Fat Off; the Right Way A clever and sustainable eating guide for weight loss and healthy living

Frank Frizelle


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Paul Anderson is a New Zealander who trained in general surgery and works part-time in Australia and part-time in New Zealand. He has been a leader in minimally invasive weight loss surgery for 20 years; despite this there is not a word about surgery in the book! This is his fourth book, the other three being fiction.

This is not a weight loss manual or fad diet book. It is a book about why people put on weight, and how this might be managed. The book makes the point this is a long-term issue, no short-term fix.

The book has 20 chapters but is written as two parts. Part one (chapter 1–10) called the "nasty facts" outlines issues around weight gain, the global change in body size, genes and epigenetics, the damages of sugar and cholesterol, as well as the effects of weight gain on an individual's health. The book is damning of fast food outlets, and the profiteering of food industry pushing health where harm is the outcome and targeting lower social economic communities with junk food. The book explains the effects of being overweight, including diabetes, hypertension, heart disease, osteoarthritis and the cancer risks.

The second part of the book (Chapters 11–20) is called the "clever eating guide". These chapters explain it is not just what you eat but how you eat it that is important. The chapters contain many things we have all heard before such as the importance of small plate size, portion size control, no seconds, regular meals, etc, but also makes it clear that the person wanting to lose weight must own this as their problem and arrange appropriate support and keep away from at-risk situations. This part of the book outlines situations where the person wanting to lose weight will be challenged. It also gives advice on supermarket shopping and provides some meal choices and health tips. Paul also points out that at times the person trying to lose weight will "fall off the horse". He points out that this happens and not to give up. You need to think about things, get up and have another go.

The book is soft covered with good-sized pages and text. The pages are of good-quality paper. There are good supportive pictures and figures. The book is easy to read and informative. The second part can be used to remind oneself of certain things as required.

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Is Your Weight Loss Approach Scientific, Healthy and Sustainable? By Vishnu Saraf Last updated Mar 19, 2019

How to lose weight?? Does 'How to lose belly fat' get answered too?? Do easy tips work good?? Without the right food, our organs will not function. Food is so much more than calories; it gives us minerals, vitamins, protein, fibre and enzymes. Food has the greatest impact on your health. There is a famous saying “When food is not right, medicine is of no use. We work hard to give you sustainable, healthy weight loss plans and weight loss tips. Almost everybody who follows our program report improvement in health parameters and energy level. Also, our clients have been able to maintain their weight even after 1-2 years, as we teach them how to fish. Ultimate weight loss guide: learn the 5 rules to lose weight quickly without dieting. How to eat, exercise, and train for weight loss. Never diet again. If you can find a way to reduce your total calorie intake without being miserable, you will lose weight over time, AND keep it off. There’s one other piece of the puzzle I HAVE to address. Rule #4: Exercise for weight loss (Strength training and cardio), It makes our heart healthier, AND it can serve as a reminder that we’re doing things differently now, and that we need to eat better so we don’t ruin our effort! (Whatever you do, DON’T say: “Well, I exercised – and thus I earned this donut and Coca-Cola” – you’d have been better off NOT exercising and skipping the donut and Coca-cola). 2 Eating the Right Way. Other Sections. Expert Q&A. To avoid overeating when going out, eat a small and healthy snack at home beforehand. Try some carrots and hummus or an apple. This will curb off your hunger and keep your head clear while you make healthy and informed choices from the restaurant's offerings. Pack away food. At the beginning of the meal, ask for a doggie bag, and put what you aren’t going to eat in the bag. When ordering salads, always ask for dressings and sauces on the side. Lots of dressings can be very fatty and full of calories. Your seemingly "healthy choice" can pack as many calories as a burger if it. With the right habits you will notice the first results after a period of just 3 or 4 months. So, let’s see which habits are necessary for achieving a sustainable weight loss. Image: Daniela Vladimirova. 1. Ditch Drastic Diets. Remember that calories are not the only thing that matter for your weight loss. Healthy diets must include nutrients in each meal, including protein, carbs, vitamins, and fiber. Also, in order to boost your metabolism it’s better to eat smaller quantities of food and eat more frequently throughout the day. Plus, chewing your food thoroughly for at least 20 seconds can significantly help your digestion. Good digestion is the first step to maintaining a healthy, standard body weight. 2. Alternate Running And Walking. Check out healthy breakfast recipes. 2. Eat regular meals. Eating at regular times during the day helps burn calories at a faster rate. It also reduces the temptation to snack on foods high in fat and sugar. Find out more about eating healthily. 3. Eat plenty of fruit and veg. As well as providing lots of health benefits, exercise can help burn off the excess calories you cannot lose through diet alone. Find an activity you enjoy and are able to fit into your routine. 5. Drink plenty of water. People sometimes confuse thirst with hunger. Do not ban any foods from your weight loss plan, especially the ones you like. Banning foods will only make you crave them more. There’s no reason you cannot enjoy the occasional treat as long as you stay within your daily calorie allowance. 10. Do not stock junk food.