

Example Feedback

The Mediterranean Wellness Program

Weight Loss Maintained

From: Melinda

Sent: Tuesday, October 21, 2008 3:18 PM

To: will@willclower.com

Subject: RE: Pound Down Program

Hi Will,

Good to hear from you!

Missed your very good recipes.

I have tried the ones that I know my family will enjoy. I also have done and brought to the office like your Blueberry or Rapsberry Cobbler, and provided them the recipe for it. They all enjoyed it.

I joined it because I know I will learn a whole lot from it, and my husband was interested in me trying the recipes that you provided. Since then, we have eliminated red meat from our diet, it is basically chicken & fish, and lots of vegetables and fruits everyday. we certainly indulged once in a while with a sweet roll, cake for special occasions, like his recent birthday, with a "Black Forest Cake"

Your program goes well with my Dahn Yoga everyday for an hour.

I know I have not taken advantage of the call-in system, by the time I get home, after work and yoga, I just need a little dinner, and get ready for rest, to be ready for the next day. I do not have much free time at work to take advantage of it, at the office.

I lost 10 lbs. initially, and have maintained my weight. My husband is the same way.

Again, my sincere thank you for the program.

Motivated Participant

From: keith

Sent: Friday, November 07, 2008 9:31 AM

To: info@willclower.com

Subject: Question about sweeteners

Dr Clower

I really enjoy the program. Just knowing I will be logging steps helps. Yesterday my knee was hurting and I almost skipped my workout. Just knowing how much I wanted to enter my steps forced me to go and do it anyway. The funny thing is that after the workout, my knee actually felt better. Today it feels even better. To date I am down 9 lbs. I started at 334 and my goal has been to be under 310 by Thanksgiving and 280 by Christmas. This may be aggressive but I feel like I am on my way.

Now I am going to pile on. One of my other problems is that I am still smoking. I have been trying to wean myself down from about a pack a day with the goal of complete stopping being 11/23. My rationale for this date is that the first couple of days never seem as bad as 4, 5 and 6 days into it. It seems like the toxicity withdrawel really hits me then. I have tried a lot of things to quit and actually did quit for 7 years at

one point. So I have done it before. My questions for you are: 1) In your opinion, is this a smart time frame to consider this because of the holiday? I picked this in part because I could be home and not a work during what it usually the worst part of it. However, I am second guessing myself because of the holiday and all that goes with it. 2) Any special diet advice as I certainly do not want to put on any of the wieght I am working so hard to take off. 3) I think I still have some of that Centrex (not sure if spelling right) that would be about a year old. Worth using or getting the RX again? I used this but was not fully committed to quitting so I slid back. My fault and not the drug's. I also plan on getting into one of the smoking cessation programs here. In fact, I am going to check onto that as soon as I send this.

Thank You and look forward to reading your thoughts

Type 1 Diabetes, Lifestyle

From: michele

Sent: Friday, October 26, 2007 1:39 PM

To: Will Clower

Dear Will,

As you know, your program saved my life. I am so thrilled that you are motivated to reach out to other Type 1's and get them on the path to wellness!!

I wanted to let you know that every morning, it is becoming easier and easier. Not only is my body healing, but my mind is also healing. It's a beautiful thing, and I thank you for teaching me how to be at peace with my food, and more importantly, how to be at peace...

Here is what I have concluded about your program. The Path to Wellness is not a magic bullet. It is rather a completely new paradigm that has not been revealed to the majority of Americans. You have a program that teaches things that should be obvious but are absolutely hidden in our culture. Many American board certified medical doctors have told me to eat right and exercise. Not a single one told me what that means or how to achieve it. In eight weeks you have taught me exactly what it means to eat "right" and exercise and exactly how to do it.

The radical differences in my lifestyle that have changed my blood sugars so dramatically are very specific and now very obvious to me:

1. I have stopped eating faux foods completely.
2. I have reduced my portions.
3. I have changed the WAY that I eat my food.
4. I have added a significant amount of GOOD fat to my diet. (I believe this has REALLY helped to stabilize my blood sugars)
5. I have learned how to be peaceful rather than stressful.
6. I have started exercising through stretching and look forward to more consistent exercise when I am better able to manage my lows through further insulin adjustments.
7. I have set meaningful goals for long term success... with or without you!! But you will ALWAYS be the one who got me on track... I mean, on the path.

And that is a subject worthy of appreciation that I have yet to find words for.

With sincere appreciation,
Michele

Healthy Food Selection, Application To Family

From: Gwen
Sent: Friday, October 15, 2004 12:21 AM
To: willclower@fatfallacy.com

Dear Mr. Clower,

I heard you last Saturday on NPR and loved the ideas you shared. My husband and I slowly been incorporating a life change in how we not only eat food but think and feel about it. I was so impressed I signed up to The Path just a week ago and we are very excited about the changes we are making and have the tools to go deeper on the path we were already taking.

The Path is such a great resource and is helping in so many ways. We just are donating about 85% of the contents of our kitchen cabinets and replacing them with fresh healthy choices. We sit down and eat together and during the day I think about everything I put in my mouth usually *before* I put in there.

You and your team have such a spectacular way of explaining things and the humor is greatly appreciated.

I'm sharing with everyone that will lend an ear about your website. I also want to share the information with the company I work for and hopefully you could come visit us. Luckily our CEO is very health conscious and I think he would appreciate all the wonderful insight offered.

Thank you again.
Gwen

Weight Loss, Maintenance

From: Nick
Sent: Tuesday, April 08, 2008 9:45 PM
To: Will Clower

Hi Will,

I have continued to work on portion sizes and eating just "real" foods. I feel 200% better. I have maintained my weight (which is a first for me) due to using your plan, but need to incorporate some movement/exercise into my life, which I am still working on.

In the past, I would gain 5-10 pounds a year before your program.....and then do some extreme diet to remove it...now I easily maintain with your plan.

Please tell Rita I said hello and thank you!

Sincerely,
Chris

Weight Loss

From: Catherine L.
Sent: Friday, August 24, 2007 1:01 PM
To: McGlade, Karen M
Cc: 'rita@willclower.com'; 'will@willclower.com'

Hello,

I can truly say that the PATH has changed my life. I have never felt better or more in control of my body than I do now. While I have never been overweight (I am in my early twenties and was an athlete all through college), I am a very busy person and I was constantly making bad food choices without always even knowing it.

Attending the PATH course was extremely beneficial to me on so many levels. Having the weekly courses provided a support group and served as a constant reminder to how I should be eating and what I should be eating. I learned a tremendous amount about food, eating habits, exercise habits, stress management, and goal setting.

I have found ways through the PATH to make time for food, eat smaller portions yet not be craving more, and to feel great about myself. To add a number to my results, I lost 10 lbs during the 8 week course. However, I do not think that this figure gives the program justice. I feel great overall - in all aspects.

I would recommend this program to any and all people (overweight or not) who truly want to become healthy, lose weight, manage stress, and feel great about themselves.

In addition, I would love to see follow up classes to the PATH for those people who went through the course. Having a support group perhaps once a month or even every other month just as a follow up with Dr. Clower and Rita would be immensely beneficial.

Thank you for offering the program.

Have a great day!
Caleigh

Weight Loss, Maintenance

From: Allen
Sent: Tuesday, March 29, 2005 7:02 PM
To: willclower@fatfallacy.com

Dear Will,

I have struggled with my weight all my life, and, although I feel as if I've found the ultimate answer to my struggles, I still harbor some fear of regaining the weight. I've already received so much attention from those around me as the weight has come off that at times I have felt a bit overwhelmed.

I just want to say that your book has changed my life! I have gone from a size 24/26 to a 6. That's right – a size SIX. I am just under 5'4 and used to weigh 235 lbs. Right now, I weigh 130. I am a 31 year old, stay at home mother of four children and my weight loss is the talk of the town. Several people have bought your book because of me. People I run into who haven't seen me in a while hardly recognize me. I began eating this way in August of 2003 and I plan to do this for the rest of my life. I'm sure you've heard this before, but THANK YOU. I think it probably saved my life.

I guess that's all I'll say for now. I could talk about your program and my experiences with it for hours. I could write about it for days! I'm excited to be a part of it.

Thanks again,
Joy

Weight Loss, Grandmother

From: Mountain Sky
Sent: Monday, December 08, 2003 10:33 PM
To: william.clower@verizon.net

Dear Will,

I've lost right at 25 lbs. since the beginning of Feb. of this year. I'm 46 years old with 2 grandbabies (the 2nd as of 3 days ago) and I had been putting on the pounds slowly over the past several years once I hit the 35 year-old hump. I heard about your book and ran out & got it since it was the first diet I had heard of that actually sounded reasonable! I'm so happy with it I tell everyone, almost to the point of preaching! I firmly believe I look younger since doing it, in addition to losing weight. It just doesn't get any better than this!

