Contents

One: At the Beginning 3

A Letter to My Reader 3

An Introductory Case 7

The Origin of the Draznin Plan 11

Two: Our Weight in Numbers 13

Ideal Body Weight and Body Mass Index 14	
Obesity Rates Are Climbing 17	
Why Are We Becoming More Obese? 20	
Obesity and Its Relationship with Diabetes 23	
Three : The Law of Conservation of Energy	27
Energy Consumption and Expenditure 28	
How Calories Are Absorbed (or Not) 31	
How Calories Are Utilized (or Not) 33	
Insulin Levels and Activity 34	
Four: The Draznin Mile: A New Concept of Exercise 36	
Understanding the Draznin Mile 38	
Getting Started 41	
Finding Alternative Forms of Exercise 43	

Five: Insulin, Production and Storage of Energy, and Regulation of Weight 46

Glucose in the Body 47
Turning Food into Energy 52
Case Study: Mr. G. 56
Commonsense Conclusions 58

Six: A Person Does Not Lose Weight by Diet Alone 59

The Importance of the Hypocaloric Diet 60 Understanding Dietary Composition 65 Diet Plus Exercise 69

Seven: A Tale of Two Brothers 72

Two Brothers, Two Treatment Plans 74
Getting Individualized Care from Your Doctor 76
Two Patients, One BMI 79

Eight: Treatment of Obesity 81

Easier Said than Done 82
Realistic Expectations 84
The Energy Value of Foods 89
Medications and Other Chemicals 92
Medicating Prediabetes 96

Nine: What Shall I Do When I Stop Losing Weight Despite My Best Efforts to Keep My Diet and Exercise? 98

Keeping Goals Reasonable 99 Changes in Cognitive Function 102

Ten: The Draznin Calorie: A Better Way to Diet 104 A Calorie by Any Other Name... 105

Eleven: Practical Advice 111

Portion Size 111

Added Sugars 112

```
Glycemic Index 113
  Dietary Fat 116
  Alcohol 117
  Eating Out 119
  Vitamins and Supplements 120
  Prescription and Over-the-Counter Medications 122
  Cooking and Eating at Home 122
  Grocery Shopping 123
  Dairy Products 125
  Meat 126
  Soy 127
  Snacks 127
Twelve: My Own Personal Struggle
           to Prevent Diabetes 131
  A Growing Boy 132
  Initiating Dietary Change 133
  Finding the Right Exercise Program 134
Thirteen: Case Studies and a Treatment
             Plan for Mr. K. 138
  Ms. Elizabeth E. 138
  Mr. Frederick D. 141
  Case Study 1 145
  Case Study 2 147
  Case Study 3 148
  Diet 151
  Exercise 152
  Lifestyle 154
Appendix A: Recommendations Based on Ten Draznin
Rules of Life 157
Appendix B: Frequently Asked Questions 159
Resources 169
Index 171
```