

A Doctor's Plan  
Designed for  
Rapid Results

THE  
17 DAY  
DIET

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DR. MIKE MORENO

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# The 17 Day Diet

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*A Doctor's Plan Designed  
for Rapid Results*

**DR. MIKE MORENO**

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## **Dedication**

*I dedicate this book to my family and friends who have supported me and my dreams, but most importantly to my mother and father who always encouraged and supported me. They placed a big emphasis on education, and instilled in me the importance of hard work and helping others. I would also like to thank my patients for providing me with the motivation to think outside the box, in hopes of making this world a healthier happier place.*

# Acknowledgments

I feel a deep sense of gratitude to Maggie Greenwood-Robinson. Without her persistence and endless hours of dedication to this project, the book you are holding in your hands may not have been written. I'd also like to thank the many people involved in putting the program and its support materials together.

My hope is that this book will help make the world a healthier and happier place. It's never too late to be fit and fabulous!

**PART I**  
**The 17 Day Diet**

## Just Give Me 17 Days

**I can personally sum** up the 17 Day Diet in two words: fast results.

Depending on your weight when you start out and your metabolism, you might expect to lose up to 10 to 12 pounds the first 17 days. Of course, the further you are from your ideal weight, the more you'll lose initially.

Let's not kid each other: When you start a diet, you want to see results right away, in how you look and in how you feel. That's because our society is geared toward to the immediate; we want things and we want them now. The same is true of weight loss. We get impatient when the pounds don't come off fast enough to meet our expectations. It seems much easier to give up than to go on.

This diet is designed to produce quick results, not because it starves you down to size but because its carefully designed balance of food and exercise adjusts your body metabolically so that you burn fat, day in and day out.

Also important: The weight-reduction portion of this diet is limited to just 17 days at a time so that you aren't demoralized by the thought of endless months of dieting.

Nor are you apt to plateau like you often do on other diets. The 17 Day Diet keeps your body and metabolism guessing. I call this "body confusion." With each 17 Day Cycle, you're changing your calorie count and the foods you eat. By varying these things, you prevent your body from adapting. The scale is less likely to get stuck. The added bonus: You'll never get bored. And it's fun watching those pounds melt off. So confusion is good!

At the end of 17 days, you'll go on to a second 17-day Cycle, then a third, and finally enter the weight-stabilization Cycle of the diet in which you get to eat a greater variety of foods, including your favorite foods *within reason*. (I don't want you to get too chummy with the all-you-can-eat buffets again.)

I already know what you're thinking: Is it possible to shed pounds swiftly yet safely? If done right, without sacrificing good nutrition, the answer is yes.

Despite what many nutritionists have preached for years, rapid weight-loss diets can be healthy if done correctly and can work wonders on reducing pounds and inches in just days. Brand-new research suggests that the faster you take weight off, the longer you keep it off. Now that's a reason for dieters everywhere to rejoice. Plus, if you're too embarrassed by a recent weight spike or have just gained an embarrassing eight pounds after a holiday weekend or an ice cream binge, this diet can get you back on track fast.

The 17 Day Diet thus gives your body the perfect jump-start, the kind of quick drop in weight that gives you a powerful mental boost. My whole focus is to get you thin as soon as I can. When I do, just think: You'll no longer have to move around hauling the equivalent of two 40-pound bags of cement on your body. The button of your jeans will no longer pop out and ping off the wall. You'll no longer have to wear plus-sized clothing with those expandable waistlines. This diet will make you slim, healthy, and curvy, and I won't make you slurp your way to a thinner you, or follow some hardcore exercise regime used by the Navy Seals.

But you do have to accept that this won't be a pleasure diet. You've got to stop eating unhealthy crap. You've got to eat vegetables, fruit and lean meat. I'm not going to ask you to probe your inner eater and uncover hidden emotional reasons for why you're fat. But I am going to ask you to keep your portions down, cut your intake of fatty, sugary, salty foods, and move your butt. You won't be faint with hunger or found in the kitchen at midnight, feeding on Froot Loops and tubes of cookie dough. You can do this, because anyone can do anything for 17 days.

**MISTER M.D., CAN YOU PLEASE TELL ME**

***But won't a lot of the weight I lose be water weight?***

Yes! And that's awesome, because water is weight too. Never dismiss those extra pounds as only "water weight"; this is a self-defeating attitude. Cosmetically, water weight can hide fat loss and be particularly frustrating. Healthwise, fluid retention can put a strain on your heart. When your body holds water, this means there's more water in your blood. Your heart has to work harder to pump all that extra volume. Once all that excess fluid has disappeared, so will your bloat and puffiness. You'll start looking visibly thinner in three or four days. And chances are, you'll feel much lighter and be more motivated to watch what you eat.

The beauty of this program is that you won't get discouraged or bored by the prospect of staying on a diet for what seems like forever. It can yield results that will stand the test of time just as well as those long-term diets that emphasize depressingly slow incremental drops in weight. You'll love the fact that in 7, 10 or 17 days, you'll be slimmer. And chances are, you'll feel a lot lighter and have an absurd amount of energy.

The 17 Day Diet is doable and easy—unlike so many other diets, which are slightly less complicated than the checklist for a shuttle launch.

### **SCIENCE SAYS: Slow Isn't Necessarily Better**

**C**onventional wisdom says that rapid weight loss leads to rapid weight regain. A new generation of science, however, shows that slow isn't necessarily better.

**Shape Up the Fast Way.** A 2010 study from the University of Florida suggests that the key to long-term weight loss and maintenance is to lose weight quickly, not gradually. Among 262 obese middle-aged women, fast weight losers were those who shed more than 2 pounds a week. Compared to more gradual losers, fast weight losers lost more weight overall, maintained their weight loss longer and were less likely to put weight back on. The findings were published in the *International Journal of Behavioral Medicine*.

**Trim Belly Fat.** We pack on two forms of belly fat. One type collects around internal organs (also known as visceral fat). This type of fat raises blood pressure and cholesterol levels, and increases the risk of diabetes, Alzheimer's and even some cancers. Visceral fat is far more sinister than fat elsewhere in the body.

The other type sits just under the skin and is known as subcutaneous abdominal fat. It causes a hard-to-get-rid-of belly pouch. In a Finnish study published in the *International Journal of Obesity and Related Metabolic Disorders*, a rapid weight loss diet followed for 6 weeks trimmed visceral abdominal fat by 25 percent and abdominal subcutaneous fat by 16 percent.

So can you just give me 17 days?

If you can, congratulations! You won't be disappointed.

### **What Lies Ahead?**

So what is this 17 Day Diet? I'll go into depth in the next few chapters, but as a very quick summary, the 17 Day Diet is a fun, fantastic way of eating designed to take off weight quickly. It's based on some very simple principles, one of which is eating foods that favor fat-burning and are friendly to your digestive system.

I want to emphasize that excess weight is always a sign of nutritional and metabolic imbalance. Contrary to popular assumption, it's not strictly a question of how much exercise you do or how much food you eat. Rather, it's also a question of what types of foods are eaten, and how they are digested, assimilated and metabolized. If any of these components of good nutrition are compromised, then the body will not be adequately nourished at the cellular level, metabolic function will be impaired and toxins will accumulate. Thus, to lose weight fast we need to optimize digestion and metabolism. That's what the 17 Day Diet does.

Trust me, you'll love the rapid loss of a few pounds so much that you'll decide to keep on going. After the first 17 days, there's another 17 days, and another—3 total Cycles and a maintenance Cycle in which you get to eat whatever the heck you want, mainly on weekends. Here's an overview:

## Quick and Easy Overview of the 17 Day Diet

### **Cycle 1:** Accelerate (17 days)

**Purpose:** To promote rapid weight loss by improving digestive health. It helps clear sugar from the blood to boost fat-burning and discourage fat storage.

### **Cycle 2:** Activate (17 days)

**Purpose:** To reset your metabolism through a strategy that involves increasing and decreasing your caloric consumption to stimulate fat-burning and to help prevent plateaus.

### **Cycle 3:** Achieve (17 days)

**Purpose:** To develop good eating habits through the re-introduction of additional foods and move you closer to your goal weight.

### **Cycle 4:** Arrive (ongoing)

**Purpose:** To keep you at your goal weight through a program of eating that lets you enjoy your favorite foods on weekends, while eating healthfully during the week.

Once we're through with all the basics, I'm going to talk to you about how to follow the diet. I can't wait to show you all of its wonderful components and start you on your way to looking fit and fabulous. Take it one step at a time so that you don't get overwhelmed.

## Your Appointment with Me

I might as well take a moment here to introduce myself. I'm a family practice doctor. Under America's health insurance system, most people go first to a doctor like me for all complaints, from infections to chronic illnesses. I love the diversity of family practice. One moment, I'm treating an 18-year-old guy with the flu; the next, a 90-year-old woman with joint pain.

I became a doctor for the reasons most people do—because I wanted to save lives, pure and simple. In my heart of hearts, I believe a doctor is so much more than a person who dispenses medication or marks off symptoms like a checklist at a sushi bar. He or she should treat the whole person. I make it a point to get to know each patient as a person before I put a stethoscope to his or her chest.

I run my office a little differently than most places. Nowadays, you spend more time waiting in the examining room than you did in the waiting room. In fact, you spend more time in the examining room than the person who decorated it. It's almost like going to a restaurant and being told that, even though you have a reservation, you have to sit at the bar for a while. The only difference is that in the doctor's office, no one offers you a cocktail, and you have to wear a boxy blue paper exam gown that opens in the front.

The next time you have to wait in the examining room, do some fun things to pass the time. Glue the tongue depressors together into coasters and sell them to other patients. Or peel off all the wallpaper without disturbing any of the diplomas.

I do things differently in my office. My patients don't wait forever. My patients oftentimes don't even sit on the examining table when I talk to them. I sit on the examining table and they get the comfortable chair. The butcher paper upholstering the examining table is wonderful to draw on. Sometimes I hop off the table and start drawing pictures of organs to explain things to patients.

I'm responsible for 2,000 patients, though not all in one day. Many of them are women, and 80 percent of my new patients are overweight. Most know it. One of the things I've always found interesting is that my patients often come in with a complaint of back pain, or knee pain or just plain old fatigue. Before I can get a word out, they say, "I know it's because I'm fat." Patients are smart.

Ever since I became a doctor, I've always been concerned with prevention. Prevention is the doorway to longevity. I hate shoving medications at problems that can be fixed with simple changes in lifestyle.

A good example is a patient I'll call Sharon, age 60. Sharon has type 2 diabetes. When I first started seeing her she was taking oral diabetes medication. Once she changed to a healthier diet and started walking regularly with a friend, she was able to get off all her meds. What a triumph that was!

Then about a year ago, Sharon came in for her regular appointment. We reviewed the results of her latest blood work. Her sugars were through the roof. Her A1C test, which reflects a patient's blood sugar over the past 90 days, was suddenly out of range.

What on earth had happened?

As we talked, Sharon told me that she no longer had a walking partner so she quit exercising altogether.

"I'll walk with you!" I volunteered. I couldn't bear to see her health slip. And so I became her walking partner. Before long, others joined us. Our walking group became affectionately known as *Walk with Your Doc* and has swelled to sometimes more than 50 people of all ages. We walk every Tuesday and Thursday morning without fail. I love it, because I thrive on helping people live full, healthy, active lives.

Of course, a huge part of prevention is weight management. You see, the death toll racked up by heart disease, high blood pressure, stroke, diabetes, and all the other fat-related diseases is scary. Studies even associate obesity with poor immune function. That makes overweight people more susceptible to infections and cancer. Obesity will kill far more Americans each year than any terrorist would dare dream of taking out.

Everybody knows this. I'm just bringing it up again to remind you that tubs of ice cream and bags full of chips are not worth shortening your life over.

## ***MISTER M.D., CAN YOU PLEASE TELL ME***

### ***Do I have to exercise while on the 17 Day Diet?***

Yes, but I won't be asking you to sweat to golden oldies, pump it up or feel the burn. In other words—no overexercising. Since you'll be scaling back on calories, you should do less exercising, or else you'll get too run down and sore, especially during the first two Cycles. I will ask you, however, to do just 17 minutes a day of easy exercising like walking.

The 17 Day Diet has a companion exercise DVD called the 17 Minute Workout that you can purchase from our website, [www.the17daydiet.com](http://www.the17daydiet.com). It's cardio-based and geared toward pure fat-burning.

So put down this book. Do this workout, or go outside and walk around your neighborhood for 17 minutes. Then come back and pick up where you left off.

We're already in so much trouble with trans fats, cheap sugars, excess sodium, and unpronounceable additives jazzing up junk food—stuff that causes your arteries to clog up like rusty pipes. With everything plaguing the American diet, I had to concentrate on creating a program that would be safe, effective and produce quick but lasting results. People had to get the weight off, then learn how to keep it off. I didn't want to tell my patients to go on this diet or that diet because many diets out there are nutritionally unbalanced, hard to follow, or just don't work fast enough to keep you motivated.

Thus, the 17 Day Diet evolved. It uses the latest medical knowledge on nutrition, foods and what the body

needs for successful weight loss and good health.

Let me add here: You should check with your own physician before starting this program. Your doctor knows what's best for you. Based on my experience with my own patients, most people who have gotten out of shape over the years can follow the 17 Day Diet and do very well on it, though results can vary.

## **There Is More to Love about the 17 Day Diet ...**

Whether you've got 10 pounds to lose or a hundred, being overweight is one of life's lesser joys. It affects every aspect of your life, maybe some things you never thought about. When you lose weight, practically everything in your life will change for the better. Let's talk about this now.

