**Dr. Miller Diet History**

The plain truth is that virtually all diets do work and it doesn’t matter which one you choose. The reason they work is because all of them use the principle of cutting back calories, and there are infinite ways to do this. You can try all-meat diets or no-meat diets, no-sugar diets or low-sugar diets, or only eat grapes on Tuesdays and Thursdays, etc. All of these diets are nothing more than a way to cut calories. Obviously, if you drink a Slim Fast instead of a cheeseburger and fries, you’ll be cutting calories. And the bottom line is that if you cut back on your calories, you will lose weight. Therefore, all diets do work BUT have you ever known anyone who used a particular diet and kept the weight off once off the diet? Almost NO ONE.

So, if all diets work, why is it so hard to lose weight by dieting? The answer is that it is virtually impossible to stick with a diet. Sure, you’ll lose weight in the short term, but as soon as you go off the diet, you’ll gain back what you lost and more. And you will go off your diet!

As a young man, I never could gain weight. I had two brothers and we were all good athletes. We were rare athletes in the early sixties because we did work out. Back then, when a new sports season started most boys started working out the first day of practice. We lived in a mixed neighborhood and my older brother, who was smaller than myself and my other brother, told me one day. “ Caudill, we are not going to be able to play with the great Black athlete unless we are in better shape. We are going to run everyone in the ground in the 4th quarter”. So he gave me four 5 pd arm and leg weights and I started running with him with 20 pounds of arm and leg weights. To this day, I still remember that first run. It nearly killed me. I ate and ate and ate and could not gain weight. In 9th grade I ate 4 Sustacal shakes a day and couldn’t gain a pound. I never could gain weight.

After games, my best friend from High School and I used to go to Taco Bell and eat 12 tacos, Macdonald’s and eat TWO double quarter pounders with cheese combos, Shakeys pizza and eat a large pizza each to no avail. When Shakey’s started the all you can eat pizza, they BANNED my friend and I because we ate too much.

Then, around age 30 I gained about 30 pounds over a very short time. Bam!! My metabolism just slowed down. I was still running but only about a mile a day and working hard, three small children and just TIRED.

I had quit playing golf in high school but met Larry Epperson, MD at UAB during my residency and we both had a similar interest in golf. Dr. Epperson Joined my practice and around 1992 or 1993, we went Orlando and Larry took a lesson with Robert Baker. I really like Robert so flew back down there to see Robert. Trevor Immelman was living with Robert, was only 18 or so at that time. Ernie Els was still single, hanging out with Robert and we hung out. I played with Trevor several times and one night at Pizza Uno Umero, we discussed diet. I had wanted to go there and they all ordered a salad. I was broken hearted because I wanted pizza but didn’t want to be embarrassed so I order a salad with chicken. I wanted to cry.

Robert was the best looking man I had ever seen. In that restaurant no less than FIVE women came over to our table and asked who he was.

I asked Robert about his fitness and he was a food fitness “snob”. Everything that went in his mouth was calculated and he worked out daily.

I told him I worked 80 hours a week and just could not starve and could not eat “girl food “ all the time. I tried Adkins for a few days and it made me sick. I tried South Beach I could not eat tuna fish and salad 24/7. I looked into Weight Watchers and I KNEW I would never count points. Robert introduced me to The Zone. I really like the five meals a day and really did it seriously. I read the first chapter of the book on how food is metabolized and it clearly made sense to meas a Doctor. It was hard for eight months and didn’t feel much better, then the 9th month, I started feeling good and by month 18 I had lost all of the weight. For 20 years, I ate a “zone like” program and it really served me well.

Then three years ago , I had an injury and waited ten months before having surgery, I gained 27 pounds during that period. I lost 13 quickly then started re-evaluating my eating program, wanting to make it better, more “NORMAL” and more fun.

The majority of people who go on a diet end up weighing more than when they started. Obviously, that’s not the desired result and that’s why I don’t recommend any diets. It’s the most difficult method you could possibly choose to lose weight.

Every week we are bombarded with yet another celebrity who has the NEW, latest and greatest weight loss diet. But no matter what they’re trying to sell, it’s just another method of cutting calories. There’s nothing new about it.

Here’s how it works: Consume more calories than you burn and you gain weight. Consume fewer calories than you burn and you lose weight.

The only way you can lose weight and keep it off is to consume fewer calories than you burn and do it in such a manner that you can keep on doing it. There are no exceptions to this rule.

