

Re: Followup – huge uptick in cholesterol

Source: <http://sci.tech–archive.net/Archive/sci.med.cardiology/2004–06/0137.html>

From: Mike (maross_at_texoma.net)

Date: 06/27/04

Date: 27 Jun 2004 11:06:29 -0700

Dr.Chung wrote:

>Ime, the 2PD approach works every time for sustained weight loss.

Thank you for convincing me to buy (and use) a Soehnle food scale computer the last 6 months. It has become an adjunct to my "Weight Weenie Biking Philosophy" since buying a 15 lb bike. I try to cap each meal at 200–300 grams and leave 100–200 for grazing; on heavy grain days I consume about 700–950 Gms a day and on heavy meat–salad days I eat ~1KG–2.0KG. You should include items like dry lettuce or celery as "Freebees" to encourage behaviors away from refined grains and fat like weight watchers. 2PD just remind me of a prescription with only 2 pills per day on it and proper food intake is as important a proper medication intake, selection and amount. My first Yo–Yo diet was in 1972, which after getting out of the Marine Corp and due to decreased physical work+AC+fast food eating caused a rapid weight gain; I ate only canned tuna fish, canned vegetables (like C–rats) and beer. However no diet I have ever followed gives me such immediate feed back as fasting 2 days a week, (i.e. increased aggressive and sexual thoughts like I was in my 20's, Complements from even strangers, kicking 20yo olds with \$5k bikes in my dust, etc), only problems I had were arrhythmias R/T MG1.5 and K3.3 on 4day fast while biking. This sounds anorexic to even me, if not the fact I'm barely maintaining a proper body fat between 7 and 16 %; it is possible I've a predisposition for M–Syndrome–X. I will use your food scaling method and incorporate it with my other methods for a better idea of my actual daily caloric consumption.

Thanks you. Mike.

Preston Crawford wrote:

*> Secondly, what does being a Christian have to do anything. I'm a
>Christian, but I wouldn't care if my doctor was an atheist, Buddhist
>or whatever as long as he's a good doctor.*

I personally would prefer Christian people around me, whether an airline pilot, Dr or the people of the city, which I'm bike riding in (I would probably be killed in most Muslin cities of the world). I would take odds against President Bush's survival of any procedure in

a Muslim hospital. Mohammed was a conquering murderer that treated women like slaves and Christ was a healer that revered women. However most people seem they are no more successful at Christianity than dieting upon examination of their behaviors or getting on a scale, nor should you call yourself a Christian or a MD without proper properties; this has probably been true of the illiterate masses the last 2k years. Most of America resemble the gluttonous, promiscuous spectators like Roman Arena days, when Christians where being killed for entertainment (reality TV, fatherless homes etc). With criminals, highway accepted murders and general lack of a cohesive social feeling; it is no wonder people spend most of their time in their castles watching TV and only venture out in their tanks.

Good Luck breaking this plateau and safe biking friend. Mike