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To: My PT and SLP Friends and Customers
From: Tom Ireland
Date: July 25, 2021
Subject: How to lose weight without getting hungry

Losing weight is not easy, and most diets fail. The reason they fail is that the person dieting gets hungry and falls off their diet plan. I would like to help people succeed at their diet plans because I know the secrets on how to lose weight without getting hungry and I would like to share those secrets with anyone who is interested.

I have attached a 2-page sheet that I developed on the tricks and rules that I have found to be important to lose weight without getting hungry. I compiled this list after years of off and on dieting with both successes and failures. I have been struggling with my weight for years. I have spent hundreds of dollars on commercial weight loss programs and I have read dozens of books, pamphlets and articles on the subject. Everything I have read, learned and experienced has been whittled down to this 2-page sheet. Nowhere have I found this essential information in such a compact and easy-to-follow list. Everyone is trying to sell you something and make money off of your desire to lose weight. That is not my goal. I simply want to help people succeed at losing weight.

First, my disclaimers. I am not a medical professional; I am not a dietician; I am not a nutritionist; and I am not a weight loss professional. This sheet is NOT a diet plan nor a nutrition plan but instead it is a list of important rules that should be incorporated into all diet plans. These rules need to be followed for your weight loss to be easy and successful. This sheet should not be perceived as anything that has been written or recommended medically or professionally. However, it has been discussed with multiple medical professionals and it takes into account all of their professional feedback.

So, while I'm not a medical professional I am really good at losing weight without getting hungry. My rules work so well for me that I thought I would write them down and share them with others who are having difficulty losing weight. I know my approach works because I've used it many times (WAY too many times). Hopefully somebody will find these suggestions helpful.

Please review this list and if you agree with it and know someone who can benefit from it then feel free to give them a copy. This is free to distribute to anyone - just don't make money from it. That would be wrong.

Thanks. I would love to hear your feedback on it. I am always updating it.

Sincerely,



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How to Lose Weight Without Being Hungry

The Basics:

At some point in their lives most people want to lose some weight. The purpose of this sheet is to give you some basic rules on weight loss so you can be successful and not be hungry. This is not a diet plan and it is not a nutrition plan. It doesn't matter what diet plan you prefer - you could prefer the Mediterranean Diet; or the South Beach diet; or the Atkins diet; or your whatever diet - these rules apply to all diets.

Depending on how much weight you want to lose weight loss can be a long term or a short term project. In general, weight loss is a marathon and not a sprint. Be prepared to commit to staying on your diet plan for quite awhile, particularly if you have a lot to lose. More than once in my life I have lost over 100 pounds (which takes me over a year). I'm not proud of this because it means that between diets I was quite irresponsible, but it does show that I know how to lose weight and that my weight-loss rules work. Sometimes I dieted with the help of commercial programs (such as Jenny Craig) and other times I did it alone. In the process I have learned several things:

1. It takes strong self-discipline. More than anything, losing weight is a mental exercise - you need to have the right mental attitude and you need to be willing to stick to it or you won't be successful. Getting to the right mental state is an easy one-word change to your outlook towards food. Instead of thinking "What do I **WANT** to eat?" start thinking of "What do I **NEED** to eat?" You need much less food than you want. Mentally your brain is telling you to go to that all-you-can-eat buffet and over-stuff yourself (or "it's OK - have another 'burger'"), but physically your body will be perfectly happy and content with a 200 to 300-calorie meal. Feed your body, not your brain. You need to satisfy your hunger and then stop eating. [Special note: See Rule 11]
2. It takes a good food and exercise plan; one that you can live with and measure on a daily basis. Adjust the plan as needed as you go along. If you have food sensitivities or allergies you need to take those into account when developing your plan.
3. It all comes down to calories. Losing weight is calorie-based. It is not dependent on food type, allergy or food sensitivity. It is calories-in versus calories-out. You might feel poorly if you eat the wrong foods, but you won't lose weight. It really doesn't matter if you want to do a Mediterranean Diet; a South Beach Diet; an Atkins diet; Weight Watchers; Jenny Craig; Nutrisystem, or something else. When you get past all of the marketing hype weight loss comes down to one thing: calories-in versus calories-out. You can overeat on any diet plan and you will gain weight. If you are serious about losing weight you need to count your calories.

Before you start your diet your first step should be to determine your BMR - your Basal Metabolic Rate (most people confuse this with your BMI but that's a completely different thing). Your BMR is the number of calories your body uses, at rest, during a day. One pound of weight equals approximately 3,500 calories so if you keep your daily intake of calories at least 500 calories below your BMR you should lose about a pound a week. If you add exercise to your daily routine you should lose faster. Smart phone apps are available to help determine your BMR.

There are several basic rules (or tricks) that I follow to help me stay on my diet plan. Sticking to these simple rules helps me be successful.

