

DR. FOX'S

DIET

OF THE

FUTURETM

.. NOW A REALITY

*Cutting-Edge Mental & Biological Principles
Merged Together to Create the Perfect Diet*

Dr. Donald M. Fox

FOX PUBLISHING, INC.

Warning:

A medical physical is always recommended before you start on any type of diet. If you have or think you have any medical condition that would not allow you to be on a diet, see your doctor. Ask your physician if you're a candidate to use this the diet.

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FOREWORD

The number of overweight Americans is projected to double in the next five to seven years to 120 million, which indicates that fad diets have failed. It's not just the diet! It's the fact of *being on a diet* that also causes people not to lose weight.

This is why Dr. Fox's *Diet Of The Future* isn't your typical diet book. It was inspired from a diary that I kept when I lost seventy pounds over a five-month period. I recorded actual mental and physical challenges I had to overcome.

While I lost weight, I wrote job description manuals for my staff who worked in my practice. This gave them more responsibility, so that I could focus more on patients.

People asked me how I lost weight. It was then I realized that I needed to write a job description manual on weight loss. I did this so others could benefit from my personal experience.

So, your new job is that of a “Dieter.”

To confront one's weight doesn't mean one can handle or control it, but Dr. Fox's *Diet Of The Future* will help you understand your new role as a dieter and to handle your weight

problem. And, it continues to take you to the next level, to control your weight loss for life.

Read the book as an adventure. Your life is nothing short of one anyway. Treat the information in the book as new data to learn, not only about weight loss, but also the truth about the food groups. Your body needs to lose weight and to keep it off forever.

“Here I go again, another diet. Why should I even try since I’ll probably fail?”

Few books address the problems of weight loss from the viewpoint of you being the dieter. Instead, they are presented to us with a diet, a bunch of recipes and very little usable data.

This isn’t good enough! People today are too smart for this. They want more information so they can think and make decisions for themselves while on a diet.

On a higher level, people who want to lose weight and keep it off want someone who really understands them as a real person. I am that person ... and I hold nothing back in this book. I tell you what it takes to lose weight in a society that allows little time for improvement.

This book must be read not just by someone who needs to lose weight, but by everyone. We must depend on our bodies to make it through a lifetime. Everyone needs to learn the data in this book to properly keep their body healthy and make it strong.

Society’s children weigh too much and we don’t need them to become overweight adults. More importantly, Dr. Fox’s *Diet Of The Future* needs to be taught to children as early as first grade while they learn about the food groups or the govern-

ment's newest nutritional guide called the food pyramid. To know about the food groups is one thing, but to apply that data is another. This book will make a major difference in our children's lives and their future.

What got me started to write the diet book came about from friends and patients who were overweight. "How did you lose all your weight so fast?" they asked.

I was frustrated because I couldn't give them a quick and easy answer. Then, I recognized that there was no way I could tell them everything that I went through mentally and physically, unless I wrote about my own experiences.

I knew that I had to write a book that would take the weight off fast and easy without much effort and hunger. Now, when someone asks, "How did you lose your weight so fast?" I say, "All the power you need to start and stay on the diet for the rest of your life is within my diet book."

Donald M. Fox, D.D.S., M.S.

Diplomate of the American Board of Orthodontics

DR. DONALD FOX

Dr. Fox is a Diplomate of the American Board of Orthodontics. He graduated number one out of his dental class of 115 and has received numerous awards in Dentistry.

The American Association of Orthodontists recognized him with the Harry Sicher award for the most meritorious first research in the United States and Canada. Dr. Fox discovered birth defects in animal studies, from low dosages of aspirin or acetaminophen taken during pregnancy.

