

# Real People Don't Diet Success Stories



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[www.RealPeopleDontDiet.com](http://www.RealPeopleDontDiet.com)

***“Stop dieting. Start eating!”***

Other sites by Cate Brizzell:  
[www.home-budget-help.com](http://www.home-budget-help.com)  
[www.momsmakemoneyonline.com](http://www.momsmakemoneyonline.com)

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## INTRODUCTION

I am convinced that losing weight is 99% mental. Not only do you need to change how your brain reacts to food (especially certain foods), your brain has to replace old habits and thought patterns with new strategies that will last a lifetime.

That's why Chris and I came up with our own strategy for losing weight. We knew that trying to discipline ourselves to diet and exercise wasn't going to work. Even though we know it makes sense, if we hadn't done it already, we probably weren't going to start.

One of the philosophies I've embraced lately is simplification. A "recovering perfectionist", I've learned that it takes a lot less time and effort to copy what others are already doing right, or at the very least, tweak something that already works to fit my life and my needs.

It works for just about anything, including losing weight!

Now that "Real People Don't Diet" has been around for two years, we've managed to accumulate some pretty terrific success stories. The continue to be amazed at how the e-mails arrive from people of all walks of life, not just "beautiful people" with personal chefs, personal trainers and personal nutritionists (in other words, celebrities!).

I want to share these stories with you, because I want you to believe that you can stop dieting forever and use the RPDD strategy to lose weight and keep it off.

I am not using names or even initials in order to protect identities. Unfortunately, in this day and age, it's necessary to keep everyone safe. But these are "real" people enjoying "real" success! I keep their e-mails and enjoy re-reading them when I need some extra motivation myself.

Don't be afraid to copy what these RPDD'ers have done. Tweak their individual strategies and make them your own!

In the words of one happy RPDD'er: "I am loving this Real People Don't Diet. I can do this!"

**And so can YOU!**

Enjoy...

*:-) Cate*

# TEN POUNDS BY RIPPING OFF THE BOTTOM OF A TORTILLA

Cate-

In the course of my life (all 56 years of it) I have gained and lost over 500 pounds. You can imagine my skepticism when I read about "Real People Don't Diet". Lately, because of my hormones, and my age, and not exercising, and eating the wrong things--and on and on, ad nauseum--I had only gained. Seemed to me that losing any weight was going to be a thing of the past and I had just about given up. But I decided to try "one more time" because I was terrified of getting diabetes. Trust me, I've been on some of the best diets and when I was younger I lost a lot of weight, but was never able to keep it off.

Now I'm going to tell you something. I knew if I made a production out of this it wouldn't work for me. So this is what I did. I took the basics and made it simpler. At each meal I make a lower-carb choice, even if it's just tearing the bottom part of my tortilla off my burrito supreme. I switched to 1% milk instead of 2% and low-fat cottage cheese. I'm trying to drink more water instead of tea and my sweet tea is now 1/2 sweet and 1/2 not. Just little things that I can manage. No figuring, no worrying, no major big deals. And I have lost 10 pounds. I have 40 more to go but it's a wonderful start and so simple. For the first time I feel like I have control and it's working.

Thank you so much for this simple life strategy. It really is so simple and the beauty of it is that it works and is doable for a life time. God bless and thanks for giving me hope.

## ***CATE'S NOTES...***

This is one of my absolute favorite e-mails, ever!

I think I could literally sum up the entire RPDD strategy by simply putting this e-mail on the first page of the book, and ending it there.

Can it really get any simpler than this reader has made it?

Do you think you can do what she did?

## LOSING WEIGHT AND LOWERING CHOLESTEROL

Well, it takes me awhile to digest information. I have only half-heartedly been working at this, but I have still noticed a 2 pound difference on the scale. About another week and I will be ready to go all out on this. I am going to a dietician today and maybe I will be able to get a list of what food has what carbs in it. This will help tremendously. I am a stress eater. Some days are better than others.

### UPDATE #1:

Yesterday was Sunday. I think I told you that I have resolved to weigh only on Sundays instead of everyday. I have lost 3 pounds. I also measured, but only had ½ inch losses in just a few places, but that is a start. I have begun walking on the treadmill again (3 days last week, and took the weekend off). I am writing down what I am eating and the carb count. The dietician said to aim for 45 carbs at breakfast, lunch, and dinner. I am surprised that sometimes I don't even get up to 45 carbs, especially if I eat a lot of veggies. We have eaten out twice this week and I was able to make good choices. We ate at KFC one day. I had a chicken breast but took off the skin and coating, green beans, carrots, beets, greens (I thought it was spinach) and pineapple for dessert. I came up with 35 grams. I like not having to figure out fat or fat grams. Yesterday after church, we went out again: ½ piece of turkey roast, 4 bites of dressing, 1/3 cup of mashed potatoes (no gravy) and green beans. My husband ordered 1 dinner and we split it. I did get hungry in the afternoon and was not near my fruit, so I ate 2 rice cakes and that held me till supper.

As for the stress at school, I keep ½ of a fresh apple, wedged, on my desk and dig into that when the stress bug hits.

### UPDATE #2:

Well, yesterday was Sunday. I weighed and measured. I have lost 5 pounds and 5 inches. These don't show a whole lot because I measure like they did at Weight Watchers (bust, mid-drift, waist, 2" below waist, butt, upper leg, upper arm, and neck). Still, I was glad to see the losses.

