



The  
Weight Loss GP

the Medical  
Secrets  
of  
Weight Loss  
Success

A clinically-validated program purpose-built to help you lose weight and keep it off for good.

## What patients are saying about GP2U

“Loved it!...”

“Doctors are really friendly and take the time to listen. Not like the quick get in/get out from a local GP.”

“Quick and easy when you don’t have time to sit in a GP office for hours waiting with other patients spreading germs.”

“Great service. Drs are lovely and very willing to help. very convenient and saves me time and money.”

“Great Service for people who can’t get to GP or feel uncomfortable with GP. My DR was extremely nice and understanding.”

“Was really happy with service. Convenient, professional and easy to use. I liked how I could see a doctor from the privacy of my own home.”

“The GP I spoke with was really knowledgeable and I felt I developed a rapport with him over a couple of years.”

“Professional, convenient, secure and reasonably priced.. Gives such peace of mind.”

“Efficient, effective, timeous, genuinely interested and well informed.”

“Fantastic service. Friendly Doctors, easy to book appointments, no waiting times and all done from home. Would highly recommend to anyone.”

“Definitely the way of the future.”

“GP2U Is a professional convenient service. I have used them on about 6 occasions to date. You can speak to the same GP every time if you wish allowing you to build a relationship of trust and comfort. I love GP2U and will happily continue to use them in the future.’

“Great service. thank-you very much.”

“I have 2 babies and I find it really hard to get to my GP. I found GP2U to be really convenient and the doctors that you provided were really helpful. I will continue to use GP2U, I think they are fantastic!”

“This service was very professional, personal and convenient. I Would recommend this service.”

“Awesome”

# The 6 medical secrets of weight loss success



[www.theweightlossgp.com.au](http://www.theweightlossgp.com.au)

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**“A journey of  
a thousand miles  
begins with  
a single step.”**

Lao Tzu  
(founder of Taoism)

# Welcome

## Hi, and thanks for being here.

I'm Dr James Freeman, Founder of The Weight Loss GP a clinically validated program purpose-built to help you lose weight and keep it off for good. It's worth noting up front that I'm not just a doctor – I'm a doctor who's actually been where you are right now. In my younger years, I was over-weight, bullied at school, and miserable. Using the knowledge gained from my medical studies and a bit of common sense, I managed to break the pattern, lose the weight, and regain my life – and now I'm passionate about helping others do the same.

## So, enough about me! Let's talk about you.

I suspect you've probably battled with your weight for a long time now, maybe as far back as your childhood years. You've probably also tried every weight loss method under the sun, without much success. Perhaps you're just about ready to give up hope – and this is your last-ditch attempt to lose the weight.

Rest assured, you're in the right place. We've looked at all the medical and scientific evidence about weight loss, and condensed everything you need to know into a simple, sustainable program. Most importantly, we know it works.

Follow the program, and you too can achieve lasting results.

# Let's start with the basics

I'm sure you already know that we put on weight when our food intake exceeds our body's energy needs. But, did you know that being out of balance by just half a Mars bar a day is all it takes to put on 5kg a year?

Half a Mars bar for crying out loud – no wonder it's a struggle! It's a tiny imbalance, but that's all it takes to get fat. The simple fix? In order to lose weight, all we need to do is tip that balance back in the opposite direction.



So, how do we tip the balance from weight gain back towards weight loss? And, most importantly, how do we make that change stick over the long-term? From personal experience, I'm sure you already know that diets alone don't produce long-term results. So, the question is: what will actually work and be sustainable? Well, you're - about to find out.

## It's not your fault

First of all, I want you to start with this single thought: it's not your fault. Really, it's not your fault. You have been genetically selected to put on weight because that precise ability is what allowed your ancestors to survive when the going (food availability wise) got tough.

Hold that thought, because if it's not your fault, there's no reason to feel bad about it. So, please, no more beating yourself up.

## **But, it is your responsibility**

While your weight is not your fault, it is your responsibility. The good news is that you already hold the power to be whatever weight you desire. You may not believe that just yet, but over the course of the program, we're going to give you the knowledge and the tools you need to reclaim that power, lose the weight, and change your life.

Imagine just how good you're going to feel when you look in the mirror, love what you see, and get to wear that favourite pair of jeans that haven't fitted you for years!

## **Take what works, leave the rest**

At the core of the program, you'll find the six medical secrets of weight loss success. There's no fads, deprivation diets, gyms, or pushy personal trainers. Yes, you can breathe a big sigh of relief! Instead, you'll find clinically validated, simple, pragmatic advice – including the secret macronutrient balance to blast fat – that actually works for the long term. And only 5 minutes of exercise a few times a week! While the advice in the program works for anyone, it's been designed specifically for people who have tried lots of weight loss products and services but failed to keep the weight off sustainably.

Of course, there's no such thing as a one-size-fits-all approach, so please take what works for you and leave the rest. We've had previous participants who have adopted just two of the six secrets and still achieved great results.

During your follow-up consultation, you'll talk the program through with your doctor and develop the best personalised program for you.

For now, let me leave you with this quote, which I think sums up the program nicely:

**“You’re never given a wish without also being given the power to make it true. You may have to work for it, however.”**

RICHARD BACH

Sure, there’s going to be some work involved, but I can guarantee you two things: We’ll be with you every step of the way; and It will be 100% worth it.

So, let’s get started.

My very best



**Dr James Freeman**  
The Weight Loss GP

# Why losing weight is good for your physical and emotional health

Before we get into the program, I want to first give you some extra motivation. Losing weight delivers a huge range of physical and emotional benefits, and you'll need to keep them all front of mind to stay motivated during your weight loss journey.

Here are eight compelling reasons to stick with it – essentially, the results you can look forward to if you follow the program. Make no mistake you can absolutely achieve this. So, dive on in, and come back here for a refresher if you find yourself getting off track or needing a little extra inspiration.

## Eight reasons to motivate you

### 1. Be happier.

When you're comfortable in your own skin, life is just so much better. Losing weight will boost your self-esteem and make you feel happier. And what's more important than that?

### 2. Feel more in control.

Having a daily workout schedule – and sticking to it – will make you feel more in control of your life. You decide when and where to exercise, because you're in charge!

### 3. Get a sharper focus.

Do you often find yourself daydreaming at work or not being able to keep your attention on daily tasks? Non-obese adults score much

better on memory tests than obese adults, so losing weight will improve your memory and focus.

#### **4. Exercise easier.**

No longer will you be the person who can't do a push-up or make it to the end of a fun run or walk. Finally, you'll be part of the 'fit and healthy' club!

#### **5. Sleep better.**

No more staying up late watching bad TV. All that hard work from exercising will put you back into a normal and healthy sleeping schedule.

#### **6. Keep up with your kids.**

If Kris Kardashian can do it, so can you! You'll have the energy and stamina to play with your kids or grandkids and you'll feel great doing it.

#### **7. Increase your confidence.**

Feeling good about yourself, and fitting into your favourite pair of jeans, is guaranteed to skyrocket your confidence through the roof.

