

DR GREG'S NO DIET™

MD (UCL Belgium)

EATING AND LIFESTYLE PLAN

Dr Greg Gieryn M.D. (UCL Belgium)

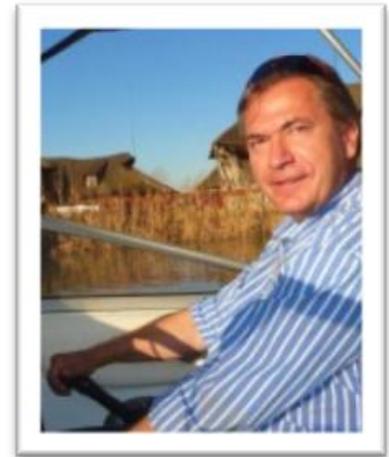
has specialized in the treatment of weight control for the past fifteen years and his Weight Loss practice is based in Sandton, Johannesburg.

Dr Greg Gieryn is from Polish descent and qualified as a Medical Doctor at the university Catholique de Louvain in Belgium during the 1980's. He settled in South Africa in 1991 and practiced at Witwatersrand University Hospitals until 1995. He set up his Aesthetic Private Practice in Rosebank and 1998 he moved his

practice to Sandton, Johannesburg and started specializing in bariatric, a branch of medicine that deals with weight control.

Dr Greg, as he is called by his patients regularly attends international conferences and exhibitions in order to keep abreast of the latest trends and developments in this rapidly evolving industry.

This allows him the opportunity to offer his patients up to date treatment regimens.



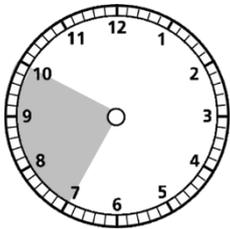
Time is the big secret!

- Only eat when you are hungry and stop eating when you are satisfied
- Do not eat on the go! Sit down, eat slowly, chewing your food and tasting what you are eating
- Enjoy your meal with your family and/or friends
- Don't sit in front of the TV or computer when you eat
- Have fun when preparing meals
- Make your meal choices interesting, don't always eat the same foods
- The trick is eating the correct types of foods, at the appropriate times
- Your last cooked meal should be eaten by 3:30pm
- The biggest secret of all is, we should **"EAT TO LIVE AND NOT LIVE TO EAT"**

WHEN TO EAT

This is very important. Divide your day into two parts. Your metabolism has a 24 hour hormonal cycle or circadian rhythm.

You have two main meals a day. Your first main meal is early in the day and then you have a smaller second meal later in the afternoon. Then a cut off time - no heavy foods at least 3 hours before you go to bed.



MEAL 1: EAT LIKE A KING!

This is your Main Meal of the day as your digestive system has the whole day to burn the calories you have consumed.

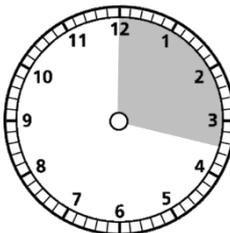
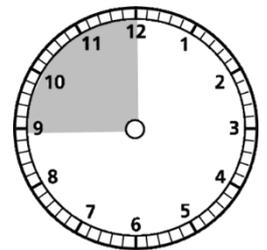
SNACK TIME: (Between meal 1 and 2 if you need one)

Fruit is a healthy choice. (Max. 2 "hard" fruits a day, like apples, oranges, pears)

Take note: most fruit juices are filled with additives and sugar

Make yourself a raw / fresh green salad.

Take note: Sweet or salty snacks will spike your blood sugar levels and may increase your hunger and salt will cause your body retain water.



MEAL 2: SHARE WITH A FRIEND.

This is the smaller meal of your two meals a day. This meal must be eaten at least six (6) hours before going to bed or no later than 3:30pm. This meal can be ideal for a late lunch or early dinner.

CUT OFF TIME

Ideally, cut off time should be 3:30pm by then you should have had your 2nd main meal, after this meal, eat as few calories as possible. Your body has enough fat deposits to deplete, so you don't need to continue eating in order to stay active.

If you are going out for a meal be-aware of your choices; remember best food choices and healthier preparation methods To make it easy to lose weight and to speed up the whole weight loss process, the last 6 hours before going to bed you can have raw vegetables, salads and certain fruits (Bananas, Grapes and Avocados, shouldn't be eating at night and not more than twice a week). No protein or starch in the evenings (NO COOKED FOODS).



Two meals a day and a snack in-between are all you need!

Example of a daily Eating Plan

1 st MEAL 07:00 - 10:00	SNACK 10:00 - 12:00	2 nd MEAL 12:00 - 15:30	Evening Meal After 15:30 uncooked	Cut off time 3hrs before you go to bed
2 x Boiled eggs /scrambled on low GI toast with a fresh fruit and tea or coffee	Yoghurt (Fat free) or Fruit	Chicken Breast Grilled with mixed vegetable and wild rice or Salad and small baked potatoes	Mixed raw green salad with julienne raw carrots, baby marrow , tomato and cucumber	Ideally whatever you eat after 3:30pm, should be raw, and stop eating 3hrs before going to bed. Nothing cooked after 3:30pm.