Hugs,
Bonnie

College Student, Health Lifestyle

From: Ami
Sent: Friday, February 11, 2005 4:50 PM
To: willclower@fatfallacy.com

Hi Will,

My name is Ami Martin, and I'm a 20 year old college student in Washington State. I've been following the boards for a couple weeks now and have posted a couple messages as well. I find that most of the women are older than me, but I feel that young people who so often, because of poor body image, turn to things like anorexia or bulimia can use this program to find a way out.

Kids my age, especially, were weaned on candy and sugar cereal, microwave pizza and finger foods. So, most end up fat and getting fatter by the minute. They don't know anything BUT lowfat or nofat, so they starve themselves. I know I've done it, I have friends who've done it. But now, I know that for me, the Mediterranean way of eating/living is it.

I've finally found it, I've found real food. I've found real living. I can't thank you enough for your book, it really has changed my life, and I whole-heartedly believe that.

Sincerely,
Ami

Weight Loss, Maintenance

From: anarelen
Sent: Friday, March 11, 2005 11:31 AM
To: willclower@fatfallacy.com

Dear Will,

Thank you for following up! I am doing great. I've lost 28 pounds to date.

It amazes me the people who still look at me, when they ask what I'm doing and I state eating good natural food in moderation. They think it some kind of secret that I'm not telling. I still watch as my co-workers continue to eat these high protein diets and wonder why they don't feel good or can't keep the pounds off or why they feel the need to "cheat".

Thanks for your program, and all the encouragement.

Sincerely,
Karen

Gastric Bypass, Eating in Control

From: anne
Sent: Monday, February 21, 2005 3:08 PM
To: will clower

Hi Will,

I do want to tell you how much I appreciate your insight and advice through this journey. That's really what it feels like to me, a journey. At age 52 I feel a bit silly saying that, but there it is. I'm afraid I fall into all the cliché categories regarding women my age, i.e. empty nest, post menopausal, etc. Hate the labels but they do tell the story.

By the time I began researching gastric bypass surgery, I was 5'3" tall, about 272 lbs. And I have a small frame, so you can imagine how awkward & awful it felt to carry all that around. I was mentally exhausted from trying to lose & keep it off conventionally. I wanted it to be over with while I was still young enough to turn things around.

And so I had the surgery, and as predicted, off came lots of weight. If the story had ended there, that would've been nice, but of course we know it didn't. After I'd gotten used to my new look and the pleasure of not feeling like a beached whale, then everything that had been buried beneath the fat started to rise to the surface again, and I found myself literally where I started. Not fat, but absolutely not equipped to deal with everyday life as a thin person.

I had no tools whatsoever to deal with the underlying cause of my eating, and felt like I was completely unable to cope. The only tool I'd ever had I had forsworn, so in addition to needing the 'comfort', I couldn't take advantage of it without making myself ill. There's some poetry in that, I think, but I don't think I want to go there just yet.

When I came across your website and book, it was as if everything started to click at long last. I won't say that things became easier right away, but I do like to think I listen to my inner voice and knew instinctively when I learned about your philosophy that it was 'right.' We know these things when we hear them, don't we? It either feels right or it doesn't.

Over my career as a terminal dieter, I have probably eaten virtually every fake thing on the market at one time or another. As I'd be spooning in endless amounts of sugar-free this or that, along with low-fat this & that, I knew my body wasn't going to buy into it and that I'd have to play some major head games to get my appetite to agree that it was satisfied. But the thing is, even when I was successful at that, I still was not addressing what my needs really were.

Oddly enough (or not so oddly to you, I presume), when I felt physically satisfied with what I'd eaten on your plan, it calmed me down to where I could think things through. That had been a huge problem for me, the feeling of helplessness and panic that I might starve to death. So in addition to being able to eat what was good and good for me, I had the added benefit of feeling safe. At that point I was able to see the things you had written for myself, like the newfound sweets craving was actually backwards, that I only liked - or rather, needed - sweets because I'd already been eating them. The joy of a cup of tea with real half & half, and especially the satisfaction of it, can't be underestimated.

I'm well aware that I sort of made a 'deal with the devil' with this gastric bypass surgery, and feel that complaining about the limitations it caused would just be being a bad sport since I knew what I was getting into.

Anne

Weight Loss

From Susan

Sent: Thursday, November 18, 2004 1:39 PM

To: william.clower@verizon.net

Thank you so much Will!

It's *great* to hear from you again. It was an accomplishment losing 60 pounds last year, but I think it'll be an even better accomplishment to lose the 15 pounds I've regained and keep them off *permanently* with this very logical, livable way of eating.

I don't remember if I told you in the past that I had lived for four years in England and Scotland while I was studying for my MA degree there? I loved doing scientific research, so the work you've done in this area is of great interest to me. I did spend some time in France (both northern & southern) staying with friends (and loved the food & long, leisurely meals). I also spent several weeks each year in Germany over a 10 year period living with my then significant other's parents in the north. I really enjoyed immersing myself in the culture and experimenting with the cuisine. I really believe following The Path will be a very easy way of life for me since I loved the European way of life in general.

Thanks again for your help and for all your research in this area! I look forward to participating on the boards on your new site and getting to know everyone there. :-)

Have a great day and I really appreciate your getting back to me so quickly. I will try the links you provided when I get back home this evening.

Susan

Husband and Wife, Weight Loss, Lifestyle Change

From: Beary

Sent: Tuesday, March 01, 2005 6:44 PM

To: willclower@fatfallacy.com

Hi Will,

I read an article about you in the Oregonian in Feb 2004, and I ordered your book which I read nonstop. I mentioned to my husband that I would like to start doing it and amazingly, he agreed. He could only do it on weekends because he was a truck driver in Portland at that time and only home on the weekends, however, we began following the program and making changes little by little--I set the table with good china, candlelight, etc for our meals Fridays through Sunday, and then I also did it for myself during the week. We changed eating habits, gradually, and added wine and chocolate to our menu. I didn't lose any weight, but I was beginning to feel better, and Joe lost 10 pounds from March til May.

In May he had an emergency and was sent to the hospital in Portland where he underwent surgery for a brain aneurysm, and that was followed by 3 1/2 months of hospitalizations for complications following the surgery. He lost another 30-35 pounds (not following your plan, and not recommended!!). I also began to lose weight and gradually change my eating habits--it wasn't always easy as I was staying with friends and eating lunch out each day while visiting Joe in hospital, but it was working!!

He came home at the end of August, and we began the path plan in earnest. He has continued to lose weight--about 5 pounds a month, and I also am losing ever so slowly--1 or 2 pounds a month. He has lost 25 pounds and I have lost 6 or 7 in those six months. (Total for him including hospitalizations is 65 and total for me is 12-14) We both feel much better than we used to, and we very much enjoy our candlelit dinners and taking the time to sit and enjoy each meal.

Thank you.

Diana

Improved Relationship With Food, Lifestyle Change

From: Christy
Sent: Wednesday, March 16, 2005 9:53 PM
To: willclower@fatfallacy.com

I just thought I'd write and let you know how reading Fat Fallacy has changed my life.

So far, I haven't lost any weight, which of course was my original intention. But the way your book changed my life was extremely unexpected. First, I've had issues with food all of my life. I've either been anorexic or an overeater and I've always hated food.

I mean really hated it. I've done every diet you can possibly imagine. I had gotten to the point that no matter what I put in my mouth, I knew that in some diet I had been on, it was wrong, and it was bad. The thought that you could actually "love" your food would have never occurred to me.

Of course because of my hate for food, I also hated cooking so most of our family meals were eaten out.

After reading your book, something just clicked, I began to "love" food!!! I started cooking extravagant meals and spending 2 hours per night eating and talking with my husband and 4 year old daughter!

I never knew that "loving" food could cause me to love myself better, reach a better acceptance of my body, and love my family more! I heard somewhere that your thoughts of food and sex are similar. I can also tell you that my husband has been very happy recently!!!

After reading your book, I now eat mostly whole foods.

I actually can't stand eating processed foods. I used to drink diet soda. I can tell you that since I learned about aspartame, I have taken 3 sips of diet soda and spit 2 of them out! I can't bring myself to put those toxins into my body. When I drink now, I drink unsweetened iced tea, water, or coffee.

I used to be addicted to cheap chocolate. After 2 weeks of following the guidelines in your book, I tried to eat a candy bar. I took one bite and wondered what was wrong with it. I took a second bite thinking I was crazy. But I wasn't. It was nasty! I could taste the chemicals!

I know I haven't lost weight yet, but I have been easy on myself. I know what I've learned has changed my life. And I'm really learning to love myself.