#### **8. Stop fearing the dressing room and look great naked.**

Go ahead and try that body hugging dress or skinny jeans you've been coveting for years. And feel great naked in the bedroom – even with the lights on! Nothing will be off limits.

# Why you've failed to sustainably keep weight off

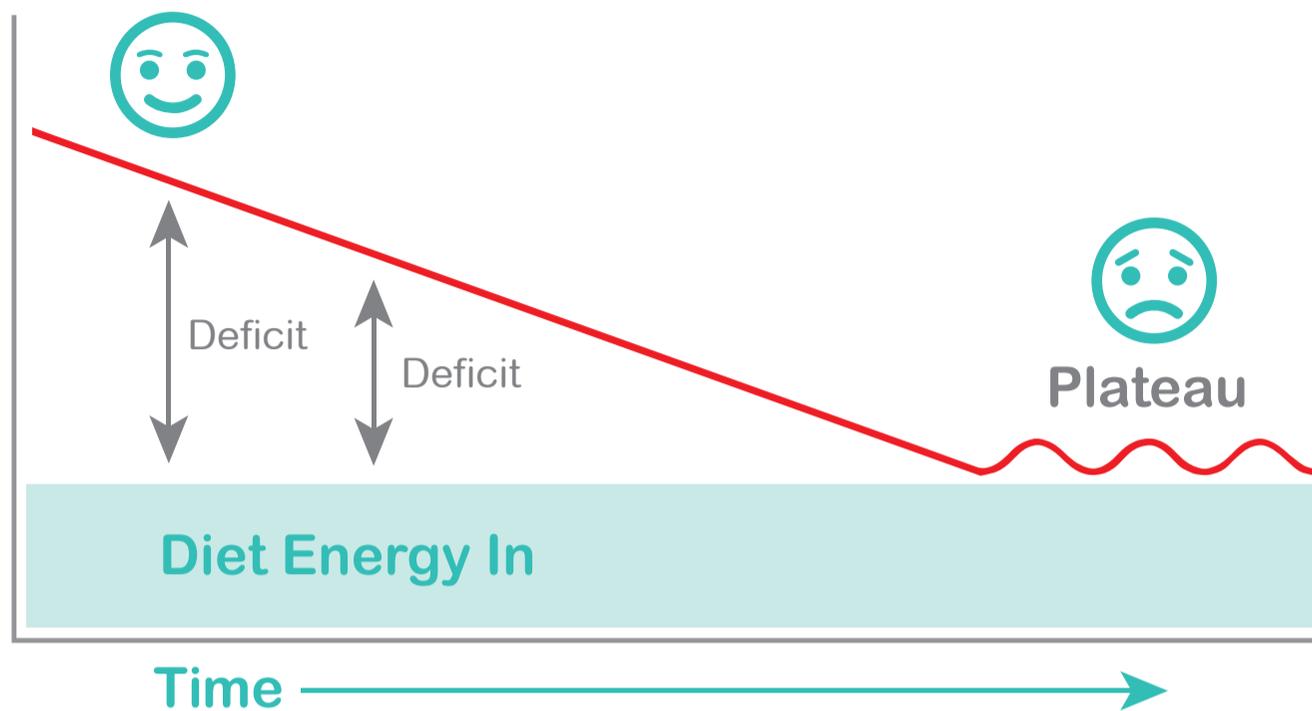
First things first, it's important you understand why you've failed to keep the weight off so far. I bet some of these will be all too familiar; perhaps others will come as a surprise. Let's explore the main culprits.

## 1. You're following diets that just don't work

It would be very easy to say all diets are the devil, but this isn't true. Most diets fail because people fail to maintain an energy deficit where energy in is less than energy out. What most people don't realise is that protein plays a huge part, and diets that are protein deficient (as well as calorie deficient) will inevitably fail because your body has to raid its muscle mass to find protein which in turn makes your metabolic rate fall. The problem with reducing your metabolic rate is that it leads to equalisation of energy in with energy out – and that's what causes the dreaded weight loss plateau. How many times have you uttered, “I'm still eating less but I've stopped losing weight!”? Well, this isn't caused by some mythical starvation mode, but simply because you've lost muscle due to protein malnutrition which, in turn, has reduced your metabolic rate. As an added bonus, protein keeps you fuller for longer so you don't have to go hungry while you lose weight.

Feeling a bit confused? Don't worry!  
We'll explain this further later on.

## Muscle Mass and Metabolic Rate



## 2. Carbohydrates DO NOT fill you up

Protein makes you feel full. Fat makes you feel full. Carbohydrates DO NOT make you feel full. Sure, they're cheap and cheerful and add variety but they do not fill you up. In our rush to eat low fat food, we've lost not only the filling effect of fat, but also the filling effect of protein that often comes with some fat. Instead, we've replaced these two with carbs that don't fill us up and we're fatter as a result.

## 3. You don't eat mindfully

People eat for two reasons: hunger and psychological. When you're wanting to lose weight, one of the most important things to do is eat until you're full – but not one bite past that. Yet, many people reach the point of being full and keep on eating – simply because they're not paying attention. Separately, lots of people (particularly women) identify as 'comfort' or 'emotional' eaters. You have a bad day at work, and devour a block of chocolate. You have a fight with your partner, and eat half a cheesecake. You hate your new haircut,

and eat a whole packet of cookie dough. You get the picture! In order to lose weight, this comfort eating simply must end – full stop, no excuses. Think about it this way: the less unnecessary food you eat, the less work you need to do to keep in shape!

**We'll talk more about mindful eating later on.**

You can also check out our [website](#) where we list a number of exercises you can do with your partner, the whole family, or by yourself to eat more mindfully and save thousands of unnecessary calories every year!

#### **4. You're taking (or not taking) medication that is restricting you from losing weight**

The oral contraceptive, some antidepressants, and even some pain killers can prevent you from losing weight. Perhaps you're on one of these problem medications, and didn't realise it is a problem.

Some people are deficient in important weight control hormones like thyroid hormone and testosterone. In this case, simply making the diagnosis and normalising your hormone levels can easily fix your weight problems.

Again, you'll learn more about this later on and you can talk to our doctors when you have one of your consultations.

#### **5. You've lost sight of your real motivations**

Weight, as in the number on the scales, is nice and quantifiable – but it's actually not what most people want. I bet what you're really after is to look better when you stand in front of the mirror, to feel more energetic, to buy some new clothes a size down, or perhaps even to fit back into that favourite pair of jeans you've been



hanging onto for years. You need to identify and draw on your real motivations in order to do the work required and lose the weight for good. We are going to train you to trust your clothes, not the scales. In fact, if you have a set of scales in your bathroom we suggest you either throw or lock them away – you don't need them anymore.

# What the weight loss industry isn't telling you

The weight loss industry is booming, but unfortunately much of it is based on misinformation, diet trends, and so-called quick fixes that simply don't work for the long term. Here's what they're not telling you:

## 1. Low fat / low calorie products don't work

Unfortunately, we eat 25% more of a fat reduced product, which also has delivers about 11% more total calories. Low fat food also tend to taste like rubbish, and eating should be a pleasure!