### **Get a Healthy Bod**

You're going to be focused on losing pounds and inches. Some days, you might get a little discouraged if the scale doesn't move down fast enough, even though this diet does help prevent plateaus. But there's absolutely nothing to be discouraged about. There are other wonderful things happening inside your body that won't be reflected on the scale, like your blood pressure, blood sugar and cholesterol decreasing.

Okay, I realize that right now you might not care about these things. You just want to slip into that sexy black number hanging in your closet ... you know, the one that used to fit years ago. But it's important to understand that your weight and health are not separate issues. Being overweight is a symptom of being unhealthy. Focus on your weight and your health will improve—instantly. Consider what the results of various research studies say about the rather immediate effects of healthy nutrition on the body:

**After 15 minutes:** After the first morning of eating a healthy breakfast, your stomach's satiety signals have registered in your brain, and you feel full. The body's internal chemistry is at its most active first thing in the morning, so your breakfast is then used to the maximum. If you eliminated processed foods (white bread, sugary cereals) for whole grains and lean proteins like egg whites, along with fresh fruit, you should feel energetic and mentally alert after just one meal.

**After 3 hours:** Your artery linings are able to expand sufficiently to increase blood flow to the body's tissues and organs.

**After 6 hours:** The HDL (happy cholesterol) in your blood perks up and starts scouring LDL (lousy cholesterol) from the blood. You can think of LDLs as delivery trucks, depositing cholesterol in blood vessels, and HDLs as garbage trucks, taking them back to the liver where they're broken down.

**After 12 hours:** Your body finally has an opportunity to burn the fat it has stored for energy because you've eliminated sugar. When you're eating a lot of sugar, your body is so busy processing the sugar that it doesn't have time to do its other job, which is to help the body burn fat. So guess what? The fat ends up hanging around.

**After 16 hours:** You get a restful night's sleep.

**After 24 hours:** You're 1 to 2 pounds lighter, because your body has begun to flush excess water and toxins from your system.

**After 3 days:** Once your body senses it's losing weight, its blood-related numbers (cholesterol, blood

pressure, blood sugar) start traveling in a healthy direction.

**After 1 week:** Your cholesterol levels can drop significantly. Blood levels of important disease-fighting antioxidants like vitamin C and vitamin E are higher. Your bowels are in better working order, and you should be at least 5 pounds lighter.

**After 2 weeks:** You'll experience healthy drops in blood pressure if you've been diagnosed with hypertension. Expect to have lost up to 10 pounds by now.

**After 1 month:** Nobody has to filter out chunks of fast food from your blood anymore. By now, blood levels of LDL cholesterol can fall by nearly 30 percent—a drop similar to that seen with some cholesterol-lowering drugs.

**After 6 weeks:** You've lost so much weight you can't buy new, smaller clothes fast enough. Yes, you should have lost quite a bit of weight (20 pounds is not unusual), and your blood cholesterol and triglyceride levels will be substantially improved.

**After 12 weeks:** Many significant health numbers—cholesterol, triglycerides (fat in the blood), blood pressure, glucose and insulin—should begin to, if not completely, normalize.

**After 6 months:** You'll feel healthier because your body will be retaining more vitamins and minerals. Because you reduced your sugar intake significantly over this period, insulin production will have normalized. So your risk of developing type 2 diabetes is reduced, as this can be linked to a larger intake of sugar. Your energy levels have improved dramatically because your body has gone through a detoxing process. You've probably reached your goal. The hardest work is over, and now it's time to learn how to eat to maintain your newly slender silhouette.

Pretty amazing what a good diet can do, right? Don't you want all of this? Be brutally honest here: if you really want something you'll find a way to get it. So if you find yourself saying, "I didn't have time to prepare healthy food," let me ask you this: would you have found time if your life depended on it? Well, it does.

## GET SKINNY SHORTCUT

**Posture** Stand up straight. Not only does slouching make your belly protrude, but it gives your core muscles an undeserved break. Standing erect, with the stomach held in, encourages the abs to work and can make you look slimmer naturally—and in an instant.

## Get Sexy

When you're fit and in shape, you're much more datable. In one survey of 554 undergrads, researchers found that overweight women were less likely to date than their peers. What's more, you're marriage material if you're thin. Research shows that overweight women are significantly less likely to marry than are women of average weight, particularly if they were overweight as young adults.

Losing weight can do wonders for your sex life, too. Duke University researchers did a study of 187 extremely

obese adults, who were asked about their sex lives before and after they lost weight. It turned out the proportion of women who did not feel sexually attractive fell from 68 percent before they began a weight loss program to 26 percent a year later. There were similar decreases in the percentages of women who didn't want to be seen naked, had little sexual drive, avoided sexual encounters, had difficulty with sexual performance or didn't enjoy sex. Among men, sex improved in most of the categories, but the improvements were less dramatic, probably because there are a lot more appearance-related pressures on women.

The romantic world revolves around physical appearances. If you want a love life with great sex, lose the weight.

## Get Richer

Get in shape and you can improve your financial shape too. It's considerably more expensive to be unfit than it is to be fit, mainly because you're sicker more often and you pay higher medical bills. People who are overweight, and particularly those who are obese, are significantly more likely to have expensive-to-treat diseases like diabetes, heart disease and cancer.

And while I'm at it, did you know your employment prospects will improve after you lose weight? It's true! People with weight problems sometimes don't get hired. In the job market, appearance counts for a lot. Employers think fat people are lazy, incompetent, slow-moving and might have poor attendance. Studies have shown that fat people are paid less than employees of average weight.

I hate fat discrimination. It's wrong. But this is the world we live in. It's not going to change anytime soon, so get over it. Lose weight and you won't have to deal with it.

Thin people look better, and, like it or not, get paid more. If you're trim and healthy, you don't have an absentee problem. You might even be more productive on the job. All of this helps your earning potential. So if you want to live well and make your mortgage or rent payment, get those pounds off.

If my message seems too in-your-face, I apologize for the delivery—but not for the content. I'm speaking out because I care. I just want you to get healthy and enjoy your life to the fullest.

## LEAN 17: Are You Ready to Be a Total Hottie?

**T**ake this quiz to see if you are ready to go on the 17 Day Diet. A successful and healthy weight loss requires the right frame of mind. Circle the answer that best describes your level of commitment.

---

1. When I think about starting the 17 Day Diet, I feel excited.

- A. Yes
- B. Somewhat
- C. Unsure
- D. Not at all

---

2. I feel that weight loss and fitness are very important.

- A. Yes
- B. Somewhat
- C. Unsure
- D. Not at all

---

3. I am determined to eat more healthfully.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

4. I want to look better and feel sexier.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

5. I am willing to follow the food plans in this book.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

6. I will eat more fruits and vegetables.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

7. I will give up soft drinks, candy and other sweets while following this diet.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

8. I will scale back on my alcohol intake.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

9. I will prepare more meals at home and eat out less frequently.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
-

**10.** I will increase my water intake.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

**11.** I am willing to cut back on starchy foods like white bread, pasta and sugary breakfast cereals.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

**12.** I feel confident that I can stick to this plan for at least 17 days.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

**13.** I will eat at least 3 meals and 1 snack a day.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

**14.** I will not make excuses to sabotage myself.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

**15.** I can commit to exercising at least 17 minutes a day.

- A. Yes
  - B. Somewhat
  - C. Unsure
  - D. Not at all
- 

**16.** I want to change my eating and health habits for life.

- A. Yes
- B. Somewhat
- C. Unsure

D. Not at all

---

**17.** I understand how diet, obesity and chronic illnesses are linked.

A. Yes

B. Somewhat

C. Unsure

D. Not at all

---

**Scoring:** Give yourself a 3 for each A answer; a 2 for each B answer; a 1 for each C answer; and 0 for each D answer. Add up your score.

**0 to 17 points:** Immediately re-evaluate your commitment to improving your health. If you don't act decisively now, serious health problems are on the horizon.

**18 to 26 points:** Go back over your answers and see what you need to shore up. You may be taking some unnecessary risks with your health and should make an extra effort to change.

**27 to 42 points:** Re-examine your desire to go on the 17 Day Diet. What improvements can you make to boost your score? You need just a little bit more determination and commitment to be thinner and healthier.

**43 to 51 points:** You're ready to start the 17 Day Diet and enjoy success—congratulations!

You must believe you can do this. It doesn't matter how often you have failed in the past; your past does not equal your future. What matters now is focusing on what you want, identifying what you need to get it and taking action. Your health and happiness are important, so stand strong.

### **Review:**

- The 17 Day Diet is a rapid weight loss plan designed to produce satisfying, lasting weight loss.
- Most people can expect to lose up to 10 to 15 pounds during the first 17 days.
- Rapid weight loss plans have been shown in research to be effective in helping people keep their weight off.
- The 17 Day Diet works by improving digestive and metabolic health.
- The 17 Day Diet is organized into 4 Cycles, each working together to help your body reach its ideal weight and stabilize there.
- Stay upbeat and positive. No matter what you weigh right now, stop beating yourself up over it. So much

in your life can change for the better: your figure, health, relationships, financial stability and more.

## 6 REASONS Not to Freak Out about Being Fat

One of my patients joked recently about the pluses of her plus size: “I can shoplift in my cleavage. And I don’t have to ask my boyfriend, ‘Do I look fat in this?’ I do.” That conversation got me thinking about some of the health advantages to being overweight. Although I don’t recommend staying fat, there are some pluses to being a plus size. Here are six ways in which some padding can tip the scales in your favor.

---

### Stronger Bones

A little meat on your frame can ward off osteoporosis, a condition of fragile bones that’s less likely to occur in overweight women. Weight-bearing bones stay stronger.

---

### Healthier Hearts and Lower Risk of Diabetes

Women with larger thighs have a lower risk of heart disease and early death, says a study in the *British Medical Journal*. Those with stick-thin legs face the greatest chance of developing heart disease. Why? Added lower-body muscle mass can promote a better metabolism. Also, a 2008 study published in *Cell Metabolism* found that the fat that accumulates around the thighs and hips, called subcutaneous fat, actually lowers risk of diabetes. Pear shapes, be proud.

---

### Glowing Skin

Recent twin studies have found that the sister with more weight was judged to have a more youthful look. A gaunt face can definitely add some years, so carrying an extra few pounds can help create a more youthful appearance. It may also help to fill out a few of those more significant wrinkles that scream out “aging!”

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### Bigger Boobs

The more you weigh, the bigger they get. Breasts are made up of mostly fat, and any excess pounds practically go straight to your chest. Unfortunately, when you lose weight, boob flab is one of the first things to go.

---

### Increased Fertility

Are you thinking of starting—or growing—your family? Underweight women were 72 percent more likely to miscarry, reports a London study. More specifically, leaner women when they conceived had a much higher percentage of miscarrying within three months of pregnancy. However, those few extra pounds on overweight women actually proved to have the opposite effect on their pregnancy.

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### Faster Metabolism

It’s not the skinny folks who have a fast metabolism; it’s the overweight people! It takes more energy to operate anything bigger, so bigger people use more energy to do the same things that smaller people do. But metabolism isn’t the only thing that determines weight; it’s also how much you eat and exercise that matters.

---

### Best Reason of All

People who are really out of shape, who start exercising, get fitter faster! The fact is your body wants to be in shape. It wants to be healthy. It wants to look good. It wants to be hot! So, the more out of shape you

are, the faster your body will respond to your weight loss efforts.

## Burn, Baby, Burn

**Here's the part** of the book in which I talk about how the 17 Day Diet works. Don't worry. I won't lapse into any mind-numbing "doctor speak." You know, medical terms that sound scarier than the disease, like cephalalgia (headache) or pneumonitis (lung inflammation). Most people have no idea what their doctors are saying. They could be giving them the latest medical research or the recipe for chocolate cheesecake in Latin. They couldn't tell.

I make a real effort to explain things in everyday terms. Sometimes, it's hard. I used to try to explain blood tests to patients in five minutes. It finally dawned on me that it took me eight years to understand this stuff, so I can't expect anyone to comprehend it during one office visit. You don't need to study medical books to understand what doctors say anyway; just watch TV shows and movies.

Back to the topic of dieting: let me insert Rita's story here. If the subject of weight loss came up in conversation, she'd walk away. About 25 pounds overweight, Rita was deep-down scared that she could get heavier if she didn't do something. But she just wasn't ready to confront the issue head-on. The idea of dieting and taking weight off slowly was frustrating, so she kept putting it off. But the 17 Day Diet appealed to her. It sounded doable and quick—it is. Rita decided to give it a try.

Here's what she said, "I can't believe how well the 17 Day Diet works. I lost 10 pounds the first 17 days, and feel so energetic. What gives? How does it work?"

Basically, Rita was hooked (in a positive way) and has used the diet to get to her goal and stay there. She stayed motivated.

I explained to Rita that for a diet and exercise program to be successful, it must be safe, easy to follow and easy to stick to. It must have a certain balance of nutrients to activate fat-burning. It must generate results in a reasonable period of time. And it must help initiate a pattern of healthy habits that lead to lifelong weight control. The 17 Day Diet can help you accomplish all of this and more. What follows is a careful look at the elements that make this diet work.

### **What Do You Get to Eat on the 17 Day Diet?**

First let me say, nutrition is too confusing, even for doctors. Everything is either good or bad for you. And that can change from moment to moment each time a new bit of research is unveiled. Broccoli may double your life span this week, but next week it might be the end of you.

Several years ago, blueberries became the fruit of choice, being touted as the answer for everything from rejuvenating your brain to inhibiting the growth of cancer cells. Now they're being added to cosmetics. If they can prevent your brain from aging, why not put them in a skin cream? Maybe blueberries can stop wrinkles too.

I think you have to be living under a rock not to know that lean proteins, fruits, vegetables and small amounts of grains are naturally good for you. The 17 Day Diet is based on those foods. That's one reason why the diet isn't a fad; it's based on really healthy foods, the stuff we should all be eating anyway, but aren't.

