

To: My PT and SLP Friends and Customers  
From: Tom Ireland  
Date: May 15, 2021  
Subject: Attached Weight Loss Tricks

I have attached for your use a 2-page sheet that I developed on tricks and rules I use when I lose weight. I thought I would share it with you. Feel free to use it and share it with anyone you wish, and let me know your thoughts on it. I would be interested in hearing them. This program not only works well for my weight loss it also helped to reduce my blood glucose. In 10 weeks, after starting this program, my blood glucose dropped over 200 points. That is significant.

First, my disclaimers. I am not a medical professional. I am not a dietician. I am not a weight loss professional. This sheet, in no way, is to be perceived as anything that has been written, reviewed or recommended medically or professionally. It is based on my personal experience and knowledge only.

So I'm not a medical professional, but I am really good at losing weight. My approach works so well for me that I thought I would write it down and share it with others who might want some help losing weight. I know this approach works because I've used it many times (WAY too many times). I thought that putting it on my websites would be a reasonable way to get some distribution and comments. Hopefully somebody will find this helpful.

Over the years I have lost and gained hundreds of excess pounds (easily over a thousand pounds). I am really good at losing weight. Unfortunately I am probably better at gaining weight. 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.

I have shared this information with several local doctors and therapists who have given me positive feedback so I thought I'd make it available on a more general basis. I just want to help others who have the same weight control problem that I have. If you agree with it and know of someone who wants to lose weight 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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### The Basics:

At some point in their lives most people want to lose weight. Depending on how much weight you want to lose this 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 diet program works. Sometimes I dieted with the help of programs (Jenny Craig, for example) and other times I did it alone. In the process I have learned several things:

1. It takes strong self-discipline. You need to be mentally ready and you need to stick to it until you reach your goal.
2. It takes a good food plan; one that you can measure on a daily basis. Adjust the plan as needed as you go along.
3. It all comes down to calories. Calories-in versus calories-out. If you are not losing weight on your plan, check your daily calorie count. It really doesn't matter if you want to do a Keto Diet; a South Beach Diet; a carbohydrate diet; Weight Watchers; Jenny Craig; Nutrisystem or Noom. When you get past all of their marketing hype it comes down to one thing: calories-in versus calories-out. You can overeat on any diet program.

Before you start your diet your first step should be to determine your BMR (Basal Metabolic Rate). 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.

### 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 but 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 while I am out. If I don't let myself get hungry I am much more likely to stay on my plan. A protein bar and a cup of coffee can make a world of difference if you are hungry.
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 about 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.

9. **Count your calories.** You must do this diligently or you won't be successful. You'll wonder why you are not losing weight 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 restaurant chains. It is really helpful and easy to use.
10. **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. There are some extreme weight loss programs out there that I would strongly recommend avoiding, but for the most part weight loss companies such as Weight Watchers, Jenny Craig, Nutrisystem, etc. have good, safe 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.
11. **Develop a plan and stick to it.** People don't like being told what to do so make your own individual 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 calories or exercise and made an adjustment to your plan. My program is simple - I count calories and I walk each day. 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.
12. **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 of plain water. I need something with flavor to it.
13. **Eat this, not that.** Eating that bag of peanut M&M's is a bad idea. Have some protein, fruit or nuts instead if you are hungry. I frequently grab a handful of almonds for a quick snack. (A handful is ½ an ounce or 85 calories)
14. **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 your mouth to your 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 so you know how much you can eat and then spread it out over a longer period of time. You will avoid that overstuffed feeling and have better control over your calorie intake.
15. **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 has a huge impact on blood glucose. In 10 weeks on the plan my blood glucose dropped over 200 points.

