

OPEN LETTER

To all in search of a long-term solution to their excessive body-weight problem

Dear fellow body-weight fighters,

If you'd like to comprehend why is it that for so many years confusion has been – and still is – the common denominator among any and all recommendations about weight loss and diets and healthy lifestyle in general, take a deep breath and listen. The answer is very simple: the basic concept has been totally wrong. That is, all dietetic systems have inevitably revolved around calories and type of food. And that concept, i.e. the presumed preeminence of one factor, the food (the type of food in combination with the ratio of its daily intake versus our spent calories), has led to skewing the interpretation of most if not all data gathered throughout the last twenty five years. No wonder we have experienced the demonizing and then the vindication of so many types of food, drinks and/or their ingredients.

A radically different new concept has been recently launched which can easily explain all the discrepancies we have witnessed along the road to universally accepted weight control system. It views the body as a sort of machine, a biochemical reactor, and postulates that – as the case is with any other piece of equipment – the way it is being operated (in other words the precision of adhering to its Operating and Maintenance Manual) is more important than the consumables it needs for running.

I am the proud inventor of that machine, or – more modestly put – I have come to above conclusions after observing first my own behavior and the resulting fluctuations of my body weight, and then later starting to compare that with those of my colleagues, associates, relatives and friends. Given that the process has taken (sometimes in retrospect) close to 40 years, and given I've had for half of that time the sedentary job of a high-tech industry executive, with all the stress and the business luncheons slash dinners and all the rest, I take it this concept deserves at least some attention, if not more.

In any case, I do enjoy healthy lifestyle without the need to avoid any food I like (and you need to know I am a *gourmand* by nature). Almost 59 now, my body weight has oscillated between 72 and 75 kg, at 180 cm height, for all my adult life. You can easily achieve similar performance if you just allow a paradigm shift to take place.

In other words, you can eat as many steaks and ice cream as you feel like and stay fit, as I do. You can eat as much fat and sugar and bread and all what you like and still stay fit, as I do. Fish and fruit and vegetables are fine, too, but the key is, food is not the primary factor for our being healthy and fit, ergo lean. The food is not even second as water (and its mineral content) is actually more important than food. I do insist that a set of some **ten behavior-related rules** combined is THE primary factor, and if you consciously stick to it, you are in control. And that's it. If you observe those rules you don't need to worry about the calories or watch your type of food, provided you go for variety. This system provides you with a mechanism for self-

adjustment of your weight as a consequence of optimization of your physical and mental condition, and that corresponding to your genetic predispositions, individual characteristics and lifestyle.

The essentials of this concept are laid out in my book entitled "My Diet." Therein you will find further details about this new system for weight control. Unlike other "diets-peddling guru's" I am providing as well quite some evidence about the validity of my concept. In a sort of a time-graph you will find photographs demonstrating the evolution – or the non-evolution, I should rather say – of my body within the timespan of my adulthood, some 35 years or so. I believe this quasi constant shape and weight of my "chemical laboratory" – the physical package that permits my spirit to keep searching for the truth, and my soul to go on offering love and compassion – is the best proof I could offer, in support of my concept. The basic message being, your weight depends on how fit you are, and that is a function of your behavior: food has very little to do with it, if at all. Consequently, you can not expect to be in control of your weight unless you are in control of your behavior: food is only a tertiary factor. Read the book and think with your own brain, do not expect miraculous food recipes and formulations – even less any of the synthetic substitutes that I consider in fact more detrimental, than helpful, to your health – to do the job that **you** must do. There are ten behavioral factors – I call them the Ten Golden Rules, although I should have probably better called them the Ten Secrets of Staying Fit, Healthy and Lean – that are **the key** to the happiness of living in good health, which by itself translates into maintaining the body weight that pertains best to your own Nature-given parameters.

Hoping to have helped you, or at least given you hope, I remain

Yours truly,

Ivan D.

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