## 2. You don't need to exercise for long periods or join a gym

'Hallelujah!', I hear you say. Yes, it's true. Two minutes flat out on a bike beats 30 minutes of low-key effort – it's been proven in many clinical trials. So, you need to train like a body builder. Short durations of high-intensity exercise to build muscle. Think: squats, push-ups or chin-ups. Even if you can't do these today, we're going to help you get there!

These body weight exercises can be done 'anywhere, anytime', and because they're short duration, can be slotted into even the busiest schedule. Remember what we said earlier, we want you to lose fat but maintain or gain muscle mass – that's one of the keys to sustainable weight loss.

### 3. A substantial breakfast and portion control are the fundamentals to weight balance

Breakfast is absolutely the most important meal of the day.

Unfortunately, it's also the easiest meal to skip. Think about it though: there's never been a diet called the 'Skip breakfast, skip lunch, stuff yourself at night' diet. This mode of eating has emerged in recent years, and it's no coincidence that obesity rates have sky-rocketed alongside it. Back in 1960, we ate a big breakfast, a big lunch, we put in a good day's work, and then finished with supper, which was a small snack at the end of the day. There was no such meal as dinner. Unfortunately, our bodies have nowhere to store these unnecessary calories consumed at night, other than to turn them into fat.

As for portion control, this makes dieting 1000% easier. You can cook the same food for mum, dad, and the kids, and simply portion it out accordingly. Back in 1960, we ate off much smaller plates – 8.5 inch (21 cm) versus 12 inches (30 cm) today. Naturally, the bigger the plate, the more food we pile onto it – so one simple approach is to buy some inexpensive enamel plates from Kmart. They're smaller, so will instantly make your meal appear larger – and you feel more satisfied.

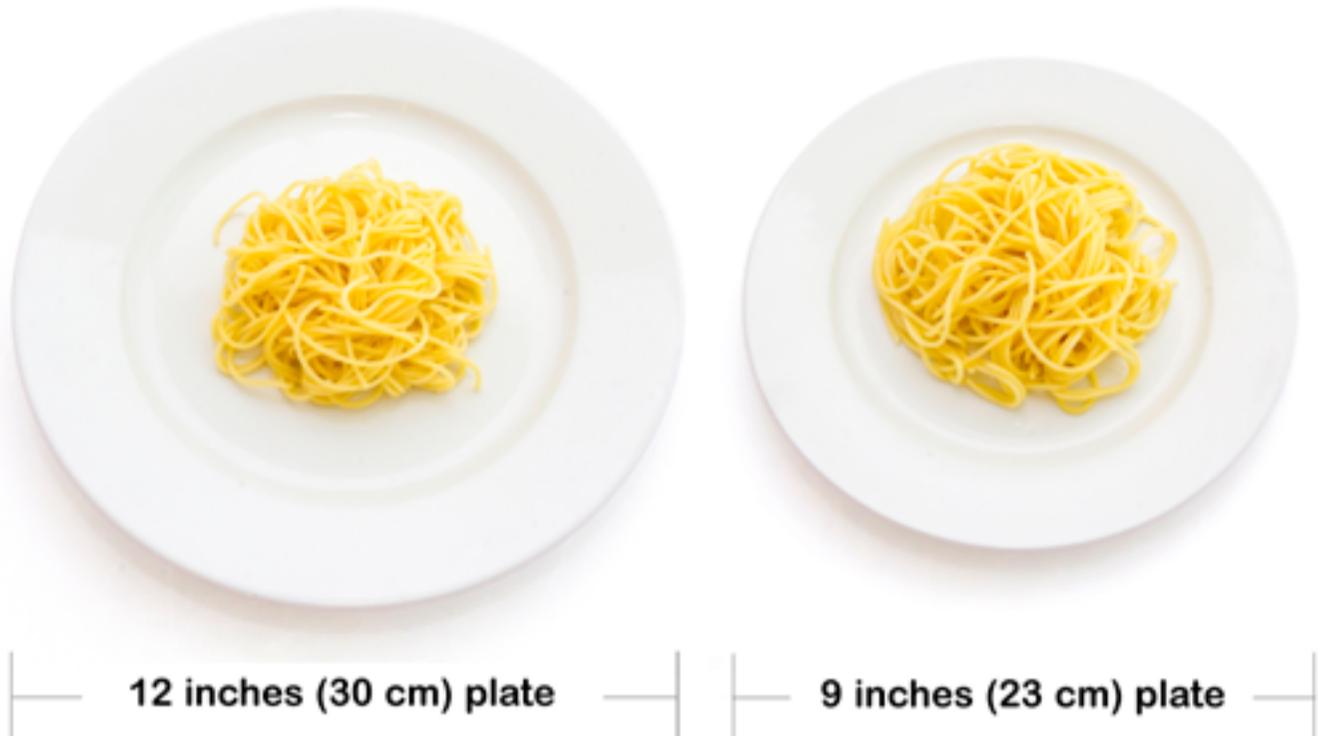
Go and have a look at your own plates. Are they more than 10 inches (25 cm)? If so, throw them out or put them aside for dinner parties, and get yourself some 9 inch (23 cm) plates for daily use.

Finally, did you know that eating off a red plate causes you to eat less food? Amazing, huh! Of course, green signals go, and you guessed it – the colour red tells your brain to STOP. So, why not buy a couple of 9 inch (23 cm), red plates – one for home and one for work.

## The portion size illusion

Which plate contains the most food?

Think about it before looking at the answer on the bottom of the page.



### 4. Weigh-ins are counter productive

There are numerous factors that influence the number on the scales and these fluctuate throughout the day and the month, particularly if you're a woman. If you must weigh yourself, do it once a week max. Instead of daily weigh-ins look to the mirror and how your clothes fit for positive feedback. A measuring tape is a far better gauge on your progress than the scales. A pilot is always trained to 'trust their instruments', not their eyes, when flying. When it comes to weight loss, you need to trust your clothes by how they are fitting. If your body shape changed and you could fit into a smaller pair of jeans, but your weight didn't change, why would you care? If that happens, you've replaced fat with muscle. You'll look great and feel great, so what the scales say is irrelevant.

ANSWER: Both plates contain the same amount of food.

## 5. Finally, do not read beauty magazines, they will only make you feel ugly!

Baz Luhrmann was right in the 'Sunscreen Song' when he said, 'Do not read beauty magazines, they will only make you feel ugly.'



Models in magazines are not normal people! And, to make matters worse, even though models are genetically blessed their pictures are also photo shopped. Beauty magazines are specifically designed to make you feel ugly so you will buy the advertised product.

Don't get sucked in. Instead, learn to love yourself as the perfectly-imperfect, beautifully real person you are.

# Common myths about weight loss that are holding you back

Perpetuated by the weight loss industry, weight loss myths just keep on coming. Don't be fooled!

