

RANDOM HOUSE  BOOKS



The Fat Smash Diet

Ian K. Smith, M.D.

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About the Author

Dr. Ian Smith is a medical contributor to ABC's nationally syndicated *The View*, a medical columnist for *Men's Health* magazine, and the medical/diet expert on VH1's *Celebrity Fit Club*. Dr. Smith is also the host of the nationally syndicated radio show *Healthwise* on American Urban Radio Networks. He was formerly a medical correspondent for NBC News and for NewsChannel 4, where he filed reports for NBC's *Nightly News* and the *Today* show as well as WNBC's news broadcasts. He has written for a variety of publications including *Time*, *Newsweek* and the New York *Daily News*, and has been featured in *People*, *Essence*, *Ebony*, *Cosmopolitan* and *University of Chicago Medicine on the Midway*.

Dr. Smith graduated from Harvard College with an AB and received a master's in science education from Columbia University. He attended Dartmouth Medical School and completed the last two years of his medical education at the University of Chicago Pritzker School of Medicine.

Dr. Smith is also the author of three other books: *The Blackbird Papers: A Novel* (2005 BCALA fiction Honor Book Award winner), *Dr. Ian Smith's Guide to Medical Websites* and *The Take-Control Diet*.

the
FAT
smash
diet

the last diet you'll ever need

Dr Ian K. Smith

Vermilion
LONDON

*To Lynn Cherry, my beautiful aunt,
May you lead a longer, healthier and happier life now that
you're one hundred
pounds lighter.*

*In the words of the great singer Barry White:
"I love you just the way you are."*

AUTHOR'S NOTE

Many of my American readers have either seen or heard of my diet programme on the popular VH1 show *Celebrity Fit Club*. Over the past year I have received thousands of e-mails from viewers asking me to share with them the diet that I have put many Hollywood celebrities on with tremendous success. I want to get something clear right from the beginning. This is not a 'celebrity' diet. This is a diet for EVERYONE. It is not based on gimmicks or false promises or fake science like a lot of other programmes you'll find on the market. This is a nutritionally sound, scientifically based programme that if followed correctly will deliver results even to those who have not succeeded on other diets.

With many years of experience working with tens of thousands of dieters, I have learned as much from the people who are trying to lose weight as they have learned from me. One of my biggest lessons – most dieters want a simple, easy-to-follow, realistic plan that does not require a tremendous expenditure of money or time. Dieters want to be able to eat reasonably, which means enjoying an ice cream cone or a couple of chocolate chip cookies or a slice of pizza every so often. It's ridiculous to think that people are going to go through the rest of their life without having a slice of cake for dessert or a drink of alcohol when socialising with family and friends. What I've learned is that if a meal plan includes a good percentage of 'likeable' foods, then people are much more willing to stick to that programme than they will to a programme that eliminates

all of the 'fun' foods and makes unrealistic dietary demands.

I followed the advice and lessons I've got from thousands of dieters living all over the world. These pages are full of *only* relevant information, as I have - excuse the pun - trimmed the fat to give you just the essentials that you will need to be successful. I created The **FAT SMASH DIET** as an answer to all of the diet questions I've received over the years and the pleas from people who are simply fed up with being overweight. The **FAT SMASH DIET** is easy to follow, inexpensive, forgiving, and healthy. You will get as much out of it as you put into it. It has worked for not only Hollywood celebrities, but my friends and family members who couldn't believe they lost so much weight while still eating many of the foods they have always enjoyed.

You too can finally shed the weight and start feeling good about yourself both on the outside and inside. Remember, if you cheat, you're only cheating yourself. But if you follow the programme and remain dedicated, you will be transformed into a new you, ready to take advantage of all the great things that life has to offer.

Enjoy!

- Dr Ian Smith
New York City
January 2006

CHAPTER 1

The **FAT SMASH DIET** Philosophy

DIETS DON'T FAIL people; people fail diets. The **FAT SMASH DIET** is a programme that will never fail you if you open your mind to the great possibilities, believe in yourself and give a full commitment. The **FAT SMASH DIET** is designed to be a forgiving programme that is as much about helping people make the necessary lifestyle changes to lead a healthier, happier and longer life as it is about getting rid of extra weight that only increases your odds of developing devastating medical complications such as high blood pressure, diabetes and heart disease. I'm a realist. Most people have a difficult time following diets to the letter, slipping every once in a while when they can't resist the urges or when they've reached a plateau and feel like the weight is no longer coming off. The **FAT SMASH DIET** understands this and allows you to dial back into the programme if necessary, by returning to Phase I, getting back on course then resuming the programme where you left off.

The **FAT SMASH DIET** is a 90-day programme with four phases that will ultimately re-wire your body and its relationship to food and physical activity for the rest of your life. This is not about short-term fixes that will eventually fade and put you back where you started. Instead, this is about life change for the long term! At the end of the 90 days, you will have made small but important

adjustments not only in your food consumption, but in your understanding and attitude towards food and the way you view the role of physical activity in maintaining a healthy life. Each phase builds upon the previous phase like the levels of a pyramid that support the ones above it. The foundation and its integrity are what allow the peak to stand, so you must be careful in constructing the building blocks. A strong foundation will allow you to reach the top of your goals.

I have been shocked reading many diet books that say exercising is unnecessary or it's optional based on a dieter's preferences. One of the major reasons why so many people are overweight and obese and dying from preventable medical conditions such as heart disease is because we have become too sedentary! There are numerous studies from the best researchers in the world that show how important being physically active is not just for losing weight, but for becoming healthier and protecting things like our blood vessels, lungs and heart.

Studies also show that those who incorporate a regular exercise programme in their schedule will not only lose more weight faster, but will keep it off for longer periods of time. The problem that most people have is that they associate exercising with going to the gym and killing themselves for two hours, then dragging themselves home exhausted. That's *not* the exercise I'm talking about. Let's be realistic. It's not like you're training to become an Olympic gold medalist, right? What you need is a regular programme of physical activity that will keep your heart rate up and your lungs working. This will also help to tone your muscles and keep your joints active to help prevent certain illnesses like the dreaded arthritis. For each phase I give you very simple exercise suggestions to help you on your journey of becoming healthier and slimmer. Choose those exercises that you like and try to find a partner who is willing to do them with you. Studies have also shown that

those who are most successful at losing weight have some type of support system in place – and a weight-loss partner makes exercise more fun!

The **FAT SMASH DIET** is about smashing the bad habits and demons of the past and constructing a new and improved you, now ready to take on fresh challenges and passions while fully enjoying the gift of life. Let's be perfectly clear. Diets are not magic. They are only blueprints. If you carefully follow the blueprint, then what you build can be magnificent. The **FAT SMASH DIET** is a blueprint that will help people trying to lose just 5 kilos (11 lb) as well as people trying to lose 100 kilos (220 lb). I'm extremely proud of this programme because it teaches the correct principles of healthy eating while at the same time allowing you to have a slice of cake or a couple of scoops of ice cream every now and again. Almost everything in life is about finding a balance and doing things in moderation. These are the underlying principles of The **FAT SMASH DIET**. You are now a SMASHER, so go SMASH IT!