

Weight Control—Not Cyclical Girth Control

Introduction

What's wrong with my body?

Calories Do Count

Take an Inventory

Road Map to Weight Control

Introduction

Approximately two out of every three adults in America are overweight. As the baby boomers enter their fifty's and sixties, they need to consider the adverse effects of obesity on their cardiovascular system. Recently, my hometown Houston was crowned for the second time, "With the Exemplary title the fattest city in America." Houston! We got a problem!

Some time ago, Jack, a young, oversized, tall Texan, came to my office for a checkup. As I was taking his medical history, he exclaimed, "Doc, you have been sizing me over like I am pregnant with octuplets! I know what you are going to ask me next."

"And that is?" I queried.

"If I have been on a diet program before? Or, maybe, if I have considered stomach stapling?" he replied, with a penetrating look into my eyes.

"Have you?" I smiled

"Let me tell you Doc! I have been on twenty diet programs in the past 20 years. I must have lost 1000 pounds and gained back 1000

pounds. The last thing I want to hear from you is that I need another diet program.”

“What did you do between being of those diet programs, may I ask?”

“I ate the usual—steak, cheeseburgers, fries, ice cream, and chips. Anything else you would like to know?” he chuckled.

“Jack, the trouble with you is that you are not consistent. You gain weight, loose weight, and then again, gain weight and loose weight. We in the medical profession call that as the rhythm method of girth control!”

“Is it supposed to be funny? He looked puzzled.

“Yes. You do not need another short-term diet plan, that I can agree with you one hundred percent.”

“What do you mean?”

“What you do need is a well-balanced, heart-healthy *lifestyle, lifestyle, lifestyle*, designed by me,” I proudly replied.

“What is it called?”

“Nikam’s Diet!” I answered energetically.

“There you go—as I suspected, another diet plan!” he sighed.

“Well, the title does say *Diet*. However, it is much more than just a diet plan. Loosing weight is only one aspect of my heart-healthy lifestyle. In my plan, I explain how loosing weight, minimizing stress, and reducing cardiac risk factors are all equally important for accomplishing a well-balanced heart-healthy lifestyle.”

“Doc, I just came here for some blood pressure pills.”

“What about your cholesterol level?”

“It is high, that is all I know.”

“And, your blood sugar level?”

“Borderline.”

“Any chest pain?”

“Yes, and no.”

“Shortness of breath?”

“Only when I walk to the refrigerator during a football game,” he chuckled.

“Arthritis?”

“*Pokito!*”

“What does it mean?”

“That means *little* in Spanish!”

“I was beginning to wonder if it was a new joint name that I was not aware of.”

“Rub it in, Doc, rub it in!” he growled as he rubbed his fist backwards and forwards on the table.

“What is your height?” I continued.

“Five feet, seven inches.”

“Weight?”

“200 pounds.”

“Belt size?”

“Now, you are getting on my nerves,” he replied gallingly.

“What if I fixed all your problems with one thing?” I challenged.

“What’s the name of the pill, Doc? How do you spell it?” He excitedly asked.

“*L-o-o-s-e W-e-i-g-h-t!*” I dramatized.

“I am out of here!” He stood up.

“Go ahead. I will skip your charge for this visit.”

“Doc, have you ever been on any diet program yourself before?” He said, and looked at the door.

“No, I hate diet programs, I hate protein liquids, and I hate diet-pills.”

“Then how can you recommend your own diet plan?”

“This is a *lifestyle*—a long-term, life-transforming journey.”

“What does that mean in English?”

“It means, that when you are trying to loose weight you not only pay attention to the annoying talking scale which cheerfully greets you with, “Good morning, your weight is 235 lbs.”, but you also reduce risks associated with being overweight, such as high cholesterol and elevated blood sugar levels. You must replace your unhealthy eating patterns with healthy habits, by following the principles outlined in my book.”

“Can I have a cheeseburger with bacon and fries?”

“Not quite!”

“So, you mean to tell me that you are convinced that all my symptoms are related to my extra weight?” He asked.

“That is right,” I affirmed.