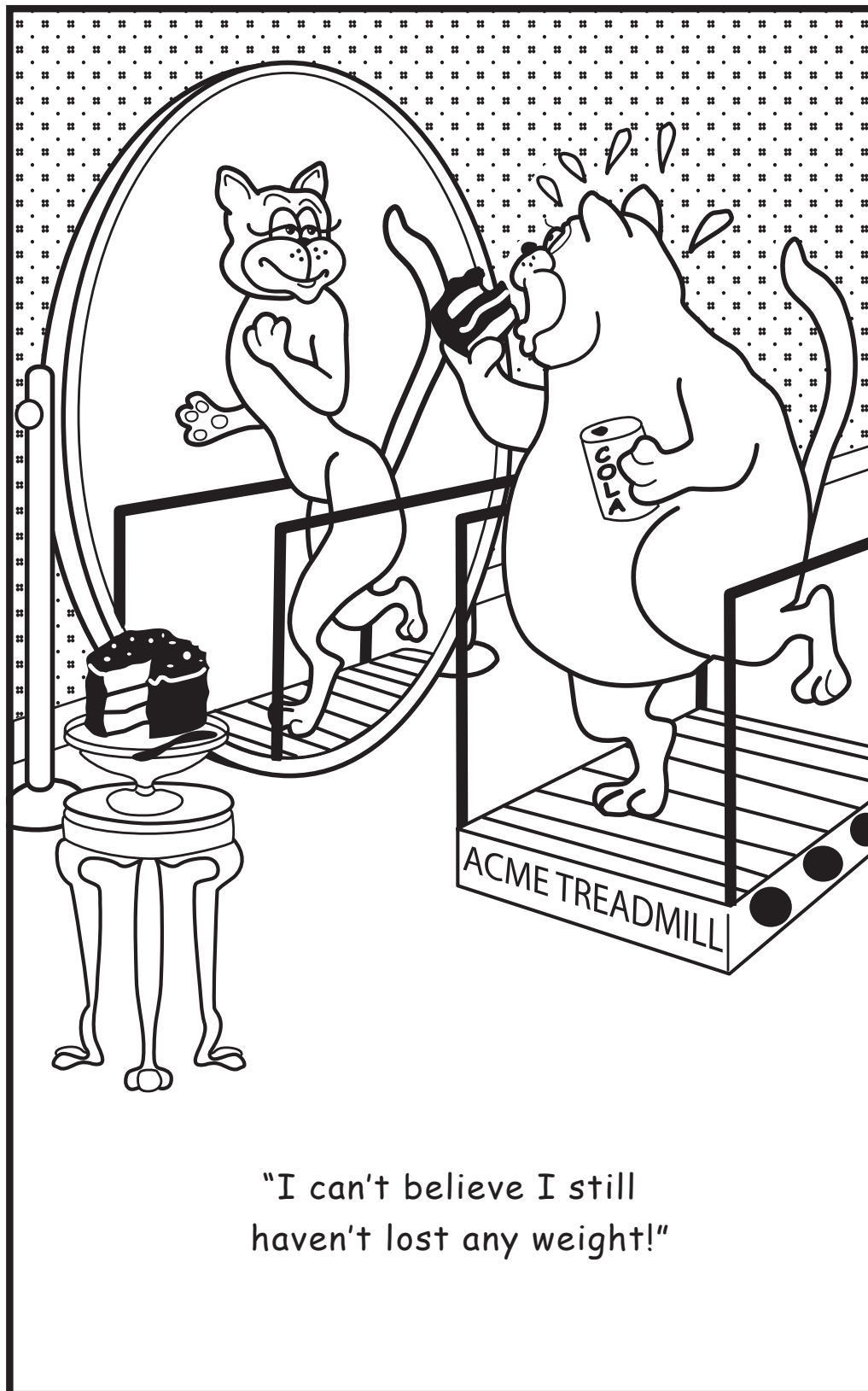
He is one of a few doctors in the world that has learned how to stop children from sucking their thumb or finger within a week without any appliances. He is involved in other research projects.

Dr. Fox is a problem solver. He tackles problems presented to him in his practice and in life. And, he loves to teach others simpler methods to improve their lives.

He maintains a private practice in Clearwater, Florida. He has contributed time and financial resources to the Clearwater Aquarium in Clearwater, Florida that rescues stranded and injured marine wildlife and helps them return to nature.

Dr. Fox cares about others and this has led him to write a diet book so that everyone would know and benefit from his

secrets of weight loss. Read more about Dr. Fox in “About the Author” in the last section of this book.



"I can't believe I still
haven't lost any weight!"

PREFACE

Imoved to Florida in 1997. I didn't like the cold weather up north. Since then, I've not seen many fat people more than seventy years old. They weren't hidden in their homes ... most of them had died. That was a big wake-up call for me to lose weight.

I previously learned in my anatomy classes that the heart pumps blood through blood vessels called arteries. Then, the blood makes it down to the smallest blood vessels called capillaries that carry nutrition and oxygen for that area of the body to survive. Fat is stored in fat cells. Each fat cell has blood with nutrients brought to it through these capillaries.