## Eating fat will make you fat.

Contrary to popular belief, fat is not the enemy. Rather, it satisfies hunger and carries both flavour and vital nutrients, like vitamins A, E, D, and K. Did you know that the trigger for a baby to stop suckling when it's had enough breast milk is the increasing fat content in the milk as the baby feeds? This response of fat making us feel full continues into adult life, and is key to maintaining a healthy weight.

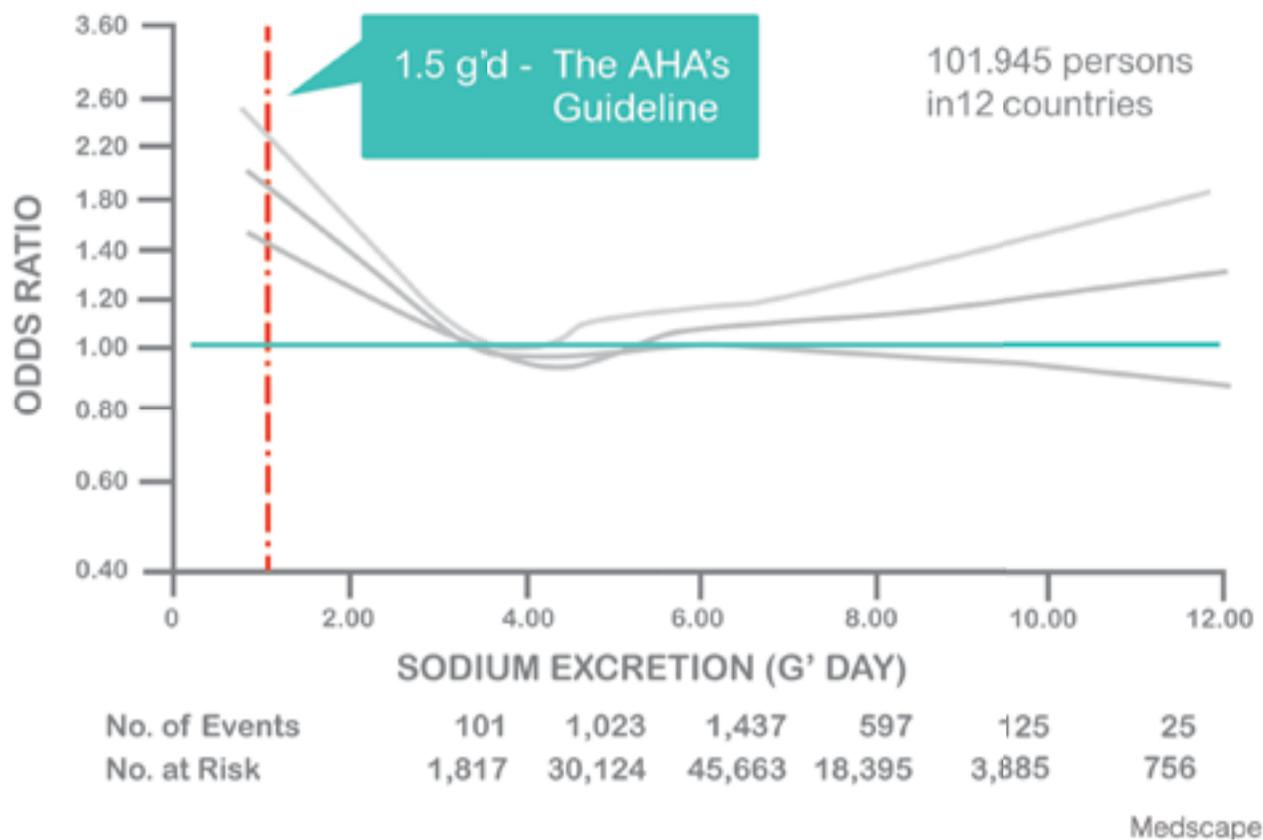
Manufacturers removed fat from processed foods because it is known to increase consumption. So, the more low fat foods we eat, the hungrier we get, and the more we buy. A sneaky marketing ploy if ever there was one! Sure, fat does contain more food energy (gram for gram) than either carbohydrates or protein, but taken in the right macro-nutrient combination it will actually help you achieve your weight loss goals. Now that's something I bet you didn't expect – eating fat will help you lose weight!

## Salt is bad for you.

Wrong! We all know salt adds flavour to food, but did you know the evidence linking it to adverse health outcomes is very poor? Find out more [here](#). In actual fact, low salt intake is far more risky from a health perspective than high salt intake.

Salt can make bland low calorie foods taste better, so given it's not a health risk there is no reason to avoid it. If you don't like salt, that's fine – listen to your body. But if you do, adding salt will not do you any harm.

## Estimated Sodium Excretion and Risk Cardiovascular Events



## Diet drinks will help you lose weight.



Not true, and the evidence proves it. Find out more in this [study](#) by Purdue University.

If you're thirsty, drink water instead. Tea (herbal or otherwise) and coffee are also far lower in calories than soft drinks.

Did you know a glass of fruit juice though has just as many calories as a chocolate bar? Have you seen the Nudie orange juice bottles? A 2-litre bottle of orange juice contains 21 oranges! You'll feel a lot more full eating whole fruit than drinking juice.

## Skipping meals is an effective weight loss strategy.

It isn't, and as you'll read soon – breakfast is the most important meal of your day.

## The dietary pyramid has a rigorous scientific basis

No, it doesn't. Have a look at what [Harvard University](#) has to say about this. Humans are omnivores, and as such we need a varied diet to stay healthy. Exactly what is in that varied diet is far less critical than you've been led to believe, and the base of carbohydrate laden grains is more about marketing than scientific fact.