Thank you for your wonderful work!
Christy

Sustainable Weight Loss, Improved Relationship w Food

From: Dianna Read
Sent: Saturday, February 12, 2005 11:12 AM
To: willclower@fatfallacy.com

As a fervent admirer, I am thrilled to incorporate responses to the items on your webpage...

I purchased *The Fat Fallacy* in April 2004 after I had already lost 20 lb on another weight loss program (again). The problem was, I had lost weight three other times through two different programs but had not successfully kept the weight off. Over the last 15 years, I have lost 25 lb, 50 lb, 50 lb, and this last time, 20 lb. Each time, I gained the weight back and then some. I was desperate for a plan that would help me keep the weight off for good.

Reading *The Fat Fallacy* was like having a locked door suddenly unlock and free me from the trap I lived in. I read the book several times before I got the courage to try this new lifestyle. You see, the fat-free indoctrination was alive and well within me, and I had learned to fear and loathe food. As I slowly adjusted my eating habits, I not only learned to enjoy food, I also lost an additional 5-6 lb. I eliminated diet sodas completely and found my tolerance for sweet foods has gone down. My portions have gotten smaller, while the variety of foods has increased. Where the previous weight-loss programs encouraged in-between meal snacks, I find that I usually no longer need or crave these snacks, even though I am eating much less at mealtimes.

I no longer look at food as something I must grudgingly endure. I feel confident for the first time ever that I can keep the extra weight off. That feeling alone is worth millions!

I have always been active, but I feel even more energized than ever. Where I used to feel as though I had to work out to "make up" for my eating, now I work out because I want to. And I enjoy variety in my workouts as much as I appreciate variety in my food—walking, weight-training, roller-blading, line dancing, and golf are my favorite activities.

I can't tell you how liberating this book has been for me. My husband is thrilled with this lifestyle as well. As a two-time heart bypass patient, the proper diet is important to him too. He enjoys the benefits of eating wholesome, natural food, and, like me, has reduced his portions by half. However, I can't get him to stop eating those elfin cookie products yet, but I'm working on it!

Respectfully submitted,
Dianna G. Read

Obese, Weight Loss, Blood Sugar Control

From: ErinsLass60
Sent: Tuesday, February 15, 2005 12:50 AM

To: willclower@fatfallacy.com

Dear Dr.C,

I just finished your really great book yesterday and had to write you about my experiences thus far. I am 44 years young, my husband and I moved from NY to NH about 3 years ago after he was disabled from 9/11. He was a FDNY lieutenant who sustained severe injuries to both his legs. I am an ER nurse. I was diagnosed with Depression about a year or so before 9/11, but with the events that occurred I spiraled into an eating frenzy that put me well over 300 pounds. (highest weight was 360) I was heavy before but could function with ADL. I was gradually gaining weight since I was 22 years old, I was a twig as a young child and teen. I was a low fat low carb non fat junkie, yo yo dieter, etc., etc.

I was recently told that I now have Hyperglycemia I am diet controlled and have high cholesterol and tryglicerides. I am exercising for the first time in my life. I was down to 320 pounds and felt BORING!!!!

Then I found your book. I am reborn. I am eating healthy off diet soda (YUCK TO ALL THE CHEMICALS) and enjoying food for the first time in my life.

I wont eat it if its not in nature. I am totally off red meats and cant even look at it any more or even smell it. I just feel really great, not this good in years and I'm taking advantage of all you suggest. At this posting I am now 309 pounds and loosing and am NOT HUNGRY !!!

Thank you so much for a new attitude and a new lifestyle. My husband is next God Bless,
Maureen

Dr C,

Sorry its me again maureen. I wanted to include in my previous email that my sugars are well controlled 90-100s most of the time esp when I exercise, am having blood work in 2 days and am curious the results Ill send them to you if your curious too thanks again

Maureen from NH

Lifestyle Change

From: Fierro, Cathy

Sent: Friday, September 17, 2004 11:41 AM

To: willclower@fatfallacy.com

Dear Dr. Clower,

Thank you for your book. You have reminded me how I ate while I was growing up -- my mother's family came from France several generations ago. My sister and I think there is nothing odd about making a meal of olives, cheese and wheat crackers, but we both bought into the frenzy of low fat, low carb, low calorie, low whatever-is-in-fashion-at-the-moment diets.

For a few years I've been lugging around an extra 20 lbs., and my latest diet failure was South Beach. I was about to visit an endocrinologist when I came across your book. I've been following the plan for a week and my clothes are already looser. In addition, a chronic dry skin

condition that didn't respond to a number of medications is clearing up on its own. I'd rather give my money to olive oil producers than the pharmaceutical industry.

Funny thing, I've always cooked Fat Fallacy-style for my husband (Julia Child's books are the most well-worn in my cookbook collection) and he's thin as a rail, yet I would cook a separate meal for myself, omitting the cream, cheese, oil, or whatever other ingredient was "fattening." Sometimes you can't see what's right in front of you!

Eating -- and shopping -- are fun again.

Sincerely,
Catherine Fierro

Spirituality, Satisfaction w/o Deprivation

From: GailACL
Sent: Friday, March 11, 2005 10:00 AM
To: willclower@fatfallacy.com

Dr. Clower,

Yes, and you are right, it is just a symptom of western lifestyle. I work in accounting, but started working on my masters of divinity four years ago (at night). In my spiritual formation class just this week, we were discussing our excesses, our addictions, our never being satisfied. Richard Foster noted in the 70's that the spiritual discipline of fasting, or abstinence, had not been written about in over the 100 years. Today, it is not talked about or discussed at all in our western world. It not just about food either.

Eating the way you suggest is an excellent way to feel satisfied. I don't feel like I am doing without at all. I have tried reading while I eat alone and it does work for me. I have two dogs and I also talk to them some as they sit beside me at the table watching my every bite.

Thanks again for replying to my email.
Gail

Learning Healthy Behaviors, Weight Control

From: gendev
Sent: Thursday, February 17, 2005 10:13 PM
To: willclower@fatfallacy.com

Dear Dr. Clower,

A bit of information: I am 47, female, married (29 years) have 3 children and 2 grandchildren. I have struggled with my weight since my early teens. I have been on many "diets" and came to the realization that what I need to do is make a lifestyle change, not find another diet. I have found your approach interesting and helpful. It relates with what I have

intuitively felt for some time, but wrote off because of the prevailing diet culture in the United States (fats=bad, low-fat, fake foods=good).

I am far from my ideal weight, but with the principles I have been learning through your book and other sources, I have learned and am learning habits that I feel will take me down a path of healthy, normal habits I can follow for the rest of my life.

Pat

Increase F&V Consumption, Improved Relationship w Food, Increased Activity

From: Jean Lilienthal

Sent: Monday, April 25, 2005 12:38 PM

To: willclower@fatfallacy.com

Dear Will,

When I was a child, I was as skinny as could be. I ate what I wanted when I wanted to. It was great. Unfortunately, however, I grew up and started gaining weight in my 20's and more in my 30's and 40's. I never tried dieting until I was in my 30's and then the rollercoaster began.

I'd lose 15 lbs. I'd gain 20 lbs.

I hated the way I looked and I hated the fact that I could no longer eat the things I loved. I tried all the no fat foods out there thinking they would help, but they didn't and I still hated my food. I was so excited when I saw your book the Fat Fallacy and started reading it. It made immediate sense to me. I made some changes right away. Faux foods were out the door immediately.

My 21 year old daughter and I cleaned out the refrigerator, freezer and cupboard. We rid ourselves of every item that had high fructose corn syrup in it or ingredients that we didn't recognize as real food. That was easy and fun. We went grocery shopping and stuck with fresh foods. Fruits and vegetables, meat, chicken & fish, and bread. Oh, how I love bread.

We started lingering longer over our meals. Enjoying every bite. Savoring each flavor. Next, the accomplishment that I am the proudest about. I stopped drinking diet soda. I have been a sodaholic my whole life and I easily stopped drinking it. I haven't had a soda in almost 3 months. It took me close to 50 years to start eating the right way and I can't begin to tell you how good I feel.

I am currently working on portion size. That seems to be my biggest hurdle. I have not lost much weight, but I don't really care. I feel great. I know it will happen naturally. The nice thing is that even though I am eating all this wonderful food, I have not gained an ounce. I think once I get the portion control right I'll be on my way.

I bought myself a pedometer and I challenge myself to try to walk 5 miles a day. I keep track of how many steps I walk every day in a daily journal. My family and I are really enjoying this approach to healthy living. Meal time has become a special occasion every night thanks to you.