With these wonderful foods, we get the body to store the good (health-building nutrients) and expel the bad (fat and toxins) by retraining your digestive system and your metabolism.

Many long and informative books have been written about nutrition and how it works in the body. For the purpose of this book, I'll explain what you need to know about the nutrients your body needs to lose weight, and I'll do it in the clearest, most basic terms.

### **Enjoy Plenty of Protein**

The 17 Day Diet is generous in protein. But I don't mean 27 eggs and 18 strips of bacon washed down with the drippings. I mean lean foods such as chicken, fish, lean meats and other protein-rich foods.

Protein is a powerful fat torcher—for six reasons:

1. Digesting protein takes more energy (calories) than digesting carbs or fat does; thus, your body burns a few extra calories after eating protein.
2. Including ample protein in your diet spurs one of your body's fat-burning mechanisms: the production of the hormone glucagon. Glucagon signals your body to move dietary fat into your bloodstream and use it for energy rather than just store it.
3. Consuming enough protein helps you preserve lean muscle mass that might otherwise be sacrificed on a rapid weight loss diet. Of course, the more lean muscle you have, the more calories you burn, even at rest.
4. Eating protein helps keep your blood sugar on an even keel, so you don't get the shakes or drops in energy.
5. Having enough protein in your diet boosts your metabolism, and it does this by stepping up the action of your thyroid gland. (One of the main duties of the thyroid is to regulate metabolism.)
6. Including protein with meals helps tame your appetite so that you don't stuff yourself.

## Venture into Vegetables

If you haven't eaten vegetables since you were 11, let's spend a second on this "I hate vegetables" thing.

You hate all vegetables? There isn't one you like, no matter how it's prepared? If you eliminate all vegetables from your diet, you're giving up some very important nutrients and really narrowing your food options. Vegetables are loaded with fiber, vitamins, and minerals. Shunning them is a bad idea. Why not learn to prepare them WITH herbs and spices to satisfy your taste?

Pardon my assumption, but I think you, like thousands of other people I've talked to, believe that to lose weight, you have to subsist on carrot and celery sticks. But the old "carry around some celery sticks to munch on" mentality is gone forever. Aren't you relieved?

There are hundreds of different vegetables you can eat, even if you have to hide them in soups or spaghetti sauce. And you can pretty much eat your way through a couple of bushels without gaining any weight. If you want to change your body and get leaner, stronger and healthier, you have to eat vegetables. A March 1999 study conducted by the Energy Metabolism Laboratory at Tufts University found that the dieters who ate the widest variety of vegetables had the least amount of body fat. You need to eat vegetables if you want to get thin. Vegetables = thin. No vegetables = flabby.

Many of my patients have actually acquired a taste for fresh green leaves with cucumbers, tomatoes, red onions, carrots, mushrooms and all sorts of veggies. Some of them have even turned themselves into health nuts who only dip their forks into the salad dressing to really slash caloric intake.

There are more benefits. Eat more vegetables and you will:

- Bubble with energy all day.
- Improve your digestion and elimination, because veggies are high in fiber. High-fiber foods control appetite and help prevent excess calories from being stored as fat.
- Have glowing skin. Your skin loves vitamins and minerals, and you get most of those nutrients from veggies.

- Help prevent major killers like cancer and heart disease, because veggies are rich in disease-fighting antioxidants.

So yes, you heard me: eat your vegetables!

## **Forgo High-Sugar Fruits**

Fruit may seem like a friendly diet food because it's low-fat, but here's an example of how having too much of a good thing can sabotage your diet. Certain fruits like pineapple, watermelon and bananas are high in sugar, and they don't promote fat loss. Too much sugar from any source can goad your body into converting more of what you eat into thigh-padding pounds.

I'm not going to ask you to shun all fruit. Just be moderate in how much you eat—two servings a day, only. On the first two Cycles of the 17 Day Diet, you'll stick to berries, apples, oranges and grapefruit, which are lower in sugar. By eating like this, a fruit tooth will replace the sweet one that rules your mouth.

## **Curb the Carbs**

Carbohydrates are energy foods. Without them, you'd get fuzzy headed, cranky and very tired, and no one will want to be around you. The low-carb diet craze deemed all carbs evil and fattening. People abandoned all forms of fruit, rice, and pasta and ate mostly protein. The problem is, you can only eat so much protein and fat before you start to get nauseated by it.

Yet, not all carbs are the same. There are bad ones—stuff made mostly out of sugar or over-refined like white bread, white rice, and white pasta. Sugar and sweets are the worst. Consider this: we are eating over twelve times the amount of sugar our great-grandparents consumed. That's roughly equivalent to 160 pounds of sugar per person per year. Now, imagine filling up your living room or garage with 160 of those one-pound packages you buy at the grocery store. Really get a mental picture of it. Let's say you don't eat as much as others, and cut it in half. It's still a hefty pile, isn't it? You see, most people have no idea that they're eating so much sugar. Much of it is hidden in processed, packaged foods we eat, as well as in beverages.

Depending on which Cycle you are in on the 17 Day Diet, you get to eat good carbs: fruit, vegetables, whole grains—anything that hasn't been stripped of its nutrition.

So the type of carbs you eat is important. But so is the amount. You can go overboard on carbs, even the good kind, and this can be devastating to your natural metabolic processes. Therefore, the 17 Day Diet is low-to-moderate in carbohydrates.

Many people are walking around completely unaware that they may be “carbohydrate sensitive.” When you get carbohydrate sensitive, your body can no longer burn fat effectively, and a good deal of the carbohydrates you eat are packed away as fat. Carbohydrate sensitivity occurs when:

- You habitually eat too much sugar and refined carbohydrates (crackers, bagels, pasta, sugary cereals and desserts, white rice and white bread). Unfortunately, this sensitivity increases with age. It can also lead to insulin resistance, a condition just shy of type 2 diabetes. In insulin resistance, cells don't recognize glucose anymore, so glucose is barred from entering cells for energy. Your blood sugar tends to rise, you are more fatigued, and you gain more weight mostly around your waist and chest area.
- You suffer from chronic stress. Our bodies deal with stress by raising cortisol levels, a hormone secreted from our adrenal glands. This, in turn, triggers the over-release of glucose and insulin into the bloodstream. The result is insulin resistance. To your physiology, being under chronic stress is the same as if you ate cake all day long.

- You're a woman. While men burn carbohydrates for energy, women tend to store them as fat. This is especially true as women age. Menopausal women are more prone. They don't have enough estrogen stores to deal with cortisol and its tendency to make the body store fat. Chalk it up to female biology.

### **CHECK UP: Are You Carbohydrate Sensitive?**

**R**ead through the statements below and circle "yes" or "no" depending on which response fits you best.

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1. I crave carbohydrates and sugary foods much of the time.

**Yes No**

2. I have been overweight for much of my life and have struggled to lose weight.

**Yes No**

3. I am a woman and over forty.

**Yes No**

4. I suffer from chronic or bouts of depression and compulsive overeating.

**Yes No**

5. I sometimes suffer from nervousness, irritability.

**Yes No**

6. When I eat sugar, I get tired and groggy, and I don't think as clearly.

**Yes No**

7. I reach for carbohydrates over protein most or all of the time.

**Yes No**

8. My diet consists of a lot of processed foods like white bread, pastas, sweets or sugary cereals.

**Yes No**

9. I don't exercise very much or at all.

**Yes No**

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If you answered "yes" to three or more statements, you may be carbohydrate sensitive. Following the 17 Day Diet will help you by gradually reintroducing good carbs into your diet through each Cycle. Beans and lentils (legumes) do not raise blood sugar or insulin. Starchy vegetables, such as squash, corn, peas and yams, and fruits, such as oranges and apples, are also good and should be okay. So are brown rice, yams, oatmeal and other high-fiber cereals. Limit your servings to no more than two a day. More on this in Cycle 3.

Natural and unprocessed carbs are found in the 17 Day Diet in the vegetables and fruits allowed you. By Cycle 3, you'll get to introduce other carbs into the diet, including brown rice, oatmeal, whole grains, yams, potatoes, and other natural, high-fiber carbs.

### **Choose Fats that Burn Fat**

Fat in the diet has been blamed for many modern lifestyle diseases: obesity, heart disease, cancer, diabetes and hypertension. Not all fats are created equal, however. Most people know by now they should limit intake of saturated fats, found in animal foods, and avoid trans fats entirely. Processed foods are loaded with trans fats.

Polyunsaturated fats, found mostly in fish and vegetable oils, are what I call “friendly fats.” They are credited with keeping your skin supple and youthful, reducing harmful levels of cholesterol, lowering high blood pressure, contributing to brain and eye development and a host of other health benefits almost akin to a panacea. They also promote weight loss because they keep you feeling fuller for a longer period of time. This keeps you from eating too many calories.

Omega-3 fatty acids, found in fish, boost your metabolism. Adding some weekly servings of fish high in omega-3s (salmon, tuna, mackerel or sardines), while reducing calories, helped overweight people lose more weight than reducing calories alone, according to a study published in the *American Journal of Clinical Nutrition*. The researchers concluded that the omega-3s helped subjects burn more calories. If you don't like fish, take 3 grams of fish oil supplements daily.

## Vitamins from Food

You're better off getting your vitamins from food. The body absorbs them more easily, and you'll just feel healthier. Required by your body in tiny amounts, vitamins play important roles in the metabolism of carbohydrates, proteins and fats. The vitamins you need daily are found in the 17 Day Diet as follows:

**Vitamin A:** Green leafy vegetables, carrots, yams, fruits and eggs.

**Vitamin B-complex:** Protein foods, whole grains, legumes, fruits and vegetables.

### ***MISTER M.D., CAN YOU PLEASE TELL ME***

#### ***Are there natural supplements I can take instead of drugs to help lower my cholesterol?***

Yes! A strict diet can probably reduce your cholesterol by 10 to 15 percent. Most docs agree that diet works best when combined with cholesterol-reducing drugs like statin drugs. Statins can drop LDL and total cholesterol by as much as a third by inhibiting the production of cholesterol by the liver. But these drugs come with a slew of potential side effects. The most common side effect is muscle aches. Other complaints include headaches, nausea, weakness, upset stomach and joint pain. I see these problems all the time.

Here's what I do for patients who can't tolerate statins but need to lower their cholesterol. I prescribe a combination of niacin (a B vitamin), fish oil and flaxseed oil in these amounts:

- **Niacin:** 250 milligrams a day for two or more weeks until they experience no flushing, which is a common side effect of niacin. After two weeks, I increase their dose to 500 milligrams a day. Once they tolerate that dose well, I increase the dose again to 750 milligrams daily.
- **Fish oil:** 3 grams a day.
- **Flaxseed oil:** 1 tablespoon a day (this can be part of a salad dressing.)

All three substances are natural supplements you can purchase at a health food store or your pharmacy. The combination works powerfully to lower cholesterol, but always check with your own physician before self-medicating with supplements.

- **Vitamin C:** Fruits and vegetables.

- **Vitamin D:** Low-fat dairy foods, fish.
- **Vitamin E:** Whole grains, green leafy vegetables and eggs.

There's nothing wrong with taking a multivitamin-mineral pill daily. Like a lot of doctors, I recommend to adults that they take Flintstones vitamins—two a day. But no more than that, or you'll find yourself trying to stop your car with your bare feet.

## Mighty Minerals

Minerals are among the heaviest substances ever, second only to Orson Welles. But of course, minerals don't make you heavy. They help you get thin, especially calcium, which may speed up the rate at which your body burns fat.

Like vitamins, minerals play a role in metabolism. But a major difference between the two nutrients is that minerals are constituents of bodily structures, such as bone, cartilage, and teeth, providing their hardness and strength. While vitamins help manufacture these structures, they do not become part of the structures themselves.

The minerals you need daily are found in the 17 Day Diet as follows:

**Iron:** Meats, poultry, eggs, green leafy vegetables and fruits.

**Calcium:** Yogurt, salmon, green leafy vegetables and broccoli.

**Copper:** Meats, shellfish.

**Magnesium:** Meats.

**Phosphorus:** Meats, poultry, fish.

**Potassium:** Fruits and vegetables.

**Selenium:** Whole grains, fish and eggs.

**Zinc:** Shellfish, meats, whole grains and vegetables.

## The Benefits of Bugs

Not the kind you swat, spray or stomp, but the friendly bacteria called probiotics that live in your intestinal tract (hereafter referred to as your gut). You have a hundred trillion bacteria in your gut—ten times the number of cells—across three hundred to five hundred different species, and two hundred of these species can be lethal. This makes us more microbe than man. So you need to make sure you have enough of the good bacteria to ward off the bad.

There are actually two processes going on here. One is the good bacteria help your intestinal wall construct a barrier against the bad bacteria. The second is the good bacteria are like hostage negotiators you see on TV. They talk to the bad bacteria to keep them from starting a fight. The bad bacteria know the good guys mean business, so they drop their weapons and wave white flags.

The good guys do even more: Probiotics may help people lose weight, according to lots of new research that adds to emerging evidence that part of the obesity problem might be an imbalance of bacteria in the gut.

Scientists are still exploring why, but many experts believe that people with certain communities of gut microbes may get more calories from their food and therefore pack on more fat than people with a different set of bugs. If you have a set of very, very efficient bacteria, they're going to extract every last bit of energy (calories) from what you eat. Manipulating these bacteria by diet or medications, you'd change how many calories you

absorb. This may eventually become one approach to fighting obesity.

On the 17 Day Diet you'll enjoy foods that contain probiotics. These foods help your body digest foods and extract calories. Some types of probiotic foods include yogurt, kefir, miso, tempeh and others.

