

Simple Step-by-Step Instructions for Permanent Weight Loss
The 2PD-OMER Approach (Published in 1998)
(Not-On-Diabetic-Medications Version)

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Last Revised: 07/04/2007

Note: These instructions may be freely distributed without any changes. Doctor supervision is required especially if you are taking blood pressure medications. If you are on diabetic medications, please get the other set of instructions.

Background information about the 2 Pound Diet - Original Method of Eating Reduction (2PD-OMER) Approach can be found at <http://HeartMDPhD.com/wtloss.asp>.

- (1) Invest in a food scale. A stylish portable one is highly recommended. Also get a pocket notepad.
- (2) Weigh each meal by first setting an empty plate/bowl/cup on the scale and zeroing it. Then place food on the plate/bowl/cup and round up to the nearest ounce. Weigh everything you eat and drink for a whole day. The only things you don't weigh are water and zero-calorie drinks. Typically, overweight people find they consume 3 to 11 lbs. of food per day (the average American about 4-6 lbs.). Record the weight of meals on this "first" day in your notepad, total it (there are 16 oz per lb.) and also write the total here as a reminder: Amount of food consumed on the "first" day of the rest of your life is _____ lbs. _____ oz.
- (3) Gradually, decrease your food intake by a few ounces each day as tolerated until you consume 2 lbs. per day. At this point, you should start losing about 1-3 lbs. per week in the beginning and this should level off as you get closer to your optimal body weight. Be sure to weigh everything you consume and write it down so you will remember. Check your notepad to make sure the amount of food you're putting on your plate isn't more than you are allowed for the rest of the day. For example, if you ate 6 oz of cereal plus skim milk for breakfast, and a 10 oz tuna fish sandwich for lunch, you're not to put more than 16 oz of spaghetti and/or other stuff on your plate for dinner. This is after you are down to 2 lbs. of food per day.
- (4) Bring the notepad with you to clinic visits so that your doctor can review your progress and go over any problems.
- (5) If you are on blood pressure medications, you will need to have them lowered as you lose weight. Have your blood pressure checked at a local drugstore or fire station weekly and if the top number becomes less than 100 or you become dizzy with standing, contact your doctor for an adjustment in your blood pressure medications.

HELPFUL HINTS:

- (1) Though the instructions for the 2PD-OMER Approach are simple, following them will be hard until you know in your heart that “hunger is wonderful” because it is our issues with hunger that make it difficult to eat less, down to the optimal amount (2lbs) to become healthier (hungrier).
- (2) Exercise such as brisk walking/running for 30 minutes before dinner/supper is only helpful if it makes you hungrier. Know that being hungrier is desirable because this is the only time when the body gets rid of the bad “inside” fat. Know also that exercise is neither necessary nor sufficient for weight loss if the amount of food being eaten stays excessive.
- (3) Chew your food slowly and thoroughly so that you enjoy it more and do not lose the feeling of hunger even after finishing the meal. If the food is right for you, you will be hungrier after eating it if the amount was not excessive. Hunger is truly wonderful.
- (4) When eating out without a food scale, halve everything to take home and weigh. Ideally, you should have a portable food scale to carry with you all the time. Getting into the habit of giving thanks for the amount of food that has been provided to you in ounces is very helpful to remind you to always weigh your meals.
- (5) Know that feeling hungrier means you are not starving. People dying from starvation are as a general rule not hungry. Hunger has never killed anyone. Indeed, feeling hungry means you are reassured that you are not dying. Again, hunger is truly wonderful.
- (6) Buy newer better fitting clothes when your old clothes become loose around the waistline. Give your old loose clothes away. It is helpful to look as good as you feel when you are hungrier.
- (7) This is a lifestyle change and not a diet. When you follow the 2PD-OMER Approach you will be identifying things that cause you to be unable to put up with feeling hungrier, which is a state of becoming healthier. Inform your doctor if any of these things are treatable medical conditions so that your doctor can help you put up with being hungrier from eating less, down to the optimal amount (2lbs). You are waiting for that “change of heart” when you will know in your heart that “hunger is wonderful.”
- (8) Many additional resources to help you toward your goal of knowing in your heart that hunger is wonderful can be found at <http://ABChung.LiveJournal.com> so that you might possibly overcome the world’s great lie about it that has been causing the irrational compulsion to overeat.