



*with Berni Dymet*

## Top 3 Secrets for Losing 25kg

*Berni Dymet shares his amazing yet very simple journey to recovering his health.*

**christianityworks**

my top 3 secrets  
to losing 25kgs

*by* berni dymet



Published by Ark House Publishing  
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1st edition - Published 2013

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Cover design: Mariah Reilly, Sydney Australia

*We gratefully acknowledge her creative contribution of the cover design of this book.*

Printed by: Creative Visions Print & Design, Warrawong, NSW, Australia

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*The purpose of this book is to share the journey of its author from bad health to good health. The author is not medically trained, nor does this book purport to contain or provide nutritional or medical advice. Any person intending to embark on a diet or weight loss program, should seek their own, independent medical advice.*



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## INTRODUCTION – A HISTORY OF FOOD AND HEALTH

As I set out to share with you part of my journey from obesity to good health, I know what you may be feeling. You may have a bit of a guilt thing happening, because you know that you're carrying a bunch of extra weight and you know that that's because you put too much of the wrong food into your mouth and you don't exercise.

Am I right? And so you're sitting there squirming, feeling not just guilty but somewhat hopeless, because you've tried every diet under the sun and nothing has worked.

If you're wondering how I know that – it's because I've been there too. Here's my dark little secret:

All my life until a couple of years ago, I have struggled with my weight. As a child and as an adult. In fact, I have lost more than 20 kg at least seven times in my life, and each time, other than the last time, I've put it all back on again.

I starved myself. I did low fat diets. I exercised until it wore my feet out. I tried everything – and each time, I put the weight back on. And what drove me nuts about that was the fact that I am an incredibly self-disciplined, focussed, outcome-oriented guy. When I set my mind to something, I pretty much always achieve it, as evidenced by the fact that I have lost over 20 kg more than seven times in my life. That takes a lot of discipline and willpower and yet – I'm being completely transparent with you here – each time I put it back on again.

The question you have to ask yourself is why? Well, I'll tell you why – it's because I was always hungry. And when you're always hungry, you eat. Surely there had to be a reason for that. As things turned out, there was and there is and it's that reason – the root cause of obesity – that we're going to talk about in this booklet.

And to do that, we need to take a much broader perspective than our here-and-now, beginning of

the 21st century reality. We need to look at this whole obesity epidemic in an historical context.

What, if anything, has changed over time in terms of our eating habits, and our health outcomes?

That's not an unreasonable question to ask, because it may give us a clue or two as to the cause of the skyrocketing increases in obesity and its devastating health outcomes – heart disease, diabetes and some forms of cancer.

Well, some things have changed. They've changed dramatically.

According to David Gillespie, the author of the book *Sweet Poison*, in 1910, just over one in five US adults was overweight and fewer than one in five of those was obese (so one in twenty-five of the whole population was obese). Just a century later, two out of every three adults is overweight and half of those people are now obese. So now, instead of one in twenty-five being obese, one third of the whole population is obese.

That's a massive escalation in obesity – from one in twenty-five to one in three!!

Writes Gillespie:

*... in just 100 years, the chances of a given US adult being overweight have gone from very*



*unlikely to highly probably and the trend is accelerating. If it continues, by 2036, a person with a normal Body Mass Index will be as rare as an eight-leaf clover. And in Australia our statistics are just as shocking.*

That's a dramatic change. And remember, back in the early part of the 20th century, there was no concept of a low fat diet. There were no so-called healthy margarines. People ate lard and dripping and bacon and eggs for breakfast. Yet back then, very few were overweight or obese and yet today, the majority are.

On the surface, that just doesn't make sense.

And here's another fact.

Did you know that heart disease was almost unknown back then? In fact it wasn't until the mid 1920's that cardiology became a speciality. Now to be sure, life expectancy has gone up in western societies. In the US before 1900, 75% of all Americans died before age 65. Today more than 70% will live to be over 70.

That comes from the eradication of many diseases like polio, typhoid and a bunch of others that used to kill people. And yet the deadly irony of all this is that heart disease – which was

virtually unheard of at the beginning of the 20th century – is today the single greatest killer in the western world. It will kill 650,000 Americans this year alone. (And again, here in Australia things are pretty much the same).