For every pound of fat, the body creates 200 miles of extra capillaries to nourish that fat. If you're fifty pounds overweight, you have 10,000 extra miles of capillaries in your body. This in turn causes the heart to work harder to pump blood through these vessels to help that fat survive. It's not only stressful to the heart, but for the entire body and its organs.

I was very fortunate to achieve good grades to get accepted into dental school. I encountered fat on my first day of anatomy class as I cut on cadavers. The fat was sandwiched between the skin on top and the muscles of the stomach below and looked like a big yellow pillow.

The fat was also stored at different locations in the human body, and looked very similar to what you would see on a steak, pork chop or bacon. It was intertwined around the heart and through most of the intestines.

Most people who want to go on a diet think they have to get in the mood to make the commitment. Read this book and you will start the diet.

People who are on a diet want to feel and look good. Generally, they don't go to a doctor unless they have an accident or illness. Many don't even check with their doctor before they start on a diet. It's not that they don't care. Most feel since nothing is wrong with their health that they don't need to see a doctor to lose weight.

The diet in this book is simple to use and addresses people who need to lose weight when they haven't been able to do so before. In my opinion, excess weight is more dangerous than any diet. Life is too precious to think about having to lose weight. It can consume you.

A fat person can be miserable, especially if walking is a problem. They can't even make it to the end of the block. Clothes don't fit. Mental duress and stress alone is enough to kill them if the fat doesn't get them first.

Will the diet cause medical problems? The responsibility of any person on a diet is to check with their family doctor before and during any diet, that they're not a diabetic or have other medical conditions that could make this diet dangerous.

Reasons exist why people don't want to see a doctor. They don't want to receive bad news about their health. Others have warned us about doctors. They tell us that their friends who went to the hospital never came out. They were mostly right, but many were old that said that.

People don't want weight loss pills prescribed for them. Nor do they want a diagnosis that they're depressed or prescribed anti-depressants because they're fat. They only want to know the basics about their body and whether it's safe to go on the diet they have chosen.

I was depressed with seventy pounds I couldn't lose. Who wouldn't be? I didn't need a mind-altering drug to handle my depression. I simply needed to lose the fat. I graduated number one in my dental class and felt I could do anything in life, but I was fat. I must have misunderstood nutritional data in my childhood years or in my doctor training about eating healthy or the basic four food groups.

To handle the problem, I dug into books and discovered things I really hadn't understood about food and nutrition. I found misleading facts I had been told in the past and assumed were true. Once I cleared up the confusions on the food groups, the weight melted off. I didn't lack psychiatric chemicals in my brain that caused me depression or to overeat.

People exist who do have mental problems ... let's get real. I don't want to argue with the mental field, but most overweight people don't fit into this scenario. Weight loss is a simple body thing ... not totally mental or spiritual. If it is mental, why are the seventy million fat people not on Prozac and thin?

If it is spiritual, why are there so many fat people at church on Sunday? To lose fat is a body process, not a spiritual one. The body and spirit are two separate entities as far as the diet is concerned. Yet, I'll concede that the two affect and depend on each other to survive.

This overweight problem needs handled little by little in the proper sequence. One doesn't go to second grade without completing first. To stop consumption of fried foods, sweets

and high sodium foods all at once to start a diet does just that.

This book is laid out so that you don't jump into the diet cold turkey. It's designed to have you take baby steps and make permanent changes in your eating habits.

I've been a doctor for years and have helped over eight thousand people. When I focus my attention outward on my patients and others who need help, rewards come back to me in different forms.

I dedicated my life to being a doctor so that I can help people. That was the purpose why I wrote this diet book for you!

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CHAPTER ONE

I'M DEFINITELY NOT THE ONLY ONE WHO IS FAT!

One day I stopped and looked in the mirror at my body and I was disgusted with what I saw. The outside didn't reflect the image of what I was on the inside. What others saw wasn't the true me.

When I was in third grade, my father told me that you can judge another by the condition of their shoes. What he tried to say was that people are judged by the physical appearance and condition of their body. Your body is like a billboard that markets you.

Because I didn't have a perfect body, I constantly had beaten up on myself. I wasn't happy with my gut, legs, double chin and round face. I couldn't see below my waist!

People told me that I should lose weight or gave me diet books. I would hold my belly like Santa and tell them that it was the only possession I owned that was paid for. They would laugh and then leave me alone.