Jean

Family, Weight Loss, Healthy Eating Behaviors, Lifestyle Change

From: Jenelle Burke

Sent: Tuesday, July 27, 2004 10:27 PM

To: willclower@fatfallacy.com

Hi Will!

I'm so excited about this new way of eating and LIVING! I have struggled for so long and suffered through every diet in the world. Finally something makes sense! I've been doing this since May and lost almost 10 pounds, but I'm finding it easy to slip back into old habits. I can tell I'm consistently eating way less than I used to, but maybe a little more than when I first started. Anyway, I thought the support of others on The PATH might help keep me focused until this is absolutely a way of life for me and my family and not something I have to think about. My family is thrilled with the new delicious meals I'm preparing and my sister offered to PAY me to cook dinner for her every night!

My daughter, who is 16 years old and doesn't need to lose weight, ate a small amount of dinner the other night and said, "this is so good, but I can't eat any more. I don't know what is going on with me, but I can't seem to eat as much as I used to." I just smiled. I also started buying whole milk from a local dairy and it is soooo delicious. I ran out of it last week and picked up a quart of whole milk from the grocery store instead. When I gave her a glass with her breakfast she said "what's wrong with this milk? It doesn't taste right!" Doesn't take long to retrain those taste buds, does it?

I am leaving Friday for a week in San Antonio, TX for a convention and will be eating out every meal. I am learning fast that some foods that seem very innocent are really faux foods.

Anyway, thank you so much. I am enjoying meal time with my friends and family for probably the first time in my life. It used to be such a stressful, guilt ridden process for me-how sad!! I'm sure I still have much to learn, but I'm having fun learning! Many of my friends and family look at me with pity that I could be such a sucker when I try to tell them what I'm doing or, at the very least, like I have two heads, but that's okay.

I feel better than I have in quite some time, I'm losing weight and what a delectable way to do it. Maybe, with time, they'll dump their low carb, low fat, low taste diets and join me.

THANK YOU!!!!!!!!!!!!

Jenelle

Increased Activity, Eating Real Foods, "Enjoying Living"

From: Jennifer Carsen

Sent: Tuesday, February 15, 2005 8:27 AM

To: willclower@fatfallacy.com

The PATH has changed my life in so many wonderful ways. I appreciate food so much more now. I take the time to slow down and enjoy what I'm eating. And what I'm eating is amazing--no more deep-fried-partially-hydrogenated-pre-packaged-low-fat-faux-fat-trans-fatty junk. Real food. Fruit. Cheese. Bread. Butter. Fresh vegetables.

My skin is clearer, as is my thinking. My lifelong asthma has greatly improved, no doubt because I've stopped stuffing my body with chemicals.

I've always been pretty active, but my way of thinking about activity has changed for the better. Now exercise isn't something I do to punish myself, or to try to erase the effects of an overly large meal. It's not another "should" on my list. Instead, it's something I do for fun. For me. A nice walk after lunch, or some yoga stretches in the morning.

Weight loss was the reason I was drawn to the PATH in the first place. And while I've enjoyed that happy aspect of the program, it's truly been secondary to the PATH's greatest gift for me: learning to slow down and enjoy food--and enjoy life.

Jennifer Carsen

Cooking For Health, Weight Loss, Changed Spending Habits

From: Julie Bessette
Sent: Friday, March 11, 2005 2:16 PM
To: willclower@fatfallacy.com

Hi Will,

Thank you for your reply - things are going very well!

I started this way of eating on May 15th, 2004. I have lost 25 pounds since then, steadily, and I still seem to be losing. I cannot emphasize enough how much food has become a complete non-issue. Well, in a way. I don't have a constant sense of shame in my thoughts and behaviors in relation to food. It's like that emotional baggage just dropped away. I can't think of the last time I thought, "Oh, my god, I shouldn't eat this. I'm going to get fat. I'm too fat already. Yada, yada, yada." I just eat what I want, and don't give it a second thought. No chemicals though. That's the only thought I give it.

In another way, it's become a guilt-free, delicious focus. I use whole milk, butter, cheese, olive oil, veggies, fruits, homemade bread, chocolate, all these things that are "sinful." I'm enjoying cooking as not only a creative outlet, but as a serious addition to my health.

Not only has my eating changed, but my SPENDING has changed. I'm not buying that fake garbage at the grocery store anymore. In fact, besides toilet paper and soap, my local farmer's market gets ALL of my money. The political food powers that be will not like any trend that leans toward people buying simple ingredients, much less locally. So I guess I'm happy

about what you're doing, I support you, and if there's anything that I can do to help, please let me know.

Sincerely,
Julie

GERD Eliminated, Lifestyle Change, Honeymoon Sodas

From: katedee
Sent: Saturday, March 05, 2005 10:52 PM
To: Will Clower

Hi Will!

I wanted to take a minute to run down my journey on this fabulous path/way of eating/lifestyle change/whatever you want to call it.

=)

First of all, I am indeed the girl who drank a Coke for a treat on my honeymoon! As long as I can remember, my Mom was a fanatical fan of Coca Cola.

By the time I went to college I was well entrenched in a 4-5 Coke-a-day habit. This lasted probably 10 years or so, and I went through phases of Diet Coke but always returned to the real thing.

After reading Fat Fallacy, I tried desperately to give it up. I replaced it with coffee for a while to keep the caffeine withdrawal at bay, which seemed to work. In September of 2004, my beautiful beach wedding was cancelled courtesy of Hurricane Ivan, and my sister, my fiancé and I threw together another wedding in four days. After the stress of that, my new husband and I finally made it to the Keys for our honeymoon, and I felt I had certainly earned a Coke. I was sooo anticipating that first, fizzy sip for breakfast (college habit -- horrifying), but when I got it, I was sure the can had gone bad.

It was awful! Nothing but chemicals and enough sugar to rot my teeth on the spot. I actually sipped through two cans before I realized that it must have always tasted this way. It was supposed to taste this way! Out came the fresh-squeezed OJ and Perrier (lovely fizz, by the way), and I've never looked back.

Anyhoo, there are so many benefits to this lifestyle that it's hard to narrow them all down., but here are the highlights:

Heartburn/asthma: For years I've been on the highest possible dose of prescription acid reducer for acid reflux (the reflux being a trigger for my asthma).

After a while on this plan, I switched to an over the counter brand, not as powerful, and took a couple pills a day. Now I take a pill as needed, sometimes not even every day. Today, in fact, I had Mexican food and a glass of red wine -- sure triggers in the past -- but didn't need an acid reducer at all. The difference, of course, is that I had about 1/3 of a quesadilla and A glass of red wine; not my previous standard of two burritos with beans and rice and a basket of chips and salsa with a couple margaritas.

Interestingly, it now takes me longer to enjoy that 1/3 of a quesadilla than it took me to inhale the burritos, which I probably didn't even taste.

Shopping: on previous diets, I would rush out to buy clothes in my new smaller size, knowing in the back of my head that this size was not here to stay (this expectation was probably set up by one of my earliest diets -- Phen/Fen -- yikes!). Now, shopping is so enjoyable, not only because I'm down a size or two, but because I know I'm certainly not getting any bigger this time around. If anything, the new clothes I'm buying will be too big one day!

Well, I'm afraid this has turned into a novel in and of itself. Sorry about that! I'm such a cheerleader for you and your book/site that my friends will fall over laughing if I actually make it into your new book. =)

Thank you so much!
Erin Leach

Lifestyle Change

Greetings Will:

I have wanted to contact you ever since I read your book some time ago. I have not only purchased a copy for myself, but for several of my friends...who are "diet carb-aholics."

I was once a diet addict many years ago and I found a book called: Diet No More and it changed my life. I learned to trust my hunger, relax and enjoy my food. I must add that I was never really overweight...I just bought the nonsense fed to women in this country. And I say this country, because I learned after some travel experience that this country is unique when it comes to food.

Gluttony is one of the seven deadly sins...and Americans are guilty as sin.

My husband can't understand how I can love food so much, talk about it a lot and make such a big deal out of everyday meals...and not be fat! I have to say that I am a loner in my social world when it comes to dieting. All I hear is "carbs this, and carbs that" and I am sick of it. Now it's invaded the supermarket. I see signs all over saying "this is low-carb" that now join the signs that say "this is low-fat." I can't stand it. And of course the bottom line is that everyone is getting fatter!

Thanks again,
Lee Mamunes

Lifestyle Change, Enjoying Food, Weight Loss

From: Marilyn M. Lonigro
Sent: Saturday, March 26, 2005 10:51 AM

To: lee@fatfallacy.com

Dear Will,

I am just finishing up The Path class with Sara Heartline. It was some time ago that you send me her email address, and when I followed up I was shocked to find that she lives on the street next to mine! I have been walking to her house to attend the classes which I have thoroughly enjoyed.