My frustration food now is apple slices instead of chips. I slice one up in the morning and keep it on my desk in the classroom. It helps.

I am now anxious to go to the doctor in early December to see how much my numbers will change. It would be nice to lose another 5 pounds by then. What I really need to do is start a consistent exercise plan. That is my next goal.

I have stopped putting down every thing I eat. I did that for 2 weeks and I now have a better understanding of what I can and can't eat and how much. If I run across something that I want, but don't know the carb count, I will just eat a small amount of it, not the whole thing.

Thanks for checking in with me and keeping my enthusiasm up. I really appreciate it.

### UPDATE #3:

Hi, Just a quick note: I did one of those 'at-home' cholesterol check kits this morning and my reading was **181!** This is down from 235 this summer. I am SO happy about that. Maybe I will be close to the 150 reading (normal) by the 12th of December when I go back to the doctor.

### **CATE'S NOTES...**

I usually recommend that you NOT get on a scale or take measurements on a weekly basis. The numbers just won't be large enough to motivate you. Not to mention the fact it takes time and effort, something that usually discourages those of us with already busy schedules.

Because much of RPDD's success lies in its simplicity, I also don't recommend that you keep track of what you eat or use carb charts. It's just too much of a hassle.

But as you can see from this success story, doing all these things worked for this person. Keeping track of carbs the first couple weeks made it easier for this person to understand what she was eating, why she was eating it, and how she could make simple substitutions or cut down on portions in order to reduce carbs and lose weight, without giving up foods she enjoyed entirely.

Again, the lesson here is: DO WHAT WORKS FOR YOU!

Just don't diet. 😊

## **BUSY SCHEDULE = SUCCESS**

Thanks for the recipe Cate. The carrots are just ready in my garden – so I'll be trying this right away! I wanted to let you know that my husband has gone from 209-185 lbs. since we started a few months ago. My progress is not as quick – but it is coming. The weird thing is, we are actually eating some carbs. I think our metabolism must have re-set so that it can handle them once in a while. I'll keep at it and hopefully mirror his success shortly. I have lost about 14 lbs myself so that's not too bad. All of my clothes are fitting looser – it's really nice.

### ***I asked this reader if I could use her story, and here was her reply...***

My husband and I have tried low carb before with some success. Particularly him – as a diabetic – it's been very positive. We feel much better when we eat that way. But you hit the nail on the head. I'm competitive and tend to take things to the extreme. So I eat very few carbs – then after feeling “deprived” for 2-3 weeks, I have a carb or two – then I decide I ruined the diet anyway so I binge and throw it all out the window.

We went to a country on the weekend with the kids. I packed some healthy delicious snacks though not quite enough for our lunch-time meal. As a result, when the kids (I also have 3 young children) wanted lunch, we were able to buy them pizza, fries and hamburger respectively – eat a few fries, split an onion ring and be perfectly satisfied. And we felt great. We had indulged ourselves so we didn't feel deprived. But we took it easy, ate healthy food for the balance – and everyone was happy.

I have struggled with my diet ever since changing my eating habits in my early 20's when I was running ½ marathons. It was fine to carbo-load then. And I did for years. But give up running & have 3 children as you move into your 30's and the weight keeps piling on. After years of this, the high carb eating habits are engrained. Then all of the diet advice you receive is high carb, low fat. And you get to where I am today. I didn't mind being heavy too much, because I learned from it. I was really heavy for me at one point – and people really do treat heavy people different. I thought it was good that I had a chance to experience that so that I would not be one of those insensitive people. I also found it a relief not to have men leering at me all of the time. I'm ready to lose again now though and I know carb counting is the answer.

Your book made me sit down and take a hard look at the carbs in the things I have been eating. I won't say I won't be challenged to do this. We show our horses, and horse show season is upon us. Coffee and donuts for breakfast and fast food for lunch and supper. But unlike all of the other low carb plans I looked at, your book made me realize that I just need a strategy for this. And I can do the unhealthy thing once in a while as long as I am prepared to sacrifice at the next meal, eat less of the unhealthy stuff, etc.

Thank you Cate. I think I've finally got it. It all actually clicked together in my brain this time. I love math – and by making this mathematical, it has become something I can totally understand and make sense of in black and white. I feel so confident this time, that even when the scale doesn't

show a loss, I'll know it's coming because I'll know what I ate for carbs. I am glad you mentioned that it sometimes comes off all at once when you're not looking. I'll be prepared for that and when I don't go down, I'll just keep thinking that it's coming.

I am keeping a carb log of all of my food for a while until I begin to know intuitively what and how much I can have. It's been illuminating to say the least. I'm in the middle of putting together an excel spreadsheet with our common meals and their carbs. And this will have the added benefit of making my meal planning much easier and more efficient – erasing the problem of what to have. I'm going to prepare meals and snacks for the week ahead of time, so that I don't find myself ravenous with a bag of chips in my hand. And I already feel so much better. So thank you.

### ***CATE'S NOTES...***

It's these kinds of e-mails that brighten my day! This reader's success proves that you can lose weight without dieting. Without deprivation. With kids. With a busy schedule. Without massive amounts of exercising.

While I personally wouldn't take the time to create a spreadsheet tracking meals and carbs, you can tell it's something this reader probably likes to do and finds useful for her lifestyle. (I get the feeling she's achieved quite a bit in her lifetime!)