FOOD CONSUMPTION & PREPERATION

- Use fresh, raw and unprocessed foods rather than refined, processed foods. E.g. choose brown rice rather than white rice, brown whole wheat bread rather than white bread.
- Limit your intake of fatty foods that are high kilojoules.
- Eating regularly will ensure that your optimal metabolic rate is maintained, but do not eat if you are not hungry.
- Keep a diary of what you eat and how you prepare it until good eating becomes a habit.
- Never shop when you are hungry and always have a shopping list prepared to avoid “emotional” buying
- Don’t buy unhealthy, ready to eat foods.
- Plant-based foods (Vegetables, Fruits, Legumes, etc.) are always better than any other.

FOOD CHOICES

PROTEINS:

Eggs, Poultry, Fish, Meat and Tofu
Select lean sources of protein; this will limit your intake of unwanted fat.
Skinless chicken fillets and fresh fish contain far less fat.
Where possible use lean red meats like ostrich, veal, beef fillet and pork fillet. (Remove all visible fats from your protein).

DAIRY/NON DAIRY:

Milk, Cheese, Yoghurt and Soy
Use skim milk instead of full cream
Use white / soft cheeses like mozzarella, cottage cheese or ricotta

Low fat/skimmed yoghurts are a better choice

STARCHES/GRAINS:

Rice, Potatoes, Cereals, Breads/Biscuits, Pasta and Maize
Limit starches to two a day
Unprocessed starches are slower to digest i.e. wild rice and potatoes

VEGETABLES & SALADS:

Eat abundantly, as long as it’s RAW.
Watch out for starchy vegetables like peas, corn, butternut and pumpkin
Better WITHOUT butter

FRUITS:

Snack on any two fresh fruits you like a day. (Bananas, Grapes and Avocados should be eaten sparingly. Hard fruits contains less calories i.e. apples, pears.

TAKE-AWAY AND RESTAURANTS:

It is best to avoid these when starting a weight-loss/lifestyle change programme.

When out for a meal; focus on the portion sizes; we always have choices, so make the right ones.

FOOD PREPERATION

Cooking methods

Limit your intake of fried foods.
Use as little oil as possible when cooking. A good option is Spray & Cook.
Healthy cooking methods - steaming, baking and grilling

Condiments: (food seasoning)

Use what you like but be aware of salt which is high in sodium and causes water retention. Also be aware of high sugar content as sugar converts to fat when the body can’t use it.
You will have better results if you stay away from store bought condiments, i.e. Mayonnaise, ketchup, BBQ Sauce and jams
Use fresh herbs and spices these are always tastier and are lower in calories, i.e. Ginger, Tarragon, Oregano, Garlic, etc.
Try and avoid ready-made salad dressing, make your own, or sprinkle a few drops of 100% olive oil and lemon juice.

BEVERAGES

Water

Drink as much water as you like! NO RULES! *(This will assist with your appetite control)*

Make your own flavoured water by adding lemon and /or mint.

Coffee and Tea:

Stay away from refined sugar and honey.

Use natural sweeteners where possible i.e. canderel

Use fat free milk if you have to

Cool drinks / Flavoured water / Sports Drinks:

All these drinks have sugar added and other additives that are not conducive to weight-control.

Try where possible to stay away from all of them, especially "Energy" Drinks!!!

Fruit Juice:

Most fruit juices have added sugar so be careful, dilute your fruit juice with water, if you have to have it.

Alcohol: (Limit especially at the beginning of a weight-loss or lifestyle change programme)

Alcohol is metabolised differently than other foods and beverages. Under normal conditions, your body gets its energy from the calories in carbohydrates, fats and proteins, which are slowly digested and absorbed within the gastrointestinal system. However, this digestive process changes when alcohol is present. Alcohol gets immediate attention because the body sees it as a toxin, thus resulting in a slowdown of the metabolic process.

ACTIVITY / EXERCISE

- Start by doing more around the house and with your family like gardening, cleaning the house yourself, washing the car, sweeping the floor etc.
- When choosing an activity, go for one that you can do for the rest of your life without any big costs or efforts involved. Activities such as walking, running, cycling, swimming and dancing. Enjoy what you do and try to do it early in the morning as it will make you feel energized for the day ahead.
- Start with 10 minutes a day, and build up to at least 30 minutes, 3 times a week.
- Establish a routine as consistency will help you to reach your goals.

RESTING/SLEEPING

Almost as important as your activity/exercise is, is RESTING, i.e. SLEEPING is one of the most rewarding weight-control. More and more studies are showing that a good night's sleep of 7-8 hours, assists in weight-control and one of the reasons is when we are awake at night we tend to munch on all the wrong things, like "comfort" foods. Another reason is that the body repairs itself during REM sleep, (Rapid Eye Movement or Deep Sleep).

*Perseverance guarantees success *

"OUR GREATEST WEAKNESS LIES IN GIVING UP. THE MOST CERTAIN WAY TO SUCCEED IS ALWAYS TO TRY JUST ONE MORE TIME."

THOMAS A. EDISON

Disclaimer: Information provided is for educational purposes only and is not intended to be a substitute for professional medical advice specific to the reader's particular situation. The information is not to be used for diagnosing or treating any health concerns you may have. The reader is advised to seek prompt professional medical advice from a doctor or other healthcare practitioner about any health question, symptom, treatment, disease, or medical condition.