Everything you had to say made so much sense to me! However, it took a much longer time for the message to sink in--I had truly been brainwashed into thinking fats were bad, and it took me a long time to get over that. I couldn't let go of my diet salad dressing, my diet soda, and my low fat lunches. Slowly, however, I began to add more good fats to my meals and I began to remove more and more processed foods from my diet. But I just didn't buy into the smaller portions or the eating more slowly, so I didn't experience much success and I forgot about it almost entirely for quite a while.

The catalyst was an article I read in the *New York Times* about Americans' eating habits and how they promote obesity, and the article ended with a little summary of how the culture of eating in France promotes being thin. And what did it say? It said they eat smaller portions, don't eat between meals, and that they enjoy their food. Just what you had said. It clicked--that was last October. Since then I have pretty much stopped eating between meals, I've eliminated most processed foods from my diet (with an occasional slip now and then), and I have made a determined effort to eat more slowly. I have also come to enjoy cooking, and I have discovered new foods that are delicious and easy to prepare. And as for results--I have dropped two sizes and had to go shopping recently to get clothes that fit, as some of my old clothes were embarrassingly large! What a lovely problem to have. I am not exactly sure of the weight loss, as I haven't been on a scale recently, but I'm guessing around 20 pounds.

I knew this was working when, on a warm afternoon after I had been following the Path for a while, I went to the soda machine at work for a Diet Pepsi--it was a faux food that I was not yet willing to give up. I took a sip and grimaced. It tasted terrible--a fake taste, and much too sweet. I poured the rest of it down the sink and haven't had a soda since. When I have been thirsty and wanted a soda, all I had to do was think of that awful taste and my desire went away.

I am getting more and more used to eating good, delicious food--every meal is a pleasure, and I've finally started to think more like the French about food. When I sit down to eat I look forward to all the good tastes, smells, and textures I'm about to experience.

Thank you for spreading the word! Keep it up!

Sincerely,
Marilyn Lonigro

Family Meals, Weight Loss, Cooking At Home

Dear Dr. Clower,

I completed your book, *The Fat Fallacy*, a couple of days ago. My family has been following your principles for about 10-14 days and the results are great. I have already dropped over 5 pounds. Needless to say I'm thrilled with the approach. We've had dessert nearly every

night to go along with this weight loss. My husband and I are both eating less and snacking has become near nonexistent in our home. My boys, 8 and 10, love the starters and dessert, of course, though they are still learning to wait on one another.

For the first time, in a very long time, I didn't have to check out some new diet book on our weekly outing to the library. Instead I was checking out a cookbook! What joy! I figure when I've dropped the necessary 60-70 pounds, a lot of people are going to ask me WHAT did you do? I would love to teach others this lifestyle. What better way to encourage the nuclear family?

I apologize for babbling. It's just that I always thought there was something wrong with me, failing on diet after diet. Granted, I had some underlying emotional issues, but this has been a God-send for me. Thank you, thank you.

Sincerely,
Melanie Freeman

Family, Improved Relationship w Food, Cholesterol Control

From: Melissa
Sent: Friday, February 11, 2005 1:47 PM
To: willclower@fatfallacy.com

I watched my daughter last night put one noodle at a time on her spoon, thinking how a year ago I would have been telling her to hurry up. Now, we relax at mealtimes. I just marvel at how natural this WOE/WOL is for children who haven't been messed up by their environment.

I used to get frustrated with the way my daughter ate. I thought she was trying to be a mouse by nibbling things to death. Then I realized that she'd had it right all along. I immediately stopped telling her to eat faster, take bigger bites, etc. I look at her now, taking her dainty little bites and I think, "Yes, this is how it's supposed to be". This is most poignant for me.

By the way, went to my doctor: fasting glucose was high - no surprise there. It's going to take losing a good 50 pounds to make any difference there.

Everything else was normal, but I also got good news on my Cholesterol test. Total - 167, HDL - 44, LDL - 106, Triglycerides - 84

Melissa

Cholesterol Control, Weight Loss, Lasting Lifestyle Changes,

From: Renee Frederickson
Sent: Saturday, October 09, 2004 4:28 PM

To: willclower@fatfallacy.com

Hi Will-

One of the more interesting things to share with you is that I was both curious and a little hesitant about starting the PATH because I have inherited high cholesterol (if I'm not on medication, it's over 400). I'm only 37, and in generally good health other than being somewhat overweight.

I take the lowest dose of medication possible, and have always tried the traditionally recommended dietary changes to keep my cholesterol levels down at acceptable levels without my doctor wanting to increase my medication dose. The traditional low fat diet did nothing to improve my numbers; I did gain weight on it, however.

Since starting the PATH, I have not only lost more than 20 pounds, but my cholesterol numbers dropped 22 points, and my triglycerides are lower than they have ever been. My cardiac risk panel has also improved (inflammation is lower, good CR-P). I have only one confession: when my doctor tells me to keep up the good work and stay on that low fat diet, I just smile. I don't know how to break it to her yet, lol. She'll hit the roof, despite what the numbers say.

Although I've made many positive changes and have lost some weight (in 6 months, another 20 or so to go), I'm having a difficult time avoiding the whole 'faux food' thing. Not because I find it hard to do without them (I actually prefer to), but because the challenge often seems overwhelming with my lifestyle, the resources where I live, etc. In general, however, I found the 13-week course not only informative but enjoyable. Change comes slowly, but it also lasts. Many of my tastes already seem to have changed permanently over the past several months. The only problem now is . . . I have a hard time finding things to eat, especially when I'm on the road or eating with friends and family at their houses.

Thanks for the info.
Enjoy your weekend,
Renee

Weight Loss, Portion Control

From: Shannon Martin
Sent: Monday, March 07, 2005 2:23 PM
To: willclower@fatfallacy.com

Dear Will,

Look, I'm not on a diet and I have lost 30 pounds in about a year and a half. I was a size 12 and I am sitting here in my size 6 pants telling you that the path works. I have not been sick in the time that I have been eating right.

In fact, I feel great. I am healthier. I don't think about food as a problem, but as an experience to enjoy. I do still deal with people who want me to eat more. Tonight I was at a restaurant with some friends and when I was done eating, they asked if I maybe didn't like the food. The food was great, I was just full.

Then the waitress came by to ask if the food was okay since I didn't eat very much (it was a pasta in cream sauce and was absolutely magnificent--just too much food). I said it was great, but I wanted to take it home with me. Now, I live in Latvia where they regained their independence from the Soviet Union only 15 years ago. If you think the depression gave my grandparents and parents a "clean your plate syndrome," try 50 years of occupation. The waitress told me that it wasn't fashionable to take food home. I said that's okay, I still want to

On a separate note. I love food and I love to cook. My favorite book and cooking magazine is Cook's Magazine and their "Best Recipes" book. I like it because they work to discover the absolute best way to make a dish--from ingredients to techniques in cooking. They are a little snobby about ingredients, but everything that I make from their recipes is fabulous and the only questionable "food" ingredient that I have seen in a recipe is the no-boil lasagna noodles from Barilla which really aren't too bad compared to some of the other choices out there. I don't know if you are familiar with the magazine, website, or cookbooks, but the idea is right up your alley. Use the best ingredients. Make the food as wonderful (decadent?) as possible with the idea that quality is more important to quantity--and better quality leads to satisfaction with a smaller quantity.

Balanced meals with fresh fruits and vegetables and appropriate quantities lead to increased energy and awareness. Dinner at a fabulous restaurant will not mean going off the plan. The dinner party at your boss' doesn't mean you have to eat low fat yogurt for a week. Dessert is only a bad word if you are not hungry. Now, if only someone could save me from the finger food at cocktail parties.

Take care and thanks for putting me on the right PATH.
Shannon

Greater Energy, Healthy Food Selection

From: Susie Chapel
Sent: Wednesday, November 03, 2004 10:54 AM
To: willclower@fatfallacy.com

Dear Will,
I LOVE this new way of eating!

You have turned my entire life around! I think this way of eating was made for me. It hasn't been hard for me to turn myself over to it. I already avoided soft drinks and I think that's a hard one for most people to break if they rely on soda all day long for their main liquids. I already drank just water, milk (fat free), grapefruit juice and that's about it. I was a total believer in fat free everything. All my dairy was either fat free or reduced fat. Now that I'm having regular milk, regular yogurts, and sour creams, and half and half and whole fat cream I am a VERY HAPPY camper.

I have BOUNDLESS energy, it's nonstop. At the end of a long physical work day I'm not pooped out like I used to be. It's fantastic. I didn't have any weight to lose, so that is not my objective. But at 51 years old I was beginning to think that everyone can just expect to lose their energy, and that it was normal.