Those facts beg the question – what’s changed?

And it confounds logic that more medicos aren’t asking that same question. Some are, but most of the medical community seems to be focussed on treating heart disease – something they’re doing quite well, because the death rate from heart disease is falling – rather than asking how can we eliminate heart disease altogether, since it is only a product of the 20th and 21st centuries.

The answer to what causes heart disease lies in the research of a naval physician, Dr Cleave, who came up with the *Rule of Twenty Years*. Cleave made a careful study of hospital records of third world nations, mainly Africa, and was struck that virtually no single native came down with common diseases of Western cultures such as obesity, diabetes and heart disease.

Those diseases weren’t merely less frequent; they were virtually non-existent. His research further led him to conclude that the culprit was the

western diet which was high in refined carbohydrates – sugar, white flour and so on.

Conducting further research, Cleave observed that about twenty years after a society introduces refined carbohydrates to its way of life, diabetes and heart disease will simultaneously begin to appear. If you want to know more, Google – Cleave’s *Rule of Twenty Years*.

Cleave found that the average inhabitant of the British Isles was consuming just 7 kg or 15 lb of sugar in 1817. By 1955 that had grown to around 50 kg or 110 lb, and today, Australians and Americans are consuming upwards of 70 kg or 150 lb of sugar. And that doesn’t count the other refined carbs like chips, rice, flour, bread, cakes and so on.

The medico’s will tell you quite simply that all those refined carbohydrates are turning our blood stream into porridge. You may have heard the term atherosclerosis – which literally means porridge of the arteries. And it’s killing us in droves.

The thing that distinguishes the so-called western diet from traditional diets is not the fat content. The Inuit in Alaska traditionally only ate meat and fat (consuming up to 90% of their calories from animal or saturated fats) and yet, had zero heart disease.



The thing that distinguishes the western diet is the high refined carbohydrate content – and people, it's killing us.

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*my top 3 secrets for losing 25kgs*

***The thing that distinguishes the western diet is the high refined carbohydrate content – and people, it's killing us.***

Let me prove the point to you about the increase in refined carbohydrate content.

Question – how many times does the word ‘sugar’ appear in the Bible? I’ll tell you. Exactly zero times, because sugar wasn’t known back then. ‘Sweet cane’ is mentioned three times, but as an exotic delicacy from a far off place:

*Of what use to me is frankincense that come from Sheba or sweet cane from a distant land?*  
(Jeremiah 6:20)

The other sweet thing was honey – but you had to fight the bees for that, and it was a rare delicacy indeed. And finally fruit – but only in season and only if you lived near the apple tree in question.

***In other words, sweet things were very rare.***

In fact, historically, that’s been true until sugar went into mass production in the late 19th and early 20th centuries to support, of all things the production of chocolate.

The first can of fruit juice (which is effectively the poisonous sugar separated from it’s antidote,

fibre) didn't go on sale in Australia until the late 1950's

So if we want to track the cause of this rapid acceleration in western diseases, we need only correlate the increase in consumption of refined carbohydrates, with the increase in cardiovascular disease.

I provide you that historical background (drawn largely from David Gillespie's brilliant book *Sweet Poison* for this reason. Because as you read my top three secrets for losing 25 kilograms, you may consider the things that I have eliminated as being somewhat 'extreme'.

*Berni, how can you possibly live like that?* is the question that may well spring to mind.

Well, if we consider our current consumption of sugar and other refined carbohydrates to be normal, then of course my choices will seem extreme.

But if we look at our food consumption habits in an historical context, all of a sudden, the only thing that seems extreme is the way in which we insist on pumping sugar and white flour and all those other processed, refined carbohydrates down our gullets.



## SECRET #1 – STOP EATING WHITE POISON

The day I came to the conclusion that my high consumption of sugar, like most of the rest of the population, was killing me, I emptied my pantry of everything that contained sugar.

Do you know what was left? Almost nothing!

Hi. I'm Berni Dymet and I'm a reformed sugarholic. Having lost over 25 kg in weight so many have asked me to tell them how I did it. That's what this booklet is all about.

I'm excited because I am about to share my number one secret for losing 25 kg/55 lb and keeping it off. Permanently! The truly exciting thing is, it was relatively easy. It required a little willpower in the beginning, but in maintenance mode, almost zero willpower.



