



YOUR WEIGHT

Ten Reasons People Can't Lose Weight

by *Steven Rosenblatt, M.D., Ph.D.*

(NAPSA)—Although humans are programmed to fight hunger and enjoy food (the reason most diets fail), there's a new generation of starch blockers, containing an extract of the white kidney bean, called Phase 2, that may enable you to enjoy some of your favorite, starch-rich foods without adding all the calories.

1. If I lose weight, I'll respect myself. It's the other way around. When you respect yourself, you take care of yourself and stop doing things like overeating.

2. Losing weight will change my life. Reality: If you change your life, you'll lose weight. A major reason people gain weight after a diet is they thought weight loss would change their lives. When it didn't, they quit trying.

3. If I could just lose weight, I'll look almost perfect. There's no such thing as perfection. Once you understand that, you can have as perfect a life as possible.

4. I can't lose weight without being hungry. You can't lose weight without being full. Satiety is the key to fat loss, not hunger.

5. Food is love. That ended when your mother stopped feeding you. If you're still eating fattening comfort foods, stop. Food is not your mother. If you need to get in touch with her, use the telephone.

6. Eating relieves stress. Eating will relieve stress by providing pleasure, but there are dozens of forms of pleasure that won't make you fat. Starch blockers will make you less dependent on food by providing more stability in your levels of serotonin, endorphins, and blood sugar.

7. It's not right to waste food. It's even worse to waste your health. If you feel guilty about not cleaning your plate, save your left-

THE STARCH BLOCKER DIET

The safe, new way to eat the foods you love—and lose the weight you hate

STEVEN ROSENBLATT, M.D., Ph.D.
and CAMERON STAUTH

- The medically approved breakthrough that instantly neutralizes up to 1/3 of the calories you eat, so you can enjoy pancakes, muffins, bagels, pasta, and more.
- Includes menu plans, gourmet recipes, and starch calorie charts—everything you need to succeed.



overs, even if it's just two bites. Two bites might be enough to satisfy you later. Whether your hunger is biological or psychological, it must be satisfied. Starch blockers will help.

8. Fattening foods taste best. Only if you're driven by biochemical forces, such as low serotonin. Once you correct your carbohydrate metabolism, you'll learn to appreciate the exquisite subtleties and complexities of wholesome foods.

9. I just don't have the willpower to be thin. You shouldn't need willpower to be thin. If you do, you're probably living on the edge of carbohydrate addiction.

10. I inherited my fat. There's nothing I can do. Until recently, that might have been true. There is a distinct heritability to impaired carbohydrate metabolism. But science has come to your aid. You have the same chance to be thin as everyone else.

• *Dr. Rosenblatt is author of The Starch Blocker Diet.*