“Well, no doctor has ever explained to me before that overweight could lead to so many problems!” He said, returning to his seat. “What contributes to excess weight: bones, fat, or muscles?”

“Most extra weight results from the accumulation of excess fat around the belt and buns.”

“Aren’t you getting a little personal here?” he said, “Why is it only fat? Why not muscle?”

“Good question,” I said. “Any excess food energy that is not immediately used is converted into fat. The body can store a very limited amount of carbohydrates (400-500g as glycogen), very little protein, and yet an unlimited quantity of fat—in all the wrong places!”

“So, how do I prevent fat build-up?”

“First, you should cut down your calories.”

“What is the minimum calorie count you recommend per day?”

“I recommend no less than 1200 calories per day.”

“How did you decide that we need a minimum of 1200 calories?”

“Research has shown that people who eat less than 1200 calories per day go into a catabolic state where their bodies break down muscle protein to sustain life. That is why people who are on a starvation diet or a very low calorie diet look weak and emaciated. And, of course, that is not good for their health.”

“You said 1200 calories, but of what—carbs, proteins, or fat?” He asked.

“Well, what have you tried before?”

“I have tried diets recommending everything from low carbs to high proteins. I have even tried high-fat diets. You name it: I did it!”

“Did any of those diets work?”

“For a little while.”

“Then what happened?”

“You know, you really can’t live on just “low carbs,” liquid proteins, or bacon and sausage for very long. Definitely not for a lifetime!”

“You just made my point,” I smiled.

“What do you mean?”

“You correctly pointed out the inherent problem with most diet programs. They are an artificial lifestyle change that can only last as long as your overzealous obsession with their program persists. Once the honeymoon period is over, you are back to your old habits, right?” I probed. “You see, there is no one diet plan that covers all aspects of life.”

“Then, what is the secret of your weight control program?”

“I follow two vital principles based on sound scientific evidence. First, in order to see any weight reduction, you must reduce your calorie intake. Eating double, jumbo, or extra servings of any food, no matter how healthy, is not going to reduce your weight.”

“What will calorie reduction do for me?”

“It will prevent your body from further accumulation of fat.”

“But I want to get rid of the excess fat I already have.”

“That brings us to the second vital principle of my weight control philosophy.”

“What is that?”

“Exercise, exercise, exercise, and exercise!”

“What happens when I exercise?”

“When you exercise you burn excess fat.”

“Will any form of exercise work?”

“Short burst of exercise will generally burn only carbohydrate reserves of glycogen, not fat.”

“So how can I burn fat?”

“You have to engage yourself in exercises of moderate intensity for a long duration. These will burn primarily fat for their constant energy needs.”

“That is interesting.”

“What is more interesting is that when you exercise your body stimulates the release of a fat breaking enzyme called lipoprotein lipase. This circulates in the body for several hours after the termination of your exercise.”

“What moderate intensity, long duration exercise do you suggest?”

“A one-hour brisk walk will burn 150 calories.”

“That’s it?” Jack disappointedly exclaimed.

“Yep, it is not even the number of calories in a soft drink.”

“That’s unfair,” he said, wiping the sweat off his forehead with his index finger.

“I am sorry my friend. Would you like a Kleenex?”

“No, I’ll just use the *Nikam’s Diet* handout you gave me,” he chuckled.

“But moving on, now we come back to my first point—calorie reduction,”

“That again?”

“You must reduce the intake of unnecessary calories so you won’t have to struggle later on to burn those empty calories.”

“That makes sense. But how do I put it into practice?”

“Before you embark on *Nikam’s Diet*, you need to have a complete medical check up, including blood tests evaluating your electrolytes, liver, and kidney functions. Then ascertain your actual height and weight and take an inventory of your vital statistics. If you are over forty an exercise test would be advisable.”

“Then what?”

“While you are taking the inventory, make sure to take two pictures of yourself, one from the front view and one from the side.”

“Why? I’m not a prisoner.” He inquired.

“Well, in a way you are a prisoner. You are a prisoner of your own weight. While taking the picture, make sure you hold a card that reads *KHAIDI: 01-01-05*. Post a copy of the picture on the refrigerator and place another copy next to your bed.”

