

# LIQUIDATE Those Unwanted Pounds And FATTEN the WALLET!

## Take STOCK of your PORTLY PORTFOLIO. SPILL IT Don't Swill IT!

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 break room 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 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!!! 3500 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 would 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. Sip it or Skip it!

#### • **Avoid "Breakfast on the Go" and "Energy Bosting" 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 out of a glass, can, cup, or straw that has a calorie. 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!**

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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.

Therefore, the real skinny on looking and feeling younger and more energetic is choosing a way of life that features these marquee headliners: 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. **GB**

**Dale Anderson, MD** owns the business ACTHAPPY.com, he is a physician speaker who prescribes UP BEAT theater skills to individuals and groups who want to MASTER the physiology of a SUCCESSFUL PERFORMANCE. He travels the country prescribing METHOD acting techniques and happiness as good medicine. Named Best Speaker by Minnesota Meeting and Events Magazine. His 4th book, "*Never Act Your Age*" was awarded a National Senior Media Award, a National Health Information Award and a Foreword Magazine Award.

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# THE AGE-LESS, YOUTH-FULL ACT

Bone UP, Eat UP

Turn ON the “*Chemistry*” to

PLAY a WELLderly Role WELL

## NUTRITION

### Food

Fiber --- fruit/vegetables, whole grain, psyllium

Fat/Cholesterol

Carbohydrate

Protein

### Liquid

Water

Alcohol

Milk

LIQUIDATION DIET

### Vit/Min

Daily Multi---V/M

Supplement--- D, C, B12, B complex

Supplement---Calcium, Magnesium, Selenium, Silica

SALT--NaCl

### Herbs

The DARK side of nutrition

Chocolate, wine, beer, coffee, Dark F/V, nuts

## EXERCISE

Aerobic—weight bearing

Stretch—

Balance—

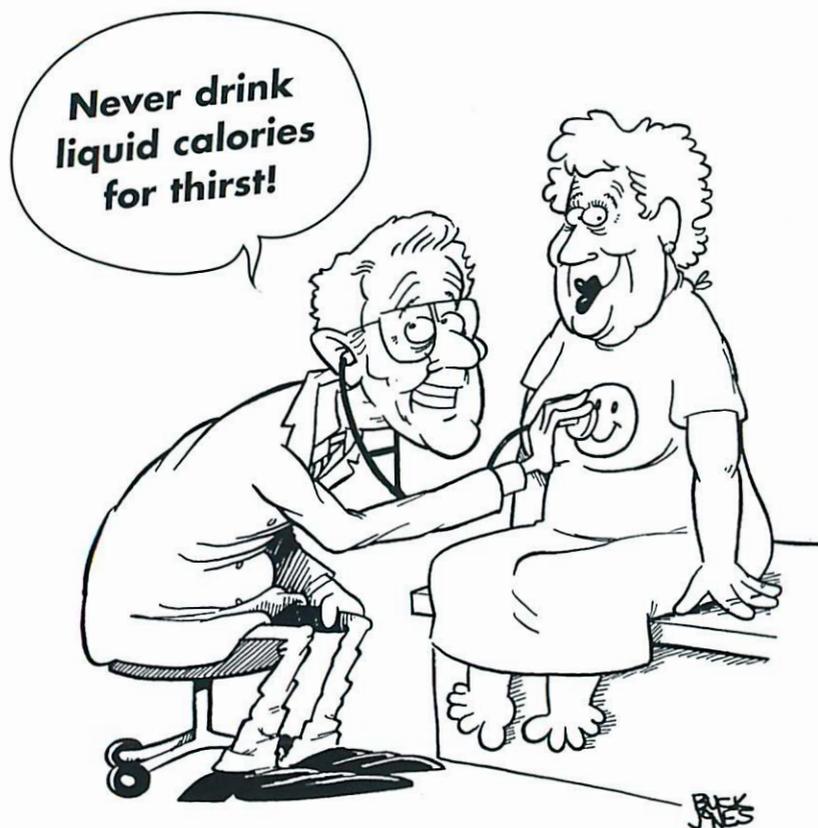
Posture—

## NEVER “Break a Leg”

Rugs, night-lights, room-map, alcohol, medications

Sleep WELL.

