


# HOW I LOST 100LBS



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## GREETINGS !

Welcome to How I Lost 100 lbs's summer 2011 newsletter. Whether you've been along for a while or are just joining us, I hope you find this newsletter a fun and informative resource on your weight loss journey.

Summer is a great time to lose weight. Warm weather and long days make it easy to get outside and get some exercise. Here in Chicago the path along the lake is already crowded with walkers, runner, and cyclists taking advantage of the season. I encourage you to grab your

family and friends and get outside.

Plus summer is an excellent time to find great local produce. A trip to your local farmers' market can be a fun weight loss-conductive way to spend a Sunday afternoon.

As always make sure to check [How I Lost 100 lbs](#) or [Facebook](#) regularly to get updates, ask questions, and share your experiences.

~John E. Ellis, MD





My Korean hosts were lovely and took me out for a great meal, but I think they were insulted that I didn't eat their BBQ. I did enjoy the tofu and kim chee (cabbage) though.

## Korean Hospitality

This spring I took an extended business trip to Asia, lecturing in Hong Kong, Taiwan, China, and Korea. My Korean hosts were lovely and took me out for a great meal, but I think they were insulted that I didn't eat their BBQ. The meat may look good, but in general it's not good for you: [meat is associated with more colon cancer and diabetes](#). It can be tempting to take just a small bite, but I know that if

I eat it today, I'll want it again tomorrow. The kimchee, cabbage, and tofu kept me satisfied, though.

I was lecturing Korean physicians about managing patients for surgery who have sleep apnea. When I showed them old pictures of myself and told them that I used to have sleep apnea, they were amazed. But they were also more

understanding of my food choices after I explained this and showed them my passport picture from ten years ago.

Asia does not have as much obesity as the U.S. But as it gets richer, consumes more animal meat, and is less active, I'm sure that [more obesity will follow in Asians](#)--especially if folks keep enjoying that BBQ on a regular basis.

## What Are Your Kids Drinking?

Watching the NBA finals this spring, I thought about the [American Academy of Pediatricians' new position paper on energy \(caffeine\) and sports \(sugar\) drinks](#). They express concern about how these drinks are being marketed to young people. Consuming too much of these drinks could lead to "excessive sugar and

caloric intake that may encourage dental erosion, overweight, and obesity." For a young athlete, these drinks could be useful, but for the average kid engaged in normal exercise, there's really no need for them to replace water. They recommend water for hydration and low-fat milk as a good protein-rich recovery drink.

Milk is actually another front on which kids are being targeted. Companies that produce flavored milk, which is higher in calories, sugar, and sodium than regular milk, are making a huge effort to promote chocolate milk, especially in school cafeterias. Currently, as many schools make a concerted effort to provide

healthier meals to their students, a debate is raging about the presence of chocolate milk in cafeterias. The companies insist that all of the added sugar is necessary to get kids to drink any milk at all, even though the overwhelming majority of pre-school aged kids drink regular milk and only grow accustomed to flavored milk thanks to its presence in the cafeteria.

Ultimately, in a world in which we are

bombarded by ads promoting bad foods, it's hard to make healthy choices, especially for kids. So the next time you play basketball with the kids, hydrate with plain ol' water enjoy some low-fat unflavored milk afterward.



## Why Not Eat More Green Veggies?

As obesity becomes ever more prevalent, companies are testing out all manner of new solutions to the problem. Gelesis, a Boston start-up, has come up with the idea of a capsule you could swallow before meals which would make you feel full.

Inside the capsule are particles that absorb water and swell to hundreds of times their original size, making you feel full.

Eventually they shrink and are excreted. In a recent demonstration, "a spoonful of the particles was put into a glass of water. A few minutes later, the glass was filled with a heavy slush." Instead of having a stomach full of slushy chemicals, why not just eat more green vegetables? **I eat ½ to 1 lb of green veggies with every lunch and dinner.** They are a low calorie, high nutrient way to feel full, and avoid particle-filled capsules.



## I Used to Have High Blood Pressure

I used to have high blood pressure. Before losing weight, I was taking two different medications to control my blood pressure. Gradually, with weight loss, my doctor and I weaned me off of the medications. I was even passing out due to low blood pressure!

I've been off medication a year and a half now, but I still check my blood pressure at least once a month. Overweight and obese people are more likely to have high blood pressure. High blood pressure can cause stroke, heart attack, impotence, etc. Usually high blood pressure has no symptoms--you don't have to be stressed or have a headache to have high blood pressure.

All adults should have their blood pressure checked and well controlled. A recent update from the American Heart Association suggests that only 1/3 of hypertensive patients in the U.S. are well controlled:

- *Among hypertensive adults, 78% were aware of their condition, 68% were using antihypertensive medication,*

and 64% of those treated had their hypertension controlled.