“Khaidi? What does that mean?”

“It means *prisoner* in the Indian language.”

“Are you serious?”

“You bet!”

“What does the number represent? Is that my prison ID?” He joked.

“The number represents the date the picture was taken. It allows you to compare your future progress or regress. When you take another picture a couple of months later, it will inspire you to change your plans or select a new doctor,” I smiled.

“Clever! I may take you up on that idea.”

Unmoved by his response, I continued, “Did you say your weight was 200 lbs?”

“Yeah . . . what about it?”

“Okay, now, let us figure out your BMI,” I said.

“Wait a minute! What is BMI?”

“BMI stands for *Body Mass Index*. It determines how much surplus fat you have.”

“What is a normal BMI?”

“The normal BMI range is between 19 and 24.9.”

“What is my BMI?”

“Your BMI is 31.3.”

“Uh-oh! Is that dangerously high?”

“It is well above the normal limit. Our aim is to get your BMI close to 25, which is the upper limit of normal.”

“How do I do that?”

“In order to get your BMI to 25, you will have to reduce your weight from 200 to 160 lbs.”

“Forty pounds of what? What part of me?”

“That is an excellent question. I am talking about getting rid of 40 pounds of your fat, not muscle or brain tissue.”

“How did you conclude that I have brain tissue to spare?”

“No comment,” I said.

“Back to the main point!”

“Okay, okay! Let me explain what 40 pounds of fat mean. Basically, it is an energy store. Each gram of fat has nine calories, and each pound of fat has 400 grams or 3600 calories (400g X 9 = 3600). To get rid of 40 pounds of fat, you just have to burn 144,000 calories! How about that?”

“God have mercy!”

“Well, it looks like a lot of calories until you break it down.”

“I hope so. You lost me there for second.”

“As I was saying, you have to burn 144,000 calories. First, you need to understand how long it will take you to burn those calories. Since walking for one hour burns 150 calories, it will take you only 960 hours of walking to burn those 144,000 calories. Right away you can see there is no way you are going to accomplish this in one day, one weekend, or even one month.”

“So?” he was puzzled.

Observing the lack of interest in his eyes, I said, “You need a realistic goal or a vision. Let us assume that you want to achieve that 40 lb weight loss goal in one year. Since there are 365 days in a year, walking 2.63 hours daily would enable you to loose 40 pounds without ever changing your diet habits.”

“But Doc, I can’t walk 2.63 hours each day. That’s 365 days without a break?”

“Good, now you are thinking!” I said.

“Do you have a plan B?”

“I realize that most people do not have an extra 2.63 hours each day to walk. Of course, I have a plan B and even a plan C.

My plan B calls for a 400-calorie reduction from your present diet if you cannot burn those calories each day using plan A.

“Okay, from what meal do I reduce the calories?” He asked.

“Do you like pecan pie?”

“I love it. But my wife has set a limit of two or three servings per week.”

“If it was up to you?”

“I would eat it for lunch and dinner,” He smiled.

“Do you know how many calories are there in a single piece of pecan pie?”

“Doc! Do you think I worry about calories when I am enjoying my favorite pecan pie?”

“You mean when you are stuffing your fat cells?” I quipped.

“O.K. How many calories?”

“400 calories!”

“You are not going to take away my dessert are you?”

“No, I’m trying to help you understand how to get rid of those forty pounds of excess fat.”

“If you give up your dessert then you are reducing your average daily intake of calories by one hundred and seventy one ($400 \times 3 = 1200$ calories per week or $1200/7 = 170$ calories per day). Now you only have to walk 1.5 hours a day to burn the remaining 230 calories.”

“Still, I don’t have an extra 1.5 hours per day.”

“Can you walk for an hour a day?” I asked.

“Maybe,” Jack sighed.

“In that case you are burning 150 calories per day with this newly discovered heart-healthy lifestyle by walking for an hour each day. Then if you further reduce your calorie intake by 250 to 300 calories each day, you should be able to realize your target weight by the end of one year.”

“What if I want to achieve the same results in six months?”