# **The Liquidation Diet<sup>®</sup>** *is a splash hit*



## **Take a Bite Out of Aging**

Explorer Ponce de Leon searched in vain for the elusive Fountain of Youth along the northeast coast of Florida five centuries ago. Still today, we are always searching to find something that will add to our good health.

In fact, you need only to stroll to your refrigerator or food pantry or, better yet, AWAY from your refrigerator or food pantry—to accomplish your quest for feeling young. When you are about to eat or drink, WAIT. And WEIGHT.

Sixty percent of the USA population is overweight. That has become a HUGE health problem for our country. For those who are BIG STARS, the show gets out early. How many overweight people do you see who are in their eighth decade?

What do you have to lose? Extra pounds are often the behind-the-scenes culprit contributing to diabetes, hypertension, and heart problems and pain and muscle weakness. Being overloaded with too much "fr-weight" contributes to almost all orthopedic problems, especially pain, and stiffness in the back and lower extremities.

As I tell many patients, "You can't drive a Mac truck on Volkswagen tires. Soooooo, I say, "Take it off. Take it off!" Tastefully, slowly and sensibly.

What I don't emphasize is the word, D-I-E-T. The word "diet" is too often interpreted to mean deprivation, punishment, and failure. Diet's true meaning is derived from its Greek root, meaning simply—"a way of life."

Every year, we are bombarded by "new" and "breakthrough" diets that promise to melt away pounds almost overnight. They come and go! Come and go! The list of diets includes high/low protein or high/low fat or high/low carbohydrates or one-food diets like grapefruit, bananas or popcorn—even pizza. It is a never-ending cast of diets—spawning many sequels. Clinic after clinic,

plan after plan—most pitching programs that “suggest the purchase of a formulated supplements and/or packaged, nutritionally balanced meals.” The truth is that too many diets have been touted and EATEN UP by people anxious to find an EASY “MELT DOWN.” All too often these authors or “Clinic Managers” are self-appointed nutritional experts who hope to FATTEN their bank accounts at the EXPANSE of their readers and clients. In essence, diet authors are making a living from your “liquid” assets.

Let’s stop this foolishness. If you are overweight, liquidate now. Here is the only “diet book” that you will ever need. And, it’s just a few pages long. It’s an easy “way of life” to follow! It’s called The Liquidation Diet.

**Never drink liquid calories for thirst.**

There, in a mere six words, is The Liquidation Diet. And it will help you painlessly shed WAIST-FULL pounds if you are overweight.

Let me explain. If you eliminate *all* caloric drinks—with the exception of a judicious glass of red wine at a festive occasion—

***Here’s a handy list of drinks that can easily be LIQUIDATED***

*with their estimated approximate calories.*

4–6 ounces of juice = 100 to 120 calories

8 ounces of milk = 100 to 150 calories

16 ounces of a “sports drink” = 100–150 calories

12 ounces of soda = 120 calories

12 ounces of beer = 100 to 130 calories

In a month, daily consumption can easily top 3,500 calories. And one pound of fat equals 3,500 calories.

you can lose a dozen or more pounds a year. Repeat: if you’re overweight, don’t swallow a liquid calorie from a cup, glass, can, or bottle.

Fruit and vegetable juice, soft drinks, athletic drinks, beer, cocktails, milk, and coffee or tea with cream or sugar are “waist-full” calories. If you drink one 8-ounce glass of milk a day, you ingest the caloric equivalent of one “fat” pound each month—more than 10 pounds in a year. The same holds true if you drink one can of soda or one small glass of juice a day. If you drink all three every day, you risk gaining three pounds a month—or 36 pounds in a single year! If you stop sipping and guzzling and make no other changes in your diet you will peel away over 36 pounds in a single year.