So again, the lesson here is to do what works for you when it comes to planning and tracking.

But as soon as you feel as though it's a burden, it's impossible, it's something you can't keep up for life...drop it. Dieting is temporary. You want permanent weight loss, which means a permanent AND sustainable change in eating habits.

Do whatever it takes to make your new eating strategy a habit!



## **CARBS, NOT CALORIES**

I just wanted to say thanks for putting this together. I hadn't realized how many carbs I was eating! I was watching the calorie count but not the carb. I've lost 3 lbs. this week just trying to eat less carbs. I have a LOT to lose so that may not seem like much but at least I'm not gaining! I was trying to follow your 60 carb rule but after seeing how many I was eating, I can probably do 100 for a while and still lose, then bump it down when I plateau.

### **UPDATE #1:**

You are welcome to use any part of my email you'd like. I am just so excited about this. I lost a total of 5 lbs. this week. As for removing the 60 carb rule, I'm not sure about that. It gave me a number to at least start with. I mean, you can find info on how many grams of fiber, sodium, protein, etc., but this helped give me a starting point and I can adjust from there. I realized that my carb load was SO heavy that 60 was incredibly drastic, but 100 is workable. I do try to do 60 on days I think I can handle it. Maybe keeping my body confused is good. The easy weight loss has even motivated me to exercise some. I have 100 extra lbs. to lose and exercise can be difficult.

One of the greatest benefits has been helping me to deal with my horrible Dr. Pepper habit but seeing what the carb count was FINALLY helped me curb this. I had been following a calorie counting diet and had managed to work a Dr. Pepper in for myself daily. It actually fit calorie wise but I was gaining! Now I am losing! I normally would go pick up my kids from an activity and stop to get myself one. Last night when I went to pick them up from the library, I was really tempted but then thought about how I had stuck so well with the carbs that I didn't want to mess that up and I went home with nothing. I found some flavored water that will do when I am just horrible desperate - it has no carbs and is made with Splenda so I am not so worried about fake stuff (what do I think is in the DP?) in my drinks. As you can tell, this is really something I am excited about and I hope to send you many more updates on my weight removal (I read somewhere that the word loss can make you subconsciously think of finding it again.) Seeing the number on the scale go DOWN is a great motivator. THANK YOU!

### **CATE'S NOTES...**

I had e-mailed this reader to reinforce the fact that 60 carbs a day isn't a "rule", just a general guidelines I'd followed initially. I usually eat between 60-100 carbs a day, depending on where I am and what I'm doing.

## **FIGHTING FOR FREEDOM...IN MORE WAYS THAN ONE**

You can't imagine what reading your book has done for me. I am here alone with my three daughters, and the stress has been overwhelming. I have gained nearly 60 pounds in the year since I left the states. What I thought was a dream come true turned to a nightmare for me. Among many other things the fear of being deployed to Iraq leaving my children alone in a foreign country was manifested in very self-destructive patterns. I worked excessively, ate horribly, did not exercise, in fact I did not feel like doing much at all. I worked and I ate, it seem to be the only thing that made me feel in control, but the more I ate and the less I did the less control I had. I think in my mind the unhealthier I became the less chance I had of being selected for deployment. Nothing could have been further from the truth. So after reading your book I have decided to take back my life in more than just my weight but my spirit as well. I made the decision to take a downgrade that removes me from deployment eligibility, given up my favorite drink Diet Coke...I know, embalming fluid in a can... for green tea, I snack on vegetables instead of chips, I eat eggs for breakfast instead of a muffin (unlike you I love spinach, especially in my eggs), and I started walking my daughter to school instead of driving.

In the week since reading your book and these simple alterations in my routine I feel better about myself and my life, and the weight is already starting to come off. I have chosen to take my life back and eat the way I know I should and until recently had in the past. I truly want to be slim and healthy again, healthy being the key word. But I have also taken to heart the catch phrase you use: "Nothing tastes as good as thin feels" and as proof I have also given up my favorite comfort dessert: almond croissants dipped in chocolate, for Lent. What a treat having one at Easter will be. If you would like to know what a sacrifice this is, I will send you a sample you can enjoy at Easter too...warning they are addictive ;0).

I also decided to stop my workaholic attitude that I have used for so many months to avoid my problems. I have taken the day off from work for NO reason at all, the first in months of 60 + hour weeks. This in fact is the reason I have been able to finally find a spare moment to write to you in thanks. So thank you again. Your small gesture has improved the lives of myself and my children tenfold. Had you not sent the book I do not know if I would have taken the time to follow through. I think I would still be going through the motions of life and not really living. I don't know exactly what it was in your words that triggered the change but they have inspired me to look deeply at my life and find what I truly want out of it. Maybe just the fact that there are other Real people with Real lives and Real problems out there, and you showing me that I don't have to give up anything, just make tradeoffs, not only with food but with life itself. They say you will always get what you need, when you need it, all you must do is be open. Life is like a coin. You may spend it however you like but you can only spend it once. I have decided to stop and smell the roses...as often as I can...spending my coin taking back my dream...thanks to YOU!

## ***CATE'S NOTES...***

I love how this reader was able to apply the RPDD strategy not just to eating, but to her entire life as well! You can't do it all. You can't have it all. You can't eat it all. Decide what's most important to you and then cut out, or reduce the rest. You'll end up streamlining your entire life!