I've noticed that most people have at least one or more body part problems that they're not happy with. I've also come to realize that a lot of people have the exact same fat problem I had. I stopped being hard on myself saying, "I'm not the only one who is fat." It was then I decided to confront my fat problem and lose weight.

What about quick fixes to fat loss? I'm not for or against a magic weight loss pill. I only bring up statistics to shed light on a problem that hasn't resolved itself. The first weight loss pill that works, without negative side effects or problems that could pop-up later, will bring yearly revenue of more than \$12 billion dollars. This is the same amount that Lipitor brought in 2004, which is used to treat cholesterol.

With obesity at the top of the list that causes medical problems in the United States, the government and insurance industry may try to curb health costs by formulating a plan to cover weight loss with use of these magic pills. But, when will that pill show up? Many drug companies will spend billions in research dollars over the next ten years to have the first patent.

Most of these diet pills will work by chemically blocking receptors in the same manner that antihistamines do so that your nose doesn't drip at allergy season. The diet pills will chemically block a hunger receptor to make you believe that you're not hungry. Other pills will block absorption of certain nutrients in the intestines so the body is not allowed to use them and cause them instead to leave the body in the waste.

Then, there are the side effects. Your body and organs will be exposed to yet another drug or chemical. We saw the heart damage fen-phen caused to many people. The FDA will have to walk on thin ice before it ever allows a true anti-fat pill on the market.



"I just took a diet pill, so I will have a large pizza and a milkshake!"

People exist who will want to use the pill for quick weight loss to fit into a dress for the prom or a new bikini. However, these same people will not have learned about the data found in this diet book ... because they won't have altered their eating habits that are at the root of their fat problem.

Sixty percent of all Americans are overweight. For every ten people you will see today, six are fat. The government uses an index called the Body Mass Index (BMI). To calculate this, divide a person's weight in pounds by his height in inches, squared, and then times 703:

$$\frac{\text{Weight in Pounds}}{\text{Inches x Inches}} \times 703 = \text{BMI}$$

You are *overweight* if your body mass index is 25 to 29. *Obese* is a body mass index of 30 or more.

Example: A person who weighs 175 pounds and is 5 feet 4 is obese. This is seen in the following calculation:

5 feet 4 inches = 64 inches. Then take 64 inches and square it ($64 \times 64 = 4096$). 175 pounds is then divided by $4096 = .042724609375$ (rounded to .043). The last step is to multiply .042724609375 times 703 giving 30.0354, which is over the index of 30 = obese.

I use a quicker method to look at *overweight* versus *obese*. Anyone more than fifty pounds overweight, for their height is

obese. I simplified the government's BMI calculation and used the .043 number found in the above example.

Example: What minimum weight classifies a 6 foot man as obese?

6 foot = 72 inches. $72 \times 72 = 5184$. Multiply this times the .043 number = 222 pounds that would label this man as obese. To get what the ideal weight for this man should be subtract 50 pounds from 222 = 172 pounds.

Are you more than your ideal weight or have a bigger problem of being obese? Check the below BMI table that takes more heights into consideration:

Height:	Ideal Weight:	Obese Minimum Weight:
4' 8"	85 lbs.	135 lbs.
4' 10"	95 lbs.	145 lbs.
5' 0"	105 lbs.	155 lbs.
5' 2"	115 lbs.	165 lbs.
5' 4"	126 lbs.	176 lbs.
5' 6"	137 lbs.	187 lbs.
5' 8"	149 lbs.	199 lbs.
5' 10"	160 lbs.	210 lbs.
6' 0"	170 lbs.	222 lbs.
6' 2"	185 lbs.	235 lbs.
6' 4"	198 lbs.	248 lbs.
6' 6"	212 lbs.	262 lbs.

There's no simpler method to calculate this. I even attempted to use mathematical proportions to simplify it. They don't work either since you still have to square the inches of

height to make it accurate. My method is simpler to use than the government's.

Anyone who needs to lose one to forty-nine pounds is overweight. *Overweight* can also be defined as anyone who can pinch an inch or more of belly fat. So, are you *obese* or *overweight*?

Obese: anyone who is more than fifty pounds overweight.

The medical field must not label it a disease, but an addiction for any individual who exceeds their allowed weight found on medical height and weight charts. Overweight must not be limited to the medical field's obese definition of one has to weigh more than fifty pounds for it to receive a medical problem classification. Overweight is overweight whether it's one pound or 300 pounds.