## Fluid Assets

While following the 17 Day Diet, you should drink eight 8-ounce glasses of pure water daily. Drinking this amount of water is essential to weight loss.

First, it just takes up so much space in your tummy that you don't feel like eating anything else.

Second, water also helps your body metabolize stored fat. Your kidneys can't function properly without enough water. When kidneys don't work to capacity, some of their work is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body, but if the liver has to do some of the kidneys' work, it can't operate at full capacity. As a result, it metabolizes less fat and more fat remains stored in the body, and weight loss stops.

Water also helps the body get rid of waste during weight loss. During weight loss, the body has a lot more waste to get rid of, and water helps flush it out.

Surprisingly, drinking an ample amount of water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is then stored outside the cells. This causes swollen feet, legs and hands. The best way to overcome the problem of water retention is to give your body what it needs: plenty of water. Only then will stored water be released.

So drink up. Before long, you'll be the skinniest person in the bathroom.

### **BEWARE: Negative Water**

**T**he following fluids, which I call negative water, do not count toward your must-have daily allotment of water.

Coffee\*

Tea\*

Diet sodas\*

Regular soda

Energy drinks

Juice

Sports drinks (dilute with water—½ water and ½ sports drink if you are an athlete and use these products)

Flavored waters

*\* Coffee and tea are allowed on the 17 Day Diet, but do not count toward your 8 glasses of water.*

### **Special Mention Fluids: Green Tea and Coffee**

For added fat-loss benefits, another beverage of choice is green tea, although it is technically a negative water. Certain natural chemicals called catechins in green tea increase fat-burning and stimulate thermogenesis, the calorie-burning process that occurs as a result of digesting and metabolizing food.

Green tea is also one of the foods that may block angiogenesis (sorry, I have to slip one technical term in here). Angiogenesis refers to a process of blood vessel growth. For example, angiogenesis that builds up a blood supply

to tumors can unfortunately make the tumors grow. Scientists have discovered that angiogenesis does the same thing with fat tissue: It creates a blood supply to fat tissue too, so it can grow. Fat tissue and cancer feed on oxygen delivered by these new blood vessels.

There's excellent science published in the best journals that something in green tea inhibits angiogenesis. The jury is still out on all this, but until we know more, I suggest drinking three cups of green tea a day.

Although doctors should set an example, I confess I'm not much of a green tea drinker. If I'm having a cup, I'm probably in an Asian restaurant. I promise to do better, though, and drink more green tea.

Coffee is also permitted on the 17 Day Diet. The caffeine kicks your metabolism into high gear. Caffeine also jump-starts the breakdown of fat in the body. One to two cups a day is ideal.

## ***MISTER M.D., CAN YOU PLEASE TELL ME***

### ***Am I allowed to drink alcohol on the 17 Day Diet?***

I knew you'd ask that. Alcohol can actually be good for you. Major studies have concluded that moderate alcohol consumption cuts heart attack risk in half, largely because drinkers have about 15 percent higher levels of HDL cholesterol than nondrinkers, which prevents heart disease by cleansing the blood vessels of fatty buildups. Moderate alcohol means one drink a day: 5 ounces of wine, 12 ounces of beer or 1½ ounces of hard liquor.

Although a little alcohol is good for your heart, it's not that good for your waistline. Alcohol is dehydrating and interferes with fat-burning. The liver works overtime to metabolize the alcohol, so its job of burning fat gets less priority.

Once you get to Cycle 3, it's fine with me if you have one drink a day. Now, I don't recommend keeping it at your desk (at least for daytime use), but I do recommend it, especially red wine. One of my hobbies outside of work is enjoying fine red wine. To pursue my passion for drinking and collecting fine red wine, I enjoy attending wine tastings with my friends.

Red wine contains resveratrol (a powerful antioxidant found in grape skin). It turns off a gene for certain inflammatory proteins. These proteins ride around in your bloodstream. When there's a foreign body, like a toxic molecule from an infection or a toxin, the proteins attach it to your arterial wall. This attachment stimulates inflammation. Inflammation can lead to clogged arteries, blood clots, impotence and even a heart attack or stroke. One glass of red wine a day may help prevent these things. So, cheers.

## **How Much Should You Weigh?**

As you begin the 17 Day Diet, have a specific weight goal in mind. In other words, shoot for a weight at which you feel you will look your best. Keep in mind that there's really no such thing as the "perfect" weight because we all come in a variety of body shapes, heights and bone structures. There are, however, "ideal weight ranges," so there is a simple equation I tend to follow:

**If you're a woman:** Take 100 pounds for the first five feet of your height, and add five pounds for each extra inch to get the midpoint of what should be your ideal body weight range. Then you need to factor in your body structure. Some people are smaller boned; others are big boned. If you're small boned, I subtract 15 percent from the normal-frame weights; if you're large boned, I add 15 percent to the normal-frame weights. For a lot of people, that's too much math. So I did the math for you:

## **WOMEN**

### ***Small-Boned Frame***

5'	= 85
5' 1"	= 90
5' 2"	= 94
5' 3"	= 98
5' 4"	= 102
5' 5"	= 106
5' 6"	= 110
5' 7"	= 115
5' 8"	= 119
5' 9"	= 123
5' 10"	= 128
5' 11"	= 132
6'	= 136

### ***Midpoint***

5'	= 100
5' 1"	= 105
5' 2"	= 110
5' 3"	= 115
5' 4"	= 120
5' 5"	= 125
5' 6"	= 130
5' 7"	= 135
5' 8"	= 140
5' 9"	= 145
5' 10"	= 150
5' 11"	= 155
6'	= 160

### ***Large-Boned Frame***

5'	= 115
5' 1"	= 121
5' 2"	= 127
5' 3"	= 132
5' 4"	= 137

5' 5"	= 144
5' 6"	= 150
5' 7"	= 155
5' 8"	= 161
5' 9"	= 167
5' 10"	= 173
5' 11"	= 178
6'	= 184

**If you're a man:** Take 110 pounds for the first five feet of your height, and add six pounds for each extra inch to get the midpoint of what should be your ideal body weight range. Allow for being small or large boned, as explained above.

### How Often Should You Weigh Yourself?

Not too many people like to weigh themselves. Doctors know this. After patients step on the scales, they think it is giving them the weight of a completely different person, like Hulk Hogan. Since we won't let them weigh naked, they tell us to subtract two pounds for their shoes, one pound for jewelry and three pounds if it is after the Big Mac and fries they had for lunch. Some people strip off this stuff faster than a Lexus left on a city side street at midnight and step on the scale again. But doctors' scales do not lie. Patients have to accept the truth. Their bodies, without consulting them, have been converting doughnuts, pizza and ice cream into fat.

### MEN

#### *Small-Boned Frame*

5'	= 94
5' 1"	= 99
5' 2"	= 104
5' 3"	= 109
5' 4"	= 114
5' 5"	= 119
5' 6"	= 124
5' 7"	= 129
5' 8"	= 134
5' 9"	= 139
5' 10"	= 145
5' 11"	= 150
6'	= 155
6' 1"	= 160
6' 2"	= 165

6' 3" = 170

6' 4" = 175

6' 5" = 180

6' 6" = 185

***Midpoint***

**5' = 110**

**5' 1" = 116**

**5' 2" = 122**

**5' 3" = 128**

**5' 4" = 134**

**5' 5" = 140**

**5' 6" = 146**

**5' 7" = 152**

**5' 8" = 158**

**5' 9" = 164**

**5' 10" = 170**

**5' 11" = 176**

**6' = 182**

**6' 1" = 188**

**6' 2" = 194**

**6' 3" = 200**

**6' 4" = 206**

**6' 5" = 212**

**6' 6" = 218**

***Large-Boned Frame***

5' = 127

5' 1" = 133

5' 2" = 140

5' 3" = 147

5' 4" = 154

5' 5" = 161

5' 6" = 168

5' 7" = 175

5' 8" = 182

5' 9" = 189

5' 10"	= 196
5' 11"	= 202
6'	= 209
6' 1"	= 216
6' 2"	= 223
6' 3"	= 230
6' 4"	= 237
6' 5"	= 244
6' 6"	= 251

## SCIENCE SAYS: Use Your Brain to Get Buff

**M**edical studies have shown that visualizing yourself in the shape you want to be in can help you attain a trim, toned physique. The brain thinks very much in pictures. If you can call up a picture in your mind, you have a powerful way of making it happen. So it's important to get the image of your perfect body in your mind so you can create it.

Start imagining what your life will be like as a thin, healthy person. You'll be able to play, be active, really live, and enjoy living for your family. You'll be able to shop at normal stores, not own plus-sized clothes, and forget worrying about fitting into airplane seats. You'll no longer be a target of jokes or have people judge you. And you won't have to fear a future of diabetes, heart attack, stroke or other weight-related health issues. All of these images give your mind realistic goals to work toward.

Let's talk about scales for a moment. Your bathroom scale can be a top tool for losing weight. I know, some people say throw it out. But those people are naturally thin or possibly teach aerobics classes. They don't need a scale.

If you skirt the scale, your weight might start going up, and you won't know it. Then, when the nurse forces you at pen point to ascend the scale at your next doctor's appointment and 302 pops up, you might go into shock.

Tracking your weight is one of the most important things you can do to prevent that from happening. It's also a habit that has helped people in the National Weight Control Registry—a group of several thousand "successful losers"—hold their weight steady. Registry participants have lost at least 30 pounds and kept it off for at least a year.

Yes, other things can tell you a lot about your weight: the way your clothes fit, how winded you feel going up a flight of stairs or how you look in the mirror. But weigh yourself too, every several days, or at least once a week, and definitely after each 17 day Cycle.

Just resist weighing yourself dozens of times a day in hopes of a better outcome.

So take that candy jar off your desk. It may make you less popular with your co-workers, but you're on your way to a lighter life. And that's exciting.

## LEAN 17: Facts about Fat

1. The average adult has 40 billion fat cells.

2. Fat is also one of the most abundant types of tissue in the body.
3. Fat tissue is a dynamic, complex and necessary component of life.
4. Girls are born with more fat cells than boys.
5. By the time you're a teenager, you will likely have all the fat cells you are ever going to have.
6. Fat grows when existing cells enlarge and when new cells get created.
7. The number of fat cells can go up, but not down.
8. When you lose weight, existing fat cells shrink.
9. Fat cells die, but your body quickly replenishes them with the same number.
10. Fat cells are bigger in obese people.
11. Fat cells come in two types: white and brown. White is the kind that makes your jeans too tight. Brown fat is found in babies and has the ability to burn energy.
12. Fat cells, like cancer cells, and other cells in the body, feed themselves oxygen with new blood vessels in a process known as angiogenesis. Fat can't expand without expanding its blood vessels, just like a city can't expand without expanding its roads. Researchers are studying whether certain cancer drugs can starve fat cells to stop fat expansion the same way they starve tumors.
13. When you exercise, cells produce an enzyme that tells fatty tissue to release its stores for muscles to burn.
14. The liver stores glucose from food as glycogen and releases it into the bloodstream when energy is needed. Once glucose runs out, the body starts to burn fat.
15. Fat cells secrete estrogen, which is linked to certain types of cancer, chiefly breast cancer in postmenopausal women.
16. Body fat accumulates from head to toe and comes off the same way.
17. Body fat is like a ski suit: it provides insulation against the cold. A downside of getting thin is that you might shiver more often.

### **Review:**

- On the 17 Day Diet, you eat healthy foods: lean proteins, vegetables, low-sugar fruits, natural carbs, probiotics and friendly fats. These foods work together to improve your digestion and metabolism.
- The 17 Day Diet supplies the nutrients you need for good health.
- The 17 Day Diet limits carbs somewhat, because many people are carbohydrate sensitive, a condition that interferes with weight loss.
- Drinking water is vital for weight loss; so is drinking green tea.

## Cycle 1: Accelerate

**Dropping up to 10 or 12 pounds** over the next 17 days is possible, and you can see impressive results quickly if you follow to the letter Cycle 1: Accelerate.

The trouble with most diets (besides the boring food lists and the inevitable hunger pangs) is that it's tricky to find one that helps you shed pounds quickly without compromising the nutritional quality of your meals—and ultimately your health and vitality. This Cycle gets you on the road to lean quickly, plus keeps you full, energetic and motivated.

On this Cycle you can eat unlimited protein—including meat, poultry, eggs and fish, as well as many vegetables. But you limit your carbohydrate intake by initially cutting out white bread, potatoes, pasta, rice, chocolate, biscuits and sugary desserts and sweets. Fruit and fats are not banned, and that's good because both will add sweetness and flavor to your diet.

Cycle 1 is called Accelerate because its purpose is to trigger rapid weight loss in a healthy manner by mobilizing fat stores and flushing water and toxins from your system. The following are the things the Accelerate Cycle will be doing for you:

- Reducing carbohydrate intake slightly so that your body taps into its storage fat.
- Increasing protein intake so that your body goes into a fat-burning mode.
- Correcting improper digestion—a situation that can hold you back from fat-burning.
- Providing rapid weight loss at the start, so that you have the incentive to keep going.
- Getting out sugar, sweets, refined carbohydrates and other substances that cause those dreaded spikes and dips in blood sugar. Once you've broken the Cycle, your body will simply not crave them anymore. In this Cycle, you're removing foods that don't work well for your body.
- Clearing your body of possible toxins. Pollutants in the body interfere with both the thyroid gland, which helps regulate the body's metabolism, and individual cells' energy factories (mitochondria), which convert fuel into energy.

If you reach your goal the first 17 days, you can go right on to Cycle 4, maintenance. If you still have more weight to lose move on to Cycle 2: Activate—and enjoy even more foods for another 17 days. And then it's on to Cycle 3 for the next 17 days, a more liberal version of the first two Cycles. And if you're waiting for the day when I declare that cupcakes are part of your diet, that day arrives with Cycle 4, designed to keep your weight off with the reintroduction of your favorite foods back into your life.