But I have tons of energy, my outlook is much better. And get a load of this, my hair is actually coming in thicker. Over the years it was thinning some and it wasn't thick like it used to be. I figured that it was normal as you age. It really is thicker and healthier, AND my face isn't looking tired and haggard like it was. It seems to have filled out of something, anyway it just looks more youthful. I can't believe it.

And I always thought before that I was a pretty healthy eater. I didn't indulge in french fries and potato chips. But as far as snacks I ate LOTS of fat free yogurt, lots of crackers and I self righteously thought I was quite healthy. I was getting all the artificial sweeteners in stuff I ate and not thinking twice about it. I went through my cabinets and through out all the handy quick stuff with all the ingredients on the back that you can't pronounce.

Thank you, thank you so much. Do you recommend any cookbooks? I have always enjoyed cooking the old fashioned way, so that helps me out in this new endeavor.

Susie Chapel

Weight Loss, Controlled Sweet Tooth

From: V. Hartmann

Sent: Thursday, March 18, 2004 3:55 PM

To: willclower@fatfallacy.com

Dear Will-

Words alone can't express how thankful I am to you for your wonderful book!

I read about your book in January in the Chicago Sun-Times, bought it the next week and have read it twice. It has changed my life! I am loving my food, I'm not hungry, I feel great and I've lost 13 pounds!

One of the most amazing thing that I wouldn't have dreamed would've happened is that I've lost my constant craving for sweets! I have my little bit of dark chocolate after lunch everyday and only occasionally have a dessert after dinner. I can't believe we've thrown out brownies! We had a small one after dinner one night, and then there were all these left over. Normally, I would've nibbled on those for a couple of days. I didn't feel like I was depriving myself, I just didn't feel like eating any.

Both my mom and my sister are now reading your book and I'm telling anyone who will listen about it. I'm a walking advertisement for you. People have been telling me I look great and they want to know what I'm doing. I'm happy to turn them onto your book.

Thank you, again!

Vicki Hartmann

Application To Family, Weight Loss, Cholesterol / BP Control

From: Carla Burns
Sent: Thursday, July 07, 2005 12:44 PM
To: willclower@fatfallacy.com

Will,

I've been following this lifestyle approach for over 2 ½ years with great success. Since I'm an aspiring home chef, I wanted to find an eating style that would accommodate my love of cooking and good food with my desire to stay slim. After reading the Fat Fallacy, I followed the suggestions of smaller portions, regular meals and real food. I've lost those difficult last few pound (7 to be exact) and my gastro problems have disappeared.

This way of eating can really fit into the North American lifestyle. As a family, we make mealtime a priority (no T.V. or other distractions while eating) and I prepare good meals from real food.

We still have pizza night every Friday, but we make it from scratch—my four year old daughter loves to help Mommy make pizza. When we do eat out, we try to go to restaurants that serve vegetables and “real food”, and we always order small portions or share a dish. My doctor is pleased with this approach as my cholesterol and blood pressure levels are great. Best of all, I'm passing on healthy habits to our young daughter — she actually likes vegetables.

This approach reminds us that moderation and pleasure are essential to long-term good health habits.

Carla Burns

Enjoying Food, Weight Loss

From: Ed and Kristi Hannon
Sent: Monday, May 10, 2004 3:12 PM
To: william.clower@verizon.net

Dr. Clower -

I am not sure if you remember me, but my name is Kristi Hannon, and I have come to hear you speak at both Dormont Public Library and Peters Township Public Library.

I just had to let you know that since starting this way of eating last October, I have lost a total of 34 pounds. I have done this while eating better than I have since before I was 12 years old. I recommend your approach to everyone and have become quite the anti-Atkins crusader among my group of friends. Everyone I have recommended your book to has just loved it and greatly benefited from it.

All I can say is thank you, thank you, thank you!

I look forward to hearing you talk again soon.
Kristi Hannon

College Student, Weight Loss

From: Jessica Hoover
Sent: Wednesday, November 19, 2003 10:39 PM
To: willclower@fatfallacy.com

Dear Dr. Clower,

I am a college student, struggling with trying to eat healthy, cheap and fast. My mom purchased your book for me, and I almost threw it to the side, seeing as how it was yet another diet book. But after reading just a few pages, I started realizing that finally someone was making sense! Everything in your book is what I have known in the back of my mind, but now I have proof that it is the correct and healthy lifestyle of eating to have!

Over the past 3 months I have lost 22 pounds and counting. I have also been working out regularly, and I feel good about myself knowing that I am healthy and am not torturing my stomach with processed foods. Your recipes are healthy, cheap, and are quick and easy meals to prepare.

I love this way of eating!

Thank you so much!
-Jessica

Enjoying Food, Weight Loss, Portion Control

From: Paula WW Turner
Sent: Sunday, April 25, 2004 1:37 AM
To: william.clower@verizon.net

Dear Will,

Thanks for asking... I have lost 14 pounds and counting! Last week I went shopping and bought two new suits for work in a size smaller.

I look and feel healthier than I have in a long time. When asked how I am accomplishing it, I tell them I am enjoying my food more than ever, but eating less of it because I am satisfied with less. Then I suggest that they buy and read your book!

Many happy blessings,
Paula

Enjoying Food Again

From: Angela Button
Sent: Sunday, December 04, 2005 8:13 AM
To: willclower@fatfallacy.com

Dear Will

I just read your book this week and I am on Day 2 of following your guidelines. I can only say THANK YOU! I have been feeling guilty about eating since I was 10 when I was first put on an allergy diet and then Mum jumped on the low fat bandwagon. I am 32 next week...

I had a baguette from a French bakery yesterday and it was one of the most delicious things I have had in years. After major searching I finally found honey and cinnamon whole milk yoghurt in a supermarket. We had with pear for dessert...my first guilt free dessert. And I can finally buy Delicious magazine, without feeling guilty as well...instead of feeling like I should buy Slimming.

I am just grateful to be enjoying food again. I eagerly await your new book and you can feel content that your message is reaching even non-Americans. I'm an Aussie! Our country has escalating obesity problems too.

Thanks again
Angela

Awareness of Healthy Foods, Translation to Family, Cholesterol Concerns

From: Arnold, Theresa R
Sent: Tuesday, March 06, 2007 2:34 PM
To: will@willclower.com

Dr. Clower:

Thank you for finally making sense of food!! And for explaining how our bodies react to real food and faux foods. I first listened to your conference calls during CFG's wellness week in February, and I felt a great sense of relief.

Along with the caller on today's session, I too have high cholesterol. When last checked in 2002, the total was 263 (with 46 HDL and 151 LDL). I have been trying, sometimes successfully and sometimes not, to eat a low fat diet for the past 16 years, only to see the numbers continue to climb. Since starting this program I have made an appointment to have my levels tested again and have committed to taking control of my health.

When I started reading labels, I was amazed at how much of the food in my home contained hydrogenated fats and high fructose corn syrup. I had heard these weren't good for you, but never knew why. Understanding the "why" is my greatest motivation. My husband was very understanding when I was throwing away & donating bags upon bags of groceries. (He's less enthusiastic about the smaller dinner plates, but is not complaining.) My kids (ages 10 & 8) also know that these ingredients are off-limits.

Our new approach to eating is beginning to take hold. To wit: My daughter was eating lunch with a group of friends on Saturday. As two of the boys started to have a contest to see

who could eat the fastest, she launched into an explanation as to why that's not healthy and the size of your stomach!

Progress to date, I've only lost one pound. What I have gained is more important: a sense of peace about eating, enjoyment at the dinner table, and optimism that I may be able to reduce my cholesterol level.

Thank you and may God bless you!

Theresa R. Arnold

Buying Smaller Clothes, Enjoying Life

From: Millie Broselow

Sent: Wednesday, May 19, 2004 2:58 PM

To: Will Clower

Hi Will!

I want to thank you for my success so far and for putting me onto the website. I've certainly never done anything like this before and it has been fun. Thank you.

As for my weight, I've still got at least twenty more pounds to go and I want to make it before our daughter's wedding in October, but I'm just going to keep on doing exactly what you say and I feel certain I will be successful.

It has been a ball getting new clothes in smaller sizes. Sizes I thought I'd never see again. I am putting off finding my mother of the bride dress as long as possible so I can be as thin as possible before the wedding. It hasn't been a diet. It has been just so much more fun eating! Amazing.

I will enjoy every day of my life more because of your method.

Thank you.

Millie Broselow

Healthy Eating

From: nosisis

Sent: Monday, October 04, 2004 10:40 AM

To: willclower@fatfallacy.com

Good morning Dr. Clower,

I just wanted to drop a line and let you know how valuable I think your Fat Fallacy book is. Although my family is not overweight we really focus on healthy eating and fitness.