This brings me to lectures on fat presented at the University of Michigan in 1988. I was there to present my research on birth defects from the use of aspirin or acetaminophen. All of their presentations were centered on one simple fact. They proved that fat alone wasn't the only thing that killed fat people, but rather the mental stress from the desire to lose fat.

The point they tried to make was this: either lose the fat or don't. They didn't say to give up on weight loss, but find a diet that agrees with you. I agree with what these researchers found, but the question they didn't pose was, *why was there a gap from the urge to commit to a diet to actually being on one that worked?* This book fills that gap.

If a perfect diet book exists on the market, why are there so many fat people? Maybe because they don't read diet books that are too complex. Dr. Fox's *Diet Of The Future* is easier to follow than most other diet books.

Another alarming statistic is that one tenth of every dollar spent on medical bills in the United States on a daily basis, is attributed to obesity related problems. The insurance industry

may eventually take on fat people the way one airline has done and charge extra based on your fat index. If one continues to gain weight, they will have to buy two seats on the plane if their butt overflows into the next seat. Next thing they'll know, their medical insurance company will charge them more for their butt to fit on their insurance policy.

In Florida, hints of this are already in motion. In January 2005, Florida based insurers began to eliminate insurance coverage for certain obesity services such as gastric bypass.

The number of diet books bought by fat people is in the millions, yet fat still exists. In thirty years, Dr. Atkins' books alone have sold more than 21,000,000 copies. Since Atkins' death, *The South Beach Diet* hit the market and sold more than 14,500,000 copies in three years.

If there are 70,000,000 obese people in the United States, only half have bought one of these books. This doesn't take into account the number of people who actually bought both books and have tried both diets. What have the remainder of the other obese people done? Some followed other diet regimens suggested by friends, created their own diet menus, simply gave up or never cared in the first place.

The above statistics are frightening. It's outrageous that 70,000,000 people in the United States are obese, which implies they're over fifty pounds overweight. There are another 70,000,000 who are one to forty-nine pounds over their desired weight. These people aren't obese, but are classified as overweight since they have less than fifty pounds to lose.

It's predicted that the number of obese Americans will climb to 120,000,000 in the next five years and that's intolerable. A person more than one-hundred pounds for his or her ideal body weight is called *morbidly obese* and there are 8,000,000 Americans in this category.

The United States now has nine million overweight children between the ages of six and sixteen. Overweight children grow up to become overweight adults. It's just not what they eat, but the restaurant portions are larger for children today. Supersized fast food and larger portions doubles the amount of carbs, calories and fat that children consume each day.

So, two-thirds of Americans need a diet that works. Unbelievable isn't it?

Even though I've lost my weight, I still confront, on a daily basis, the fact that I have a weight problem. My fat can easily return, so I must be on a diet for the rest of my life. I can't "eat what I want when I want to" anymore. The biggest wake-up call that I can give you is that you must realize to stay thin is a life long battle. There's no way around it.

Fat was part of my entire life. When I look back, I realize my problem had been there before I was fat. I had poor eating habits and got away with it since I played sports.

As I grew up, I saw people who I admired who were fat. They were successful and I wanted to be like them with all their attributes. One was my dermatologist who was overweight. I admired him since he always complimented me. Another was my grandmother who ate chocolate like there was no tomorrow. The list goes on. When I looked at the opposite side of the coin, I noticed certain thin people who also appeared happy.

Before I could diet, I had to overcome my indecision of whether to stay fat or become thin. So, I made two lists. I listed overweight happy people I knew and on the other thin happy people. It was then that I grasped that to obtain happiness; I had to be myself and not like anyone else!

I then decided that I needed to be thin to obtain the things I wanted in life. More importantly, I wanted to fulfill my goal to live a long and healthy life to the fullest.

There were times when I was fat that I wanted to give up on this goal. When I had these negative thoughts, I'd remind myself of what Elvis Presley went through with his weight. I went to Graceland many times and was intrigued with the wealth, popularity and tales that surrounded the King of Rock and Roll.

I was fascinated with how a celebrity with so much money and support staff could have a weight problem. It looked like a no brainer to hire a full-time doctor, a nutritionist and a cook who could have made him perfect diet meals.

Yes, there were the stories of drugs in Elvis' life, but what I heard the most, when I did my research, was that he was very unhappy with his weight.

The problem of fat was one of the main ruins of his life. I always remind myself of this story when I attempt to achieve goals in life.