

Snack

Yourself

Slim

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The Thorn Press

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INTRODUCTION

The eminent and respected biochemist, Dr. Kenneth Buechler, summarizes the **EATALL™ WAY** as follows:

This is a sure-fire way to lose weight and still enjoy eating.

It's not a question of whether this **EATALL™** non-diet plan, or constant snacking, will work for you. It *will* work, and you *will* lose pounds, inches and – even more importantly – fat. The only issue is whether you can fit the new regime into your daily life for a few days, preferably a few weeks. After that it becomes habit and you'll find it easy. The snacking has been tested by scientific experiment and by many individuals. Not only do you lose fat but you gain a healthier body by reducing cholesterol, and hence the risk of heart disease.

The other pertinent question is how healthy can you be *while you snack*. Can you be good and avoid sugar-rich foods and unhealthy meats? Or will you resort to the less healthy (but equally effective from a weight loss point of view) use of poor dietary foods? Will you increase the speed of success by exercise, or will you remain a couch potato? So the question with this non-diet *snacking* is not can you get it to work for you, but just where can you cut corners and 'cheat' so that you remain on the non diet and are happy. That's what this book is about: we show you how you can enhance your ability to succeed, how to increase the opportunity for you to adapt to a new way of life, and how to see the lean self hidden inside what now exists.

There's another bonus: this non diet works in such a way that you can lose those tough last few pounds you always promised yourself you would lose. But, importantly, it also helps to reduce those too-large dimensions around the waist and thighs. So read the book. Do the best you can. 'Cheat' as needed and benefit from this proven way to obtain your new 'hot bod'.

A Dancer's Story

I lost 25% of my weight: eating the **EATALL™** way, and I enjoy my reflection in the mirror every day.

I met Richard at a dance studio. I weighed over 240 lbs at a height of only 5 ft 10 ins. I was intrigued by the **EATALL™** method he suggested I consider adopting. I used it in combination with the dance lessons which I'd just started. I was learning to be an instructor and decided to enter dance competitions with my new dance partner. The result of combining the dancing with the **EATALL™** way was amazing.

I'd been significantly overweight throughout most of my life. Now it feels terrific to have finally taken off the weight for good with this great new **EATALL™** method. I'd heard a lot about plans that have people eating six or seven small meals a day; it always sounded absurd to have to stop my day so many times for such a tiny meal. Before, just like everybody else, I was eating whatever sounded good and had no regard for my body or the stress I was putting it through. Now, after eating the **EATALL™** way, I feel so much more relaxed, at ease, and self confident for the first time in many years.

The way the **EATALL™** method worked for me was that, instead of having so many meals a day, I just cut the amount I ate at meals and continued to snack on small healthy quantities of food throughout the day. It became very convenient and easy to grab a couple of bites at a time, yet still be able to continue on with my day.

Lots of dancing and the continuous snacking were keeping my metabolism burning all day and helped me drop sixty pounds in six months. It was incredible to wake up on certain days and notice such a huge change in my body. Previously it had always been so hard to regulate my diet and to keep to the different exercises.

Continuing to snack and at the same time having the choice to eat whatever I wanted was a great feeling. It's all about moderation and maintaining control over how much your body needs to ingest. Many people continue to think that without several large meals a day they will not get the nutrients they need. The truth is the body only needs around 2000 Calories (for a man of my size) to keep it healthy, energetic, and in shape. The **EATALL™** way does wonders for those willing to take the step and try a new approach to eating. No more large meals and overwhelming Calorie consumption; just steady snacking of more healthy food than junk and it will do wonders for your weight loss.

Of course, I think that the exercise I was doing also helped me lose weight faster. Even so, the result of combining the **EATALL™** method with dance was almost unbelievable. Moderation and control are the key variables for this amazing method. Willpower, and mind over body, are also very important. You need to want to change your body, and to have the determination to succeed, in order to do what it takes to get used to the change.

After some time your body will no longer need to ingest so many Calories for you to feel full. At first it will be odd getting used to the small quantities, but the reward will be one for a lifetime. Without this life changing experience it would have been very difficult for me to accomplish this marvelous change. It's one I'll never regret and I smile about it every day.

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They all made valuable and helpful comments which helped us to improve the book; a number also took the trouble to try out the **EATALL™** methods. We know how much work it takes to keep accurate records, and very much appreciate the time these volunteers put into making sure that their experiences will help people trying the **EATALL™** way for the first time.

THE AUTHORS

Richard Warburg was born in England and attended University in Birmingham, England, earning both a B.S. (1978) and a Ph.D. (1981) in Biological sciences and Genetics, respectively. After spending several years as a postdoctoral research fellow at Brandeis University in Waltham, Massachusetts, including teaching a semester of biochemistry at Wellesley college, he started practicing as a patent agent in Boston, MA in 1985. When he graduated valedictorian from Suffolk University law school (1990) in Boston, he moved to California to practice intellectual property law in private practice.

Richard is recognized as an expert in intellectual property (IP) law and represents both small and large companies in all aspects. He has assisted clients in patent prosecution and litigation in various aspects of biology including technology used to sequence the human genome, to clone animals, and in the patenting of a healthy margarine that can lower blood cholesterol levels. He has also represented clients in other technologies including clothing, shoes and computer sciences. He lectures throughout the world, and is an author of several scientific and legal publications.

Richard invented a board game, the PATENTIAL[®] game, that is used as a tool to educate at school, university and industrial campuses in the biotechnology field, and in particular on development of pharmaceuticals. He is a coauthor of *Working to Improve Lives, An Illustrated Biotech Encyclopedia* which uses the game to illustrate the biotech process.

Richard is an avid ballroom dancer and won the world amateur ballroom dance competition in Vegas, NV in 2007. He also paints using acrylics and the occasional oil on canvas. Some of his work can be found online at www.buypatential.com.

Tessa Lorant was born in Germany but moved to England with her family at an early age. She obtained a University of London BA in Mathematics, then moved to the United States for her first job. She worked as a computer programmer in New York City, then left to teach Pure Mathematics to undergraduates at the University of Wisconsin.

After completing her Masters Degree at Wisconsin she married an Englishman and returned to the UK. She has always had a keen interest in knitting, initiated by her university tutor, a geometer, who pointed out the connection between knitting and topology.

Tessa began writing on the topic of knitting and was immediately published by Batsford and Van Nostrand Reinhold. The books sold well, but the titles that were both immensely popular and important for the history of knitting were the ones she published as *The Heritage of Knitting Series*, brought out by The Thorn Press. She is now a respected and well-known writer on all aspects of hand and machine knitting, and already has a place in the seminal *A History of Hand Knitting*, by Richard Rutt. (Batsford 1987, Interweave Press 2003).

Tessa began to broaden her writing. She won the OddFellows Social Concern Award of 1987 with her book *A Voice At Twilight* (Peter Owen 1986). Other publications include three novels with HodderHeadline, under the name Emma Lorant.

Tessa continues to write both fiction and non-fiction. She is at present working on a family saga, a trilogy set in the US, Central Europe and the UK. The Thorn Press will publish the first volume, *The Dohlen Inheritance*, in February 2009.