

## **How I Lost Weight While in Paris**

### **By Susan Wallace**

I hope you are all well and enjoying the change of seasons.

In the Spring I introduced my book club and the first book I chose, *The Virgin Diet* by JJ Virgin became a huge personal and research project for me. For those of you unfamiliar with this bestseller the book is about food sensitivities and all the problems caused by these foods.

Over the last 25 years I have recommended a food elimination diet and challenge to many of my patients but never personally tried it. I have to thank my patients in the book club for suggesting we all try it together and I was surprised how after just two weeks of abstaining from the 7 most commonly sensitized foods my sleep and energy improved. When I tested and challenged each food, I discovered I had problems with gluten. I never would have known this if I hadn't done the elimination and testing very scientifically and methodically.

I spent the spring and summer studying and reading about how and why gluten and especially wheat can cause so many health problems. It turns out that the wheat that is grown all over the world today looks genetically nothing like the wheat that was eaten up through the 1960's and early 1970's. These new strains of wheat are causing health problems for many people.

### **While in Paris I Lost 5 Pounds and Still Ate Well**

When I went to Paris this fall for a vacation, I had been gluten free for 5 months and wondered how I would do in France. It was very easy to avoid gluten as the French diet is big on fresh foods and very little processed items. The French eat gluten in the form of baguettes but it is served as just a few slices and in doesn't come with butter. No macaroni and cheese, no big sandwiches and big plates of pasta. There isn't a pizza place on every street. I was surprised how little chips and crackers and sandwich bread is in the stores. Everything is in a smaller size. Nothing is supersized.

Deserts are decadent but small and not focused on a crust or bready portion but more on flavor combinations. The French chocolate is some of

the best I've ever tasted. Everything I ate was delicious and I didn't limit anything except gluten and I lost 5 pounds. Now I did walk every day but I have been doing that at home for years. I have to say it was great to see and different cultures eating habits and how it affected me. Best of all, I never felt deprived but just the opposite - satiated.

### **Avoiding the Pounds During the Holidays**

So I want to encourage you to consider the upcoming holidays and think about how you can curtail any food cravings and overeating. My method is to avoid Halloween candy from the start of the season and really focus on the foods I enjoy and that I know don't cause me to overeat. For me that would be sugar and now gluten. It turns out that gluten has an appetite stimulating effect and I have noticed that I am less likely to get hungry between meals with no gluten in my diet. I didn't eat a ton of gluten to begin with, but whatever the amount I was getting in my diet, it was contributing to my health issues. I will also recommend some of my favorite gluten free food brands, recipes and eateries in future issues of the newsletter.

### **Drink Filtered Water Instead of Buying Bottled**

In conclusion, I also want to put a plug in for filtering your drinking water right at your tap. I have been using a Multipure water filter for over 20 years and continue to find that the Multipure filters are the best water treatment systems on the market. You don't know what contaminants may be in your drinking water due to old pipes that distribute the water from the treatment plant. And if you are buying bottled water, you will save at least \$1000 annually or \$5000 over 5 years – a really nice vacation for two. Ask me about your water needs and I will get you the system that you need.

Tel: (510) 559-8700

[www.SusanWallaceAcupuncture.com](http://www.SusanWallaceAcupuncture.com)

Email: [SusanWallaceAcupuncture@sonic.net](mailto:SusanWallaceAcupuncture@sonic.net)