As we saw earlier on, the consumption of sugar in societies like the one in which I live has skyrocketed over the last century. From 7 kg per annum back in the 1800's to around 70 kg per annum today.

And the crazy thing is that we think that's normal!!

What we today consider normal is, in an historical context, grossly abnormal. It's our high consumption of sugar and other refined carbohydrates that are very clearly at the heart (pardon the pun) of so-called western diseases of obesity, cardio vascular disease – that's heart attacks and stroke – and diabetes.

And the reason we're looking at this topic is because God has given you and me this amazing body – complex, brilliant, exquisite. Whilst in the 20th century we managed to wipe out many of the traditional diseases that killed us en masse, increasing life expectancy in most countries, we've also managed to introduce new ones. And not just in the western world.

As the western diet has crept into countries like India, especially with its high consumption of sweets, India is now the diabetes and heart disease capital of the universe. I see it too as I travel around Africa. Cleave's *Rule of Twenty Years*

is alive and well – and people are dying needlessly because of it.

But please, don't just take my word for it.

If you're online go to YouTube and watch the video *Bitter Truth* by UCSF Professor of Paediatrics, Dr Robert Lustig. He specialises in childhood obesity. And what he makes very clear from his research and clinical practice, is that it's the high intake of refined carbohydrates that are disabling and killing us

Today in Australia, America, Canada and lots of other countries, childhood obesity is a pandemic. For the first time in the last few centuries, *if current trends in obesity continue, it's likely that our children's life expectancy will be lower than our own.* That's a scary thought.

So here's my Secret Number 1 for losing the 25 kg which I have lost and am now able to keep off without ever having to think about it.

**I have, as completely as possible, removed both sugar and refined carbohydrates (white flour, peeled potatoes, white rice and white pasta) from my diet.**

And I know that you might think I am crazy, but hear me out.

As I said, when I came to this conclusion, my wife and I went through our pantry and we removed everything that contained refined carbohydrates.

BBQ sauce – 42% Sugar by weight. Breakfast cereals – 35% sugar. Fruit juice (I thought that was healthy!!), cakes, chips, chocolates, cookies, white bread, Thai sauces – pretty much anything and everything that had been refined and prepared by someone else.

I wish I'd taken a photo of our pantry after we completed that exercise, because let me tell you, there was almost nothing left.

Meat in the freezer. Eggs in the fridge. Some cheese and vegetables and some fruit. It was very demoralising. Really.

And the first week for me was hard not having any sugar because we are addicted to the stuff. I used to kid myself that I wasn't ... but I was. Do you know that researchers bred some rats without taste buds then put two clear fluids into their cages – one was water with sugar, the other was water with cocaine.

Each rat chose the sugar and became addicted to the sugar solution, over the cocaine!

The change in our diets was radical when we did this because just about every processed food has sugar and flour in it. It became a bit like our friend Bill who is a celiac. He always has to check everything before he eats it – and now, we're the same. I check the label, I ask the waiter and I will not allow refined carbs to enter my mouth.

I know ... you think I'm nuts right.?

Well, let me tell you what happened. The weight just fell off me. Now I eat butter, cheese, eggs, bacon ... all the high cholesterol things that traditional medicine tells you is bad for you. I'm going to talk more about that in the next chapter, because my doctor is absolutely over the moon with the results of my blood lipid (fats) and sugar tests.

I ate as much as I wanted, whenever I wanted and I lost 25 kg. Yes, I know, you think I'm crazy or lying or both. But here is what happened – and this is the key: The moment I removed all those refined carbohydrates I lost my appetite. I just wasn't hungry that much anymore. And when you're not hungry, you eat less. When you eat less, you lose weight. It's not rocket science.

Oh, and by the way, the withdrawal from my sugar addiction lasted about a week and then it was fine. I no longer crave or desire sugar, and so it requires pretty much zero willpower to avoid it, because the addiction is broken.

And here's the science behind it all. When you eat refined carbohydrates with a high glycaemic index, your body digests them very quickly. In an instant, your blood sugar spikes so now your body pumps masses of insulin into your blood stream to deal with the sugar because insulin is the stuff that processes blood sugar into energy and the surplus into fat. A spike in your blood sugar produces a very strong insulin response, and the insulin does such a good job of mopping up your blood sugar quickly and effectively, that now your blood sugar plummets.