The Rules:

1. **Do not starve yourself.** It is the worst thing you can do. If you are getting hungry you are doing something wrong. Change your routine. You must eat to lose weight. If you don't eat your metabolism will put itself into emergency mode thinking that it is being starved and it will hold onto everything. I don't know what the daily minimum is before your body goes into emergency mode. I have a feeling that this varies by person. I try to keep my daily minimum above 1,000 calories. Eat intelligently. Good calories are better than bad calories. Eight hundred calories of turkey are way better than 800 calories of donuts. Maximize your protein. If you are having trouble losing, binge for a night (enjoy that pizza) to reset your internal calorie counter and start over the next day.
2. **Eat small meals frequently.** I eat about 5 times a day with each meal being 200-300 calories. This keeps me from getting hungry. Don't let yourself get hungry or you will lose control of what you eat. That's bad. I eat by the clock: 7 AM - 10 AM - 12 PM - 3 PM - 6:00 PM and I frequently have an evening snack of some fruit or protein. This way my body gets what it needs and I don't get hungry. I always plan ahead and I take with me what I will be needing if I go out. I usually carry a couple of protein bars with me, just in case I need one. A protein bar and a cup of coffee can make a world of difference if you are hungry. Don't let yourself get hungry. If you are hungry eat a small amount. You will be surprised at how just a small amount of food will relieve your hunger.
3. **Do not go to a restaurant (either eat-in or take-out).** If you do, you are just about guaranteed to screw up. A restaurant always gives you too much food and usually it is very difficult to control or count your calorie intake from a restaurant. If you can't avoid it, eat only half of what you are served. Pack the rest up and take it home for a nice reheated meal the next day. Some smart phone calorie-counting apps (such as Fat Secret - mentioned below) include some restaurant food. If you are using one of these apps and can count and control your calories then it would be OK to get restaurant food occasionally.
4. **Eat when you should.** Never skip a meal. If you get hungry all bets are off so eat by the clock; eat when you should; and eat whether or not you are hungry.
5. **Eat less – exercise more.** There is nothing complicated about this. It is not magic so there are no special foods or food combinations. It is not rocket science, it is simple math. It is calories-in versus calories-out. If you eat less than your BMR you will lose weight - especially if you throw in some exercise. When dieting, I set my daily calorie intake at 1,200 calories per day. This will vary by person and by the amount of exercise you get. Everybody is looking for that "magic pill" so they can lose weight without changing anything. There isn't one. Stop looking and start making the necessary changes. Remember that you lose weight in the kitchen and not in the gym, and you can't out run a bad diet. Twelve hundred calories a day is much more food than you think.

6. **Count your calories.** You must do this diligently or you won't be successful. You'll wonder why you are not losing and you won't have any way to figure it out. Haphazard counting does not work. I use a free smart phone app called Fat Secret (which is also a website) to help me track my daily calories. I find this app to be very useful. I would say that this app is the single most important factor helping me to stay on my plan. Its food database is incredible and it couldn't be easier to use. You just scan the bar code on the package and the nutritional information gets dropped into your daily counter. You can also look up foods and it lists many of the menu items from the major restaurant chains and some of the smaller chains. It is really helpful and easy to use.
7. **Calorie control through portion control.** If you aren't good at this or if you need some incentive to get started I recommend that you join a weight-loss program such as Jenny Craig or Weight Watchers and work with their counselors until you feel that you are ready to go it alone. They all have good programs and can help you develop good habits to control your portions and calorie intake. Also, there are many portion-controlled meals available in the grocery store (both frozen and not). Eat what you want just control your portions, count your calories and maximize your protein. A good digital postal or diet scale (which measures in both grams and 1/10 of an ounce) is essential when you start using regular food from the grocery store. You can still enjoy chips and salsa - just measure the portions and count the calories. Control your portions so that your calorie count per meal is 300 calories or less. Believe me - this is more than enough food to keep you from being hungry.
8. **Develop a plan and stick to it.** People don't like being told what to do so make up your own daily food and exercise program. Adjust it as needed but, most importantly, **STICK TO IT.** Your program needs to be measurable so you can measure how well you are doing on a daily basis. If it is not working you might have to look at your calorie count and make an adjustment to your plan. My program is simple - I try to keep my calorie intake to 1,200 calories a day and I try to take a daily exercise walk. Remember, you are looking for progress, not perfection. Don't expect to drop weight every day. You might drop for a couple of days but then you'll level off for a couple of days. You should even expect to go up now and then, but you'll come back down as long as you are sticking to a good plan. **Be more focused on weekly progress than daily progress.** This will work for you as long as you are keeping your calorie intake sufficiently below your BMR. With my plan I am losing about 10 pounds a month.
9. **Drink lots of fluids.** You need to hydrate (a lot) to lose weight. My drink choice is Crystal Light Peach Tea. Plain water is better but I can't drink enough plain water. I need something with some flavor in it.
10. **Eat this, not that.** Eating that bag of peanut M&M's is a bad idea. Have some chicken or protein instead if you are hungry. Maximize your protein. Also, fruits, nuts and fiber are excellent and they keep the hunger away. I will often grab a handful of almonds (which is about 85 calories) if I need a quick snack.
11. **Eat slowly.** How many times have you finished a meal and said "Oh. I ate too much!?" This is because it takes several minutes for food to travel from the mouth to the stomach, and then it takes more time for the brain to process that you have eaten. If you eat too fast you will eat more than you should. Control your portions before you start eating so you know how much you can eat and then spread it out over a period of time. You will avoid that overstuffed feeling and have better control over your calorie intake.
12. **No Alcohol.** Alcoholic beverages (drinks, beer, wine, etc.) are very high in calories. It is best to stay away from them. If you choose to have a drink you'll need to add the calorie count to your daily total.

In Summary:

Losing weight is 99.5% mental and 100% individual. You have got to be mentally ready to do it; you have to make a plan (your own plan) and be ready to stick to it until your weight loss goals are met. The rules I provided above are simple little tricks that I use every day to help me stay on my plan. A good diet plan is easy to stick to during weight loss and then it can be adjusted later to become a life-style plan. Don't follow my usual lead and go nuts after you reach your weight loss goal or you will just have to do it again (like I have done - too many times!). Also, even though these rules focus on weight loss through calorie control, it also had a huge impact on my blood glucose. In 10 weeks on the plan my blood glucose dropped over 200 points. It might also help you.

