47.25 inches 46 45.75 45 44.5 minus 2.75 inches
285 pounds 274 272 271 270 minus 15 pounds

Howard 6 23 06 41.5 inches 40 39.5 minus 2.5 inches
220.3 pounds 215 213 minus 7.3 pounds

Will their successes continue or will they hit the plateau? (After loosing inches & pounds too fast, they are now loosing inches & weight at the right pace— a quarter inch & a pound a week. More on July 15th.

Monday, July 3, 2006

7 01 06 As preparation for an Oct 31st release of our new book [YOU:On A Diet: The Owner's Manual for Waist Management](#), we were following 8 members of 4 families who've adopted the YOU Diet and YOU Workout as lifestyle changes. **We know we are late in posting this week.** This is posted 7 03 06 as our new participant, Howard, was late in reporting. He had to buy a new blood pressure cuff, as his usual drug store where he used the bp cuff in took it off the floor. The initial high blood pressures he had (that we think are due to his weight gain) were measured (by me) consistently at 160/100. He knew that was bad and his leg pain was making him feel and look old. Rapidly his BP is coming down as his weight is coming down, and that is expected as your body anticipates where your waist and weight are going (see below).

We've been following the 8 for three weeks now—we plan to use their stories for broadcast pieces. As we stated, last week the 9th person, Howard L. of Chicago, begged to be added (he had significant back & leg pain, & high blood pressure due to his recent weight gain). We tell you about him this week as we do more on Gary. **We'll keep track week by week of inches lost. And that is the blog we post weekly (The emails you sent said we were making this too long, and the broadcast media we have been talking with asked us to keep more intrigue in these reports so we will only follow Gary and Howard week by week till the book is published. We'll let you know how the others did week-by-week a little later—so you know what you'll experience week by week on the YOU plan.**

Nine have made it past 1 week.

**Those nine lost 12.75 inches & 59 pounds as a group in that 1st week\
(that is a 1.4 inch & 6 pound average in week 1).**

Eight have made it three weeks.

**Those eight lost 11.25 inches & 54 pounds as a group in that first week.
lost 17.5 inches & 76 pounds thru 2 weeks.
lost 20.25 inches & 89 pounds thru 3 weeks.**

To recap (& add some new info): All were given the new book & tested on Day 1.

Howard L: 56 year old married guy who says his wife's purchase of junk food is killing him (but who is eating the food, Howard)...and you should see the lunch sandwich he brought in---a 15 layer beaut that is causing his leg pain, arthritis & lack of energy. But his sexual skills are still alright even if he hasn't used them recently. That means the problems most likely aren't in his arteries yet, but mainly his waist that is killing his spinal cord. His Blood Pressure was at a dangerous level of 160/100, and we measured it repeatedly over 1.5 hours in both arms. He lost **1.5 inches & 5.3 pounds** in his first week away from his 15 decker sandwich. His leg pain: he reports, the pain is much less. When you start losing weight your body senses that losing pattern, and your blood pressure goes down even before you have lost much weight. After 1 week Howard's BP is 140/88pretty remarkable -20/-12 in one week, that alone makes his RealAge about 5 years younger.

Michelle's 16 year old son Alex: joined three weeks ago. He had gained weight due to hunger that a drug he must take causes, but is getting the 10,000 steps and YOU diet and exercises. He will have a tough row to plow as he shifts between his mom and dad's houses and the stress that causes. He stalled in weight loss at his Dad's this week.

Gary H: 59 year old nuclear plant reconstructor who had congestive heart failure 6 years ago, received a coronary artery stent. His daughter wanted him to see his grandkids graduate from high school, so she begged to have him enrolled in the program. Love goes along way. Is it too late for him. Not so far, his usual walking of 4000 steps a day has increased to consistently more than 8000, and he has changed his salad dressing --the source of more than 500 calories a day in his prior food choices. So far he has lost 2.25 inches and 14 pounds in 3 weeks. You will make the 39.5 inches 1st goal by October at this rate .Just keep extending the exercises and the wall sitting...[More in the future, but see the table below.](#)

Person	Started	Start waist/ Weight	week 1	wk 2	wk 3	change to date
Alex B	6 10 06	45.0 inches 230 pounds	43.5 225	43 222	43 222	minus 2 inches minus 8 pounds
Gary S	6 03 06	47.25 inches 285 pounds	46 274	45.7 272	45 271	minus 2.25 inches minus 14 pounds
Howard	6 23 06	41.5 inches 220.3 pounds	40 215			minus 1.5 inches minus 5.3 pounds

After losing inches & pounds too fast, the first eight of the nine are now losing inches & weight at the right pace— a quarter inch & a pound a week on average...I hope they do not get discouraged...remember this is an operating system for a lifetime. More on July 8th or 9th—I may be a day late as my son is having his knee



repaired after a soccer injury—28 year olds think they are as indestructible as a porcelain bath tub.