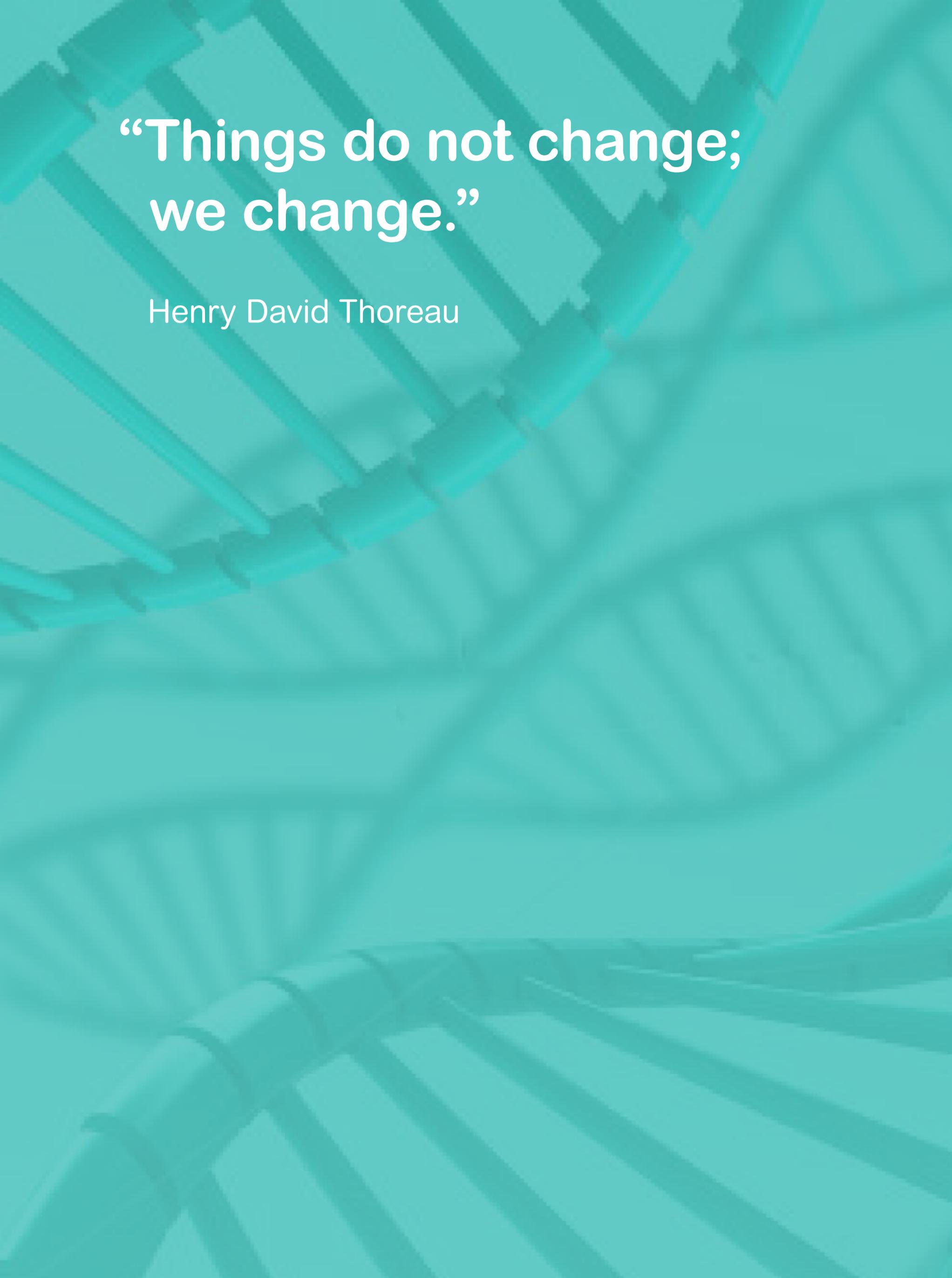
## Alcohol is both bad for your health and will make you fat.

Yes, alcohol contains food energy, but it's only too much food energy that will make you fat. Alcohol can certainly contribute to that, but it's that late night souvlaki that has just as much, and probably more, to answer for! Read about [The French Paradox](#) and, once again, have a look at what [Harvard University](#) has to say about this. We've also included detailed information about alcohol on our [website](#), including the positive health effects of having a drink and the weight loss implications of different beverages.

## You can go on a diet and never feel hungry.

Rubbish. Of course, you're going to feel hungry from time to time! If you don't drink, you feel thirsty, and if you don't eat, you feel hungry. These are normal physiological responses and deeply rooted in our brains. How you choose to respond to that feeling of hunger, and what foods you choose to satisfy it with, is what counts.

I am always going to be fat. Not true! If you're reading this guidebook, you're motivated. And if you're motivated and have the tools you need (which we're giving you here) you have the power to surprise yourself. Just you wait.



“Things do not change;  
we change.”

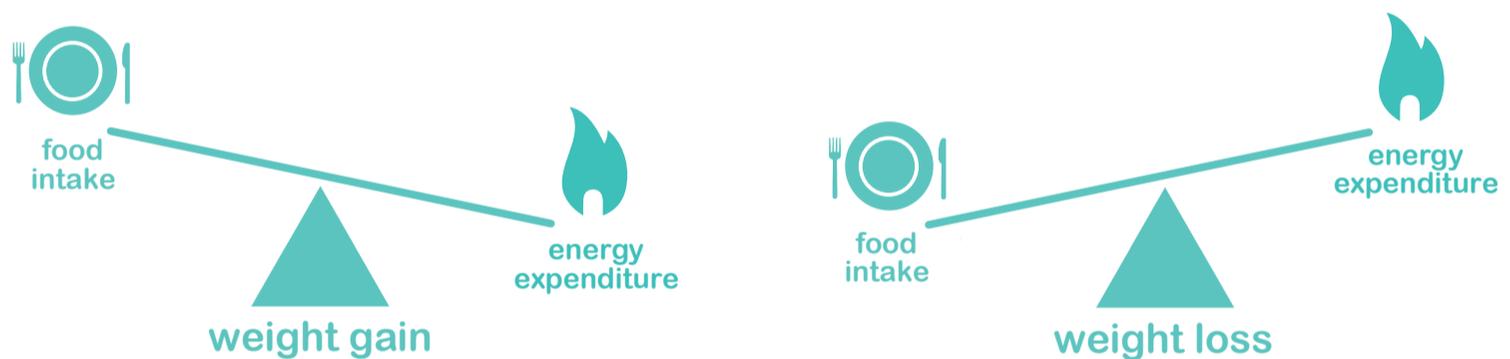
Henry David Thoreau

# Need-to-know basics

Losing weight is actually not that complicated, but with so much misinformation out there, it's easy to get confused. Let's cover the basics you need to know on your weight loss journey.

Very simply, we all put on weight (fat) when our energy intake (food) exceeds our metabolic needs. We lose weight when our energy intake is less than our body's metabolic needs. So, what exactly are our metabolic needs?

## Energy balance



## Our body uses energy in two ways:

1. First, we have our Basal Metabolic Rate (BMR) which is essentially related to our muscle mass. Muscle mass decreases as we age, and is one of the main causes of that pesky phenomenon known as the 'middle-aged spread.' Our BMR runs 24/7, 365 days a year, so the more muscle you have, the more energy you need to stay alive.
2. Secondly, we have our dynamic requirements. Digesting food, physical activity, growth, pregnancy, and lactation all contribute. Those generous souls who choose to contribute blood to the blood bank also get a free ½ kg weight loss.

So, to lose weight, we need to take in less food energy than our body needs. When we do this, our body taps into the supply of energy that it's saved up for a rainy day (i.e. fat). The two main problems with this situation are:

- 1. Hunger; and**
- 2. Loss of muscle mass.**

When our body is faced with an energy crisis (i.e. not enough food) it digests not only our fat, but also our muscle. And that's a big no-no. If by dieting we allow ourselves to lose muscle, when we finish our diet our BMR will be lower. The result of this? If we start eating the same quantity of food we were eating before the diet, we'll start to put on weight again. How unfair is that! This vicious cycle is why conventional diets simply don't work. But, don't despair. There are things you can do to produce much better, long-term results – and we're getting to those soon.