“Then you will have to double your efforts. That means you have to achieve a 800 calorie negative balance from your present level.”

“Is that possible?”

“Let’s look at it more closely. You burn only 150 calories with your exercise. The remaining calories have to be counted in terms of

reduced intake. That means you have to reduce your calorie intake by almost 600 to 650 calories per day.”

“Doc, I’m not eating that much to begin with right now.”

“You are eating something, aren’t you?”

“I don’t know how much or how many calories, so how am I supposed to I find out what to reduce or how much I eat a day?”

“That’s why I designed a special chart to help you balance your calories.” *

“How is that going to help me?”

“There you write down what you eat for breakfast, lunch, and dinner. Make sure that you include your snacks and drinks, even though you probably don’t count those as food!”

“But that doesn’t help me decide what foods to eliminate! It just tells me what I’m already eating,” he whined.

“Then,” I emphasized, “you look at the heart-healthy calorie chart provided on my website. This chart serves two purposes. First, it let’s you know if the food you are eating is heart-healthy. If it’s not on the chart, then it might not be.”

“What about prime rib, is it heart-healthy?”

“I’m sorry Bud, too much saturated fat.”

“And potato chips?”

“That’s out too.”

“Ice cream?!” he sounded desperate.

“Well! There is no need to scream. But, unfortunately, ice cream is not allowed either— except, maybe an *occasional* serving of low-fat ice cream.”

A faint glimmer of hope gleamed in Jack’s eye. He swallowed hard and quietly asked, “What’s the second purpose of the chart?”

“Secondly, the chart provides you with the approximate number of calories, carbs, proteins, fat, fiber, and cholesterol for each food item listed on it. Write these figures down beside each food item you recorded during the day. At the end of every day figure out the total number of calories, fat, fiber, etc. that you consumed during the course of the day. Make sure to subtract the number of calories that you burned during exercise.”

“Doc, do I have to do this all my life?”

* It is at the end of this chapter.

“Did you learn phonics in school? Are you using phonic principles in your conversation?”

“Yes.”

“Do you think about them every time you utter a word?”

“No, but what are you getting at?”

“Well, just as phonics became second nature to you, so will heart-healthy guidelines. As you track your eating habits for two to three weeks, you will learn your nutritional phonics. The next time you see an unhealthy food, those numbers will be dancing in front of your eyes as you try to grab the wrong food while cruising through the cafeteria line.”

“I didn’t know you were a shrink!”

“I’m trying to help you shrink your fat mass.”

“Are you playing on my mind? Is this some kind of a . . .”

“Psychotherapy, you mean?”

“Yeah! That is the word I was looking for.”

“Okay Jack, now you see a pecan pie—what should immediately come to your mind?”

“Pecan pie, 400 calories, a second on my lips and the rest of the time on my hips. Run, run, run, Brother Jack.”

“You are a fast learner! Common sense, Jack. Common sense. That’s what I’m trying to cultivate among people. Now, let me ask you a question: What kind of work do you do?”

“I’m a software engineer.”

“So you softly warm your rear on the office chair for 8-10 hours a day, right?”

“I hope my boss doesn’t know that.”

“Approximately, how many calories do you consume per day?”

“Maybe around 2000 calories,” He said.

“If you have not been able to loose weight on a 2000 calorie diet, you can systematically reduce your total calorie intake down to 1200 calories per day without compromising a heart-healthy lifestyle.” I emphasized.

“That’s it! I got it. If I cut my daily calorie intake by 800 then I do not even have to exercise. What do you think, Doc?”

“That’s right. You don’t even need to see me any more, ‘cause, I know you are not getting anywhere.”

“I knew that you had something up your sleeves to spoil my plot.”

“Remember I said that there are two basic principles in weight control.”

“Something like that I remembered.”

“First, you restrict your calorie intake to prevent any further fat build up. Second, you engage in a regular exercise program to burn off excess fat in your body.”

“Is exercise the only way to get rid of fat from my body? How about a fat burning pill, Doc?”