### SCIENCE SAYS: Toxins and Metabolic Rate

I wouldn't be surprised if our livers went around saying: "I don't get no respect!" Day in and day out, we're exposed to toxins through drinking water, some foods and other sources. The liver, the primary organ of metabolism, has to work overtime to detoxify these things out of the body. Also, these particular toxins

are stored in your fat cells—so as you start to shed pounds, they're released into your bloodstream.

A team of Quebec researchers found that when toxins are released while overweight people are dieting, their metabolic rate—the speed at which calories are burned—slows down considerably, even more than the slowdown often caused by dieting. Fortunately, many of the foods, particularly fruits and vegetables, on the 17 Day Diet are heroes at cleansing the body of toxins.

Source: *American Journal of Physiology—Regulatory, Integrative and Comparative Physiology*, 2001.

The Accelerate Cycle is the handiest diet tool you've got for getting—and keeping—your weight down. Look, if your diet goes AWOL for whatever reason—and you gain some weight back, you can always return to the Accelerate Cycle to get back on track. Do this and you'll keep getting closer to your ideal weight. It's a short-term strategy that will guarantee long-term results.

## My Hunger/Fullness Meter

Your parents probably drilled into you that you were not allowed to leave the table unless you finished everything on your plate. That was good advice when portions were smaller, and everyone hated to waste food.

These days, most of us don't know when we're hungry and when we're full. We lose this ability by the time we reach kindergarten. And it's making us fat.

I have a solution: Dr. Mike's Hunger/Fullness Meter. The Fullness Meter is kind of like the "pain scale" doctors ask you about when you are in the hospital. Basically, you rate your hunger and fullness on a scale. This is not a new idea; there are lots of hunger scales out there. But the problem with most is that they want you to rate your hunger on a scale of 0 to 10. That's too complicated. What is the difference between a 0 or a 1, or a 9 or a 10, anyway? You'd spend so much time trying to figure out your rating that you won't have time to eat.

I say it's simpler to use a hunger rating from 1-2; and a fullness rating from 3-4. Here's how mine works.

### Hunger Meter

#### 1. I'm little hungry; my stomach feels as hollow as the promises of a politician.

Eat now to prevent yourself from progressing to 2. Other leading indicators of mild hunger are slight stomach growling, mild headache, shakiness and loss of concentration. If you aren't sure whether you're actually hungry, you're probably not. You may be confusing true hunger with boredom, fatigue or thirst.

#### 2. I'm so hungry I could eat the lining of an empty Spam can. My stomach is growling so loud it scared off a junkyard dog. I've got to get something to eat, and fast.

Don't let yourself get here. You'll be eating a package of Twinkies and guzzling Coke like crazy.

### Fullness Meter

#### 3. I'm starting to feel full. I will stop now so that I can save on my grocery bill.

You have entered that pleasant zone where you are no longer hungry but not quite full either. Feel honorable about leaving a little room in your stomach. Try to keep yourself here at meals, never starving, never stuffed.

#### 4. I'm so stuffed I'll have to waddle over to the couch to collapse.

You have eaten too much, even if it's all on your diet. Avoid this extreme; practice more restraint. Don't feel obligated to clean your plate, either. Stop eating as soon as your stomach feels full. Those extra bites of food that you're trying not to waste add unneeded calories.

As you go through your day and manage your mealtimes, ask yourself how hungry or full you are, based on my Hunger/Fullness Meter. Your goal is to listen to your body and let go of external cues, such as the clock, to tell you when, and how much, to eat.

## General Guidelines for the Accelerate Cycle

1. Follow the Accelerate Cycle for 17 days. If you reach your weight loss goal, move on to Cycle 4: Arrive. If you have more weight to lose, go on to the next Cycle: Activate.
2. Your diet will consist of lean proteins, vegetables, low-sugar fruits, pro-biotic foods like yogurt, and good fats. Starchy foods such as potatoes, legumes, brown rice, corn and oatmeal are not permitted on this Cycle.
3. Remove skin from chicken or turkey prior to cooking or purchase skinless poultry.
4. About eggs: You may eat up to two eggs a day. But stick to no more than four yolks per week if your physician has diagnosed you with high cholesterol. Egg whites can be eaten without restriction.
5. Enjoy fresh vegetables and fruits as much as possible. For convenience, frozen and canned items are fine, if chosen in moderation. They must be unsweetened, however.
6. Do not eat any fruit after 2:00 p.m. Fruit is a carb. The timing of carbohydrate intake is very important. I've found that carbs eaten early in the day supply the body with only enough fuel (in the form of glycogen stored in muscles) to energize the body the rest of the day. You'll find that this approach also improves your waistline. If you eat carbs in the evening, it's harder for the body to burn them off because you expend less energy in the evening. Those carbs might be stored as fat.
7. Avoid alcohol and sugar in order to help your body eliminate toxins, improve digestion and burn fat.
8. Adopt the habit of drinking green tea. It contains some caffeine but offers compounds that help burn fat.
9. About probiotic foods: Research indicates that they boost the immune system and promote gut-cleansing bacteria. Probiotic foods are also thought to help the body burn fat. If you don't like yogurt, try the sugar-free fruit-flavored yogurt or cultured milk, such as low-fat acidophilus milk (it tastes just like regular low-fat milk). Also, you can still get the friendly bacteria you need. Most health food stores sell capsules containing probiotics; follow the manufacturer's instructions for dosage.
10. Eat slowly and only until full; do not overload your stomach.
11. Drink eight 8-ounce glasses of pure water a day.
12. Exercise at least 17 minutes a day.

## Take It Off: The Accelerate Cycle Food List

### Lean Proteins

Here's where you'll be getting a lot of your fat-burning power. Eat all you want of the following proteins. They're freebies. The 17 Day Diet is purposely high in protein because it stimulates the reduction of body fat.

#### Fish\*

Salmon, canned or fresh

Sole

Flounder

Catfish

Tilapia

Canned light tuna (in water)

\*Opt for wild-caught rather than farm-raised fish, which may have received doses of antibiotics. Avoid the bigger fish such as swordfish, shark, king mackerel and albacore tuna. They are the most likely to carry metals like methyl-mercury, which is considered a toxin.

## **Poultry**

Chicken breasts

Turkey breasts

Ground turkey, lean

Eggs (2 eggs = 1 serving)

Egg whites (4 egg whites = 1 serving)

## **Cleansing Vegetables**

Eat all you want from the following list. They're freebies too. I call these cleansing vegetables because they support detoxification in the intestines, blood and liver, and offer protective antioxidants. A few honorable mentions:

Cauliflower, cabbage, broccoli, and Brussels sprouts supply important phytochemicals (disease-fighting substances in plants), which help the liver detoxify chemicals, drugs and pollutants.

Asparagus, spinach and okra are all notable sources of glutathione, a vital compound that aids in the removal of fat-soluble toxins. (So is cooked chicken.)

Spinach, broccoli, tomatoes, and Brussels sprouts contribute alpha-lipoic acid, a powerful antioxidant that destroys harmful free radicals, which are byproducts of detoxification.

Onions accelerate the break down of fats in your food. As a result, your body is more apt to excrete them than to store them in fat cells.

Greens have diuretic properties (which help you lose water weight), and their ability to stabilize blood sugar prevents binge eating.

Artichokes have a range of health-promoting benefits. This veggie scores high on the antioxidant scale, thanks to the presence of cynarin and silymarin. These two phytochemicals are thought to lower cholesterol, protect liver cells from toxins, enhance circulation, alpha-lipoic acid and aid digestion. Both antioxidants are found in the leaves and the heart of the vegetable.

Artichoke

Artichoke hearts

Asparagus

Bell peppers, green, orange, red,  
yellow

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

## **LEAN 17: Maximize the Health Power of Fruits and Veggies**

1. Look for fresh produce that is crisp and not wilted. Fresh = nutritious.
2. When buying fresh fruits, look for bruises on the fruit. Bruising initiates a chemical reaction that saps the nutrient content.
3. When purchasing salad-in-a-bag, look for a colorful medley of greens in the package. The more color,

the more antioxidants and phytochemicals in the vegetables.

4. Always select the brightest, most colorful fruits and vegetables on the shelves. The brighter the color, the more vitamins and nutrients in the produce.
5. Go for darker shades of green when buying lettuce. Dark-leafed lettuce, like Romaine, is richer in certain B vitamins than are lighter varieties of lettuce such as iceberg.
6. Buy certain vegetables such as onions and sweet peppers in all their various colors for a greater array of nutrients.
7. Purchase fresh fruits and vegetables in season when their flavor and nutrition are at peak levels.
8. Buy locally grown fruit and vegetables when you can. They tend to be more nutrient-rich because they come picked right from the field. (A lot of nutrient loss occurs when produce is in transit for delivery to supermarkets.)
9. Berries are highly perishable. At the grocery store, look at the bottom of the container. Staining is a sign that the fruit has been bruised or is overripe. Nutrient loss has already set in, and the fruit will spoil rapidly.
10. Look for the brightest strawberries possible. A bright color signals exceptional nutrient quality. If berries show too much whiteness at their base, they're less nutritious.
11. Sniff berries to test for freshness. A pleasant aroma indicates good flavor, ripeness and nutritional goodness.
12. Buy a variety of fruits and vegetables on the food lists. The greater the variety of foods you eat, the healthier your nutrition.
13. Eat fruits and vegetables raw whenever possible. Generally, raw produce is healthier. Exception to the raw rule: Cooked carrots and tomatoes yield more antioxidants.
14. Cook vegetables the shortest time possible to preserve nutrients.
15. Steaming vegetables is a great way to keep nutrients from escaping.
16. Avoid thawing frozen fruits and vegetables prior to cooking. As foods thaw, microorganisms possibly present in food may begin to multiply, spoiling the food.
17. In most cases, avoid peeling. Nutrients and fiber are lost when produce is peeled.

Celery

Cucumbers

Eggplant

Garlic

Green beans

Green, leafy vegetables (including beet greens, turnip greens, collard greens)

Kale

Leeks

Lettuce, all varieties

Mushrooms

Okra

Onions

Parsley  
Scallions  
Spinach  
Tomatoes  
Watercress

### **Low-Sugar Fruit—2 servings daily**

Low-sugar fruits are good sources of fiber that provide bulk and digest slowly, helping you feel full. They're also full of water, high in fiber and super low in calories which makes them ideal for weight loss.

Apples  
Berries, all types  
Grapefruit  
Oranges  
Peaches  
Pears  
Plums  
Prickly pear cactus  
Prunes Red grapes

### **Probiotic Foods—2 servings daily**

Probiotics help balance your digestive system, resulting in an overall increase in the efficiency of digestion. Research shows that probiotics may also help fight obesity. If you've been under stress, taken antibiotics or eaten a lot of foods packaged with preservatives, these things can kill of the beneficial bugs in your system—so eating more probiotic foods is a good idea.

## ***MISTER M.D., CAN YOU PLEASE TELL ME***

### ***What if I take a medicine that interacts with grapefruit?***

Grapefruit and grapefruit juice (which you do not drink on the 17 Day Diet) interacts with a few specific prescription drugs, and one is statins, taken to lower cholesterol. Grapefruit and grapefruit juice may prevent the liver from sufficiently breaking down the drug, resulting in a higher dose entering the bloodstream. Most doctors know this.

This interaction was discovered back in the 1990s with research studies. A handful of these studies talked about the "usual dose" of grapefruit juice. But the usual dose was sometimes a whole quart a day! No one drinks that much grapefruit juice, even if grapefruit juice is your favorite food.

Personally, I like grapefruit. I eat it for its taste, vitamin C and fiber. Plus, I like folding the grapefruit in half and squeezing the juice into a spoon.

What I tell my patients who take statins is that they may enjoy ½ grapefruit or 1 cup of grapefruit juice (no juice on the Accelerate Cycle of the 17 Day Diet, though) in the morning.

Secondly, I instruct them to always take their statins in the evening. These measures help minimize any grapefruit-drug interaction. And they still get to squeeze their grapefruit.

Before doing these things, you should make sure to consult with your own physician.

There's no RDA for probiotics. To maintain health, a probiotic count of 5 to 10 billion is adequate. That may sound like a lot, but consider this: a 6 oz. serving of yogurt contains around 17 billion probiotics.

Yogurt, any type, including Greek-style, sugar-free fruit flavored; plain; and low-fat (6 oz. container = 1 serving)

Kefir : similar to a drinking-style yogurt; great for making smoothies (1 cup = 1 serving)

Low-fat acidophilus milk (1 cup = 1 serving)

Yakult (small 50-calorie bottle)

Breakstone LiveActive cottage cheese (½ cup = 1 serving)

Reduced salt miso dissolved in low-fat, low-sodium broth (1 tablespoon = 1 serving)

Tempeh (a fermented cake of pressed soybeans) (4 oz. = 1 serving)

Sauerkraut (½ cup = 1 serving)

Kimchi (Korean cabbage) (½ cup = 1 serving) Find it in Asian supermarkets or natural food stores, and enjoy a small amount as a side dish with meals.

### **Friendly Fats: 1 to 2 tablespoons daily**

I don't purposely tell my patients to eat fats, unless it's the healthy kind such as fish oil, olive oil or flaxseed oil. These healthful fats can help reduce the risk of heart disease, stroke, certain cancers and diabetes, as well as promote joint health, prevent muscle loss and encourage fat loss and muscle toning.