You're left with a lower level of blood sugar.

What does that tell your body? – I'm hungry! What's your response? – I need to eat. And you'll eat something that will give you a quick fix. And so your blood sugar is rapidly going up and down, up and down; your insulin is pumping way to high, and there you have the beginnings of insulin resistant, metabolic syndrome and diabetes.

Sugar, as things turn out, has a double whammy effect beyond the other refined carbohydrates. Because it's 50% fructose and fructose is one of the very few substances that your body can't turn into glucose – the energy source on which every one of your 100 trillion cells rely.

Instead, fructose is turned immediately into fat. So not only does your blood triglyceride level go up, but your finely tuned appetite control system (which measures insulin levels created in response to blood glucose levels) doesn't detect the fructose consumption, so you'll want to eat yet more, in order to feel satisfied.

It's something that Robert Lustig talks a great deal about in that YouTube video – *Bitter Truth*.

But ... when you remove the refined carbohydrates that in turn eliminate the spikes in your blood sugar, most of your hunger goes away. That's the secret.

That's the reason I can eat whatever I want, whenever I want, because *I now want less food and I want it less frequently*. I can do that as long as I don't have refined carbohydrates. And my friend that, in a nutshell, is how I lost 25 kg. And for the very first time in my life ever, I've kept it off without having to try.

All I do is avoid refined carbohydrates. And as I walk past those sweet muffins at the café right at eye level, that look and smell stunning, there is not a single twinge of desire in my body to have one, because I've broken the habit. I've been through the withdrawal and the desire is gone.

What I've just told you may sound completely counter-intuitive. It did to me at first. And please remember I am not a doctor and I am not qualified to give you medical advice.

But you know what I've noticed? Truth is almost always counter-intuitive. God's truth invariably flies in the face of conventional wisdom.

Here are three resources that I access frequently to wrap my mind around the rights and wrongs of diet.

The first is in fact two books by lawyer and author David Gillespie who, like me, was grossly overweight and, given his gifted legal mind, applied his forensic investigation skills to the problem of weight loss – something I have greatly benefited from.

His two books are *Sweet Poison* and *Sweet Poison Quit Plan*. You can buy them on Amazon's Kindle and Apple's iBooks as well as in hard copy

at your local bookstore. I highly recommend them both.

The second are those videos I told you about by Professor of Paediatrics specialising in childhood obesity – Prof Robert Lustig. Just search *Bitter Truth* on YouTube.

And finally there is a great blog and website of a brilliant young doctor – Peter Attia called *theeatingacademy.com*

All three are outstanding. And if you are a person whose lifestyle and waistline and blood tests aren't what they should be, it's time for you to wrap your mind around this stuff and do something about it.

***Remember my Secret Number 1 – get rid of the sugar and other refined carbohydrates in your diet.***





## SECRET # 2 – DITCH THE LOW FAT LIE

Yep – without any shadow of a doubt, the best thing I ever did for my health was to give up sugar and other refined carbohydrates. Of course, in this world you can't give them up completely, but I drastically reduced the intake.

And as I said, when I did, not only did the weight come tumbling off without me ever having to starve myself or go hungry, but my blood lipid profile (that's the readings of all your cholesterol and triglycerides; those things that tell you whether you're at risk of heart disease and stroke) improved so dramatically over just a couple of months that it had my doctor asking me, 'What have you done?' He'd never seen such a dramatic improvement in blood tests in such a short period of time.

My triglycerides dropped by two thirds, and my HDL (so called 'good' cholesterol went up by 50%) – those two indicators in combination meant that my risk of heart disease and stroke had just plummeted!

For years my doctor had been telling me to reduce my cholesterol by going on a low fat diet – limiting dairy products, no more than two eggs a week, the traditional thing that doctors tell you to do. For years I'd tried that and it just didn't work. To the contrary, I continued to gain weight and I suffered from fatty liver disease, which can develop into some life threatening complications.