“Lot of diet pills claim to be fat burners. If you belong and firmly believe in a popular pill-popping culture you have come to the wrong place, Jack. This is a temple of heart healing. Here, we are concern not only about your weight today and tomorrow but also your heart and overall health, quality of life, and longevity. We practice medicine the old fashion way. We encourage people to sweat it out — it is good for the heart, did you know?”

“O.K. You don’t have to massage it so deep.”

“Study your daily calorie intake and expense (you know how to balance your check book, don’t you?”

“My wife takes care of that. Remember, you said let your wife handle the money.”

Day by day trim your total calories, increase heart-healthy choice intakes, and gradually notice your pants getting loose. Then is a sense of acceleration running through your body may begin to mimic a climax.”

“I can’t wait! Now coming back to the diet part, which religion do you belong to: carbs, proteins, or fats?”

“My religion is cardiology, my culture is long-term heart- healthy lifestyle. These are the reasons, why my program goes well beyond just a short-term weight control. I am also interested in preserving your heart, increasing the quality of life, increasing your longevity while you enjoy normal foods without being addict to diet pills, carbs, or whatever that has not worked in the past. I teach you what are essential proteins, essential fatty acids, vitamins, fiber, and water and why they are important to your overall well being.

“What’s wrong with carbs?”

“Carbs are fine when use in moderation I have dedicated an entire chapter on carbs to dispel myths and misunderstandings, but restricting carbs is not the only way to promote a heart healthy lifestyle. General reduction in calories including carbs helps in maintaining ideal body weight we also have spent a considerable time using a low glycemic in the carbs that have less effect on the pancreas.”

“What about low fat diet?”

“Low fat diets are good, but again we need to understand what is ideal and what is practical. It would be ideal to reduce your fat intake to less than ten percent of the calories. However, it is practically impossible to reduce the fats to that level life long. Also we have to realize that low-fat studies were done when we did not have powerful cholesterol lowering, drugs or new forms of fat that are not absorb are known to lower cholesterol and tryglicerides levels.”

“What about high protein diet?”

“I feel moving one food group to another is attractive and may serve as a selling point for certain diet programs, but eventually all macronutrients provide energy besides providing essential cellular functions.”

“Is too much protein bad?”

“Yes indeed. If you just eat protein all day long you are going to get some serious health problems. I explain this in depth in protein legends chapter and cover all aspects of protein how much, what kind, where to find, and how to use them.”

“Are fats bad?”

“There are different kinds of fats and you need to have a clear understanding of fats and obesity. If you select polyunsaturated fats and monounsaturated fatty acids, you could expect some benefit. I also recommend *Benecol* a plant steneol and olive oil that have been shown to lower cholesterol levels.”

“How much fat do you recommend?”

“In the chapter on ‘A Big Fat Story’ I have discuss the various fat component and explained how to select the right kind, the type and the amount of fat in order to maintain a heart healthy lifestyle. There are also oils, and fats, which are heart healthy. This chapter will be an eye opener once you understand.”

“Do you have any comments about other diets?”

“I make no comments about other diets especially the ones that recommend one or the other major macronutrients such as carbs, proteins, or fats. I am here to promote a life long heart-healthy lifestyle, which is more than a simple diet. In fact, I had read a study, which compared low carb diet to low calorie diet over fourteen months interval. Both groups lost the same amount of weight at the end of the fourteen-month. However, the group that was on low carb diet had shown a greater initial weight loss which was not carried on toward the end of the study.”

“I see you don’t recommend any pills for weight control.”

“I don’t know of any one who will take diet pills all their life’s. I do know people eat the same kind of foods they grew up with for the most of their lives. However, helping people to keep their weight while letting them eat their own food is our mission and philosophy.”

“Do I need follow ups?”

“Most definitely. One I need to determine if you are making progress or regress. Second, we can check your blood chemistries to make sure that your electrolytes are not out of control. I have seen several patients who had been on weight control pills before had come to the emergency room with low electrolytes levels and I have even seen people who had cardiac arrhythmias. People who have been high protein diet have also been shown to have low calcium and phosphate in the blood. They also check your dietary charts and advice you on which items are best suited for your lifestyle in the long run.”

“What other kind of support do you provide?”