Let me share with you the story of an overweight, Type II diabetic, hypertensive patient with back and joint problems. He was a “juicer,” who drank four glasses of juice, two glasses of milk, and 2 cans of sugared soda a day. And, he didn’t exercise. Even if he kept all other aspects of his life constant and just “liquidated” his liquid habit, he could shed more than 80 pounds per year. Now, that’s a showstopper! Fortunately, he heeded the advice to “liquidate” and his “juicy” weight peeled away. And his diabetes, hypertension and discomforts melted away as his fat came off painlessly.

Except for cooking needs and those times you want to be spoon-fed, I urge you to oust milk, juice, soda, sport drinks and beer from your refrigerator. Liquidate them out of your house. Liquidate them out of your life.

What do you drink instead? Do what I do. Drink 8 to 16 glasses of calorie-free water or tea for thirst every day. My coffee is black. I never sip a single calorie in liquid form—except for the occasional glass of “medicinal” red wine, a party beer or nonfat milk on my morning cereal. OK, well sometimes at bedtime a bit of “grandma’s brandy.” My liquid calories mostly come spoonful by spoonful as soup or as milk on cereal, but never gulped from a glass, cup, can or bottle.

If you follow this simple way of life—The Liquidation Diet—you, too, will become and remain a healthy “lightweight.” Never again will you be swallowed in by fad diets.

The real skinny on looking younger is choosing a diet featuring these marquee headliners: whole grains, fruits, fish, lean meats, and green veggies. After all, food IS fuel. The healthy choices will reduce your risk of developing heart disease, stroke, diabetes, cancers, and obesity. And, by eating rather than drinking your fruits, you may even add 5, 10, or more productive, *fruitful* years to your life.

As we become VPs (Vintage People), our digestive systems tend to be less than perfect performers. Eating habits, medications, and stress all influence how well our digestive system functions. Our taste and thirst buds become impaired and our stomachs secrete less hydrochloric acid and other digestive juices as we age. Certain medications, including aspirin, antibiotics, anti-inflammatories, and steroids can sometimes cause imbalances to the digestive system. With aging, some reduction of blood flow to the digestive tract can result in a reduced amount of nutrients being absorbed from the gut.

Vitamins and the minerals are vital to becoming WELLderly. As we age, our appetites tend to decrease naturally—but let’s not let this blow us away. Being slightly underweight is good. Being skinny is not. Eating disorders that cause underweight conditions are a serious problem at any age. If a person is frail or underweight, eat and drink all the nutritious items you want—and more. But remember, a balanced lifestyle and diet is the answer.

Just like a successful theatrical production depends on its entire cast and stage crew to make the show a smashing success, your digestive system depends on multiple players to perform well.



The average person gains seven to 10 pounds between Thanksgiving and Christmas. As if that weren't bad enough, according to a report in *The New England Journal of Medicine*, most people don't ever lose the weight they put on during the holidays. Repeat this cycle over a 3-year time period, and you could be carrying an additional 30 pounds.

This is alarming news, because currently 60 percent of the U.S. population is overweight, and 30 percent are classified as obese. 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, fatigue, and muscle weakness. And being overloaded with too much weight contributes to almost all orthopedic problems, especially pain and stiffness in the back and lower extremities. Since you can't drive a Mac truck on Volkswagen tires and ethanol, you need to stop the holiday weight gain before it begins. If you're already a victim of the holiday bulge, you need to remove the excess weight tastefully, slowly and sensibly.

"But how?" you may be thinking. "I can't resist that holiday eggnog or Aunt Sally's pumpkin pie. And I've tried just about every diet under the sun."

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 diets and focus on our way of life—especially during the holiday season. So, 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 keep those excess holiday pounds off and lose the ones you've already accumulated. 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.

