

June 1, 2009

healthy living made easy

First



**201 WAYS
TO CELEBRATE
SUMMER**

DROP 12 LBS EVERY WEEK

The MEAL SHIFT that's proven
to REV METABOLISM 219%

BEAUTIFUL ENERGY

SARAH CHALKE shares 5 little
ways to **BE STRESS-FREE**

BATHING SUIT CONFIDENCE

You'll *really* relax at the pool:
21 BARE-BODY SECRETS

FEEL GREAT EVERY DAY

15 natural remedies for
allergies, aches & **MORE**

HEALTHY CURE FOR JIGGLY FAT



6/1/09

Issue 0922

The meal shifts that



What started as a modest word-of-mouth diet has turned into a smash hit. Read on for the science-proven plan that has more than 40,000 successful slimmers cheering.

The small unassuming tome is not backed by millions of marketing dollars or a celebrity M.D. It doesn't have star publicists going to bat to get it coverage or a big conglomerate to force it into consumers' hands. Even so, *Let's Do Lunch: You'll Never Have to Diet Again* (Thomas Nelson, 2005) is emerging as the most buzzed-about weight-loss book of the year.

Why? Virtually every person who tries the program becomes a "super loser" who turns friends and family on to the plan. Even doctors are rapidly becoming fans, recommending *Let's Do Lunch* to their patients as a way of achieving optimal health.

The plan was created by frustrated dieter Roger Troy Wilson, who stumbled upon the surprising secret to his own weight loss: "I switched my biggest meal—the one packed with protein and complex carbs—from dinnertime to lunchtime, then snacked on fresh fruit all morning and evening," says Wilson, who lost an incredible 230 pounds, plus cured his hypertension, prediabetes, severe heartburn and chronic joint pain.

The results were so impressive that Wilson's family and friends tried the meal shifting, effortlessly shedding up to 12 pounds every week. "Even my 90-year-old mother, whose only exercise is picking up the paper every morning, lost 51 pounds," raves Wilson. That's when he decided to take the program public by writing his book, and he has since helped more than 40,000 women lose their stubborn belly bulge.

melt 79% more fat

The trouble with dinner

What makes this plan so effective? It frees us from an unhealthy eating trap we all unwittingly fall into due to convenience or habit: eating a big dinner. "When people began working in factories and offices, the largest meal of the day shifted from lunchtime to dinnertime," explains Jacob Teitelbaum, M.D., internal-medicine specialist and author of *From Fatigued to Fantastic!* (Avery, 2007). "Doctors assumed that this shift would not impact people's weight as long as daily caloric intake stayed the same, but subsequent research proves that's not the case."

In fact, studies confirm that women who consume most of their calories in the evening are 450 percent more likely to be overweight. The reason, say UCLA researchers: Daytime calorie restriction followed by nighttime eating activates the brain's starvation protection mechanism (SPM), a complex biochemical system designed to guard against famine by slowing metabolism, increasing the production of fat-storing insulin, burning muscle instead of body fat and triggering a 27 percent increase in appetite.

Compounding the problem is the fact that the body views calories differently depending on when they're ingested. "Calories consumed early in the day are readily burned to provide energy for bodily cells, whereas those eaten in the evening are stored as fat to prepare you for your nightly fast," explains Dr. Teitelbaum. "Heavy evening meals also disrupt the body's natural circadian rhythms, increasing the risk of sleep problems, daytime fatigue, severe food cravings, digestive upset and more." Notes Joni Barnes, 57, who lost 52 pounds in eight months on the Let's Do Lunch plan: "When I was eating most of my food at night, I felt awful physically and emotionally. I had sleep apnea, fatigue and was at my wit's

end trying to manage my weight. My cravings were out of control. I'd visit the candy dish a dozen times a night—I couldn't stop myself."

The opportunity at lunch

On the flip side, eating a meal laden with protein and complex carbs mid-day helps women lose up to 79 percent more fat than even strict low-carb dieting does, according to studies at Virginia Commonwealth University in Richmond. The reason: A large lunch shuts down the body's diet-sabotaging starvation reflex, boosts afternoon metabolism by as much as 35 percent, reduces blood levels of fat-storing insulin and dampens production of *galanin* (a neurotransmitter that stimulates food cravings). "That can reduce your urge to eat for six

hours," notes holistic physician Robin H. Miller, M.D., founder and medical director of Triune Integrative Medicine in Medford, Oregon. Indeed it does, confirms Gwen Legters, 53, who dropped 34 pounds in one month and went on to shed 100 pounds total. "I lost weight without checking the scale, counting calories or going hungry."