## **LOSE THE SCALE!**

I have been a little disappointed with myself this week, but your March 6 digest opened my eyes. I was still treating this as a diet and my doctor had recommended that I check the scales daily. I have been so focused on losing the weight and feeling guilty about having something that "I shouldn't have" that I wasn't feeling that I had made much progress. The scales go up and down daily and I was beginning to be frustrated. After reading your article this morning, though, I am ready to begin again and stop acting like this is a diet.

As a side note, I am noticing more energy and several items of clothing are feeling a little looser than usual. I thought this must be in my head since the scales are not changing much. Thanks for the encouragement and the timely information. It was just what I needed to continue on. I was ready to just throw up my hands and quit. I'm re-energized now and ready to go again.

### ***CATE'S NOTES...***

Please...back away from the scale!

Your body weight can fluctuate up to 5 pounds, depending on the time of day, what you've been doing, what you've been eating, where you are in your monthly cycle (if you're a female), and so on.

If you're exercising, you may be gaining muscle mass, so weighing yourself will be misleading.

What you're really looking to do is slim down. You want to lose fat. You want your clothes to fit better, or looser, or go down several sizes.

Who cares how much you weigh? It's how much body fat you're carrying around that matters!

So avoid the scale entirely, if you can. Weigh yourself every few months. You'll probably enjoy pretty significant weight loss numbers if you do that!

Instead, focus on how your clothes are fitting. How is your body shape changing? How are you feeling?

And don't forget to compare those cholesterol numbers year after year. Mine continue to go down—three years in a row.

Those are the things that really matter. Not what the scale says.

## **BE YOUR OWN SPECIAL SIZE**

Yes, I had no trouble downloading the information. I read it all. I had just recently considered trying to cut back on the carbs because I know I eat far too many. Many years ago, probably 20 or so, my sister-in-law and several of my friends were visiting a physician in a neighboring town that prescribed the low-carb lifestyle. His recommendation was 40 per day. They all lost weight, but like you refer to in your book, they were on a "diet". It goes without saying, they gained it back.

I have also tried Atkins and was successful, temporarily, but I don't enjoy going without bread and other foods that they recommend omitting. As well as other Americans I have tried far too many stringent (unworkable for a lifetime) diets.

I really appreciate your ideas on not comparing yourself to others, because everyone is so different in body composition and should not do the comparison game. I am also short, but have a large frame, and have never been smaller than a size 12, which is the size I was in high school. I am currently in a 16 and can wear some 14's depending on the manufacturer.

### ***CATE'S NOTES...***

This email is so rich! Where to begin...?

First, a "low-carb" lifestyle just won't work. "Lower-carb" it's where it's at. Notice "lower" versus "low". 40 grams of carbs? I think I would end up eating the carpet.

Second, notice how this reader's sister-in-law and friends all gained their weight back after going off low-carb diets. Sound familiar? So stop dieting! Eat what you want—just eat fewer carbs, make a few trade-offs, reduce portions a bit, and get on with life!

Last but not least, notice how this reader is just fine being a size 12. That was her size in high school! Chances are, no matter how much she diets, she'll never drop below a size 12. Why? Because that's just her size!

If you've never been a size 2, you probably never will be. Who cares if the model on TV is a size 2? She's not you. Stop putting pressure on yourself to be something you're not.

You probably know exactly where your "normal" weight should be. It's the weight you were when you were likely a bit younger, and healthier. We all know where our extra fat is and about how much we're carrying around.

So just set a goal to get down to where you know you should be, and then relax and trust your new lower-carb lifestyle to keep you there. Tweak as you go.

## **AND YOU THINK YOU HAVE IT TOUGH...**

Well, it is a challenge because I have a spinal cord injury which left me paralyzed and in a wheelchair. I can't weigh myself so it is really hard to know whether I have lost weight. Both of my sisters think I have. I simply can't tell by looking into the mirror. One big problem is that I am also having a lot of edema which makes it even harder!

I know I have been applying your suggestions and reducing carbs, mostly by limiting to one starchy thing each meal instead of two or three. For example, not having corn, potatoes and bread at one meal and just choosing one of these 3 items. But I will keep going- eventually my clothes will become too big, and THEN I will know if I am losing weight, smile! I just keep telling myself, "Slow but steady!". Your suggestions do make sense and it is certainly worth the effort- it really isn't dieting- it is tailoring your eating habits a bit.

There is one benefit- I was diagnosed with diabetes this past January and since I've cut down on the carbs, my blood sugar was tested out recently as the same as a "normal" person's and when I do self-test for sugar, the numbers have come way down. Sooooo....yes, I would say there are positive things happening, smile! I just can't get on a scale to get my "numbers"! It takes me a little longer and a bit more patience to see the results!

Thanks!

## **CATE'S NOTES...**

Every time I read this, I'm so humbled. If this reader can lose weight, anyone can!

More Americans have diabetes than ever before. I am convinced it's due to eating way too many carbs, gaining too much weight, and just plain poor eating habits. Just like this reader, I also believe that a lot of diabetics could take themselves right off their medications and return to "normal" if they would only modify what they eat as well as portion size.

Eating the RPDD way can help with heart disease, too. It's worth noting that even though Chris and I didn't really change WHAT we ate—we still enjoy plenty of meats and eggs—both our cholesterol counts have dropped since we began our new eating strategy.

## **NO SUFFERING HERE**

Yay! 8 lbs. so far and without suffering! It's so easy! Thank you so much for sharing this wonderful plan.