Olive oil

Flaxseed oil

### **Condiments**

Condiments and seasonings are allowed in moderation: salsa, low-carb marinara sauce, lite soy sauce, low-carb ketchup, fat-free sour cream, low-fat, low-sodium broth, Truvia (a non-caloric sweetener made from natural ingredients), sugar-free jams and jellies, vegetable cooking spray, fat-free cheeses (i.e. Parmesan), fat-free salad dressing, salt, pepper, vinegar, mustard, herbs and spices.

## **Meal Planning Made Easy**

It's easy to remember what to eat during this Cycle:

- As much as you want of specific proteins and cleansing vegetables.
- Supplement these foods with 2 low-sugar fruits daily; 2 servings of probiotic foods such as yogurt, kefir, Yakult (small 50-calorie bottle), acidophilus milk, reduced salt miso dissolved in low-fat, low-sodium broth, sauerkraut (½ cup a serving) and 1 to 2 tablespoons of friendly fat. It's that easy.

You do not have to count anything, except your 2 fruit daily servings, your 2 daily probiotic servings and your fat serving.

Here is a typical day on the Accelerate Cycle:

### **Breakfast**

- 2 eggs or 4 egg whites, prepared without oil; or 1 serving probiotic food such as yogurt

## **MISTER M.D., CAN YOU PLEASE TELL ME**

### ***Can I take a probiotic supplement instead of eating probiotic foods?***

Yes. Probiotics come in supplement form that you can buy at your pharmacy or health food store. Look for a probiotic supplement that contains 10 to 20 billion colony-forming units (CFUs), and read the label to learn how it should be stored.

- 1 fruit serving
- 1 cup green tea

#### **Lunch**

- Liberal amounts of protein in the form of fish, poultry, or eggs plus unlimited amounts of cleansing vegetables; or 1 probiotic serving plus unlimited amounts of cleansing vegetables
- 1 cup green tea

#### **Dinner**

- Liberal amounts of protein in the form of fish or chicken
- Unlimited amounts of cleansing vegetables
- 1 cup green tea

#### **Snacks**

- 2nd fruit serving
- 2nd probiotic serving

#### **Additional**

- 1 serving (1 to 2 tablespoons of friendly fat to use on salads, vegetables or for cooking)

## **17 Sample Menus**

Here are examples of how you can create your daily menu during the Accelerate Cycle. You may follow these exactly or create your own menus based on the above guidelines. Some days include easy-to-make recipes. You'll find these in the Appendix.

### **Wake-up drink**

Every morning, as soon as you rise, drink one 8-ounce cup of hot water. Squeeze half a lemon into the cup; the lemon stimulates your digestive juices. Your goal is to drink at least seven more glasses of water by the end of the day.

The rate at which you burn calories drops if you're dehydrated. And if you're dehydrated, your body doesn't absorb nutrients properly. "Negative waters" such as coffee or tea do not count toward your total daily fluid intake.

Consult your physician regarding the amount of your daily water intake if you have been diagnosed with congestive heart failure. Water requirements vary.

## **Day 1**

### **Breakfast**

- 2 scrambled egg whites
- ½ grapefruit, or other fresh fruit
- 1 cup of green tea

### **Lunch**

- Large green salad topped with tuna; drizzle with 1 tablespoon of olive or flaxseed oil and 2 tablespoons balsamic vinegar
- 1 cup green tea

### **Dinner**

- Plenty of grilled chicken with liberal amounts of any vegetables from the list, steamed or raw
- 1 cup green tea

### **Snacks**

- 6 oz. of sugar-free plain yogurt mixed with 1 to 2 tablespoons sugar-free jam or other probiotic serving
- 1 serving of fruit from the list

## **Day 2**

### **Breakfast**

- 6 oz. plain low-fat yogurt, mixed with 1 cup berries or other fruit (chopped) on the list. You may sweeten the mixture with 1 packet of Truvia or sugar-free fruit jam
- 1 cup green tea

### **Lunch**

- *Super Salad* (large salad with a generous bed of greens and salad vegetables of your choice—tomatoes, onions, cucumbers, celery, etc., drizzled with 1 tablespoon of olive oil or flaxseed oil and 2 tablespoons herbed vinegar or vinegar of your choice)

- 1 cup green tea

### **Dinner**

- Plenty of grilled or baked salmon with liberal amounts of any vegetables from the list, steamed or raw

- 1 cup green tea

### **Snacks**

- 6 oz. sugar-free fruit-flavored yogurt or 1 cup plain low-fat yogurt, sweetened with Truvia or a tablespoon of sugar-free fruit jam

- 1 serving of fruit

## **Day 3**

### **Breakfast**

- 2 hard-boiled or poached eggs
- ½ grapefruit or other fresh fruit in season
- 1 cup green tea

### **Lunch**

- 1 large bowl of *Chicken-Vegetable Soup*
- 1 cup green tea

### **Dinner**

- Plenty of roasted turkey breast or turkey tenderloin, steamed carrots and steamed asparagus
- 1 cup green tea

### **Snacks**

- 6 oz. plain low-fat yogurt, sweetened with Truvia or a tablespoon of sugar-free fruit jam
- *Kefir Smoothie*: Mix one cup of kefir with 1 cup of frozen unsweetened berries, sugar-free fruit jam, and 1

tablespoon flaxseed oil. Blend until smooth

## Day 4

### Breakfast

- *Kefir Smoothie*
  
- 1 cup green tea

### Lunch

- *Marinated Vegetable Salad or Super Salad*
  
- 6 oz. plain low-fat yogurt with a sliced fresh peach, or other fruit in season, for dessert
  
- 1 cup green tea

### Dinner

- *Eggplant Parmesan*
  
- Alternative dinner: Any of the lean proteins with plenty of cooked cleansing vegetables from the list
  
- 1 cup green tea

## Day 5

### Breakfast

- 2 scrambled egg whites
  
- ½ grapefruit or other fresh fruit in season
  
- 1 cup green tea

### Lunch

- Salad of baby spinach leaves, grape tomatoes, and crumbled low-fat feta or blue cheese; drizzle with 1 tablespoon of olive or flaxseed oil and 2 tablespoons balsamic vinegar
  
- 1 cup green tea

### Dinner

- Ground turkey patties, with side salad drizzled with 1 tablespoon of olive or flaxseed oil and 2 tablespoons balsamic vinegar

- 1 cup green tea

### **Snacks**

- 1 cup of fresh berries
- 6 oz. plain low-fat yogurt, sweetened with Truvia or a tablespoon of sugar-free fruit jam

## **Day 6**

### **Breakfast**

- 6 oz. plain low-fat yogurt, mixed with 1 cup berries or other fruit (chopped) on the list. You may sweeten the mixture with 1 packet of Truvia or a tablespoon of sugar-free fruit jam.
- 1 cup green tea

### **Lunch**

- *Lettuce Wraps* or grilled chicken breast with tossed salad drizzled with 1 tablespoon of olive or flaxseed oil and 2 tablespoons balsamic vinegar
- 1 cup green tea

### **Dinner**

- *Sesame Fish*, or any grilled or baked fish
- Steamed cleansing vegetables
- 1 cup green tea

### **Snacks**

- 2nd fruit serving of your choice
- 2nd probiotic serving of your choice

## **Day 7**

### **Breakfast**

- 2 scrambled eggs, 4 scrambled egg whites or 1 scrambled egg plus 2 scrambled egg whites. Top with salsa (optional)
- 1 apple or 1 cup fresh berries

- 1 cup green tea

### **Lunch**

- *Taco Salad*

- 1 cup green tea

### **Dinner**

- A stir-fry of vegetables (broccoli, onions, julienne carrots, red pepper, etc.), and chicken strips with 1 tablespoon of olive oil. Season with a little garlic, ginger, and lite soy sauce.

- 1 cup green tea

### **Snacks**

- 2nd fruit serving plus 1 probiotic serving of your choice

- 2nd probiotic serving of your choice

## **Day 8**

### **Breakfast**

- 6 oz. plain low-fat yogurt, mixed with 1 cup berries or other fruit (chopped) on the list. You may sweeten the mixture with 1 packet of Truvia or a tablespoon of sugar-free fruit jam.

- 1 cup green tea

### **Lunch**

- Salmon salad: 2 cups of salad vegetables (lettuce, tomatoes, onions, cucumbers, etc.), baked or canned salmon, drizzled with 1 tablespoon olive or flaxseed oil, mixed with 2 tablespoons balsamic vinegar and seasonings.

- 1 cup green tea

### **Dinner**

- Turkey burgers (made with lean ground turkey)

- Steamed vegetables (choose from list of cleansing vegetables)

- Side salad drizzled with 1 tablespoon olive or flaxseed oil, mixed with 2 tablespoons balsamic vinegar and

seasonings

- 1 cup green tea

### **Snacks**

- 2nd fruit serving
  
- 2nd probiotic serving

## **Day 9**

### **Breakfast**

- *Greek Egg Scramble*
  
- 1 fresh orange
  
- 1 cup green tea

### **Lunch**

- *Salad Nicoise*
  
- 1 cup green tea

### **Dinner**

- Grilled chicken breast (marinate in fat-free Italian dressing, then broil or grill)
  
- Steamed vegetables (choose from list of cleansing vegetables)
  
- 1 cup green tea

### **Snacks**

- *Kefir Smoothie*
  
- 2nd probiotic serving

## **Day 10**

### **Breakfast**

- ½ cup Breakstone LiveActive cottage cheese
- 1 medium pear, sliced

1 cup green tea

### **Lunch**

*Balsamic Artichoke* (use non-fat salad dressing as a dipping sauce)

1 medium apple

1 cup green tea

### **Dinner**

- *Oven Barbecued Chicken Breast*

- Side salad drizzled with 1 tablespoon olive or flaxseed oil, mixed with 2 tablespoons balsamic vinegar and seasonings

- 1 cup green tea

### **Snacks**

- 2nd probiotic serving

- Raw, cut-up veggies

## **Day 11**

### **Breakfast**

- Yogurt Smoothie: ½ cup acidophilus milk, ½ carton sugar-free fruit-flavored yogurt, and 1 cup berries (mix together in a blender)

- 1 cup green tea

### **Lunch**

- *Super Salad*

- 1 cup green tea

### **Dinner**

- *Turkey Chili*

- Side salad drizzled with 1 tablespoon olive or flaxseed oil, mixed with 2 tablespoons balsamic vinegar and seasonings

- 1 cup green tea

### **Snacks**

- 2 probiotic servings

## Day 12

### Breakfast

- 2 hard-boiled or poached eggs
- ½ grapefruit or other fresh fruit in season
- 1 cup green tea

### Lunch

- Baked or grilled chicken breast
- Tomatoes—sliced or stewed
- 1 medium orange
- 1 cup green tea

### Dinner

- Baked or grilled fish, any kind from the list
- Cleansing vegetables, as many from the list as you wish
- 1 cup green tea

### Snacks

- *Kefir Smoothie*: Mix one cup of kefir with 1 cup of frozen unsweetened berries, sugar-free fruit jam, and 1 tablespoon flaxseed oil. Blend until smooth.
- 2nd probiotic food

## Day 13

### Breakfast

- *Kefir Smoothie*
- 1 cup green tea

### **Lunch**

- Tuna tossed with 1 tablespoon olive oil and a tablespoon of vinegar, served over a generous bed of lettuce
- 1 cup green tea

### **Dinner**

- Plenty of roast turkey or chicken
- Tomato and onion salad, tossed with fat-free salad dressing
- 1 cup green tea

### **Snacks**

- 2nd fruit serving
- 2nd probiotic serving

## **Day 14**

### **Breakfast**

- 2 scrambled eggs, 4 scrambled egg whites, or 1 scrambled egg plus 2 scrambled egg whites. Top with salsa (optional)
- 1 apple or 1 cup fresh berries
- 1 cup green tea

### **Lunch**

- 1 large bowl of *Chicken-Vegetable Soup*
- 1 cup green tea

### **Dinner**

- Plenty of grilled chicken or fish
- Generous portion of mixed steamed vegetables
- 1 cup green tea

### **Snacks**

- 1 medium pear or other fruit in season
- 2nd probiotic serving of your choice

## **Day 15**

### **Breakfast**

- ½ cup Breakstone LiveActive cottage cheese
- 1 medium pear, sliced
- 1 cup green tea

### **Lunch**

- *Eggplant Parmesan*
- 1 cup green tea

### **Dinner**

- Plenty of broiled lean ground turkey
- *Marinated Vegetable Salad*
- 1 cup green tea

### **Snacks**

- 2nd fruit serving of your choice
- 2nd probiotic serving of your choice

## **Day 16**

### **Breakfast**

- *Spanish Omelet*
- ½ grapefruit or 1 medium orange
- 1 cup green tea

### **Lunch**

- *Spicy Yogurt Dip and Veggies*

- 1 cup green tea

### **Dinner**

- Plenty of roasted turkey breast or turkey tenderloin, steamed carrots and steamed asparagus

- 1 cup green tea

### **Snacks**

- 1 piece fresh fruit

- 6 oz. carton yogurt

## **Day 17**

### **Breakfast**

- Smoothie: 1 cup acidophilus milk and 1 cup berries (mix together in a blender)

- 1 cup green tea

### **Lunch**

- *Super Salad*

- 1 cup green tea

### **Dinner**

- Steamed flounder or sole with lemon pepper

- Steamed broccoli

- 1 cup green tea

### **Snacks**

- 1 medium apple or other fruit in season

- 2nd probiotic serving of your choice

## Accelerate Cycle Worksheet

It may help you to plan your meals using the following worksheet. Using the food lists, simply fill in what you will eat each day.