And the benefits of this plan don't stop at weight loss. "After just 16 days, my skin looked healthier, my energy level was through the roof and my PMS had disappeared," says Jennifer Goshow, 36. "Plus, I lost 15 pounds!" Adds Marcy Kusreau, 67, who shed 100 pounds in eight months, "My diabetes is under control, I feel clearheaded and upbeat, and I'm not struggling with chronic fatigue." ▶

FOUR SUPER FRUITS THAT JUMP-START SLIMMING

"Even if you can't fit in a hearty lunch every day, regularly enjoying one or more of these fruits will help you slim fast," promises Robin H. Miller, M.D., coauthor of *The Smart Woman's Guide to Midlife & Beyond* (New Harbinger, 2008). What's more, fruit is a delicious, inexpensive substitute for carbs like pizza, chips or sweets.

APPLES BLOCK FAT ABSORPTION

Women who nosh on three apples a day lose 28 percent more weight than those who avoid the fruit, report Brazilian researchers. Each apple contains 5 grams of pectin, a soluble fiber that blocks the absorption of 90 calories of dietary fat and suppresses appetite for four hours straight.



RASPBERRIES ELIMINATE TRAPPED FLUID

Berries' anthocyanins block the storage of fat to prevent weight gain. "And raspberries also reduce cellular inflammation," adds Dr. Miller. "That's the key to flushing excess water weight." In fact, studies show that eating 1 cup of raspberries daily helps dieters shed 2 pounds per week.



GRAPEFRUIT BALANCES BLOOD SUGAR

Eating half a grapefruit with meals helps women lose 20 pounds in 13 weeks, say researchers at Johns Hopkins University in Baltimore. Grapefruit's antioxidants (*naringin*, *apigenin* and *d-limonene*) help stabilize blood sugar.



GRAPES BOOST METABOLISM

The antioxidant resveratrol increases activity of SIRT1, the gene that controls the rate at which cells metabolize stored fat for energy, report scientists at Germany's University of Ulm. They found that eating 1 cup of grapes daily can boost fat loss by 25 percent.



SHED 12 POUNDS EVERY WEEK!

▶ Limiting large meals to lunchtime is the science-proven secret to effortless weight loss. And there's no need to go hungry the rest of the day to see results. "Start the day with unlimited fruit or fruit smoothies, and keep snacking on them all morning, afternoon and night," suggests plan formulator Roger Troy Wilson, whose 230-pound slimdown sparked dieters and doctors to rethink American eating patterns. Read on for his smart strategies.

Eat a variety of colorful fruit

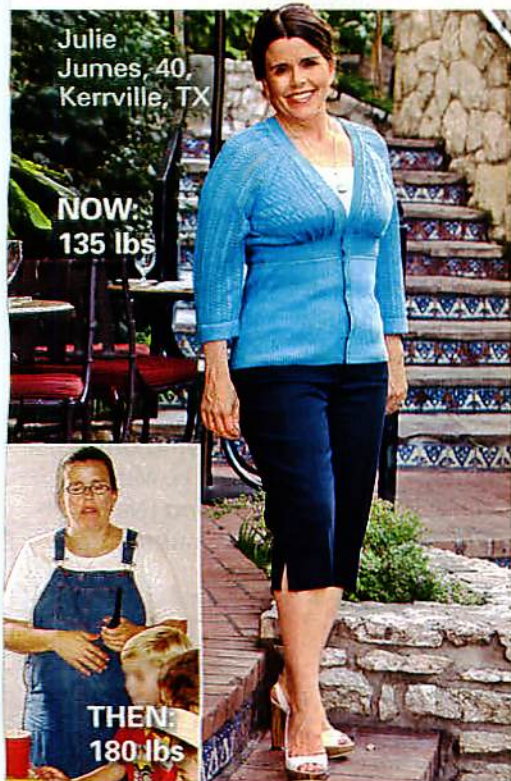
To maximize the loss of belly fat, cellulite and bloat, reach for a rainbow of colors. (Think red raspberries, purple grapes, pink grapefruit, orange apricots, yellow bananas and more.) USDA researchers found that eating at least four different colors of fruit daily triples intake of plant polyphenols, compounds that reduce bloat-triggering inflammation and double liver cells' ability to metabolize abdominal fat.

Start out with soup

"I love to begin my lunch with a bowl of healthy bean soup before my main course," says Let's Do Lunch successful slimmer Mary Simmons (at right). That's a wise strategy, say researchers at Penn State University. Their studies confirm that consuming a cup of soup before a meal reduces caloric intake by 20 percent. Filling the stomach with soup stimulates the vagus nerve, which sends feel-full signals to the brain, explains Dr. Miller. "For speedier slimming, opt for low-calorie, nutrient-rich soups. You can make your own or add veggies to your favorite low-sodium store-bought brand."

Go for these carbs

When it comes to lunch, anything goes. But Wilson points out that dieters who avoid starchy foods like white bread, pasta, potatoes and sugar lose weight the fastest. The reason: At least 75 percent of people with stubborn weight problems can't shuttle starches into muscle and brain cells to be used, explain scientists at New York City's Mount Sinai School of Medicine. That leads to a 25 percent spike in blood glucose and fat-storing insulin. "To avoid this, choose high-fiber, insulin-stabilizing carbs such as corn, peas and beans," suggests Wilson. According to research at Penn State University, women who make this switch weigh 7 pounds less than those who opt for a starchier diet—even though they eat 200 additional calories each day.



