

NEW DIET PILL “alli” HAS A LOCAL DIET BOOK ALLY

(©Fox, 2007)

CLEARWATER – With over two-thirds of Americans now overweight, over 70 million over fifty pounds and another 70 million over one to forty-nine pounds, it just may take a combined effort of a diet pill and a diet compatible with that pill.

In February 2007, GlaxoSmithKline Pharmaceuticals announced the FDA approval of the weight loss Orlistat in the form of a lesser dosage, 60 mg capsule, sold over-the-counter starting summer 2007. It will cost 60 cents a capsule taken three times a day with each meal. The company recommends it not be used as a true stand-alone weight loss method, but only in combination with exercise and a diet that is reduced fat that contains about 15 grams of fat per meal.

It's actually a pseudo-diet pill since its main function is to block absorption of 20-30% of the fat one consumes rather than decreasing the urge to eat. The fat passes out of the body is about 150 to 200 calories. Understanding this fact will determine the success of its usage by a dieter and whether the drug will fail being called the first fad diet pill in history.

Local author, Dr. Donald Fox, a researcher and world renowned birth defects award winner, has written his newly released diet book, *Diet of the Future – 100 Secrets That Skinny People Know About Fast Weight Loss That Overweight People Should*. His book shows the secrets of a new fast weight loss diet that's much easier to use than other diet programs. It's compatible with the latest findings that a virus and certain bacteria are keeping overweight people addicted to the wrong foods.

“It's the perfect diet to go along with the latest FDA approved diet pills that require a low fat diet,” Dr. Fox said. “But, if past history shows that controversy sells the most amounts of drugs in history, alli is getting it with more pros than cons.”

On one end, critics restate the diet pill maker's own admitted side effects found in clinical studies. While advocates of the much awaited pill feel anything that will help is needed as long as it's free of severe side effects since the overweight problem in America is now an epidemic and out of control.

“With alli one can lose 50 percent more weight than with a diet alone,” Dr. Fox said in what the maker of alli boasts. “With my diet book, *Diet of the Future...*, which gives women 2-3 pounds loss per week and 4-5 pounds of weight loss for men, it's the perfect diet choice since it meets the low fat criteria of alli. The strongest feature of this combined effort of alli with my diet is that it also allows the dieter to eat all the food you want in the first three weeks to decrease any chance of hunger while they go through withdrawals from wrong foods – the #1 cause of diet failures.”

The diet pill has drawn less criticism than most newly released drugs. Nutritional counselors feel the drug will be abused and that more focus should be placed on change in dietary and exercise habits. Others feel that the drug will fall into the hands of teenagers and college students that will abuse the pill for quick fixes or ignore its fat blocker purpose and not adjust the fat content to their diet.

Critics tend to focus on unpleasant side effects of loose stools and flatulence that happens to be the same listed on food packages that contain Olestra or other reduced sugar candies. “This should only occur in those not using the diet pill correctly by having too much fat in their intestines that is not getting absorbed and exits the body with the

rest of their wastes,” Dr. Fox said. “The real unknown at this time is many vitamins are fat based and may be blocked, which can be helped by taking a multivitamin daily.”

Dr. Fox has contacted GlaxoSmithKline to join forces since not many diets on the market today meet the criteria of alli. The company has a website that is steering dieters to do weight-loss profiles and build customized meal plans and provide feedback on their progress.

“The reason I contacted them is that dieters have been the route their website is trying to take overweight people and this has failed in history,” Dr. Fox said. “My diet book has no special meals or recipes, allows eating at restaurants, no counting calories or carbs, no measuring foods and allows fruit at each meal. With it being the easiest diet on the market today and everyone stating that it’s a fast and fun read, *Diet of the Future* may be the only ally that determines the success of their diet pill.”

“It will be a shame if GlaxoSmithKline’s product fails since it appears public abuse of the product may be the only cause of it being pulled from the market one day other than dieters not using it along with the proper diet plan. The FDA recently set guidelines with one being that diet pills are ranked based on their ability to keep weight off for one year or more,” Dr. Fox further states.

With *Diet of the Future* not being a fad diet and actually based on a eating normal foods found in grocery stores and restaurants, one does keep the weight off since they don’t go back to eating wrong foods or in excess. Dr. Fox himself lost 70 pounds in five months has kept it off for four years. This diet does change eating habits and gets one away from the addiction of wrong foods at the beginning of the diet. The wrong foods have fed bacteria, fungi and viruses that appear to be the focus of recent and future dieting research, hence the title of Dr. Fox’s book.

Other controversy, as exists for all drugs on the market today, is whether there is a contribution to colon cancer. A Brazilian study indicated that similar drugs as Xenical and Orlistat in the higher dosage obtained only by prescription could form cancer. The same occurred in the past when the Sweet-n-Low low calorie sweetener was inappropriately accused of causing cancer when later research article found it safe. Compared to mind altering drugs to lose fat, drugs based on physical blockers and not mental ones may be one of the waves of the future that won’t go away anytime soon.

Dr. Donald Fox is in private practice in Clearwater. Visit www.dietofthefuture for more information about the latest techniques in fast weight loss and to purchase his book.

YAYA’s Flame Broiled Chicken Restaurants have endorsed his diet book and has meals that are compatible with the diet and the new diet pill alli.

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