

"No Time for Girth"

In adulthood, most of us gain at least one additional pound a year. Based on the current population, that's over 200 million extra pounds pressing downward, putting added stress on our already deteriorating system of highway bridges and overpasses.

As we get older, our metabolism changes. The food that once just slid through us gets lodged more easily on the way down. So we diet, giving us a glimpse of what we looked like, say, 5 years ago. Then as punishment for dieting, our bodies will quickly regain the lost pounds, and then some, to teach us a lesson they hope we will not soon forget.

It is vanity that fuels our belief we can return to our "ideal weight," which if am not mistaken is defined by the Surgeon General as, quote, "10 pounds less than whatever you weigh right now."

But we know that weight alone is not the sole indicator of girth, and instead we ought to be tracking our FAT to LEAN ratio, which determines how FAT we are by measuring how much harder it is to pick up anything when we LEAN over.

Wherever you turn, there's a new diet. There's the Atkins high protein, low carbohydrate diet that says.... feel free to eat all the grease slathered fried foods or meats wading in pools of molten fat as you want.... just stay away from starches contained in such toxic foodstuffs as organic pasta or whole wheat bread. Technically you could eat lard, but not a lard filled ravioli.

Then there's the Scarsdale diet, made famous by Herman Tarnower, the Scarsdale doctor who was himself made famous when a jealous ex-lover shot him. The theory behind this diet is: it's unlikely you'll be thinking much about cannolis or a béarnaise sauce... as your body is being riddled by bullets.

For rapid weight loss, there are liquid diets that provide a grownup and nutritionally satisfying eating regimen that replaces life sustaining solid food with a can of very expensive chocolate milk. Finally, you can buy fat burning pills. The truth is, there is no way that fat can be burned off your body unless you are the victim of a hotel fire.

There are only two ways to reduce your waistline. Either eat less and exercise or get yourself infected with a flesh eating bacteria.

I have often toyed with the idea of eating the daily menu of both the Atkins and Scarsdale diets, thinking that maybe if I do, I can lose weight much faster. But, in order to lose a few winter pounds, I'm now doing the low carb, no pasta diet. Have I cheated because my body is craving the glutinous flavors it has been denied? Let's just say.... it's embarrassing to be discovered in the back of a closet, trying to suck the starch out of a freshly laundered shirt.