I'm excited for you and the new Path. I have given out my Fat Fallacy newsletters to family and friends. I have also given away more than one copy of your book to people who work for us. (House cleaners and sitters).

My husband is a dentist and I am a full time mom of 3. (Elizabeth 7, John 4 and Alexis 7 months) I am a retired cardiac nurse for the time until my children are grown, but I am a sponge about soaking up info on keeping our lives healthy. I have a passion for living a rich healthy life.

Thanks for your time,
Jill Sisson

Ending Chronic Dieting,

From: taylsher
Sent: Monday, March 15, 2004 10:30 PM
To: willclower@fatfallacy.com

Dear Dr. Clower,

Finally, a "diet" that makes sense and tells the truth. Having been on one diet or another since I was thirteen, I am SLOOOOOWLY beginning to learn to enjoy food and eating again.

Thanks,
Sherri Taylor

Family, Eating Real Food

From: Kier, Judy
Sent: Wednesday, October 03, 2007 3:07 PM
To: will@willclower.com

Hi! Dr Clower,

I am one of the students in the Path program at Alcoa, and wanted to let you know that I love your program! Thanks so much for making it available at Alcoa. This is one of the best things that ever happened in my life (and my daughter's life). I hope as she grows up, she will not be eating any faux food :-)

Thanks for your time!
Judy Kier

Controlled Blood Sugar, Controlled Consumption, Healthy Food Choices

From: Arsenault, Deborah A
Sent: Tuesday, March 13, 2007 1:32 PM

To: Will Clower

Dear Will,

Things are going great! I've noticed lower readings for my blood sugar more consistently. I also don't have the bloated feeling I used to have constantly, and have already almost completely cut out my snacks between meals (the ones the dietitian from the diabetes clinic told me I "needed" to eat)!!

My Mom is skeptical about losing the snacks, but she is on insulin, and I am just on oral medications. I actually had a few readings that were actually in the 80's! This has not happened for quite a while! I had a low sugar feeling one day, and checked it. It was 79, and I was feeling light headed, but it had been 6 hours since lunch! I was working overtime, and didn't notice the time. I didn't have any cravings either. I usually notice my sugar dropping before I feel hungry.

I had been doing most of what you are teaching on my own before we started, but had not gotten the "faux foods" completely out of my diet because I was unaware of many of the things you've shared with us about ingredients, etc. I was trying to find what would work for me. Just by changing some of the foods I ate. I've also been able to fit into some clothes that I've not been able to wear in over a year! I still have a long way to go, but I'm confident that I will lose some of the extra weight, and get back to a healthy weight for me. I know it is going to be slow, but I feel so much better already, that I know that will come with time.

It's amazing how many bad ingredients there are in foods that I thought were "natural" and healthy for me! I also was eating low fat and no fat things because I thought it was better for me, but as I've found out in the past few weeks, the foods that have not been stripped of their natural goodness are much more filling! I was also drinking a lot of diet soda, and using splenda for a sugar substitute, drinking flavored waters that had splenda in them, etc.

Well, this has turned into a very long answer to a short question! Sorry! I'm just so excited, and feel so good!

Thank you again for all the time you give to this program!

Deborah A. Arsenault

Weight Loss, Healthy Eating, Family, Cooking, Walks

From: Pascarella, Delores

Sent: Wednesday, March 29, 2006 6:54 AM

To: willclower@fatfallacy.com

Good Morning Will,

I think the Path is terrific! For me it has really been easy just saying no. I'll look at the ingredients and refuse many offered snacks; candies, cookies, beverages. I've lost 10 pounds and don't even miss those artificially sweetened and flavored items.

Quality is great, but I think quantity is also something many of us can't get. It wasn't easy!

I've visited the web site and tried some of the recipes. My family loves the way we are now eating more meals at home. I really did hate to cook, but now my family evens pitches in. We take turns doing the entrée, salad, vegetables etc.

The after dinner walks with my husband and/or friends are an added bonus, especially now the weather is getting nice. Often we even go to the mall just to walk!

Thank you and Rita for all of your help getting me on the right Path!
Delores(Dolly)Pascarella

Weight Loss, Healthy Eating

From: Peter Holubz
Sent: Tuesday, March 28, 2006 3:58 PM
To: willclower@fatfallacy.com

Will,

The program is working well for me; I don't feel like I am really on a diet. It really is a life style change instead of just another diet.

Being able to eat any food that is "real food" makes it easier to accept. It allows me to eat the same things as the rest of my family and we all are eating healthier. Slowing down while eating my meals has helped me eat less, still feel full and lose weight.

Since starting with the program around February 15th I have lost 14lbs. I have gone down one pant size and tightened my belt two notches. I set a goal to lose 50lbs., so I am well on my way.

Thanks for the program!
Pete Holubz

Changing Behaviors, Portion Control

From: Willis, Denise
Sent: Thursday, March 16, 2006 1:21 PM
To: rita@willclower.com

Dear Dr. Clower,

I'm sorry that I didn't get a chance to send this sooner. But, I'm sure that what I have to say won't be anything new. I'd like to say that the meeting materials have been great & I especially have liked the science that you incorporate into the weekly discussions. Demystifying some of what happens to us goes a long way to changing behaviors.

Changing my portion sizes has made a huge difference for me. Some of the little visual tricks, smaller plate and smaller fork have made more of a difference than I thought. But the biggest has been slowing down my eating and giving myself time to get full on less food. When

I plan my meals, if I'm unsure about the amount of food that I'm planning to consume, I make a fist (size of my stomach) and compare that size to how much food is there.

Also, I was so happy to hear the lecture about fiber from last week. I have always been a high fiber consumer, so it was nice to hear that I had been doing something right all along.

Finally, I've found that I used to think about food a lot more of the time, and now, I just don't feel like I have to give it much attention. I'm not sure how that happened, but I like it. It feels like it's just not an issue.

Thank you.
Denise Willis

Comments On PATH Program, Citizens Financial Group, Spring 2008

Weight Loss, Blood Pressure

As of Today I have **lost 29 pounds!** I couldn't be more excited. My blood pressure was at 129/86 with meds is now currently at 122/72 **with a lower dose of the same medicine I was taking 8 weeks ago.**

I have really noticed a difference in these past two weeks that I have weaned off of substitute sugars and fake butter. I couldn't be more pleased with the progress I have already made.

I hope that CFG could make this web site open to the colleagues 365 days a year. **I wanted to thank everyone who posted blogs and gave me the information, feedback and motivation to continue on this journey;** Especially Doctor Clower.

I really appreciate it. I wish all of us the best of luck and hope we maintain this lifestyle throughout our lives.

"I Have My Family Back!"

Dr. Clower,

In a word, this program was FANTASTIC! I participated in both the fitness program and The Path. Entering my activity on a daily basis was very motivating and it made being active kind of fun. It is good to keep moving! However, The Path weight loss program was truly most impressive. It is an amazing way of life.

It is NOT A DIET! I love it. ... The support that I received from your staff was invaluable. They gave me some really great ideas and dinner time is no longer stressful...it is a relaxing event when we all talk while we eat a healthy dinner. We used to rush through dinner only to scatter to our separate corners of the house.

I have my family back!

Keeping On Track

Dr. Will,

I thought that the program was fabulous. I think we should continue with it. ***It was fun to do this together as a team and it really kept me on track.***

I think that a blast e-mail to those that participate in the program announcing the prize winners on a weekly basis would be great. I loved the blogs as well.

All in all ...FABULOUS!

From one of the Godiva Goddesses.

Raised Awareness

Dr. Clower

This program was simply phenomenal....it raised our awareness to getting healthy and also brought us together as a team....the program that was used to log our minutes was user friendly and I also enjoyed the blogs...overall I had a great time participating and if you do it again next year, I'll be on board....

thanks Dr. Clower for everything...

Keeping On Track

Mr. Clower,

Thank you so much for extending your program to the entire bank. ... Our team, FRAUD BUSTERS, joined for the Fitness challenge and we honestly really enjoyed working together as a "team" to stay in shape. Everyone was saying on Friday... "remember to log your minutes" and "did you meet your weekly goal".

It was something uplifting for our group to do together, and the gifts that our team won were an extra incentive. We received our Hand massagers and everyone was excited and everyone was ready to go home and use them right away. We had at least one person on our team receive an individual prize each week also. I, myself, won your book the first week of the challenge and am currently reading it. It all makes too much sense. I understand how our society has trouble losing and keeping the weight off with the type of food we have available to us. Prepackaged food. Artificially flavored. ... I hope you find this feedback helpful.

Thanks again!

Enjoying The Process

Hi Will,

I thought [the program] was great and am sorry to see it end. I needed to get remotivated to exercise and this did it for me.