It worked for me

"I'm saving a fortune and lost 45 pounds!"

Extra large? Julie Jumes cringed when she opened a gift and saw the size of the garment inside. *Do people see me as that big?*

Looking back, the mom of six admits, "I was sluggish and out of shape. My body had been through six C-sections, and I feared I might never look and feel like I once did."

Then Julie read about the Let's Do Lunch plan. Since many of the staples such as rice and beans were so affordable, she decided to put her family on the plan.

Within two weeks Julie's cravings disappeared, her husband's acid reflux vanished and the entire family stayed illness-free all winter. And after six months, an energized Julie was slipping into size smalls!

A SAMPLE DAY TO GET YOU STARTED



Breakfast: Smoothie (blend 1 frozen banana, 5 strawberries, ½ cup pineapple chunks and ¼ cup each pineapple juice and orange juice until smooth)



Snack: ½ grapefruit sprinkled with Splenda or stevia, then heated under broiler for 10 min., or until sugar forms hard crust



Lunch: 1 cup bean soup; side salad with dressing of your choice; low-carb wrap filled with 6 oz. grilled chicken and roasted vegetables of your choice



Snack: Granita (in food processor, pulse 1 lb. frozen grapes 10 times, or until desired consistency is achieved), or unlimited frozen grapes

Photo, Julie: Liz Garza Williams. Hair and makeup: Donna Horner. Stylist: Krista Ynostrosa. Shot on location at the San Antonio Riverwalk. Clothing courtesy of Dillard's at the North Star Mall, San Antonio; AK Anne Klein cardigan, Adrienne Vittadini shorts, ECBGirls shoes, Barse bracelet, Lori Brown ring, Etienne Aigner necklace. Photo, Mary: Bob Summers. Hair and makeup: Little Palm Island Spa. Shot on location at the Little Palm Island Resort & Spa in Little Torch Key, FL. Kenneth Cole top. Still: HBB. Food stylist: Shari Citron. Real-life text: Lisa Maxbauer.

Make smart swaps

"When I first started the plan, I craved fattening foods like pizza, burgers and fries," admits Wilson. "But I got creative in the kitchen and found slimming ways to cook up my favorite treats. It's amazing how easy it is to make healthy food taste delicious."

Crave pizza? Whip up a batch of pizza soup. Start with your favorite tomato-based vegetable soup and add sautéed ground sirloin, onions, green peppers, button mushrooms, pinto beans and spices to taste. Stir in sliced black olives just before serving.

Crave mashed potatoes? Mash butter beans and blend them with chicken broth and low-calorie butter until you get the consistency you like. "I've served this spud substitute to guests, and everyone raves," says Wilson. "It's better than mashed potatoes."

Crave chips? "I love to make white air-popped popcorn and spray it with olive oil on its way out of the popper," says Let's Do Lunch follower Julie Jumes (at left). "Then I sprinkle it with sea salt and toss it into a paper lunch bag. It's a great snack to take on long car trips—it keeps me away from drive-throughs."

Crave burgers? Combine ½ lb. each lean ground sirloin and ground white turkey or chicken meat. Add 1 can (15 oz.) pinto beans, drained and mashed. Form into patties and grill as usual. "They're low in fat and healthy because of the beans," says Wilson. "Yet all you can taste is the delicious sirloin." ●



Dinner: Fruit salad with sliced peaches, pitted cherries and mixed berries (like blueberries and raspberries), and/or unlimited frozen grapes

Dessert: Cored apple filled with ¼ tsp. cinnamon, 1 Tbs. raisins and Splenda or stevia to taste, microwaved (in bowl, covered) 1 min.

It worked for me

"I'm slimmer than I was in high school!"

Fighting an afternoon slump, Mary Simmons reached for her seventh cup of coffee for the day and tried to appear upbeat. But she worried, *Is this how women my age are supposed to feel?*

It wasn't just her lagging energy that caused Mary to be distracted. Her recent weight gain was also stressing her out. The former chef explains, "I've just never had it in me to follow a restrictive diet plan."

Then in a newspaper Mary saw the amazing "before" and "after" photos of Roger Troy Wilson, the author of *Let's Do Lunch*. "I couldn't get those images out of my head," says Mary. "And the plan promised to let you eat until you were full—I had to try it."

An estimated 40 pounds later, Mary is glad she did. "Now I'm perky without coffee. I jumped out of bed at 5 o'clock this morning and I'm still feeling great mid-afternoon." What's more, Mary no longer suffers from eczema or a swimsuit phobia. "I figured normal people were never a size 2—especially not people who love food as much as I do," says Mary. "But now I am!"



**THEN:
PANT SIZE 12**



Mary Simmons, 45, Key West, FL

**NOW:
PANT SIZE 2**