### Breakfast

Protein or probiotic serving: \_\_\_\_\_

Fruit serving: \_\_\_\_\_

### Lunch

Protein or probiotic serving: \_\_\_\_\_

Cleansing vegetables: \_\_\_\_\_

### Dinner

Protein serving: \_\_\_\_\_

Cleansing vegetables: \_\_\_\_\_

### Snacks

2nd fruit serving: \_\_\_\_\_

2nd probiotic serving: \_\_\_\_\_

### Other

Friendly fat serving: \_\_\_\_\_

Your eating habits may be a lot closer to horrible than healthy right now. That means it's time to hand out pink slips to doughnuts, pizzas, super burgers, shakes and fries. Your stomach is about to welcome some healthier inhabitants, and I'm going to help you understand what it's like to feel good, and understand the connection between the choices you make and how you feel. For the first 17 days that you follow this diet, you will experience an entirely new energy, and you will see how quickly it can happen and how much better you can feel.

See you (hopefully less of you) in 17 days!

## Review

- Cycle 1: Accelerate—jump-starts your weight loss.
- This Cycle reduces carb intake slightly and increases protein intake.
- This Cycle clears your body of sugars and toxins to pave the way for weight loss.
- Use my Hunger/Fullness Meter to help you eat just the right amount of food for your body.
- Use this Cycle as a tool to re-ignite weight loss if you ever have a slip and need to get back on track.

## THE 17 MINUTE WORKOUT: Get in Two Quickies

**N**ot those kinds of quickies (although you burn calories that way too). What I had in mind are two mini

aerobic workouts: 17 minutes in the morning, and 17 minutes in the afternoon or early evening. Science already tells us that exercise boosts your metabolism for a few hours afterward, so just think: you'll nearly double the afterburn if you split it up. Aerobic exercise includes fast walking, jogging, running, exercising on cardio machines and anything that gets your heart pumping for 17 minutes.

## **The Fiber Factor**

**E**veryone knows about fiber. It is the indigestible part of plant foods our body cannot use for energy. Fiber, which our grandmothers used to call "roughage," travels through our digestive tract creating bulky, soft stools that pass easily. Without adequate fiber, things get stopped up.

The 17 Day Diet is high in fiber on purpose. A growing body of research shows that high-fiber eating helps peel off pounds and banish them for good. Fiber does this mainly by curtailing your food intake. Specifically, fibrous foods provide bulk and stimulate the release of appetite-suppressing hormones. As a result, you feel full while eating a meal, so you're less tempted to overeat.

High-fiber foods also take longer to chew. You may have to chew some foods 42 times before swallowing them. High-fiber foods may even have negative calories, because by the time you have finished chewing them, you have burned up more calories than the food provides. Chewing also makes your meals last longer. That's nice, since it takes about twenty minutes after starting a meal for your body to send signals that it's full. And, when eaten with other nutrients, fiber slows the rate of digestion too, curbing your appetite between meals.

Inhaling fiber-rich foods will have your body running strangely. So make sure you have a good book and some nice soft toilet paper on hand. All of this is good for weight loss, though. The fiber accelerates the time it takes for food to move through your intestinal tract. This means fewer calories are left to be stored as fat.

Attention, everyone reading this: If you eat too much food with a lot of fiber and don't drink enough water, you will have to buy a laxative. Fiber needs water to move through your system, or it will harden up like a block of cement in your colon.

## Cycle 2: Activate

**If you've been** on other diets, you're all too aware of the standard outcome: You cut back on your food and you lose weight ... at least initially. But then your progress slows to a crawl, before lagging or sometimes stopping altogether. Your body's natural tendency to preserve itself and its fat, at all costs, kicks in. The Activate Cycle corrects this, resetting your metabolism, so that your body stays in a fat-burning mode.

This Cycle is easy to follow too: You alternate your Cycle 1: Accelerate days with Cycle 2: Activate days. In other words, you work this Cycle by spending one day on the Activate diet and the next on the Accelerate diet, switching between the two, one day at a time, as you progress toward your goal weight over the next 17 days. Another way to look at it: On odd days you stick to the Activate Cycle; on even days, the Accelerate Cycle.

The approach of alternating Accelerate days with Activate days is based on the scientifically validated mechanism of "alternate-day fasting" (although there is no fasting on this diet in the true sense of the word). In a nutshell, this means alternating low-calorie days with higher-calorie days in order to lose body fat. Scientists at the University of California have led the way in this cutting-edge research, with both human and rat studies. (How many of these furry creatures have lost weight in order to save humanity from obesity during the past 50 years is a mystery to me.)

Publishing much of their research in recent issues of the *American Journal of Clinical Nutrition*, these scientists have unearthed intriguing findings. Alternate-day fasting can:

- Trigger sustained weight loss (no frustrating plateaus). The weight that is lost is mostly fat.
- Activate the "skinny" gene, which tells cells to burn—rather than hold on to—fat.
- Reduce the risk of heart disease by lowering levels of bad cholesterol and triglycerides, decreasing blood pressure and lowering heart rate.
- Alternating your food intake is a powerful concept in weight management. Here's a look at what this will be doing for you:
  - Stripping away body fat. Your carb intake is still relatively low on this Cycle. When you cut carbs, your muscles give up stored carbohydrates, called muscle glycogen, as energy. In general, when glycogen levels fall, the body increases its ability to burn body fat. Therefore, it makes sense to reduce your carbohydrate intake. When that happens, the body ramps up fat burning.
  - Giving momentum to your metabolism. This potent diet strategy seems to keep the metabolism elevated. It keeps your body guessing, as opposed to letting it get accustomed to one particular way of eating day after day. Just as you need to change things up in workouts for continued progress to avoid plateaus, you mustn't let your body get too comfortable with the foods you eat. It's all about shocking the metabolism to elicit a positive response.
  - Taming your appetite. On the Activate Cycle, you get to eat some starchy carbs. But not just any carbs. You'll eat natural, slow-digesting carbs such as oatmeal, whole grains, brown rice, beans and legumes and sweet potatoes—a whole slew of carbs. Slow carbs take a longer time to reach the blood, which helps you

feel full.

- Preventing carb sensitivity. Carbs are beneficial in that they help set up the body hormonally for muscle-toning if you exercise. They spark the release of insulin, which gets protein and carbs into muscles for growth and repair. The downside is that when you take in too many carbs, they can be readily converted to body fat and stored. On the Activate Cycle, you're limited to no more than two servings of slow, natural carbs a day. This is the amount most people—especially women—are physiologically capable of tolerating in order to sustain fat metabolism.

Another major difference between the two Cycles is that you get to enjoy a greater variety of lean proteins, including shellfish and beef.

### ***MISTER M.D., CAN YOU PLEASE TELL ME***

#### ***Wouldn't it just be easier to prescribe diet pills for weight loss?***

Drug companies are always racing to develop new weight-loss drugs, but they haven't had much luck. The Food and Drug Administration has approved only three drugs in the past 30 years for treating obesity, one of which—Redux—was yanked for safety reasons. I don't know what they did with the leftover pills. Maybe they were recycled into something a dieter could use, like exercise bands.

The drugs that remain—Xenical and Meridia—have been moderately successful. But I'm not an advocate of popping pills for every little thing. Pills don't fully address the problem. By prescribing drugs instead of lifestyle changes, doctors ignore the unhealthy habits that have contributed to obesity. One of these diet pills, the "fat blocker" Xenical, the brand name of a drug called orlistat, must be accompanied by a low-calorie diet to reduce your weight by about 5 percent for most. Diets are vital, pills or no pills.

There's an "ick" factor with this particular drug. Fat isn't absorbed, so it has to go somewhere. And orlistat takers find out in a hurry just where. (Keep an extra pair of panties with you, or wear some diapers.)

Yes, some people's obesity is so out of hand that it might be dangerous, and I might prescribe one of these drugs.

About the only advice doctors can give is stop eating sweets, fat, butter, desserts, super-burgers—basically, we want you to avoid anything the least bit tasty. We would make everyone do this if we could. Then we could stop worrying about the obesity epidemic and get back to other things like curing the common cold and filling out insurance forms.

### **General Guidelines for the Activate Cycle**

1. Stay on the Activate Cycle for 17 days. The Activate Cycle consists of alternating between Activate days and Accelerate days.
2. Remove skin from chicken or turkey prior to cooking or purchase skinless poultry.
3. Trim all visible fat from meat.
4. About eggs: You may eat up to two eggs a day. But stick to no more than four yolks per week if your physician has diagnosed you with high cholesterol. Egg whites can be eaten without restriction.
5. Keep gobbling up those fresh fruits and vegetables before they become science-fair-project-worthy in the crisper. For convenience, frozen and canned items are fine, if chosen in moderation. These products

should be unsweetened, however.

6. Continue to avoid alcohol and sugar in order to help your body eliminate toxins, improve digestion and burn fat.
7. Don't eat more than two servings daily from the natural starches list.
8. Do not eat your fruit or natural starch serving past 2:00 p.m.

### **SCIENCE SAYS: Just a Single High-Fat Meal Does Heart Damage**

**E**ating just one single high-fat meal makes your blood pressure go sky high, according to a study by U.S. and Canadian researchers. They fed 30 healthy people a single meal that was either very low-fat (1% of calories) or very high-fat (46% of calories). The high-fat meal was a McDonald's breakfast; the healthier, low-fat meal was cereal and non-fat yogurt. The people were then exposed to stressful situations, such as public speaking, performing mental math and exposure to cold temperatures. Compared to the people given the low-fat meal, those who ate high-fat meal experienced a greater jump in blood pressure and more stress on their blood vessels. These effects may cause harm to cardiovascular health. So much for the adage, "All things in moderation."

Source: *Journal of Nutrition*, April 2007.

9. Eat slowly and only until full; do not overload your stomach. Use my Hunger/Fullness Meter.
10. Drink eight 8-ounce glasses of pure water a day.
11. Exercise at least 17 minutes a day.

### **Take More Off: The Activate Cycle Food List**

On the Activate Cycle, you'll be adding new foods to those you ate on the Accelerate Cycle. These additional foods are listed below.

#### **Proteins**

Add in the following foods:

##### **Shellfish:**

Clams

Crab

Mussels

Oysters

Scallops

Shrimp

**Lean Cuts of Meat\*** (The leanest cuts are those from the part of the animal that gets the most exercise. Therefore, cuts from the round, chuck, shank and flank are the best.)

Flank steak

Top sirloin steak

Top round

Eye of the round

Beef round tip

Beef top sirloin

Beef top loin

Lean ground beef

Pork tenderloin

Pork sirloin chops

Pork boneless loin roast

Pork top or center loin chops

Lamb shanks

Lamb sirloin roast

Veal cutlet

\*Lean cuts tend to be a little tougher. You can tenderize lean cuts by marinating in fat-free liquids like fruit juice, wine, fat-free salad dressings, or fat-free broth.

### **Natural Starches**

#### **Grains: (1 serving = ½ cup)**

Amaranth

Barley, pearled

Brown rice

Bulgur

#### Coucous

Cream of wheat

Grits

Longer grain rice such as Basmati

Millet

Oat bran

Old-fashioned oatmeal

Quinoa

#### **Legumes: (1 serving = ½ cup)**

Black beans

Black-eyed peas

Butter beans

Garbanzo beans (chickpeas)

Great Northern beans

Kidney beans

Lentils

Lima beans, baby

Navy beans

Peas

Pinto beans

Soy beans

Split peas

**Starchy Vegetables:**

Breadfruit (*1 serving = 1 cup*)

Corn (*1 serving = ½ cup*)

Potato (*1 serving = 1 medium*)

Sweet potato (*1 serving = 1 medium*)

Taro (*1 serving = ½ cup*)

Winter squashes (acorn, spaghetti, butternut, etc.) (*1 serving = 1 cup*)

Yam (*1 serving = 1 medium*)

**Cleansing Vegetables**

(Same foods as Accelerate Cycle)

**Low-Sugar Fruits**

(Same foods as Accelerate Cycle)

**Probiotics**

(Same foods as Accelerate cycle)

**Friendly Fats**

(Same foods as Accelerate cycle)

**Condiments**

Condiments and seasonings are allowed in moderation: salsa, low-carb marinara sauce, lite soy sauce, low-carb ketchup, fat-free sour cream, low-fat, low-sodium broth, Truvia (a non-caloric sweetener made from natural ingredients), sugar-free jams and jellies, vegetable cooking spray, fat-free cheeses (i.e. Parmesan), fat-free salad dressing, salt, pepper, vinegar, mustard, herbs and spices.

## **Meal Planning Made Easy**

On Activate days, you eat:

- Liberal amounts of protein and cleansing vegetables.
- Two daily servings of natural starches (carbohydrates).
- Two low-sugar fruit servings.
- Two servings of probiotic foods.
- One daily serving of friendly fat.

Here's a typical day on the Activate Cycle:

### **Breakfast**

- ½ cup hot whole grain cereal or 2 eggs or 4 egg whites, prepared without oil; 1 *Dr. Mike's Power Cookie*; or one probiotic serving
- 1 fruit serving
- 1 cup green tea

### **Lunch**

- Liberal amounts of protein in the form of fish, shellfish, meat, or chicken or eggs, or vegetables plus 1 probiotic serving
- 1 serving natural starch
- Unlimited amounts of cleansing vegetables
- 1 cup green tea

### **Dinner**

- Liberal amounts of protein in the form of fish, shellfish, meat, or chicken or turkey
- Unlimited amounts of cleansing vegetables
- 1 cup green tea

### **Snacks**

- 2nd fruit serving
- 2nd probiotic serving

### **Additional**

- 1 friendly fat serving (1 to 2 tablespoons of olive oil or flaxseed oil to use on salads, vegetables, or for cooking)

*Remember:* Follow one day of the Activate Cycle with a menu from the Accelerate Cycle, and alternate accordingly for a total of 17 days.