As it turns out, I wasn't the only one facing this dilemma – the dilemma of the low fat diet. The whole idea of low fat diets emanated from a flawed study undertaken by a man called Ancel Keys back in 1939. He promoted the message that fat makes you fat based on research that he did across twenty countries. The research itself was fine. The problem was that he chose the results from just seven of those countries to 'prove' that increased fat consumption was making people fat and causing heart disease.

Had he reported the findings of all twenty countries, he would not have been able to draw

that conclusion. In fact had he chosen seven different countries, he would have proven exactly the opposite. But there's a certain elegant simplicity about the message that fat makes you fat. So by the 1960's and 1970's the low fat diet was in full swing and is still being promoted today.

The only problem is that over that same time obesity rates have climbed dramatically.

*In other words, the low fat thing just isn't working.*

And that my friend is something that I had proven in my life over and over again, with the yoyo effects of dieting. I lost over 20 kg seven times in my life and each time stacked the weight back on again, despite the fact that I was watching my fat intake very carefully. I wondered why I still had a fatty liver (a precursor to cirrhosis and cancer) and why I couldn't keep the weight off.

So finally, having lost 25 kg the easy way by virtually eliminating processed and refined carbohydrates from my diet (and *never* going hungry whilst losing weight) I came upon *Secret Number 2 – replacing those bad calories (the ones that kept causing my blood sugar to spike and then plummet, making me hungry all the time) with good calories.*

As things turn out, 'a calorie ain't a calorie'.

What we replace the carbohydrate calories with, really matters.

Whilst Ancel Keys was promoting the low fat approach to dieting, there was another man, you may well have heard of him, called Robert Atkins. He was famous for the Atkins Diet – essentially promoting a diet low in refined carbohydrates, *whilst at the same time not limiting the fat intake*. Please note, this is not a typo. You read it right .... *whilst NOT limiting the fat intake*.

Now I've read the Keys study and I've read the Atkins approach and whilst I had always thought that those Atkins people were complete nutters, I decided to give it a go. After all, low fat simply didn't work. My girth, my weight, my shortness of breath, my critically dangerous blood lipid and sugar readings and my high blood pressure provided me more than ample evidence of that!

So I replaced the chips, cakes, bread rolls and mashed potatoes with three things. And this is my Secret Number 2:

1. **Lots of vegetables** – every colour and variety – cooked, raw, salads, stews. You name it and I'm into vegetables. Crazy as this may sound, I discovered how absolutely delicious they are.

2. **Protein** – lots of meat and fish of all kinds  
Well neither of those things is particularly controversial is it, but the third one is.
3. **Saturated and Monounsaturated Fat.** Saturated fats – animal fats like butter, cream and bacon (all the stuff they've been telling us for years are bad for us) and monounsaturated fats like olive oil.

No, not the fats they tell you are healthy – the polyunsaturated, factory produced ones based on seed oils. The latest research is telling us that those fats (yes, the 'healthy' polyunsaturated margarines) are incredibly bad for us.

I no longer restrict my fat intake *at all*. In fact (hang in there I haven't gone crazy) my high sugar content cereal breakfast of fruit juice, tinned fruit and muesli (total sugar content around 45% by weight) has now been replaced by eggs fried in butter, bacon, spinach, fried tomatoes and so on.

Why did I do that? As an experiment.

Here was an alternate theory. The low fat one that I'd believed in most of my life had simply failed to deliver. And as much as it was totally counter-intuitive (that having so-called bad fats in my diet would help me lose weight) I decided to

give it a spin. I thought: *I will give it 3 months*. I would not restrict my fat intake (other than avoiding seed oils which are commonly called vegetable oils and margarines) but would make sure that very few refined carbohydrates passed my lips.

Remember that green, red, yellow, purple, orange vegetables are all full of carbohydrates, so I still have plenty of carbohydrates in my diet. The difference is that the carbohydrates are packaged inside the fibre, which makes them much slower to digest, avoiding spikes in my blood sugar, and my tummy-rumbling plummet in blood sugar that follows. (Not to mention the amazing range of cancer and disease fighting vita-nutrients and antioxidants that they deliver in abundance).

So, what were the results?

Firstly, I am now seriously addicted to vegetables! I've rediscovered vegetables like eggplant, Brussels sprouts, cabbage, cauliflower (which mashed is a great substitute for mashed potatoes). In fact, I've been watching myself; when I sit down for dinner now, I instinctively go for the vegetables before the meat. Interesting.

