

# How I Lost 130 Pounds



## Healthy Weight Loss For Life

The weight loss program I followed is based on proven facts and common sense. It is a combination of research and a study of healthy living habits.

Weight loss is something I deliberately set out to do. It is my hope that the information presented here will help put you on the road to healthy weight loss for life.

-- *John R. Frazier*

**Losing weight does not have to be a struggle. You may not need surgery or prescription drugs. When weight loss is something you want, it is certainly achievable.**

## 1. Processed Sugar and High Fructose Corn Syrup



It is critically important to strictly limit the amount of table sugar and high fructose corn syrup that you consume.

Sugar and high fructose corn syrup are added to most processed foods, and high fructose corn syrup is the ingredient used to sweeten most sodas and many other processed drinks. I was previously drinking three to four sodas a day, and adding table sugar to many foods to sweeten the foods. I was also eating way too much candy, cookies, cakes and ice cream.



The first week I stopped using table sugar and stopped drinking and eating foods sweetened with high fructose corn syrup, I lost 8 pounds in one week! I have read that the fructose found in fruit is not nearly as much of a problem for weight control, because the vitamins and fiber in fruit work to minimize the effects on the body of the fructose contained in fruit. So fruit is not a problem for me.



Now that I have lost weight, I only occasionally eat cookies, ice cream and other desserts with added sugar and high fructose corn syrup. There are also various non-caloric sweeteners available on the market.

---

## 2. Fats



It is critically important to reduce unhealthy fats in your diet, and substitute those fats with healthy fats.

- Unhealthy fats are found in foods like red meat, cheese, and fried foods.
- Healthy fats are found in foods like avocados, fish, and nuts.



A lipase inhibitor such as Orlistat (available over-the-counter as ALLI) will also work to block approximately 30% of the fat contained in your meals. Lipase inhibitors can also serve as "aversion therapy" to reduce your fat intake, because of the negative gastro-intestinal consequences that will occur if you eat too much fat while taking Orlistat or ALLI.

### 3. The Balance of Plant Based Foods and Protein in Your Diet (80/20 Diet Rule)



After working on reducing processed sugars and unhealthy fats in your diet, your diet should be composed of approximately 80% plant based foods, including grains, and about 20% lean protein.

There are many plant-based foods that you can eat with almost no restrictions, but high fat content plant based foods such as nuts and avocados should be eaten in moderation.



With respect to protein-based foods, you want to reduce the amount of red meat you consume, and eat leaner cuts of red meat such as sirloin steak. Instead of eating mostly red meat, you should switch to mostly chicken and fish. There are also some very good tasting soy based meat substitute products, which are available.

---

### 4. Regular Exercise



Some form of regular exercise is very important to speed up weight loss, and help you control your weight permanently. When I was 312 pounds, I started walking 10 to 20 minutes a day, and then I worked up to 60 minutes a day. I started losing an average of 3 pounds a week by walking 60 minutes a day, and following the 80/20 diet rule outlined above.

---

### 5. Calorie Control (the 3,500 Calorie rule)

It is critically important to understand the basic physiology of calories and the role of calories in gaining and losing weight.

- You only need to consume an extra 3,500 calories to put on one pound of weight.
- Conversely, you have to burn 3,500 calories in order to lose one pound.

Knowing this is very helpful to keep in mind. There are many low calorie foods (mostly plant based and lean protein) that you can consume relatively large amounts of without creating a problem for weight gain. On the other hand, there are high caloric foods such as most pizza, most hamburgers, alcohol, fried foods and processed sugar based foods that will cause you to rapidly gain weight, because of their high calorie content.

It would be fairly easy to go to a typical buffet restaurant, and in one meal consume enough calories to put on two pounds (7000 calories). So you need to be especially careful when you go to a buffet. It is very important to watch your total calories consumed each day, and substitute low calorie foods for high calorie foods, especially when you are planning on eating a lot, or are trying to lose weight.

---

## **6. Change**

After a lifetime of bad eating habits, it may at first seem that change is impossible. For me, the most difficult thing to do was to reduce consumption of foods containing processed sugar and high fructose corn syrup.

We are tempted every day by these foods, and these foods taste great, they make you feel good, and they give you energy. Also, processed sugar is almost like an addiction for many people.

The key to change for me was to first force myself to completely stop consuming processed sugar and high fructose corn syrup containing foods. I substituted sweet, lower calorie foods (like fruit), which are not nearly as damaging to your weight, and your overall health and well being.

With time, you can get used to greatly reducing the amount of processed sugar and high fructose corn syrup in your diet, but it is almost like trying to overcome an addiction at first. It takes some will power, discipline, and just getting used to the dietary changes over time.

---

## **7. The Benefits of Weight Loss**

By following the above program, I reduced my weight from 312 pounds to the low 180's for a total weight loss of approximately 130 pounds.

I still plan on losing a few more pounds. My blood pressure dropped from 175/95 to 120/78. My cholesterol dropped from 222 to 141.

Over a long period of time, the problems associated with obesity can greatly shorten your life. It is very unusual to meet people over the age of 80 years old

who have significant weight problems, and I have never met anyone over the age of 90 who was significantly overweight.

---

## 8. Internet Resources

In doing research to help me lose weight, and learning more about healthy living habits, I came across three physicians who have very helpful websites, and also each have free newsletters. Those three physicians are the following:

- 1) Dr. Joseph Mercola, D.O.     [www.mercola.com](http://www.mercola.com)
  - 2) Dr. Julian Whitaker, M.D.     [www.drwhitaker.com](http://www.drwhitaker.com)
  - 3) Dr. Gabriel Cousens, M.D.     [www.treeoflife.nu](http://www.treeoflife.nu)
- 

I also wish to say a special thanks to my friend Henry Harlow for his contributions and excellent feedback regarding my efforts to lose weight.

Courtesy of  
John R. Frazier J.D., LL.M., PLC  
10225 Ulmerton Rd  
Largo, FL 33771  
(727) 260-2581  
[www.EstateLegalPlanning.com](http://www.EstateLegalPlanning.com)