### ***CATE'S NOTES...***

This reader lost 8 lbs. in three weeks.



## **SPAGHETTI NIGHT TWIST**

JUST WANTED TO SHARE A TIP THAT I'VE FOUND TO BE VERY SATISFYING ON THE NIGHT YOU SERVE SPAGHETTI FOR THE FAMILY. I PREPARE EVERYTHING AS USUAL. BUT I STEAM SOME FRESH OR FROZEN BROCCOLI OR CAULIFLOWER IN THE MICROWAVE.

INSTEAD OF PUTTING "MY" MEAT SAUCE ON SPAGHETTI, I JUST SPOON IT OVER MY VEGGIES INSTEAD AND SPRINKLE A LITTLE PARMESIAN ON TOP! IT TASTES GREAT AND I FEEL SO MUCH BETTER KNOWING I'M EATING GOOD AND CUTTING BACK AT THE SAME TIME....AND I DON'T FEEL AS THOUGH I'M MISSING OUT WHILE THE REST OF THE FAMILY IS EATING THEIR SPAGHETTI.

### ***Cate's Notes...***

This is a PERFECT example of adapting your current "real" eating habits so that you don't have to give up what you truly enjoy. This reader doesn't have to stop making spaghetti for her family just because she wants to eat fewer carbs.

Some people, myself included, just LOVE spaghetti. While I also like cauliflower, my preferred method of eating spaghetti in a more weight-friendly way is to load up on meatballs, use whole-wheat spaghetti, add vegetables such as broccoli to the sauce or on the side, and reduce pasta portion size.

This is a great tip. See whether you can do something similar with some of your favorite pasta meals.

## **LOST WEIGHT ON VACATION**

I returned from vacation on Aug.19 and weighed in on the 21st. I had lost 2 pounds while on vacation! We went to Myrtle Beach and I had my heart set on eating my weight in seafood but I made an effort to eat less of the batter dipped and deep fried items and ate more crab legs and salad than anything. I think whatever you eat in crab legs you burn up in just getting to the meat! Probably the workout I got in the ocean helped burn a few more calories. Anyway, making the effort to eat less carbs, but still being able to enjoy some of my favorites really did make a difference. My weight loss group was totally surprised that I lost 2 pounds while on vacation. I've decided not to share my secret until later on. I'm taking it one day at a time. I haven't started a substitution list on paper yet, but will get to it this week. Thanks for your help.

### ***CATE'S NOTES...***

It's entirely possible to lose weight—or at least avoid gaining it—while you're on vacation.

Check out the bonus booklet “Real People Go On Vacation” that came with your edition of “Real People Don't Diet” for more details.

## **MY CLOTHES ARE FITTING BETTER!**

I have not lost much weight, maybe 2 lbs. However, I feel different. I have lost inches especially in my belly! My clothes fit better. I have energy. And I have not deprived myself of anything. When I was on vacation, I had an ice cream cone! I would never do that when I was dieting. I have control over my food and my life.

Thank you. I will check in over the next few months!

### ***CATE'S NOTES...***

This is a textbook example of how the scale can lie. In the story above, the scale said "You only lost 2 lbs."

But look at how this reader's life is changed. She's lost inches and can see the difference, even in how her clothes fit. She has more energy. She doesn't feel as though she's dieting. She had an ice cream cone on vacation (and still lost the 2 lbs., by the way).

I can't say it enough...back away from the scale!

## **IT WASN'T WILLPOWER!**

I had my doubts when I started. At first I tried to cut my carbs to 100 grams and switched to too much fatty meat and cheese. My stomach was in agony and I was hitting the Pepto pretty hard. I knew I couldn't do this by trying to be so rigid about anything. That's why soooo many diets fail. Then I focused more on just eating less carbs than I would have. This was easy.

The other thing I started doing was cutting way down on processed sugar and flour. By week two I had lost the constant craving for sweets. I have always had an enormous sweet tooth. This was totally amazing to me as I've never been able to do this before. I wasn't losing any weight, but I felt I was eating healthier.

Then in week three, I really noticed I wasn't eating constantly - even when I was watching TV. IT WASN'T WILLPOWER! I love pasta and bought some whole wheat pasta. It has as many carbs as regular pasta, but it is so much healthier. I didn't throw away the regular pasta in the pantry, but I will mix it with the whole grain pasta until it's gone and I go completely whole grain. I started throwing a couple cans of random vegetables into the pasta too. I bought a mandolini slicer to make slicing fresh fruits and vegetables almost effortless. I lost three pounds this week. It came off so effortlessly that I even considered I might have some serious disease. No--I've simply made some small changes that are really huge changes.

## **CATE'S NOTES...**

As you start using the RPDD strategy, you'll find you have to constantly tweak in order to get things "just right". I suspect this reader started off doing RPDD as a regular diet, because she set a limit of 100 carbs and went right to the meats and cheeses instead of using a more balanced approach.

But then she switched to just focusing on "eating less carbs than I would have". That's really RPDD in a nutshell. If you do that, then you'll lose weight. How much you lose, and how long it takes, is really dependent on a lot of factors (your age, metabolic rate, physical activity, medications, overall health). But math is math. You MUST lose weight if you reduce your overall carb intake!