Secondly, the fat has not significantly increased my cholesterol readings. To the contrary. My bad



I am now seriously  
addicted to vegetables!

.....

*my top 3 secrets for losing 25kgs*



cholesterol and triglycerides are low, and my good cholesterol (HDL) is high. It turns out there's a reason for that, 85% of the cholesterol in our body is manufactured by us, mostly by our liver. Our liver hates refined carbohydrates and it can't metabolise 50% of the sugar (the fructose component) into glucose, which is what your body uses for energy. So you turn it into triglycerides – fats.

Interestingly, most of the cholesterol we consume can't be digested so it passes straight on through. Most of the cholesterol in our bodies is produced by our liver so of the cholesterol in your body, only 15% is from what you eat. Eat more cholesterol, and your liver reduces its production to compensate.

So my doctor continued to rave about my blood tests, which included a complete healing of the fatty liver condition that I'd carried around for years.

And thirdly, I was never hungry. And that, for anyone who has spent years on starvation diets, I have to tell you, is HUUUUUGE!

To this day I can eat basically as much as I want, and not put on weight. The key is that I want a lot less, because I'm not that hungry. In practice, your body doesn't really want too much

fat anyway – although I’m liberal with the butter on my Brussels sprouts. Now, my body has found a healthy equilibrium at a healthy weight without me ever having to count calories, go hungry or feel deprived. And, as though that’s not evidence enough, let me say this yet again, my doctor is over the moon with my blood tests.

If you’d told me at the beginning of my three-month experiment that this would be the outcome, I’d have said you were nuts. In fact, I’d read the articles by Atkins and others and thought they were nuts, but out of despair I tried it as a last resort. I never feel stuffed full any more after a big night out, because I don’t eat all those refined carbohydrates. Remember, I don’t restrict unrefined carbohydrates, just the refined ones. And I’m never so hungry that I’m pecking on bad carbohydrates.

Do I still get hungry sometimes between meals?  
Yes I do.

So I go for a handful of incredibly healthy nuts, a piece of cheese, some left over protein, chicken or whatever is in the refrigerator.

I travelled overseas recently and packed my suitcase. When I checked in at the airport they

weighed the bag and it was 24 kg. I couldn't believe it! Lumping that suitcase around was hard work; it was incredibly heavy. Certainly my wife couldn't lift it.

But that's the weight I used to carry round on my body. No wonder I was always tired. No wonder my joints were hurting. No wonder I didn't want to exercise. I spent most of my adult life carrying that incredibly heavy suitcase strapped to my body. I look back on it now and think ... unbelievable!

When you think about this – as radical as this approach might seem – in an historical context, it's not radical at all. It's simply winding the clock back a century and a bit, to eat exactly the sorts of foods that my grandparents were eating in the late 1800's and early 1900's when heart disease, stroke, cancers and diabetes were as rare as hen's teeth. Back before Ancel Keys sold us the lie that fat makes you fat.

I'm not your doctor and I'm not here to give you medical advice. But because so many people have asked me, I'm just telling you what I did and how it worked.

Let me finish up this chapter with an interesting fact that my editor, Joy Watkinson dug up for me.

During and after World War II when most of Britain was on extreme rationing for sugar and flour (in other words, refined carbohydrates) amongst other things, they were mainly eating fruit and vegetables. The result? Obvious of course! The health of the population improved dramatically despite the stress of bombs being dropped and loved ones killed and despite the stress of recovering from the Blitzkrieg.

Needless to say that the general population health declined as sugar and refined carbohydrates became readily available.

I rest my case.

So, Secret Number 2 – lose the low fat lie that you've been sold all your life. Eat saturated and monounsaturated fats, whilst virtually eliminating refined carbohydrates.



## SECRET #3 – EXERCISE

Right now it's time for me to share with you my Secret Number 3 in losing 25 kg. Now when I mention the word 'exercise' I can just hear a bunch of people start to groan.

But I have some really, really good news for you. You don't have to become a marathon runner to be fit and healthy.

I have a confession to make: I have never, ever, ever enjoyed running. Every now and then you hear about some big fitness event being organised and they call it 'a fun run'! How dare they? Running is never fun, at least not for me.