## **Losing weight takes time**

It takes a long time to put on weight, and the simple reality is that it will take time to get the weight off. Any diet you can't stick to for the long term won't work, simply because it's not sustainable. Sure, you might lose weight in the short term – but you won't be able to maintain the diet for long enough to reach your goal.

So, if losing weight takes time, just how much weight can you reasonably expect to lose over what time period? The answer is that it depends, but about 1% of your current weight per week is the ball park. For most people, that's about 0.5 – 1.5 kg a week. Yes, you can lose more than this but it will be very hard to sustain. Time is your friend when it comes to weight loss.

While ultra low calorie diets will cause rapid weight loss, they'll also cause loss of muscle mass (and BMR), as well as putting you at risk of a variety of illnesses caused by not getting sufficient nutrients. You know what they say: if it sounds too good to be true, it probably is!

One important aspect of losing weight is to change how you think about it. As we've already said, listen to your clothes, not the scales. We want to help you tone up and slim down through fat loss and muscle mass gain. What the scales say doesn't matter – if you haven't done it already... throw them out!



“The three great essentials to achieve anything worthwhile are:  
hard work,  
stick-to-itiveness, and  
common sense.”

Thomas A. Edison

# What foods to eat to promote weight loss

The good news is that you can eat anything you like within these rough guidelines:

- You should have 1g per kg of body weight of protein daily, and a bit of fat in your diet. A ‘good’ food is more than 15% protein by calorie count. You don’t actually need any carbohydrate (your body can make it all for you), but it is an inexpensive and often delicious source of energy. So, if you weigh 70kg then you need 70g of protein a day. Meat is about 25% (1/4 protein) so you need about 250g of meat or fish each day (or other suitable protein sources).
- Certain foods possess the perfect macronutrient to blast fat – we call this ‘God’s recipe’. A “gopro” food has more than 15% protein, a “lowpro” food has less than 15% protein.

**For example milk is:**



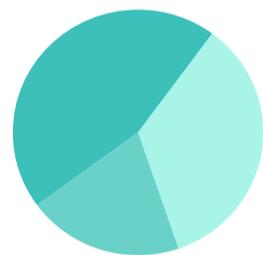
**3% protein**  
**3% fat**  
**5% carbs**

**In energy terms, this equates to:**



**protein = 12 calories**  
**fat = 27 calories**  
**carbs = 20 calories**

**In energy % terms:**



**protein = 20%**  
**fat = 45%**  
**carbs = 35%**

So, how do you know which foods fall into the “gopro” category? Keep an eye for our No Pro Go No App. coming soon...

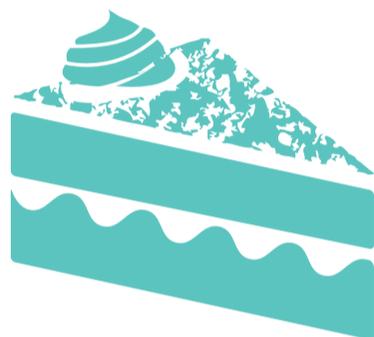
- As well as the macronutrients (proteins, fats, and carbs) you also need micronutrients and fibre. What are these? Essential vitamins and minerals, and stuff to keep your bowels motions regular. A varied diet including fruits, vegetables, and whole grains will make these requirements easy to achieve.
- Don't worry about eating everything in the same ratios every day. Steak and chips one day and then salad the next is just fine.
- Where possible, take a 'whole' food approach – making your own food from fresh ingredients. If you don't know how to cook, learn! It's actually a whole lot of fun, and a great way to relax. Try not to eat anything from a packet or a box if you can avoid it!



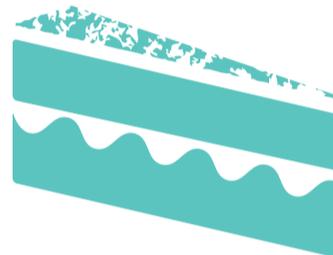
- As mentioned earlier, processed food has been cunningly designed to be more moreish. This works for the manufacturer because they move more product. For you, it's likely to make you both fatter and poorer!

- Join the dots – we have more fat reduced products flying off the supermarket shelves than ever before, and yet we're the fattest we've ever been. So, if possible, stay away from the low fat, processed foods that have become so popular.
- Thick soups are wonderful, particularly in the colder months. Why? If you were to eat a chicken breast, rice, vegetables, and a glass of water separately, they'd be out of your stomach in a couple of hours. Blend them into a thick soup though, and they won't exit your stomach for four hours – making you feel full and satisfied for longer. If it's too hot for soup, drink water while you're chewing your food. This acts in a similar way, turning your food into a kind of soup before it enters your stomach.
- If you're going to treat yourself to takeaway, your best bet is a Chinese or Thai stir fry full of meat and veggies to give you a good dose of protein and nutrients. A great tip is to avoid the empty calories in rice, you don't need it, and won't miss it.
- Of course, you don't need to drink alcohol, but it's reassuring to know that moderate drinkers live longer than people who don't drink or drink heavily.
- Humans can't manufacture a lot of vital substances (vitamins, essential fats, and some amino acids), so there are real adverse health impacts of not having a varied diet. Variety is the spice of life! Even though your food intake needs to be reduced, keep things interesting with a healthy variety of different foods.
- Don't make yourself eat foods you hate. What's the point of being thin if the price is not enjoying your food? Diet must not = DIE+T.
- Don't use calorie counters and food diaries. While some online food diaries can be interesting for a while, logging your food is hard and unsustainable for most people. Don't obsess over what you're eating.

- Becoming a mindful eater and listening to your body's 'full signals' will help you far more in the long term.
- And lastly, nothing you like should be forbidden! Deprivation is only going to lead to you breaking your daily routine with a giant serve of {insert your favourite guilty pleasure here}, then feeling terribly guilty, and using it as an excuse to throw in the towel and stop trying. Sound familiar? I thought so! Instead, allow yourself to enjoy your treats in a smaller portion size, and you'll be much more likely to do what's required to reach your goals.



**Cake**



**Diet cake**

- Oh, and one more thing – chocolate makes you thinner! A recent study has found that people who eat chocolate more frequently weigh less on average than those who eat it less regularly. Why? Researchers surmised that antioxidants and other compounds in chocolate boost the metabolism. Bet that made your day!



# The 6 medical secrets of weight loss success

# The 6 medical secrets of weight loss success

Well, here you are. Welcome to the part you've been waiting for! This is where the rubber hits the road with easy, actionable steps that will help you lose the weight for good. So, without further ado:



## Eat more in the morning

If you step back and really think about it, the way we eat our food throughout the day is crazy! Skip breakfast and / or lunch, use energy all day, have a big dinner, and then go to sleep. We give our bodies no choice but to store this dinner as fat. In Western society, our energy in-take is pretty much in complete opposition to our energy use. It's upside down, back to front, and inside out.