I couldn't wait to get into work so I could log in my activity points. And I did just what you said, I varied it so I wouldn't be bored, I dance on Tuesday with friends, I walk on Thursday with other friends and try to throw in a couple of different exercise tapes in between.

I also called into your phone meeting, they are great to listen too and made me realize I have fallen back into old bad habits, I would find myself listening and saying, "Oh, oh I do that" and laughing because I know better.....

I will miss the "friendly" competition and would love to have some goals to reach and a way to keep the tracking of activity so I don't slack off.

Thanks for bringing this program to us, it is great fun!
Godiva Godess

Positive Reinforcement

Dr. Clower:

I enjoyed the Wellness For Life Program... I know that my team worked pretty hard and did a good job of logging their activities. ***There was quite a bit of positive reinforcement among the team members*** here in RI to make sure we were all getting our workouts in and eating well. We also had our body fat percentages measured at the beginning of the program and plan to do so again on June 30 to check our progress.

Accountability

Hi Will:

Thank you for the program. I have learned a few tips from your recorded phone calls. This is a great idea because I always think "I should do..." and "I would like to...", but ***this makes me accountable for doing something in a fun way.***

Encouragement Without Pressure

Dr. Clower,

We were just talking about how much we will miss this program. It really jump-started our fitness and healthy eating lifestyles! It had ***just the right amount of encouragement without pressure,*** and a variety of resources.

This program had a special meaning to me. I had donated a kidney to a friend last November and was considerably out of shape although healing very well. After a pretty sedentary winter, this program got me very excited to be moving again.

My teammates were the best part of this program. We are in three different states but we sent each other little notes and small gifts to keep encouraging one another. We were so excited for each and every one of our successes. We had weight loss, firming and endurance improvements and of course the stress relieving laughter.

Thanks for such a great program. We are looking forward to the next one!

Competition Increases Motivation

I enjoyed the challenge. ***The competitive nature of the program motivated me to step-it-up and do more than I normally would.*** I have worked out regularly for over 16 years and this winter I really found myself in a slump. It was fun going in and entering my data and then comparing with the others on the team. Although I swear Ginger must be doing the bicycle in her sleep with all of her activity minutes☺

I also liked the articles and recipes and checking the blog everyday for useful tips/advice.

Thanks

Healthy Eating Behaviors

Dr. Clower,

I joined this program with the goal of losing 16 pounds by my 50th birthday, which just passed. I did not meet this goal, but am developing both better eating habits and a routine exercise program. I will continue and will in time meet my personal goals.

As I eat, I hear you telling me to put my fork down, take my time and enjoy my food. This still has not become a habit, but I am working on it.

I have enjoyed all your calls, and appreciate your comments and advice.

Thanks!

Weight Loss, ***"I Feel So Much Better About Myself"***

Well this is the last week of the challenge but not really. Now that ***I have lost a total of 45 lbs*** since January and feel so much better.

I now care on how I dress and look. I get up and do my hair every morning and put on eye makeup where I would never do that before. Its amazing when you are a size 26 and drop down to a size 16-18.

I feel so much better about my self and my appearance.

Healthy Lifestyle

Hello Dr. Clower,

I LOVE the PATH program and really enjoyed this Wellness Program. This was my second time through the PATH program as I have just been re-energizing my healthy lifestyle and wanted something to kick start it. I enjoy the materials as they are easy to read and understand, provide great tips, recipes, information and are super useful as a resource after the "official" program ends.

I have even shared them with other friends/colleagues. I also enjoy the weekly conference calls as they give me a chance to take time out of my day to spend on me and learn or be reminded of how I can be healthy. The website was a great user friendly tool for me to track my progress and be reminded of all the great things I was doing. I must confess that I did not do a good job of completing my homework but as a former trainer/instructor I love the idea of homework as a reinforcement of what you learn. I really can not say enough good things about what you are doing. I tell everyone about it and suggest that they look into and start living healthy. I hope that we continue to offer us such wonderful programs in the future. You have a life long fan in me.

Thanks much,
Sue

Significant Lifestyle Changes, Weight Loss

From: Nicole Meade
Sent: Thursday, May 22, 2008 9:37 AM
To: Will Clower

Dr. Clower-

Thank you for your program! I was out of the office during the final week, but am proud to say that I have experienced significant lifestyle changes through your program. I bought your book in early January and have now lost almost 30 lbs. I truly appreciate the program and the overall health benefits as well.

Nicole Meade

Weight Loss

From: Farrell, Gianna
Sent: Wednesday, April 30, 2008 2:55 PM
To: Will Clower

DEAR DR. CLOWER,
I HAVE LOST 26 LBS SINCE BEGAN!!

LOVE THE MEDITERRANEAN FOOD THE BEST !!!

Gianna Farrell

From Westinghouse, internally solicited from HR

Weight Loss Lifestyle,

I felt the course was worth every penny & not just from a weight stand point. I've only lost a few pounds but I also am at a comfortable weight. Would love to loose more but I'm not disgusted w/ my current weight & if I finally found a way of eating that lets me maintain as opposed to diet, gain it, diet, gain it, I will be thrilled. I don't find anything unpleasant or sacrificing about this way of eating so I do feel I can live like this forever w/ the exceptional faux food.

On a much bigger note, I have for the longest time felt like I have suffered from chronic fatigue. Nothing officially diagnosed but I have done research on it & have always felt that's what I have. Everything I have ever read chalked a lot of it up to preservatives, food colorings & everything we aren't meant to eat.

Well after our first class, I was aware I was done w/ diet coke - oh my gosh, I thought I was going to die! I don't drink coffee, I'm tired all the time, what in the world would keep me awake? Oh well, I was headed to the beach for vacation so I figured I would just nap the entire day on the beach. I did give up my diet coke, ate clean, had all the seafood I wanted & didn't think much about it.

By the end of vacation my mother & I were taking 2, 5 mile walks a day & I was clocking in at 24,000, 29,000, etc... steps. All of a sudden it hit me, "hey, I'm not even tired!". I barely even napped in the car coming home which I ALWAYS nap in the car (even going to Pittsburgh). Then I started thinking about the eating clean & everything I had always read about fatigue & BAM, it hit me, I'M CURED! I'll still take an occasional cat nap but there is a major difference between tired & brain fog which is what I always had.

I just can't tell you the difference it's made in my life.

OK, guess I've written enough, to put it in a nut shell, I'm so grateful I took the course. I'm a big fan now. Will told me that women lose weight at a slower pace & to stick w/ it & the weight will follow. I told Will I could care less about the weight (ok, not totally), everything else it has added to my life is priceless.

Weight Loss

I weighed about 205 when the course started. I now weigh 191. That is not the all because of the course, because I doubled up on my exercise, but I believe the core information is very worthwhile. It is all about changing habits. I found the course quite motivating. And my personal physician reviewed the material and said "I like this guy".

Overall

I would recommend this program to any and all people (overweight or not) who truly want to become healthy, lose weight, manage stress, and feel great about themselves.

Feeling Better, In Control

Attending the PATH course was extremely beneficial to me on so many levels. Having the weekly courses provided a support group and served as a constant reminder to how I should be eating and what I should be eating.

I learned a tremendous amount about food, eating habits, exercise habits, stress management, and goal setting. In the beginning, I was concerned the price was a bit high and that perhaps it wasn't worth it. Now being through with the class, I would have paid double.

I can truly say that the PATH has changed my life. I have never felt better or more in control of my body than I do now. While I have never been overweight, I am a very busy person and I was constantly making bad food choices without always even knowing it.

Weight Loss, Feel Better Overall

I thought that this course was excellent as well as effective and well worth the cost. I would highly recommend it to other employees and suggest that it be offered at Westinghouse again.

I learned through the PATH to make time for food, eat smaller portions yet not be craving more, and to feel great about myself. To add a number to my results, I lost 10 lbs during the 8 week course. However, I do not think that this figure gives the program justice. I feel great overall - in all aspects.

Overall

Yes, I thought the class was very helpful and worth the cost. I would also recommend it to other people. Overall, a great experience for me.

Thanks!
Jeff

Overall

Did you feel that attending the course was helpful for you?

The PATH course for me, did the following;

- Raised my level of awareness of poor eating habits
- Taught me new and better eating habits
- Learned about negative health effects of artificial foods
- What foods to select for optimal health and wellness

- How Stress effects eating decisions & health, and how to reduce stress

John Victor

Weight Loss, Exercise

My answer is YES to all three questions.

I weighed about 205 when the course started. I now weigh 191. That is not the all because of the course, because I doubled up on my exercise, but I believe the core information is very worthwhile. It is all about changing habits. I found the course quite motivating. And my personal physician reviewed the material and said "I like this guy".

Regards
Kent Kirkham