In fact, in my younger years I trained to be an officer in the Australian Army spending four years at the Royal Military College Dun-

troon, which is the Australian equivalent to the UK's Sandhurst and America's West Point.

Now, I'm not overly tall nor am I overly short, but my little legs just weren't made for running. We did a lot of it in the Army. Each year we had a nine-mile battle proficiency run to complete in our boots and wearing our military gear, carrying our rifle. I lived in dread of that; it was like torture.

And each year we had to pass the cross-country run – eight kilometres in 42 minutes over hill and dale. I always struggled.

In fact in my final year I failed that cross country twice, first by 22 seconds and second by 12 seconds and I came very close to being kicked out of the college for failing the cross country run.

I wanted you to know that so that when you hear me talk about exercise, you don't think that I'm one of those crazy people who runs marathons or who spends hours working out in the gym. For most of my life, I've hated exercise.

Now I've been sharing with you my top three secrets for losing 25 kg. First was to drastically reduce my intake of the refined carbohydrates that cause your blood sugar to spike and then to plummet, making you hungry again and causing you to gain weight.

People have said to me, ‘But Berni, don’t you miss all those sweet things?’ And my answer is, ‘Not at all’. For 99% of the population, as David Gillespie writes in his book, *The Sweet Poison Quit Plan*, it requires precisely zero willpower to avoid cocaine. We don’t feel deprived. We don’t have to fight impulses to buy it and take it because we’re not addicted to it. And once I’d broken my addiction to sugar (it took about a week) I simply didn’t desire it anymore and so I don’t have to exercise any willpower to avoid it. That was the first thing.

Second was to replace those bad habit foods with healthy foods – vegetables, meat and fats. The ‘fats’ component is counter-intuitive but the fats are an important component of a healthy diet. These days I ravenously look forward to vegetable dishes in a way that I never thought would be possible.

Brussels sprouts sautéed in butter – absolutely fantastic (especially with a bit of bacon thrown in).

Oh, and for dessert, berries with cream. Hard to beat that one!

But right now, I’m going to talk to you about exercise, but not in the way that you think. The prevailing wisdom is that in order to lose weight and get into shape, what you need to do is to



exercise. And by spending all those calories on exercising and restricting your calorie intake you create a calorie deficit that causes you to draw on your fat reserves to lose weight.

That's the theory. In fact the whole exercise and fitness industry, which is worth billions of dollars a year, relies on that theory. Problem is, it doesn't work. How do I know? Because whilst the fitness industry is booming, people are getting fatter and fatter.

As I have said, more than seven times in my life I have lost over 20 kg and each time (except this last time) I've put the weight back on again. Anybody who has ever tried to lose weight will tell you that losing that much weight is a herculean effort. It's huge! Think about it. Each kilogram of human body fat contains 7,700 calories of energy. So to lose just one kilogram you need to create a net deficiency between the energy you spend and the energy you consume, of 7,700 calories.

That's hard work! And so when I lost all that weight those many times before, I would set about creating as much of a deficit between my energy consumption and energy output as I could, to force my body to burn the fat.

At one stage I was walking 20 kilometres a day

and consuming only around 1,100 calories. In other words, I was starving myself. It took a lot of time; it required a lot of work, over many months. I had to go to bed ravenously hungry every night.

Sure I would lose the weight, but then (when I stopped the unsustainable levels of exercise) I'd put it straight back on again!

Bottom line: with all my life and blood sweat and tears I have proven that exercising doesn't help you lose weight in a way that will cause you to keep it off.

The reason for that is, if you are constantly hungry that's something you can't sustain. You can't fight your appetite every day for the rest of your life. When you spend calories by exercising, your body wants to replace them by eating. The more energy you expend, the more your appetite tells you to eat. It's that simple.

And if I'd bothered to read the research, that's exactly what I would have discovered. Study after study proves that very fact.

***So, here's my Secret Number 3: exercise doesn't help you lose weight, because it increases your appetite.***

That's what the research shows. If you are living on a diet high in processed and refined carbohy-

drates you are actually breaking your finely tuned appetite control mechanism. By applying Secret Number 1 – drastically reducing those refined carbohydrates in your diet – you allow your brilliantly sophisticated appetite control feedback loop to start working the way it's meant to work. So now all of a sudden you're going to eat less, not because you're forcing yourself to, but because you naturally want to.