Two years ago Djokovic , the number one tennis player in the world, went gluten-free and started not losing the fifth sets. He felt his energy just was at an all time high. My wife, who has been consciously fit for over thirty years, LOVES DJOKOVIC, so she went gluten-free. She has been gluten-free for two years.

I tried it and after a few days , I felt bad so quit in in three days.

Recently , I tried it again and on day five, I was playing nine holes of golf with Dr Epperson and almost fainted I felt so bad. I told him, I am going to stick with it and give it a chance, carry snacks when I exercise or doing activities in the heat and by day 7, I felt really good. I remembered the years I did the best, I snacked whenever I felt hungry and I still lost weight or maintained weight. By Day 14, I felt the best I have felt in 15 years.

I AM NOT A DIETICIAN, and not advocating a gluten-free diet; but thinking along these lines eliminates so many bad things. I eliminated breads, fried foods, sugars, desserts, cakes, sweat tea, ½ and ½ tea, cokes, diet drinks. I have found that “thinking gluten-free” and “thinking eliminating wasted sugars ” is the way to eat healthy.

I eat the Smoothie about five days a week for breakfast, bacon and eggs the other, then eat a healthy lunch and dinner and two snacks. I have listed examples on my eating program.

But, you must eat and you must not diet and you must eat five times a day, small “grazing meals” all day long with the largest meal at lunch, cutting back meal size as the day goes on. So many overweight people eat one meal a day or just don’t eat.

If you eat five times a day you will find your cravings for the “bad stuff” get less and less.

Here’s what I recommend: Begin a moderate exercise program that you can stick with (like walking). Try to cut down a little on the amount you eat. You could take your normal serving and then waste the last four bites. Or drink water instead of a soda. Or skip the potato chips , bread, and fries with your hamburger. You get the idea. If you just think of a few little ways to cut down on the quantity you eat, then you can keep eating most the things you like. It’s really not that difficult and it really works.

DO NOT CHEAT for six weeks then eat two bad meals a week. You will find that even those bad meals end up being less often and less proportionately. Having a bad meal planned gives you hope. I work hard during the week, so I work hard on my eating program, then do my cheats on the weekend. One date night and one bad Sunday lunch. But, clearly I NEVER, EVER cheat just to be cheating. It MUST be a magnificent cheat, something amazing. Don’t just eat a burger and fries and cheat, make your cheats count. You will regret it if you waste bad calories.

Combine fewer calories with moderate exercise and you’ve got the only formula that works for permanent weight loss. It’s slow but highly effective. It’s good for you, it works and you’ll be glad you did it.

The average American beginning at age 20 gains ten pounds a DECADE. Can you imagine that?

AND LET ME REINFORCE THIS IN YOUR BRAIN. THIS IS NOT GOING TO EVER BE EASY. THERE IS NO EASY WAY OUT. YOU MUST THINK ABOUT WHAT YOU PUT IN YOUR MOUTH EVERY TIME YOU DO IT. YOU MUST HAVE A SMALL OBSESSION WITH IT, YOU MUST BE DILIGENT. IT WILL NEVER, EVER, EVER BE EASY.

Give up on the Fat Pills and being able to eat what you want. This is a constant battle and is Work, but you must decide how you want to live the last fifty years of your life, healthy and feeling good OR sickly and out of shape. Those are the realities of aging.

When you see me after reading this, you will see I am not perfect, just a few pounds up but I try every day. I am at the time of this writing, six pounds overweight. I expect to get it off by Christmas and keep it off but that is really good for age 59.

Set a goal, not a weight goal but a feel good goal.

I tell people do this for two weeks and you will know that I am right, but staying on it will be a daily WORK process.

Anyone who tells you otherwise in lying. There is no “quick fix”. Nothing you can buy make this happen. JUST DO IT!

A FINAL DISCLAIMER. I am not a diet doctor, not a dietician, and am not recommending this exact program to you or anyone. Modify it to your needs, send me recipes and if you are a diabetic you will need some modifications as well. But, in my opinion, this is almost a perfect diabetic eating program.

I hope to further tweat this for Diabetes Mellitus soon but I think it is also a great diabetic program, just cut out the sweets mentioned in the following handouts

GOOD LUCK AND KEEP CHECKING MY WEBSITE AS I ADD MORE RECIPES.