- From 1997 to 2007, the death rate caused by HBP increased 9.0%, and the actual number of deaths rose 35.6%.

What constitutes good BP control?

[Mayoclinic.com](http://Mayoclinic.com) suggests the following goals:

## Treatments and drugs

By Mayo Clinic staff

Your blood pressure treatment goal depends on how healthy you are.

### Blood pressure treatment goals\*

140/90 mm Hg or lower	If you are a healthy adult
130/80 mm Hg or lower	If you have chronic kidney disease, diabetes or coronary artery disease or are at high risk of coronary artery disease
120/80 mm Hg or lower	If your heart isn't pumping as well as it should (left ventricular dysfunction or heart failure) or you have severe chronic kidney disease

## Plantar Fasciitis

Plantar fasciitis is an inflammation of the thick tissues in the heel. It can be very painful--I've had it twice. The pain can last for weeks or even months. This can be a real setback because walking is painful and less exercise facilitates weight gain.

There are a few things you can do:

- Wear shoe inserts, including orthotics that raise the arches
- Wear sneakers or rubber soled shoes
- Sleep in splints that keep the foot from flexing too much
- Take anti-inflammatory medicines like Aleve or Advil before bed
- And of course... lose weight!

Losing just ten pounds can seriously

lessen the pressure on your heels, knees, and hips. I have not have not had these problems since losing my weight. Walking for exercise may hurt, but in the long run it will help the pain go away. By the way, this is an injury that happens to some basketball players. Shaquille O'Neal and Tim Duncan have had to sit out games because of plantar fasciitis. While they undoubtedly got the injuries from jumping and landing on the hardwood, I have no such excuse.

## Resveratrol and Vitamin D

I take resveratrol and vitamin D every day because they appear to block the production of fat cells, even when animals are fed a high fat diet. A recent

study in the *Annals of the New York Academy of Sciences* "showed that in mice fed a high-fat diet, resveratrol improved resistance to weight gain." Also, supplementation with the combination of vitamin D and the phytochemicals resveratrol, quercetin and genistein in aged rats with their ovaries removed not only resulted in decreased weight gain, but also improved bone health."

I take 600 mg of resveratrol and 5000 U of vitamin D daily, and you may find these supplements an aid in your own weight loss. I do not, however, recommend taking this dose of vitamin D without checking with your doctor and getting blood levels measured

## Nuking/Steaming Boneless Skinless Chicken Breast

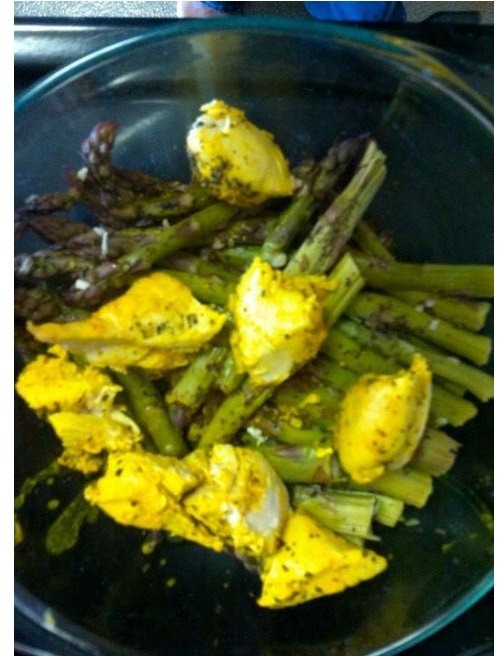
Being this disciplined with my food choices can be tough sometimes, but feeling better is a huge incentive.



Thawed boneless skinless chicken breast. I keep these as well as frozen vegetables in the freezer for when I don't have fresh food.



Chicken cut to permit even cooking



Moist chicken (no added fat) added to some asparagus. The asparagus is one pound of asparagus with dried onion, basil, one teaspoon of olive oil, and balsamic vinegar all cooked covered in the microwave for thirteen minutes.

See slideshow at <http://goo.gl/r3z6m>

### My Eating Plan

Breakfast: 2/3 cup of oatmeal, 2 scoops of protein powder, lots of cinnamon, 8 oz of skim milk

Lunch and Dinner: one pound of nuked green veggies with a teaspoon of olive oil and spices (no salt); fish, chicken, or meat spiced and nuked or steamed without oil; 2 sweet potatoes nuked with cinnamon, or 1/4 to 1/2 cup of brown rice.

Hot sauce, green tea (5 cups a day), cinnamon, ginger, and garlic are my friends

If I get hungry between meals, apples and other fruit (no juice) are my picks.