## **17 Sample Menus**

Here are examples of how to create your daily meals during the Activate Cycle. You may follow these exactly

or create your own menus based on the above guidelines. Recipes are in the Appendix.

### **Wake-up drink**

Every morning, as soon as you rise, drink one 8-ounce cup of hot water. Squeeze half a lemon into the cup; the lemon stimulates your digestive juices. Your goal is to drink at least six to seven more glasses of water by the end of the day. The rate at which you burn calories drops if you're dehydrated. And if you're dehydrated, your body doesn't absorb nutrients properly.

### **Day 1**

#### **Breakfast**

- 1 *Dr. Mike's Power Cookie*
- 1 fresh peach, sliced
- 1 cup green tea

#### **Lunch**

- Chicken salad: baked or grilled chicken breast (diced), loose-leaf lettuce, 1 sliced tomato, assorted salad veggies, 2 tablespoons olive oil mixed with 4 tablespoons balsamic vinegar
- ½ cup brown rice
- 6 oz. sugar-free fruit flavored yogurt

#### **Dinner**

- Grilled salmon
- Steamed veggies

#### **Snacks**

- Protein Smoothie: 1 cup acidophilus milk or kefir blended with 1 cup frozen unsweetened berries

### **Day 2**

- Accelerate Cycle menu

### **Day 3**

#### **Breakfast**

- 2 scrambled egg whites
- ½ grapefruit, or other fresh fruit of your choice

- 1 cup green tea

### **Lunch**

- 1 large bowl of *Chicken-Vegetable Soup* or grilled chicken breast and plenty of steamed veggies
- 1 medium baked potato with 1 tablespoon fat-free sour cream (“Medium” means it fits in the cup of your hand.)
- 6 oz. sugar-free fruit-flavored yogurt
- 1 cup green tea

### **Dinner**

- Sirloin steak, grilled
- Tossed salad with 1 tablespoon olive oil and 2 tablespoons balsamic vinegar
- 1 cup green tea

### **Snacks**

- 1 cup fresh raspberries (or other in-season fruit) with 1 cup sugar-free fruit-flavored yogurt
- Mediterranean spread: ½ cup garbanzo beans (pureed and mixed with 1 tablespoon olive oil) and served on cucumber slices

## **Day 4**

- Accelerate Cycle menu

## **Day 5**

### **Breakfast**

- ½ cup oatmeal or grits, cooked
- 4 egg whites, scrambled
- 1 fresh peach, sliced
- 1 cup green tea

### **Lunch**

- Shrimp salad: cooked shrimp, 3 tablespoons chopped onion, generous bed of lettuce leaves, 1 tomato (large) and 1 tablespoon olive oil
- 1 baked sweet potato, medium
- 1 cup green tea

### **Dinner**

- Pork sirloin chops, broiled or grilled
- Steamed veggies
- 1 cup green tea

### **Snacks**

- 1 cup blueberries with 6 oz. sugar-free fruit-flavored yogurt
- 6 oz. sugar-free fruit-flavored yogurt or 1 cup kefir

## **Day 6**

- Accelerate Cycle menu

## **Day 7**

### **Breakfast**

- 2 eggs, scrambled without oil
- 1 baked potato, diced, seasoned and browned in a small frying pan that has been coated with vegetable cooking spray
- 1 orange or other fresh fruit in season
- 1 cup green tea

### **Lunch**

- *Black Bean Chili*
- Large tossed salad with 1 tablespoon olive oil mixed with 2 tablespoons vinegar and seasoning
- 1 cup green tea

## **Dinner**

- Extra lean hamburger patty, broiled
- Sliced fresh tomatoes, drizzled with fat-free salad dressing
- Green beans or other veggie, steamed
- 1 cup green tea

## **Snacks**

- *Kefir smoothie*
- 6 oz. sugar-free fruit-flavored yogurt

## **Day 8**

- Accelerate Cycle menu

## **Day 9**

### **Breakfast**

- ½ cup Breakstone LiveActive cottage cheese
- 1 medium pear, sliced
- 1 cup green tea

### **Lunch**

- Grilled chicken breast
- ½ cup pinto beans
- ½ cup cooked corn
- 1 cup green tea

### **Dinner**

- Grilled salmon

- Steamed broccoli
- Sliced fresh tomato drizzled with 1 tablespoon of olive or flaxseed oil mixed with vinegar and seasonings
- 1 cup green tea

### **Snacks**

- 1 medium apple
- 6 oz. sugar-free fruit-flavored yogurt

## **Day 10**

- Accelerate Cycle menu

## **Day 11**

### **Breakfast**

- Kefir smoothie (blended with 1 cup berries)
- 1 cup green tea

### **Lunch**

- Plenty of broiled hamburger
- 1 medium baked potato
- ½ cup peas

### **Dinner**

- Plenty of roasted turkey breast
- Steamed asparagus
- Large tossed salad with 1 tablespoon olive oil mixed with 2 tablespoons vinegar and seasoning

### **Snacks**

- 1 medium orange
- 6 oz. sugar-free fruit-flavored yogurt

## Day 12

- Accelerate Cycle menu

## Day 13

### Breakfast

- 1 *Dr. Mike's Power Cookie*
- 1 medium peach, sliced
- 1 cup green tea

### Lunch

- *Low-Carb Primavera Delight*
- 1 cup green tea

### Dinner

- Plenty of London broil
- Large tossed salad with 1 tablespoon olive oil mixed with 2 tablespoons vinegar and seasoning
- 1 cup green tea

### Snacks

- Yogurt Shake (blended with fruit)
- 2nd probiotic serving of your choice

## Day 14

- Accelerate Cycle menu

## Day 15

### Breakfast

- 1 cup *Lean Granola* mixed with 6 oz. sugar-free fruit-flavored yogurt (*Note: 1 cup of Lean Granola gives you your 2 servings of natural starch for the day*)
- 1 cup green tea

### **Lunch**

- Fruit salad: ½ cup LiveActive Breakstone cottage cheese with diced fruit (½ cup diced strawberries and ½ cup diced peach) served on a generous bed of lettuce
- 1 cup green tea

### **Dinner**

- Grilled pork chops
- Steamed or boiled cabbage
- Large tossed salad with 1 tablespoon olive oil mixed with 2 tablespoons vinegar and seasoning
- 1 cup green tea

### **Snacks**

- 1 medium apple or pear
- 2nd probiotic serving of your choice

## **Day 16**

- Accelerate Cycle menu

## **Day 17**

### **Breakfast**

- 2 cooked eggs (scrambled, poached, etc., without oil)
- 1 cup fresh berries
- 1 cup green tea

### **Lunch**

- Grilled chicken breast
- 1 medium sweet potato or ½ cup mashed butternut squash
- ½ cup cooked corn

- 1 cup green tea

(Note: The servings of sweet potato and/or squash plus corn gives you your 2 servings of natural starch for the day)

### Dinner

- Grilled or boiled shrimp
- Steamed green beans
- Large tossed salad with 1 tablespoon olive oil mixed with 2 tablespoons vinegar and seasoning
- 1 cup green tea

### Snacks

- 1 medium orange or nectarine
- 2nd probiotic serving of your choice

## LEAN 17: Lost in Spice—17 Ways to Make Veggies and Other Foods Taste Great

**W**hen you're on a diet, you've got to get creative. Here are some suggestions to get the most flavor from your food, without using added fat or sugar.

1. Basil. Basil adds loads of flavor to tomato-based dishes. It's also great with poultry.
2. Broth. Use low-sodium, low-fat chicken and beef broth to sauté meats and cook flavorful rice without adding oil.
3. Cayenne pepper. Just a pinch livens up chili, spaghetti squash and salad dressings. Consuming cayenne may help suppress your appetite. When a group of men and women took 900 milligrams of cayenne pepper a half hour before meals, they felt fuller and reduced their calorie and fat intake, according to a study appearing in the June 2005 issue of *International Journal of Obesity*.
4. Chives. Add 1 part chopped chives to 3 parts spinach and boil or steam for 3 minutes.
5. Cinnamon. Sprinkle this sweet spice in oatmeal, hot cereals or coffee. A 2003 study published in *Diabetes Care* reported that as little as one gram of cinnamon reduced blood glucose and cholesterol levels in type 2 diabetics.
6. Dill. Known mostly as a pickle herb, dill is delicious on fish, carrots and salads. For an easy dip, mix it into plain yogurt and serve with cucumber slices.
7. Garlic. Stir it into mashed potatoes or salad dressing.
8. Horseradish. Ditch the gravy and go for horseradish to enliven meat. Or puree it into Breakstone LiveActive cottage cheese, along with some garlic and pepper, for a healthy vegetable dip or potato topping.

9. Italian seasonings (generally a combination of oregano, rosemary, savory, marjoram, basil and thyme). Sprinkle it on chicken, spaghetti squash, vegetables and tomatoes.
10. Lemon. Squeeze fresh juice on salads, vegetables and fish. Grate the rind to create the zest (flavorful outer rind). This gives a tang to poultry, vegetables and salads.
11. Mint. You can't beat fresh mint from your garden, but dried mint is tasty, too. Good in tea, with fruit, and in plain yogurt.
12. Mustard. Dijon mustard adds zip to many dishes, from turkey burgers to roasted potatoes.
13. Rosemary. The fragrant, needle-like leaves of this woody herb are especially good with lamb and seafood, and in any dish with beans, tomatoes, onions, potatoes or cauliflower.
14. Sage. This Mediterranean herb is especially good in tomato-based dishes, beans, tuna, chicken or turkey.
15. Tarragon. This wonderful seasoning makes salads and chicken taste delicious. For your salad dressings, try tarragon vinegar mixed with olive oil or flaxseed oil.
16. Thyme. A member of the mint family, thyme is great on carrots, cauliflower, Brussels sprouts and beef.
17. Vinegar. Try cider vinegar on cooked spinach, herbed or raspberry vinegar on salad greens, rice vinegar on chicken salad and malt vinegar on broiled fish.

## SCIENCE SAYS: The Truth about High-Fructose Corn Syrup

Maybe you've seen the pro-high-fructose corn syrup (HFCS) ads running on television. First, the ads say that HFCS is no worse than sugar. Well, that's like saying cigars are no worse than cigarettes. Second, the ads say HFCS is natural because it's made from corn. C'mon, so is ethanol, and I'm not slurping down that either.

Let me set the record straight. HFCS is a cheap gooey sweetener used in soft drinks, meats, cheeses and dozens of other foods. Recent studies have raised many health concerns about the syrup. HFCS:

- Is linked to obesity. A steadily rising consumption of HFCS parallels closely with a rise in obesity. Also, HFCS very quickly turns into body fat, in some cases never even yielding energy for the body to use. One can of soda a day (the equivalent of 10 teaspoons of sugar) can lead to a 10-pound fat gain in just one year.
- Increases triglycerides, recognized risk factor for heart disease. Also, people with elevated triglycerides overproduce a chemical component called the superoxide free radical. This molecular pickpocket can damage a variety of cell structures, including DNA, and is thought to promote aging.
- Raises blood pressure, another risk for heart disease.
- Causes the body to over-produce insulin. High insulin is one of the earliest signs of type 2 diabetes.
- Is linked to the risk of nonalcoholic fatty liver disease. This is the most prevalent form of progressive liver disease in the United States. In this disease, the liver gets inflamed and scarred. At that point, it can cause cirrhosis or liver cancer and ultimately liver failure.

- Was shown in a small study to make pancreatic cancer cells proliferate. Scientists put these cancer cells in lab dishes and fed them glucose and fructose (fructose is a sugar in HFCS). The cells gobbled up the fructose and left the glucose alone.

Should you be consuming less HFCS? Yes! Limit your intake of all added sweeteners, including HFCS fructose, sucrose (table sugar), glucose and corn syrup. In fact, as a doctor, I'd also suggest you skip soft drinks and fruit juices altogether.

Sources: *World Journal of Gastroenterology 2010; and Cancer Research, 2010.*

## Activate Cycle Worksheet

It may help you to plan your meals using the following worksheet. Using the food lists, simply fill in what you will eat each day.

### Activate Day

#### Breakfast

Protein or probiotic serving: \_\_\_\_\_

Natural starch serving: \_\_\_\_\_

Fruit serving: \_\_\_\_\_

#### Lunch

Protein or probiotic serving: \_\_\_\_\_

Natural starch serving: \_\_\_\_\_

Cleansing vegetables: \_\_\_\_\_

#### Dinner

Protein serving: \_\_\_\_\_

Cleansing vegetables: \_\_\_\_\_

#### Snacks

2nd fruit serving: \_\_\_\_\_

2nd probiotic serving: \_\_\_\_\_

#### Other

Friendly fat serving: \_\_\_\_\_

### Accelerate Days

#### Breakfast

Protein or probiotic serving: \_\_\_\_\_

Fruit serving: \_\_\_\_\_

#### Lunch

Protein or probiotic serving: \_\_\_\_\_

Cleansing vegetables: \_\_\_\_\_

**Dinner**

Protein serving: \_\_\_\_\_

Cleansing vegetables: \_\_\_\_\_

**Snacks**

2nd fruit serving: \_\_\_\_\_

2nd probiotic serving: \_\_\_\_\_

**Other**

Friendly fat serving: \_\_\_\_\_

**Review:**

- Cycle 2: Activate—is based on “alternate day fasting,” in which you alternate lower-calorie days with slightly higher-calorie days. Here you alternate Activate days with Accelerate days.
- Alternating your diet days charges up your metabolism and helps prevent dreaded weight-loss plateaus.
- Additional foods such as natural carbs are re-introduced to your diet on this Cycle.

By the time you finish the Activate Cycle, provided you’ve done it without cheating, you’ll have enough of a weight loss that your clothes are starting to get too baggy and loose for you. Don’t lose focus now, because you’re doing great.