I also love that this reader mentioned how she lost her constant craving for sweets. The exact same thing happened to me! Here and there I'll desire something sweet, or chocolate, but a little Hershey's miniature bar or something similarly small will work just fine to satisfy my craving. Sometimes a mocha latte (nonfat, no extra sugar, easy on the syrup) will do the trick, too!

If you're addicted to sweets, just gradually reduce the amount you're taking in, and you'll be amazed at how your sweet tooth likely goes away for good.

## **I NOW HAVE HOPE FOR THE HOLIDAYS**

Hi! I had been a low-carb enthusiast for about 2 years until I became very bored with the same old foods. I missed some of my favorite foods and if I would indulge occasionally I felt I blew it, then thought why bother. So the rest of the day I pigged-out. That all or nothing thinking helped me put back 8 lbs.

But, after reading your book, I realized that I could have it all with the proper trade-off. So putting that theory to work this past Thanksgiving, and just eating exactly what I wanted and keeping portions small, trading sweet potatoes for pumpkin pie (no crust). *I lost a pound.* I couldn't believe the scale Monday morning. I was able to lose weight and eat a thanksgiving meal. I now have hope for the holidays. Thank you for writing a book that teaches real people how to eat real food.

### ***CATE'S NOTES...***

I love what this reader did! She wanted her pumpkin pie, and was willing to trade sweet potatoes and the pie crust in order to get it.

Result? Lost a pound—on Thanksgiving Day!

Any diet would tell you that you can't have pumpkin pie. You'd eat it anyway, feel guilty, and then "try" to start all over again on Black Friday.

But when you use the RPDD strategy, every meal is a brand new start. Every meal is an opportunity to lose some more weight. Every meal is nothing but a math problem: which carbs am I going to cut? Cut the ones you can live without and eat the ones you like. Adjust portions until you're satisfied with the smallest amount possible.

Keep on going, and the weight WILL come off.

## **IF A TWO-TIME CANCER SURVIVOR CAN DO IT...**

I am happy to tell you that I have lost 5 1/2 lbs. since I started your program 28 days ago. I've just been eating half of what I might ordinarily take for a portion and I've been bringing home half of my restaurant meals for another time. After dinner, I have one (1) Hershey Dark Chocolate Kiss (for my heart) -- I look forward to that!! I have never felt hungry and don't feel like I'm craving foods I can't have.

Once I quit reaching for snacks (which I think was out of boredom) I no longer even think of eating between meals.

My husband has been cooking since he retired almost 18 years ago. He loves to cook and cooks healthy foods and always makes beautiful presentations. I know I have been eating the healthy foods, cooked in the right ways, but I have learned that the real culprit (besides snacks) was for John to always give me the same size portions he would make for himself. He learned many years ago to eat just what he wanted and to stop when he felt full. I, on the other hand, grew up in a home where we always cleaned our plates and possibly had second servings. Being an only child, I'm sure I had adult portions then, too.

However, the extra weight didn't begin to show up until about 17 years ago when I had Breast Cancer and was taking Chemotherapy and Radiation plus getting very little exercise. I gained 25 lbs. during that period. I managed to lose 15 of those right away, but the last 10 just seemed to hang around.

It didn't help when I had cancer again in my neck (from the original breast cancer) 3-1/2 yrs. ago. Friends took me for radiation early in the mornings (for 6 weeks) to allow my husband not to miss his golf games! I looked forward to radiation everyday, since my friends and I would stop at a coffee shop and have not only coffee, but some kind of muffin or sweet roll. Different people were enjoying the coffee and roll once a week and I was enjoying it everyday!!! I added 12 lbs. at that time.

In 2005, I was selected to receive a 'makeover' as a two-time Cancer Survivor. I had 3-1/2 months to get ready for my 'reveal day' at a "Relay for Life" event. I had an incentive and I was motivated to follow a diet, walk and do yoga. I was so proud of the results, but of course, once I had reached my goal weight, I felt I had earned the right to eat what I wanted and forget the exercise classes. Once again, I gained the same 10 lbs. I couldn't lose the first time. I am so happy to tell you 5-1/2 of those pounds are gone again and I'm hopeful I can lose the other 4-1/2 lbs. even during the holiday season.

What I learned from your book were very logical answers, but difficult to put into action until you're truly motivated to lose weight and have a healthier lifestyle. After that, the results are so pleasing and losing the weight seems so simple. Not depriving yourself of anything (except huge portions) certainly makes it do-able. Thank you, Cate, for a method that I can live with forever. I am so glad Maria Gracia mentioned your book in her "Get Organized Now" Internet newsletter. I'm so very grateful to both of you. Many, many thanks!!

## UPDATE:

Right now I seem to have reached a plateau. Already, the holiday celebrations have begun, but I have surprised myself how well I'm doing with accepting smaller portions and maybe not eating it all. I seem to be running 'to and fro' with all the activities around the holidays, but perhaps not doing my regular walking as many times a week as I had been doing, might be having a negative effect.

I can tell a difference in my clothes and that is a big incentive to keep me going. I haven't changed sizes, but now the ones I had been wearing fit a whole lot better! I am so thankful I found your book. It is such a positive motivation. I truly don't feel deprived at all.

## **CATE'S NOTES...**

First off, let me tell you that Maria Gracia's newsletter can be found at [www.getorganizednow.com](http://www.getorganizednow.com). It's an invaluable newsletter, and an invaluable site. If you need to get organized, you'll want all her products! I've been using Maria's personal filing system since January and love it! She's as genuine in real life as she is on her site and in her newsletter.