“We have a heart healthy focus group on yahoo.com”

“How do I get to the focus group?”

“You can go to yahoo.com, and select health groups and there you can type ‘heart healthy’ in the search box. That will display the link to our heart healthy focus group. Here you can read all the relevant information, tips, and facts. In addition, to heart healthy receipts you also can ask questions and get answers this will be your best support group where you can find answers to your questions when you can’t find then elsewhere.”

“What else?”

“When you are there you can also visit

www.sugarlandheartcenter.com and read the entire e-book, Nikam’s

diet on line. There is also a link at this website to the yahoo health focus group that we have created.”

“Does this cost anything?”

“No there is no fee to visit www.sugarlandheartcenter.com web site you have to sign in to join the health group at www.yahoo.com.”

“Is the weight reduction permanent?”

“When people loose weight the initial three to five pounds weight loss happens quickly. As you deplete the glycogen storage stores your body gets rid of additional salt and water. Hence, you notice a quick three to five pounds weight loss. However, losing fat mass takes the time and very rigorous regimen of calorie restriction combined with regular exercise.”

“Who long does it take to lose weight?”

“That’s a good question. I do not want anyone to think that he could loose one pound per day that is equivalent to burning 3600 calories per day, which is practically impossible. If you are losing weight so rapidly that you need to make certain that you are not getting any medications that maybe interfering with your fluid balance or metabolism.”

“How much weight loss is ideal?”

“I would recommend a two pound weight loss per week. That will give you time to burn calories, restrict food intake, and allow your body to mobilize the fat in an ordially manner.”

“What about the stretch marks?”

“As a name indicates there are stretch marks. On the other hand if you loss weight on a steady basis and engage in an aerobic and strengthen exercises the skin will shrink and over time. So your body becomes more compact and firm.”

“Do all patients behave similarly?”

“Each person is unique in her own way to weight control. Some people respond easily while others struggle for years and still can’t shed an inch off their beltline. There are many genetic and social components that need reprogramming.”

“Why do some people have trouble losing weight?”

“Human body is the greatest chemical factory ever created on the face of this earth if you add to that the genetic factors about which we know very little and individual personalities we have too many variables which are hard to control or predict the out come.

Unfortunately it is not always black and white. I learned this a long time ago dealing with cardiac surgery patients. When two patients with similar age and degree in heart disease went for heart surgery there outcomes were quiet different. It is not a mathematical equation where two plus two equals four, or a business equation where one plus one equals three, the results are variable and only those who try will find out. Also note that only those people who try are the ones who are going to make mistake. It is better to try and make a mistake than to live in misery all your life.”

“What about the popular diet programs discussed in the media?”

Atkins’ Diet promotes a very low-carbohydrate intake and has no fat restrictions. It does not comprehensively discuss fiber, exercise, or omega-3 fatty acids but just focuses on carbohydrates. As a cardiologist, I feel that the unrestricted saturated fat recommendations of this diet fails to take into account the numerous cardiovascular risk factors associated with its high-saturated fat intake. Therefore, this diet alone is simply inadequate for a heart-healthy lifestyle. Practically speaking, most people cannot thrive on a high-fat, low-carbohydrate diet lifelong. Interestingly, a recent study showed that people who were on a low-calorie diet for a one-year-period lost as much weight as those who were on just a low-carbohydrate diet—proving that carbohydrate reduction is not the only approach to weight loss.

Jenny Craig Diet Program provides proprietary meals and juice supplements. Yet, its high-carbohydrate recommendations are as ill advised to a heart-healthy lifestyle as the high-fat recommendations of *Atkins Diet*. In addition, the Jenny Craig Diet is not a lifelong solution to weight control because it only last as long as you stay on the program—go figure! Again, it also falls short of many other heart-healthy lifestyle guidelines that I emphasize in my program that is outlined later in this chapter.

South Beach Diet program, written by a cardiologist, does address some concerns raised above regarding other diets. It recommends reducing fats in addition to refined carbohydrates. However, this program falls short of a comprehensive heart-healthy lifestyle guidelines set by us that go beyond just micronutrients manipulation. We also emphasize the need for

micronutrients, omega 3's, fibers, stress reduction, meditation, a good night's sleep, all of which are an integral part of a heart-healthy lifestyle. When patients come to us they just do not come to us for getting rid of an extra pound of fat. They expect a total transformation in their lives, which is what we specialize in. I strongly emphasize and promote this culture with my patients.