I distinctly remember a conversation with my grandmother, during which she told me how it was back in her day, breakfast and lunch were the big meals. And what we now call 'dinner' was an end-of-day snack called 'supper.'

So, why should you care? Well, in a recent groundbreaking study, two groups of people were put on a 12-week diet. Both groups had 1400 calories a day. The only difference was that one group (the big break-fast group) had 700 calories for breakfast, 500 calories for lunch, and a scant 200 calories for dinner. The other group did the opposite – 200, 500, and 700 calories for breakfast, lunch, and dinner.

And the results? The big breakfast group lost an average of 8.7 kg. The big dinner group lost only 3.6 kg. Same calories, but very different results. What's remarkable about this is that most diets end up with an average 3 – 4 kg weight loss. To get nearly three times more weight loss while having the same energy intake tells us something really important – DO NOT SKIP BREAKFAST, and think about how you're taking in your energy throughout the day.



Check the [website](#) for a list of our ideal, easy-to-make breakfasts.



2.

## Fit your new eating habits into your life with portion size

If you live with other people, going on a diet typically means eating differently to everyone else. This is time consuming, expensive, and difficult to sustain long term – especially if you're a busy parent.

A much better strategy is to eat the same food as everyone else, but simply have a slightly smaller portion size. Remember the ½ a Mars bar analogy? A little less over a period of time, and before you know it, a new slimmer and trimmer you will be looking back at you from the mirror.

And this is so easy to do! Just use smaller serving containers. Instead of cereal in a bowl, have a serve in a teacup. Instead of eating from a dinner-sized plate, use a side plate. You'll still be eating the things you love, but in a way that can work long term because it includes every single food you already know, cook, and love.

Essentially, this is exactly how Weight Watchers and Jenny Craig work. They make money because you buy their food, but you lose weight because they deliver that food in small portion sizes. By all means, use their products if you want to – but remember that fresh, home cooked food is best and you can achieve the same results simply by adapting their portion-size model to your everyday lifestyle.



## Avoid low fat and diet foods

3.

Eat REAL food! Ultra low calorie diets promise rapid results, but come at a very high price. As previously discussed, you'll inevitably lose muscle mass, lower your BMR, and increase your chances of putting the weight you lose back on... plus more.

Ultra low calorie diets are also unpleasant to be on (remember, you still need to have a life while you're losing weight!), as well as putting you at risk of a variety of health effects.

Consistency and time are the key to your thinner figure, not radical calorie restriction.





## Eat mindfully

Just because it's dinner time, don't think you must eat. If you're not hungry, don't eat. If you're thirsty drink, rather than eat. Listen to your body! [Click here for our free Hunger Scale.](#)

We've already covered 'comfort' and 'emotional' eating, and agreed that you must stop eating when you're not actually hungry. First, know your triggers (e.g. stress, lack of sleep, family drama, and so on), and then get psychological help if need be.



But, what should you do when you are actually hungry? I'm a big believer that 'diet' should not be DIE with a T. We certainly don't want you to do that! Simply by paying attention while eating and taking the time to enjoy your food, you will lose weight. Why? Because, when you're distracted you fail to recognise that you're full. **So, don't eat in front of the TV or while doing other things. Yes, get back to the table.**

On a similar note, as a child, you were probably told to finish your plate before you were allowed to leave the table. As an adult on a quest to look your best, you should stop eating

when you're full – even if that means throwing a bit of food out. Let's repeat that: if you are not hungry, stop eating!

I'm sure you'd agree that food is one of life's great pleasures. Even when you're trying to lose weight, you are allowed to enjoy it, so give yourself the chance to do so by eating mindfully. That includes giving yourself a treat every now and then. Enjoy the indulgence and really savour it. Your treat is part of the plan, so ditch the guilt!

Take the time to measure your hunger and ask yourself "why do I want to eat right now?"



Download our useful [Hunger Scale PDF](#) (which you can print off and put on your fridge or office partition) and the mindful eating exercises on the [website](#).



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## 5.

# Build muscle mass

One of the real keys to long-term sustained weight loss is to not lose muscle mass. When you lose muscle mass, your metabolic rate will drop and your diet may well see you end up fatter rather than slimmer.

As we age, we all lose muscle. We all know older people are less strong. If we can stop or reverse this muscle loss, we can also aid weight loss and prevent the ‘middle-aged spread’ so common in our society.

Building muscle mass is actually really simple and takes very little time. If you’re a gardener, you’ll know that when you go out into the garden and start digging, you’ll probably get blisters. If you do that a few times, your blisters will develop into calluses. In essence, your body goes, ‘Hey, this skin is too thin, let’s make some more.’ Well, the same thing happens with muscles – but only if you work them towards failure.

Body builders build muscle by lifting very heavy weights, but not very many times (usually 10 to 15). They very carefully set the weight so they can only lift it 10 –15 times (or thereabouts). The key part is this: the last two times they lift the weight are pretty much the last two times they could lift the weight. In other words, they have worked that muscle group near to failure, and as result, their body says, ‘Build me more muscle!’ If you’re scientifically minded, you might like to find out more about how and why muscles grow by clicking this [link](#).

So, what we need is a simple exercise you can do anywhere, anytime, with no equipment, that targets the biggest muscle groups in your body so we get the greatest benefit in the shortest time.

## **That exercise is squats.**

To do a squat, simply:

- Stand next to a table and rest your hands on it for balance
- Squat down as low as you can go and then stand up
- Repeat that until you cannot get back up. Don't cheat, try hard!



Here's a video that shows a squat in action. Having done as many squats as you can do, your exercise program is over for the day. It should take you less than five minutes. How good is that?!

The next day, your thighs and buttocks will be sore, and probably the day after that too. Wait until they're not sore, then repeat the exercise. Not only will this build shapely muscle on your thighs and buttocks (hello, skinny jeans!), it will cause your body to build new muscle and increase your BMR. The result?

If you did nothing else I've suggested but ate exactly the same amount of food, you will lose weight.

When you get to a point where you can do more than about 20 two-legged squats, we need to make it harder. Try this:

- Put one foot on a book / brick / step to restrict that leg from being able to contribute as much (you'll feel the extra load in the leg on the floor)
- Do your squats as above
- Have a break
- Then, change legs and repeat on the other side

As your strength builds, you may well end up being able to do squats one legged. The other thing – while doing these, always remember to breathe. Holding your breath is a no-no. There are a range of other exercises you can add in too – push-ups and chin-ups being the ones that target other large muscle groups.

This advice may well fly in the face of everything you've been told, but trust me – five minutes of exercise, near to muscle failure is all it takes to increase your muscle mass and get your BMR doing all the hard work for you.

One last bonus? Thigh muscle strength is one of the best predictors of longevity in old age. So, not only will you lose weight, you'll live longer too. Sounds good to me!

Of course, please check with your health professional before embarking on any program of strenuous exercise.

Visit the [website](#) to learn more about the other two exercises you can do from home, for free, to blast fat.



