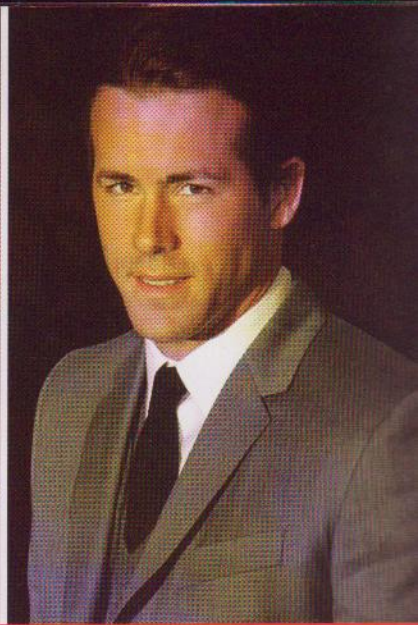


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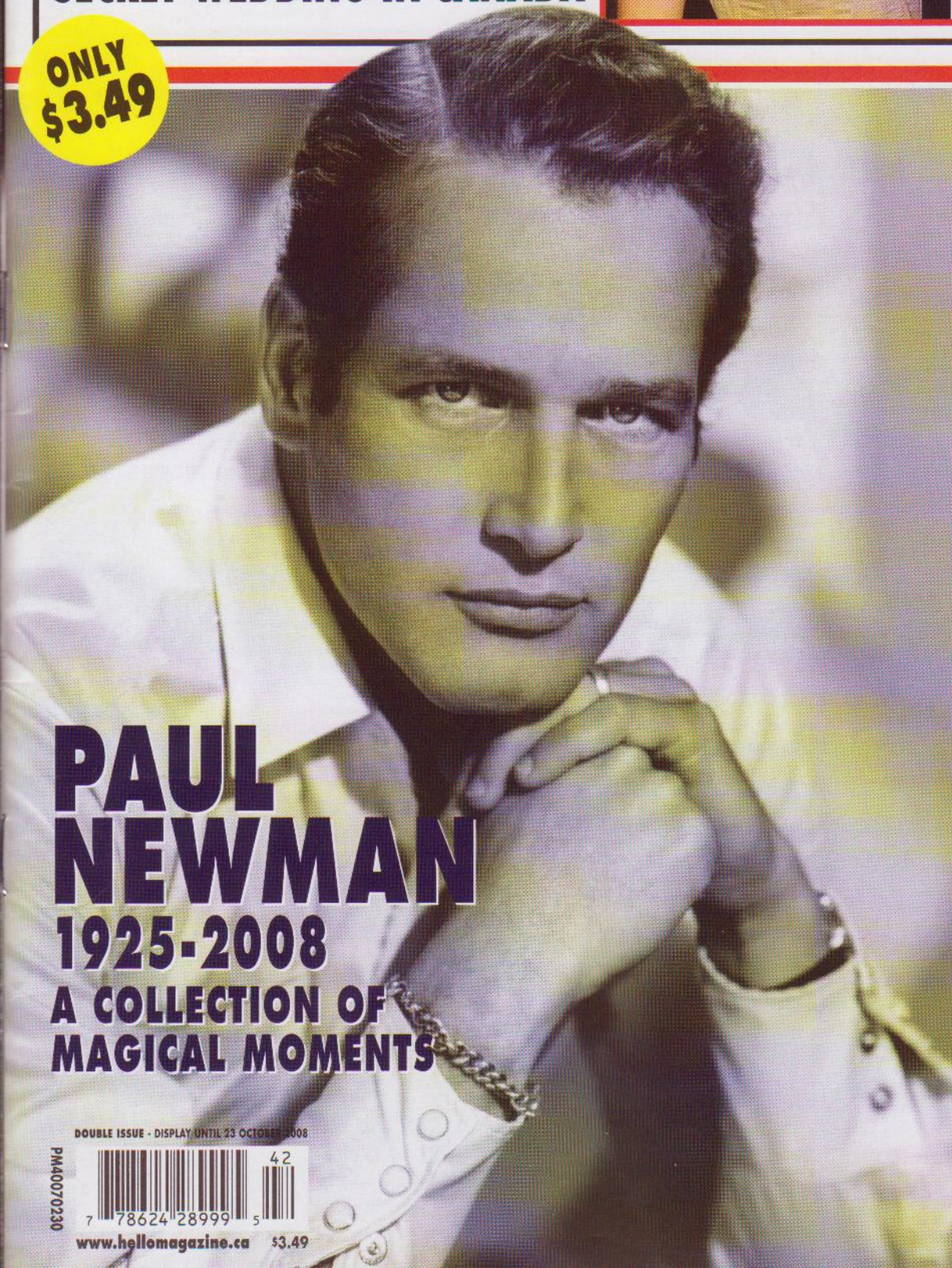
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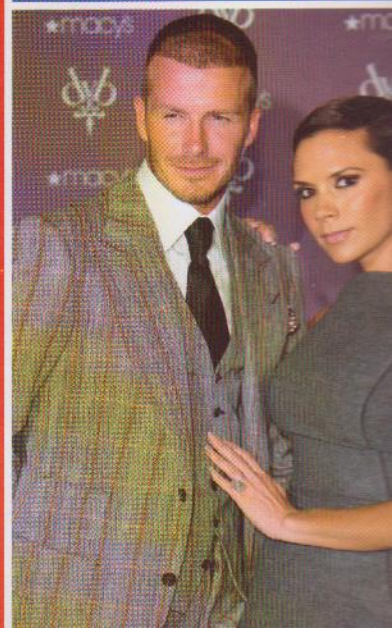
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Conquer the craving