“What happens if my pants get a little tight?”

“It means your heart-healthy lifestyle is falling through the cracks. Do not feel bad. I have been there myself a few times. After all we are human. We feel good for a while and then we get side tracked and give up all the good things that we were doing to keep us on the right track. Then we need to go back to the drawing board and start at zero point and see what things we were not doing right. Then start all over again by rectifying the mistakes and trying to get back on track. However, being constantly aware of the heart healthy-lifestyle every minute of our lives makes corrections of our mistakes a little bit easier. The focus group also should provide you with a new stimulus, new approaches, and new information for dealing with old problems. Since you are surrounded by a heart-healthy lifestyle followers you have a great deal of peer support to help you stay on course.”

“What happens when I reach the target weight?”

“The best thing about the heart-healthy lifestyle program is that you don't have to change your diet very much. Since you are eating normal heart-healthy foods, you continue to enjoy the same recipes and menus. You may have to reduce the extra calorie expense to some degree or increase your calorie intake, if you are spending too many calories. Listen to your talking scale and watch your belt-size and belt-line. Your belt would immediately signal if you are headed in the wrong direction and your belt-size and pant-size are your best guides.”

Determine how much weight you need to loose

Body Mass Index Table

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Ht inches	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Source NIH

Record your present weight, and determine your target weight based on your height and a BMI of 25.

	Present	Comments
Your present weight		
Target weight		
Weight loss (WT)		
Total calories loss (TC)= WT X 3600		
Time frame in days 90, 180, or 360 d		
Daily caloric deficit (TC/ no. Of days)		

Nikam's Diet: Caloric Balance Sheet

Foods	Cal	Pro	Carb	Fats	Fibr	Chol
Recommended 1200 calorie regimen	1200	300	400	400	>30G	<300mg
Breakfast						
1.						
2.						
3.						
4.						
5.						
Lunch						
1.						
2.						
3.						
4.						
5.						
Dinner						
1.						
2.						
3.						
4.						
5.						
Snacks						
1.						
2.						
3.						
Total Calorie Intake						
Exercise						
1						
2.						
Total Calorie Expense						

Please write down the name of each food item you eat for the entire day. Check the heart-healthy choices tables for calories, proteins, fats, etc.. Add the numbers to calculate the calories from various groups.

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

“Do you believe in diet pills?”

“Yes . . .”

“Really?”

“Let me complete what I started to say. They make a lot of money for those who manufacture and promote those products!”

“What is your message?”

“Beware of diet, weight control pills, or mixtures that do not list their ingredients. Thyroid hormone, water pills, ephedrine, or fat burning enzymes incorporated in some diet can harm your health. These ingredients alter your metabolism and change the chemical composition of your body. I have seen patients on diet pills present with serious cardiac arrhythmias. I strongly recommend that you should be under a physician’s supervision if you want to take any weight control pills. I do not recommend any diet pills for the simple reason that you cannot live on them forever. What happens when you stop your diet pills? Can you get addicted to them? It is better to get addicted to a heart-healthy lifestyle than to become a co-dependent on diet-pill or a refrigerator. Different people have different metabolic rates. Some people can eat all they want and not gain an ounce. On the other hand, there are others who retain everything they eat and much more. Zig Ziegler said, ‘My body retains ice cream.’ Not only does my body retain ice cream, it also absorbs every gram of carbohydrate that crosses my lips, like a sponge. It was evident from my belly obesity.”

“How do I keep up the pace?”

“Do you pay income tax?”

“What kind of a dumb question is that? Of course, I do pay my income tax.”

“What happens if you don’t?”

“You go to jail!”

“That scare is enough for you to pay your income tax year after year does it not?”

“So, if I don’t follow a hear-healthy lifestyle I could suffer from premature heart disease.”

“You are a smart observer. Good buy!”

To be completed