This reader is absolutely inspiring. I'd say she has plenty of reasons to just eat whatever she wants. Talk about stress!

But I think enough studies have shown that what we eat—and how much we eat—has a lot to do with staying disease-free, or at least preventing and minimizing health problems.

Adopting RPDD will help you in many ways. You'll become naturally self-disciplined and self-controlled when it comes to food; not because you're okay with depriving yourself, but because you've trained your brain to make trade-offs, and to be satisfied with what it chooses.

Maybe your diet won't pass a dietician's muster, or score a perfect 10 when it comes to total nutrition, but it's going to be a lot better than it is now. By cutting down on carbs that are bad for you, you'll eliminate or reduce many foods that contribute to diabetes, heart disease, cancer and many other diseases that reduce quality of life.

## **BEST THING SINCE SLICED TOAST**

Hi Cate,

I'm having so much fun and my stress level of sticking to certain meal plans (i.e. diets) has dropped 70 %. The other 30% is everyday life stuff and taking care of elderly, sick parents.

This has been the best thing since slice toast as my grandmother would say. At 2 weeks I'm down 9 lbs and for the first time in 2 years I put on a pair of jeans and they fit. I'm doing this in short goal shifts, one month at a time and so far I'm ahead of schedule. I started this at a dreaded 272, my goal for March 30 is 250. I had lost 50 lbs. 2 years ago but with the stress of dieting and sick parents I had gained back 30 this last year and was tired and hating myself. This has given me a second chance and it's easy.

I incorporated Don't Diet with the Fitday log ([www.FitDay.com](http://www.FitDay.com)). It helps me keep track of my carbs, fat, weight loss, measurements, and activity. It also makes it easier to show my daughter what I'm doing, and keeps me accountable.

Hubby has been out of town for a week, he'll be back on Tuesday. I know my seeing a difference in 2 weeks that he'll notice something himself real soon. My mom is living with me now and she's a diabetic with several other health problems (high blood pressure, dialysis, kidney failure, hernia, herniated disks, and nerve damage). So I'm starting her on it but am keeping in contact with her doctors. My dad is in a nursing home/ rehab center learning to walk again. He also is diabetic, kidney failure, high blood pressure and nerve damage to the spinal cord and blind. I'm not a diabetic and I'm hoping to keep that way, right now I'm off to a good start.

### ***CATE'S NOTES...***

This reader later wrote to say she started using the RPDD strategy for her husband without him knowing it!

You can easily do this for your family, too. Just make small changes they won't even notice.

And then try to make changes they DO notice! Get together and choose which foods go and which foods stay—together. Which snack can your family live without? Which ones stay? Try to choose the ones that are lowest in carbs and processed flour or sugar.

Work on snacks, beverages, desserts and then meals.

Combine sneaky changes with outright changes and your whole family will stay slim and trim!



## **IT'S NOT A DIET, IT'S A "LIVE IT"**

In a span of two years I lost my husband, mother and had to have my two beloved Shelties put down. Needless to say I felt so lost. I set out to lose about 20-30 lbs, so without much enthusiasm (I'm being honest) I tried your diet no, make that your eating plan. I'm so pleased to say and feel so blessed to report - mission accomplished. Oh by the way I'm 73, teach in a correctional institution, volunteer and still mow my own lawn, and have meet a wonderful man who just happens to be a minister, so I've made him my personal spiritual leader and we eat together keeping within the guidelines you provided. He said "this must be heaven sent - it's not a diet it - it's a live it". I most certainly agree.

### **UPDATE:**

As we age (I'm 73) and I know this may not apply to everyone, it does get harder to even maintain a certain weight with medications we never had to take and reduced activity. I'm a confirmed veg-a-holic and haven't met a veggie yet that I don't like (o.k. maybe okra). For me to eat an entire bag of steamed spinach with a little olive oil and lemon was not unheard of. And, while that may seem all right to do, it did not teach me portion control.

Bless you for putting me onto carbs. Reading labels I was absolutely, jaw-dropping amazed at the carbs in most of the foods I was eating and loving because I am a complex carb addict. So I took your advice and in addition to reading labels, substituting whenever possible it really was easy. It took me longer than most (I started in March). I believe that one of the reasons is that I had a total knee replacement and my activity level other than therapy was almost non-existent. Even being at the rehab center where I was sequestered for 30 days did not result in any weight gain - in fact I lost 5 pounds. Even there I did the best I could about choices.

My world would not exist without peanut butter. I read the label of what I was using and was ecstatic that the low-fat version (I don't like many fat free foods) has only 6 grams. So now I take the serving size, mix it with a little cottage cheese or apple butter and spread it on the dark wheat bread that I love and use only one slice instead of two, add a piece of fruit and I'm good to go. I switched to whole wheat pasta and brown rice - surprisingly very good, had a smaller portion and added lots of veggies. Normally not a big meat eater but enjoy a hamburger once in a while, if I ordered one out I would order a smaller size, remove the top part of the bun and eat the rest with a knife and fork. If I ordered a baked potato instead I topped it with salsa, or catsup or I would bring my own butter buds.

I do admit to the occasional slip - enjoyed it and moved on. I walk 2 to 5 miles every day. If I can't go outdoors then I walk indoors - my wall-to-wall walk-a-thon. I use a pedometer and aim for 10,000 steps. Somedays I make it, someday I don't, but that's o.k.