Consider this: If you drink one 8-ounce glass of milk a day, you ingest the caloric

equivalent of one "fat" pound each month-more than 10 pounds in a year. The same holds true if you drink one can of sugared soda or one small glass of fruit juice a day. If you drink all three every day, you risk gaining three pounds a month, or a whopping 36 pounds in a single year! So if you would stop drinking these three items each day and make no other changes in your diet or exercise, you would drop over 36 pounds in a single year.

Here's a handy list of drinks you can easily liquidate during the holiday season:

8 oz of eggnog = 343 calories

3.5 oz of red wine = 74 calories

12 oz of beer = 100 to 130 calories

8 oz of milk = 100 to 130 calories

1.5 oz of hard liquor = 97 calories

4 oz of juice = 100 to 120 calories

12 oz of soda = 120 calories

In the short time between Thanksgiving and Christmas, daily consumption of these liquid items can easily top 3,500 calories. Add to that the excess cookies and cakes and other holiday treats people consume; and it's no wonder people gain weight during the holidays! One pound of fat equals 3,500 calories.

Therefore, 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.

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

***H2O is the Way to Go***-Drink eight to 16 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 (just one!) or nonfat milk on your morning cereal. If you're overweight, your liquid calories should only come spoonful-by-spoonful as soup or on cereal, but never gulped from a glass, cup, can, or bottle.

***Avoid "On the Go" Drinks***-The holidays are a hectic time. As such, many people grab meals "on the run" and therefore overlook the added calories of shakes, smoothies, slushies, or blended specialty drinks that they consume as breakfast or lunch "on-the-go." Because the liquidation way of life says "if you can swill it, spill it," drink nothing out of a glass, can, cup, or straw that has a calorie. So avoid spillable pick-me-up beverages that act as a substitute for food,

because they only give a temporary feeling of having eaten. While they pack on the calories, they don't give the sustained feeling of being full. Within an hour or so, you'll be raiding the refrigerator or 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 sweetened with artificial sugar substitutes-such as diet soda-are probably OK to consume if you are trying to lose excess pounds. However, some research suggests that these substitutes give you a hankering for sweets. So drink "sweet" zero calorie beverages in moderation. Still, if you just can't stomach plain water, then dilution is the solution. You can dilute any flavored drink-even diet soda-by at least 50 to 90 percent and still get the sweetness and taste you crave. Also, a diluted glass of juice often resembles an alcoholic beverage. That means at all those holiday parties you can look like you're indulging in the holiday festivities without packing on the pounds for doing so.

***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 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, lukewarm, or even on the rocks at a party. It's tea-riffic!

***Liquidation is a Lifelong(er) Investment*** An "oldie but goodie" study dating back to the 1930s about the benefits of a balanced diet has been confirmed and supported again and again. 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 30 to 60 percent lived 30 to 60 percent longer.

Therefore, the real skinny on looking and feeling younger and more energetic any time of year is choosing a way of life that features these marquee headliners: whole grains, fruits, fish, lean meats, green veggies, and lots of water.

Deprivation is not the answer. Food is fuel. But, by making some simple and healthy choices about what you consume each and every day, 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 5, 10, 15, or more productive and fruitful years to your life.

Quite simply, if you follow this simple liquidation way of life-during the holidays and beyond-you, too, will become and remain a healthy, energetic "lightweight" who can enjoy life any time of year.

*Dr. Dale Anderson is an author and speaker who practiced medicine for nearly 50 years as a family doctor, board-certified surgeon and board-certified emergency physician. As a speaker, he travels the country prescribing METHOD acting techniques and happiness as good medicine. He also coordinates the ACT NOW project, a coalition of dramatic artists who think medically. Dale's most recent book, "Never Act Your Age," was awarded a National Senior Media Award, a National Health Information Award and a Foreword Magazine Award. For more information, 651-484-5162 or [www.acthappy.com](http://www.acthappy.com).*