

Can Men Do Our Diet?

By K. Steven Whiting PhD
askthedoc@healthyinformation.com
www.healthyinformation.com

Thousands of our Members will be taking up the task of losing those unwanted pounds. This means a re-commitment to coming in regularly to workout as well as the inevitable diet. One of the big problems in dieting is the fact that, oftentimes, we have to do it alone. This means fixing different foods for our spouses or significant others, while we have to stick with another program.

Many members ask if our diet programs may be used by men and the answer is, of course, yes. If you have put on those extra pounds by your past diet and lifestyle, it stands to reason that the man in your life is carrying some extra weight himself. Through the following simple modifications, he too, can join you in your weight management endeavors.

The first thing that should be done is to have him take our weight management test to determine if he is calorie sensitive or carbohydrate intolerant. Once this is established, use the following guidelines to adjust your program for him.

Calorie Sensitive: If he is primarily calorie sensitive, he should consume 1400 calories during phase I and 1600 calories for phase II. Everything else can remain pretty much the same. Instead of Curves Complete, which is for women, he should take our LiquiDaily Supreme, which is non-gender specific and may be used by everyone. Next he should use our MetaboPro Shake, which provides the extra protein male bodies need and is made up of 100% whey protein – the best source of protein for men.

Carbohydrate Intolerant: If he tests primarily carbohydrate intolerant, he should reduce his carbohydrates to 20 grams per day total for the first 2 to 4 weeks, depending on the amount of weight he has to lose. Phase II for him should be between 40 and 60 grams of carbohydrates per day. He should use the two supplements mentioned above as well.

By enlisting the participation of your spouse or significant other, you can make your weight management program much easier. You can cook the same type of meals and have the support from someone in the home that is sharing both your experiences and your goals.

The men in your life may not be able to workout with you at Curves, but they can walk with you in the evenings, ride a stationary bike or a variety of other activities. At least you can share in the diet adventure together. And why not, both diet and exercise will help him to live longer and better too!