So Cate - I made a long story longer but to bottom line it - substitute, switch and savor. As you are aware information on carbs and counting are all over the internet - but I also bought one of the little pocket-sized books usually available at the checkout in the supermarket and I carry it with me.

The words to thank you have not been invented yet (they're coming) but from the bottom of my thinner heart I thank you and bless you for sharing this vital information.

You may quote me or use my name or initials as you see fit.

Love and prayers to you and your family.

### ***CATE'S NOTES...***

I really should consult a lawyer (and this reader) and try to trademark "It's not a diet...it's a live-it!"

Because that really sums up what RPDD is all about.

Notice how this precious lady made small and subtle changes that produced big results.

Ever heard of the 80/20 rule?

You can use RPDD to make changes to 20 percent of what you eat and find you get 80 percent results.

Also notice how this reader is a "seasoned citizen". Now none of us have the "I'm so old my metabolism has slowed down" excuse.

A truly inspiring story!

## FROM OUR FAVORITE FRIEND IN SWEDEN

Cate, you are my hero! :)

I have, since the Swiss holiday, lost THREE whole kilos! :o

Dancing the conga...

### **CATE'S NOTES...**

I'm not sure what the Swiss holiday referred to here is, but I bet it involved a ton of good food—especially if it involved Swiss chocolate!

This reader from Sweden has written in frequently and shared how she's adopted RPDD to her real life, a busy one with young children.

AND this story eliminates any excuse about not being able to lose weight because of where you live! The U.S., Europe...wherever you are, you can make small changes that work.

## **SHORT AND SWEET WITH BAGGY CLOTHES**

I have been following your advice since 6/14/08 and NOT DIETING, but eating healthy. I have not weighed myself, but my clothes are fitting nicely and some are even becoming a bit baggy. I feel great and have added exercise (walking) to my schedule.

### ***CATE'S NOTES...***

I bet this reader really enjoyed the results when she finally weighed herself!

## **MY SUPERSTAR—MARY JACKSON!**

Mary was one of my first readers to check in with great success. We became friendly, and she even agreed to be interviewed about how she lost her first 19 pounds.

You can go [here](#) to listen to our chat.

Here are some of her e-mail updates:

Hi Cate! It's been a great first week! I did clear out the pantry of high-carb foods -- I was amazed at the carb counts in some of my favorites. An innocent little box of mac & cheese had 48g of carbs per one cup serving - yikes!!! Needless to say, I got them out quickly! I'm MUCH more aware now of my carbs -- thinking "well, if I have so much of this, it would be this many carbs, or I could have this instead, eat more and have less carbs". I spend a lot more time shopping --comparing labels, etc -- but I'm sure that will change once I get used to certain brands and serving sizes. I ordered a pocket-size guide "The South Beach Diet Good Fats Good Carbs Guide" that I'm hoping will be helpful for one-glance comparisons of different foods. I've already lost a few pounds and my clothes are starting to fit better. I'm excited about this new way of eating, for our entire family, to get healthier and feel better.

### **UPDATE #1:**

Hi Cate! Things are going well. My downfall is breakfast -- I love my toast and peanut butter! I'm looking into lower-carb options in the George Stella cookbook as well as a new one I got -- 150 low-carb recipes. I guess I need to plan the night before to make low-carb muffins or choose omelets with lots of veggies and cheese. I have lost about 12 pounds now and my clothes are fitting better. Over the past few years I've opted for dress styles that hid the extra pounds but now I'm looking forward to getting more form fit dresses. I'm much more aware of carbs now -- I check everything at the store! I also need to start eating more low carb fruits and veggies -- I just have to make a commitment to do that. Have a blessed week!

### **UPDATE #2:**

Hi Cate -- just thought you'd like to know I've lost 15 pounds in the past 5 weeks! Now I'm really motivated! Whenever you want to send the "interview" for me, I'm ready.... thanks!

### **UPDATE #3:**

Just wanted to share my great news -- I've lost 17 pounds now (6 weeks) and can start fitting back into my "skinny" clothes -- yay!!! I tried a skirt on tonight that I honestly haven't worn for about 3

years (talk about being optimistic -- hanging onto a "skinny" skirt that long....) and it fits perfectly. Talk about being excited and even more motivated!!!

**UPDATE #4:**

Mary lost 40 pounds in less than a year. She said: "The RPDD plan is SO easy to implement and follow...RPDD has become a way of life and I know that the weight will stay off for good. One of my favorite sayings is 'Don't delay, do it today!' You'll be glad you did."

***CATE'S NOTES...***

What would you say if I told you that you could lose 40 pounds in less than a year?

## ABOUT THE AUTHOR

Cate Brizzell and her husband Chris developed the “Real People Don’t Diet” weight-loss strategy in June of 2006. By the time her e-book of the same name was published in January of 2007 the couple had lost nearly 60 pounds combined.

A freelance author and stay-at-home mom, Cate manages website design and content for local corporate clients. She founded and maintains several websites of her own, including

[www.home-budget-help.com](http://www.home-budget-help.com) and [www.moms-make-money-online.com](http://www.moms-make-money-online.com), as well as [www.RealPeopleDontDiet.com](http://www.RealPeopleDontDiet.com).



Cate lives with her husband and three children in upstate New York where she enjoys homeschooling, Jane Austen novels, scrapbooking, golf and traveling to tropical destinations whenever possible!