Lose weight and banish bad eating habits by sticking to three meals a day

Enslaved by constant food cravings? A new diet promises to help you break free from this inner turmoil by simply changing your eating patterns. "[Losing weight is] not just about what you eat, it's actually about when you eat," explains Dr. Penny Kendall-Reed, director of natural therapies at the Urban Wellness Clinic in Toronto. She and her husband, Dr. Stephen Reed, an orthopedic surgeon, challenge conventional diet wisdom in their new book, *The No Crave Diet*.

Contrary to the popular belief that consuming five small meals throughout the day keeps weight down, the authors suggest that eating three healthy meals a day is actually more effective. In fact, this is how many Hollywood starlets, including *Heroes* star Kristen Bell, keep trim.

"I would rather someone have a bit of chocolate at the meal than a piece of broccoli in between meals," says Kendall-Reed, explaining that your metabolism starts working harder when you haven't eaten for three hours. The new diet is designed to regulate metabolism so that the food you eat can best be used as fuel.

The most important rule of thumb is to cut out snacks, thus leaving longer gaps between meals. After three hours of not eating, we burn fat tissue up to a rate of 92 per cent, whereas snacking only increases our metabolic rate to eight per cent. "We're not meant to forage all day long," says Kendall-Reed, pointing to the fact that the human race began as hunter-gatherers. "We can get away with two or three meals as long as we leave five or six hours in between them."

Kendall-Reed became a naturopathic doctor after turning to naturopathic medicine as a cure for a running injury that would not improve with conventional medicine. She includes natural supplements in the diet plan, such as amino acids like tyrosine and glutamine, which banish cravings by releasing dopamine and serotonin (relaxation and happiness hormones).

This will "help you stick to it at first" and retrain your body's biochemistry faster. "Life is stressful, so I always say, 'Don't make your diet stressful.'"

The *No Crave Diet* plan consists of two phases. The first, lasting six to eight weeks, "is about retraining" your brain and body and losing weight. By eating three meals a day with protein at each and no starches and sweets, you'll teach your hormones – leptin (which turns on fat burning and turns off cravings) and cortisol (the stress hormone) – and your blood sugar levels, to stabilize.

Eating five meals a day trains leptin to be released too often and the body develops a resistance. By consuming only three meals, you should lose two to three pounds every week without plateaus because "there's no starvation." Because leptin is "the grand master hormone of the body," it also helps control cardiovascular disease, cholesterol, hypertension and the risk of cancer and diabetes.

While you don't have to weigh portions or count calories, you do have to prepare and plan meals ahead of time. Be ready to explain why you're skipping dessert at a dinner party. Once you've lost the desired amount of weight, move on to phase two of the diet: maintenance. This is where you begin "a slow introduction of any of the foods that you pulled out," such as starches and sweets. This will "freeze" your weight where it is. "The key is keeping the physical size of that grain, starch or sweet equal to or smaller than the size of the protein," explains Kendall-Reed.

So rather than having a sandwich with two pieces of bread, opt for an open-face version with one piece. "The same principles of no snacking or eating after dinner still apply, and you won't rebound in weight," she says. "The biggest thing I see is that everybody comes back saying, 'I have control again.' They're not constantly thinking



Kristen Bell

No-crave diet: phase one

- Eat protein at every meal; make sure that it's the right portion size for your weight (about the size of your palm) and that it outweighs other foods on your plate
- Load up on vegetables at each meal
- Have a maximum of two pieces of fruit per day (but no bananas)
- Eliminate grains, rice, pasta and starches
- And most important, never snack

about what to eat next. They realize once they've taught their body what to do that they can go out for dinner, they can cheat and they

don't crave sweets again for the next three days, and that's huge." For information visit www.pkrhealth.ca or call 416-922-4445.