Don't believe me? Try it.

*Now all of a sudden exercise takes on an entirely different role in your healthy lifestyle.* You're no longer beating your head up against a brick wall by trying to exercise to lose weight – which, the studies tell us simply doesn't work – you're exercising to be healthy.

Do you know that the biggest single indicator of impending heart attack, statistically? It's not high cholesterol. It's not high blood pressure. It's not being overweight. ***It's a lack of exercise.***

But when you're carrying all that weight, you don't want to exercise. Believe you me, I know. I used to sit there on the couch having consumed a high carbohydrate snack, like a packet of potato

chips, and feel so tired and lethargic I couldn't get out the door.

But once I'd lost the weight by doing what I've been talking about, modifying my diet to get it back to what my body needed, I discovered I had so much energy, that I *needed to exercise*. That's right!

So these days I walk rather briskly for about 7 kilometres most days. It takes me about an hour. And if for some reason a couple of days go by without me being able to get out there and go for a walk, I start getting really twitchy. I just have to get out there and exercise. Sometimes I run for part of it but only because I have excess energy to burn and I feel like it. I never take a watch. I never time myself. I don't make it a competition.

I just get out there for a brisk walk and enjoy myself. I do it because I feel like it, not because I have to. I am not training for a marathon; I'm just getting my body to be mobile.

Walking may not be your thing. You might enjoy bike riding, or swimming, or playing basketball, or going to the gym. We're all different. But once the weight has started to come off you, trust me, your body is going to want to exercise.

It's as natural as night follows day.

Let me ask you something; is that good news or what?

You and I have been given this incredibly amazing body by God. He handcrafted you and me in our mother's womb; He laid down every strand of DNA to make us who we are. And the moment this western diet gets dumped on us – the fizzy drinks full of sugar, the white bread, white flour, sugar-laden cereals, juices and sauces – we break the finely tuned appetite control system that God designed and gave us.

That's what we do; we break it. And what I'm about in this booklet is helping you to wake up to what's going on. Again, here are some of the great resources that you can read. Please read them critically, make up your own mind. Accept or reject what I've said and what others say by thinking it through critically.

David Gillespie's books:

*Sweet Poison,*

*Sweet Poison Quit Plan,*

*Big Fat Lies* and *Toxic Oil.*

Dr David Attia's brilliant website –  
*eatingacademy.com* (especially the series of 10

posts called “*The Straight Dope on Cholesterol*”).

Dr Robert Atkins’ books:

*Dr Atkins’ New Diet Revolution*

*The Age-Defying Diet Revolution*

Professor Robert Lustig’s YouTube Video –  
*Bitter Truth*.

May God bless you as you take hold of your life,  
your eating habits and get your body – the only  
one that you’ll ever have – back into the healthy  
condition God meant for it to be.





## ABOUT THE AUTHOR

**Berni Dymet is a contemporary Christian communicator with a passion for sharing the Good News of Jesus right into the middle of life. He comes from the perspective that this Christianity thing - it isn't just a faith that lives in our heads or even our hearts, but that it actually works right here in the middle of our lives.**

Christianity actually works when we dare to accept Jesus Christ into our lives!! Not just as Saviour, but also as Lord.

Millions of people around the globe tune into Berni's radio programs each week. The Lord has given him a special gift for sharing the Gospel in a truly practical way. In a way that really connects into the hearts and lives of real people in real places, transforming their lives. That's what the ministry of Christianityworks is all about. Leading people into a dynamic relationship with Jesus Christ.

But Berni's passion, his enthusiasm and his insights into the day to day realities of life are simply tools in God's hands. The real change agent is God Himself.

*And to Him - and Him alone - be all the glory.*

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# Top 3 Secrets for Losing 25kg



**berni dymet**

We live in a world that's getting fatter by the minute. Well, not the world so much, as the people. The so-called Western diet is cutting the average lifespan short by 12 years through heart disease, diabetes and stroke. It's called metabolic syndrome.

Berni has struggled with his weight almost all his life, but having lost 25kgs is now living a healthy lifestyle. In this booklet he shares what he's learned.



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