

## **Losing Weight Would be Easy if...**

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Losing weight would be easy if I didn't like to eat. Losing weight would be easy if I didn't like sweets. Losing weight would be easy if I didn't like soda. Losing weight would be easy if I liked to exercise.

Billions of dollars are spent every year in the weight loss industry. But Americans continue to be unhealthy and weigh more each year. Why? You may have said to yourself, "What seems to work for everyone else doesn't work for me." You may have tried it all. You ask yourself, "why can't I get rid of this spare 18 wheeler?"

**Answer:** It may not be your fault. It may be a lack of good information that you can act upon. In order for that to happen you will need to become your own detective. You must be the one who monitors what you are eating, how it makes you feel, how much you are moving your body and how you are thinking. You could spend hundreds of dollars a year on diet books, techniques, pills and potions or you could try a whole new approach. Learn to listen to your own body.

Secondly, be your own dietician. You don't have to eat like a rabbit. You are not a rabbit anyway so it is not necessary to study rabbit culinary arts. Rabbits eat their own feces on occasion. That is gross!

First, we will take a look at one method that works well. Later we will add one thing to that method that has been overlooked by most in the weight loss arena.

*According to Doctor Becky Gillaspy*

### **A. Eat The Right Foods**

1. Protein. Protein has a high thermic effect on your body, which means that it requires a lot of energy to break protein down and this is a boost to your fat-burning metabolism. An added benefit of protein is that it contains what you need to maintain your muscle mass (the more muscle you have the more efficient your body is at burning fat).
2. Eat foods with Vitamin C. This vitamin found in oranges, grapefruit and lemons has been shown to help your body break down and release fat.
3. Eat foods with Pectin. Found in apples, berries and other fruits, pectin can help limit the amount of fat a cell can absorb.

### **B. The Right Time To Eat**

Eat carbohydrates early. Finish eating carbohydrates by lunch time and you will speed your weight loss. Carbohydrates are energy foods for your body and break down very quickly. When your body needs energy such as early in the day these foods burn up completely. However if you eat these quick energy foods later in the day when energy needs are on the decline your body cannot use them and instead stores them as body fat.

### **One Missing Component**

Although many people have tried Dr. Becky's plan and have some good results, there is a missing component that you need to know about.

That component is the elimination of gluten in your diet. Wheat combined with sugar actually makes your glycemic index sky rocket. This means your body will store fat faster and your blood sugar level will go up very fast. Wheat bread has a higher glycemic index than sugar alone. That explains why people who eat less but still eat wheat bread have a hard time losing weight and getting their glucose level to come down. David Mendosa has put together some great information on glycemic values. Go to [www.mendosa.com/common\\_foods.htm](http://www.mendosa.com/common_foods.htm) for the chart that categorizes foods as low, medium and high glycemic index. You will find all wheat flours in the high side column along with russet potatoes.

Besides this, many people are allergic to wheat and don't know it. It is the #1 food allergy in the USA. Most people are not aware of their allergy to wheat because they have been watching too many commercials from cereal manufactures. Why is it that you continually want more when you eat wheat products? Your body is telling you it is not satisfied. Why? Because for most people wheat gluten is clogging their gastro-intestinal system. They simply are not getting the nutrients they need from their food, so their body continues to ask for more. Finally, your stomach tells you that you are full, but you are suffering from malnutrition. It won't be very long until you are "hungry" again, starving for nutrition.

High protein, gluten-free food is very good for people who have tried all the diet plans that did not work. It is also good for those who have hit a wall and find they are not losing what is left to lose. When you use gluten-free, high protein flours, your body will receive the nutrients from clean food. This will gradually cleanse your system and your body heals itself. Why? Because the glue that was clogging your system is being loosened and flushed away. Within a few days your body will be getting the nutrition that it was craving. You have taken control of your health and did not lack any great tasting food. Beware! Not all gluten-free cookbooks and packaged products will give you the protein and excellent taste that will satisfy you. Many rely on a mixture of white rice and tapioca flour. These flours have very little protein.

When shopping for GF food, look for gluten-free foods that are high in protein content. Very few companies are producing high protein gluten-free foods because it costs more. If the first ingredient on the label is white rice or tapioca flour, leave it on the shelf. When shopping for a GF cookbook, I can recommend one.