

How Do I Lose Weight?

To lose weight you have to start by being completely honest with yourself. If you are overweight it is because you eat too much food and too much junk, and you guys are drinking too much beer while you gals are drinking too many margaritas. OK, OK, I realize that is a hasty overgeneralization. But most people are not completely honest or objective about their eating habits. If you are overweight, you have to at least admit you are eating more calories than your body needs or you would not be overweight. Don't blame your family genetics or your thyroid. In my opinion based on what I have seen my patients accomplish over the years, 90% of effective weight loss comes from portion reduction, reducing sugars and starches, eating more fresh fruits and vegetables, and being consistent with their behavior.

A friend of mine, Laurie Graves, is a personal trainer and educator who overcame much adversity in her life including eating disorders and weight problems. She put together a book and a devotional and in it she says, "Diets can be restrictive and lead us to bondage and condemnation. Self-control is empowering. No food is off limits if we eat it in moderation."

We all benefit from self-control in all aspects of our life.

So start your journey with honesty and find self-control. It is a journey because this process is a change in lifestyle, accountability, honesty, and consistency. It won't happen overnight. When my patients are honest and find the right motivator, they succeed and you can too. Forget the gimmicks. Save your money. Eat better and eat less. It works.