## Be aware of how medication can hurt OR help your efforts

### 6.

There are a range of medications that can restrict your ability to lose weight. Perhaps you're on one of them and don't even know! On the flip-side, there are also some medications that can help you lose weight. Of course, all medications have both effects and side effects, so if you're contemplating trying them, please work with a doctor who can monitor you closely.

First, let's run through the medications that can have a negative impact:

- Oral contraceptives – especially the anti-acne ones like Yaz, Yasmin, and Diane – which block testosterone, decrease muscle mass, and increase weight gain
- Anti-depressants – such as Mirtazapine, Prozac, and Zoloft
- Anti-psychotic drugs
- Pain killers – such as Lyrica
- Anti-convulsants – such as Epilim

Other factors which could be having a negative impact include:

- Untreated hyperthyroidism
- Testosterone deficiency – particularly in middle age and beyond
- And lastly, whether you're taking your medications correctly – e.g. with or without food



So, that's the unhelpful stuff. Here are the medications that can help:

- Duromine – which increases your metabolism and suppresses hunger
- Xenical – which inhibits your gut from absorbing fat
- Byetta – often used for diabetes
- Metformin – particularly useful for women with polycystic ovaries
- Testosterone – for people who are testosterone deficient
- Calcium in the form of dairy (not tablets) – which works as a mild form of Xenical
- HCG in injection form – which increases testosterone

Finally, if you're undertaking any sort of low calorie diet (though we don't recommend this), a multi-vitamin should be considered a must. And remember, there's no such thing as a sustainable quick fix!

“Always bear in mind  
that your own  
resolution to succeed  
is more important than  
any one thing.”

Abraham Lincoln

# Resources

## Eating better

There are some great resources around to help you plan your meals and keep track of what you've eaten.

You might like to try:

- My Plate Resource Guide, which is a comprehensive overview of current mainstream dietary guidelines, including both their history and some of the sensible alternatives. If you're after something more comprehensive than 'A little bit of anything, but everything in moderation', this is a great resource.
- Eat This Much App, which automatically creates meal plans that meet your eating goals. It can be personalised for your food preferences, budget, and schedule and – once a week – gives you a grocery list so you can buy everything you need.
- 300 Calorie Meal Guide ([see the image on page 46](#)), which shows you how misleading the size of the food on your plate can be! Every single meal shown here is 300 calories. Other 300-calorie meals include: chicken / beef / fish plus potatoes and salad, Thai chicken beef salad, a fruit smoothie, and a big glass of orange juice.

# What does 300 calories look like

Each of the photographs below represents 300 calories of the particular food group.



300 Calories  
APPLE



300 Calories  
CHEESE CAKE



300 Calories  
CHICKEN DINNER



300 Calories  
CHIPS



300 Calories  
CHOCOLATE



300 Calories  
COOKIES



300 Calories  
DOUGHNUT



300 Calories  
GRAPES



300 Calories  
NUTS



300 Calories  
OMELETE



300 Calories  
PASTA



300 Calories  
SALMON DINNER

# Further reading

You can never have too much (of the right) information, so if you'd like to do some further reading, we recommend:

- [Topol on Salt: Time to Shake the Sodium Guidelines?](#)  
Eric J. Topol, MD
- [Study: Diet soda doesn't help you lose weight.](#)  
Shari Rudavsky
- [Can a big breakfast help you lose weight?](#)  
Analysis by Bazian. Edited by NHS Choices.
- [Healthy Eating Plate & Healthy Eating Pyramid.](#)  
Harvard University
- [The Skinny on Wine: French Paradox Diet.](#)
- [Alcohol – The bottom line](#)  
Harvard University
- [Late-Life Alcohol Consumption and 20-Year Mortality.](#)  
Charles J. Holahan, Kathleen K. Schutte, Penny L. Brennan, Carole K. Holahan, Bernice S. Moos and Rudolf H. Moos
- [Hallelujah! Chocolate makes you thinner.](#)  
Laura Shin
- [How do muscles grow?](#)  
Young sub Kwon, M.S. and Len Kravitz, Ph.D.
- [Two Exercises, No Gym Required, To Boost Longevity.](#)  
Doug Kelsey

# Let's wrap it up

Congratulations, you've reached the end of the guidebook! I hope you're feeling motivated and empowered to action the program and lose the weight – for good.

A few points I want to leave you with before we wrap things up:

## 1. Sustainable weight loss is a journey, not a destination.

All the quick fixes you've tried in the past have failed you, right? Yes.

So, with this program you need to take a different approach.

Remember this: slow and steady wins the race.

Action the steps consistently, be patient, allow yourself a treat every now and then, you will see results. Keep at it.

## 2. Work with your doctor to build a personally tailored program.

Now that you've read the guidebook, it's time to book your follow-up consultation with your doctor. During this session, we'll answer any questions you might have and collaborate to develop a personally tailored program that works for you. This includes assessing any medications that might be restricting your ability to lose weight, plus considering other medications which may assist you.

## 3. You can do it!

At the beginning of the guidebook, we went through eight compelling reasons for losing weight. I want you to go back and re-read that section. Inspiring, right? And totally within your reach.

We opened the guidebook with Lao Tzu's quote, "A journey of a thousand miles begins with a single step." Well, you now have the knowledge and tools you need to take that first step and start your journey.

So, what are you waiting for?!

A slimmer, trimmer, and – most importantly – happier you awaits.

My very best,

A handwritten signature in blue ink, appearing to be 'J. Freeman', with a long horizontal stroke extending to the right.

Dr James Freeman  
**The Weight Loss GP**

# Starting your weight loss journey today is as simple as 1-2-3

1



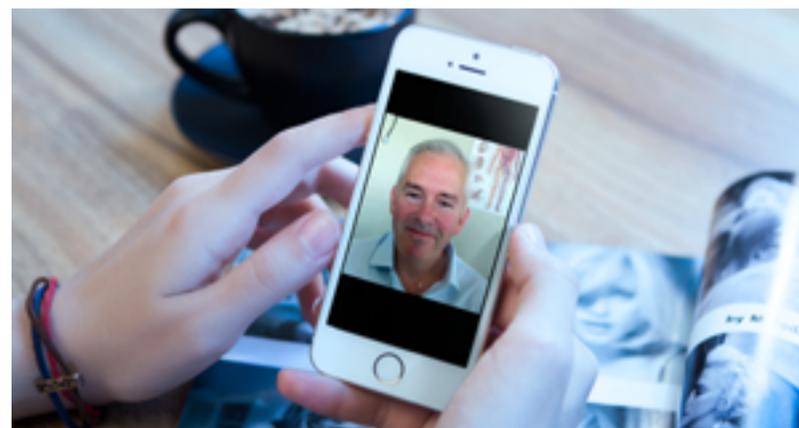
Download the free GP2U app from your favourite App Store

2



Choose a convenient appointment time

3



Talk to a weight loss GP on your phone or tablet from wherever suits you best.



[www.theweightlossgp.com.au](http://www.theweightlossgp.com.au)



The  
**Weight Loss GP**

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