

Realistic Weight Control

The Healthy Guide to Weight Loss

Jan de Vries



About the Author

Jan de Vries was born in Holland in 1937 and grew up in occupied territory during the difficult war years. Graduating in pharmacy, he turned to alternative medicine. His most influential teacher was Dr Alfred Vogel in Switzerland, and they have worked together closely for 35 years.

In 1970 he and his family moved to Scotland and settled in Troon where he set up a residential clinic. He also has clinics in Newcastle, Edinburgh and London. He lectures throughout the world and is a regular broadcaster on BBC radio. His books have sold over a quarter of a million copies to date.

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The Healthy Guide to Weight Loss

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This book is dedicated to
my wife, Joyce,
without whose help
it would never have been written.

“Beauty and vitality are the gifts of Nature for those who live according to her law.”

Leonardo da Vinci

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Preface

EVER SINCE I was a child I have always been amazed by the terrific problems experienced by those who are overweight. Thirty years ago, when working in a pharmacy in Holland, I became aware of the tremendous sales of slimming products, particularly when a special window display was mounted featuring slimming products in order to boost sales during a quiet period. There never failed to be an increase in turnover if special attention was given to this colossal problem.

Later on in life, as a practitioner, I saw how a lot of money was spent in our residential clinics with a view to controlling excess weight. Faced with this huge demand for courses of dieting, fasting, and sometimes hammering one's body to get this extra weight off, I often wondered why this should be so; during the war I had seen people dying of hunger and I myself, at the age of ten, weighed only two and a half stones. The answer soon became clear and it is something we all have to realise: only by overeating can one expect this problem of excess weight. In today's society, particularly in view of all the convenience foods people are using, the naturopathic view — a realistic approach to dieting — has become of great importance.

It goes beyond description how I battle daily with this problem of obesity with my patients, and how much better they feel when they lose their excess weight. The mind is sharper, the body feels better; yet despite this they can easily fall into the trap of overeating again, and then torture themselves with methods which perhaps might be unhealthy, in an effort to try and lose the excess weight yet again. Despite all the efforts of slimming clinics, slimming diets, and even some more irresponsible methods, patients persistently damage their own health. When there is no

balance between protein, carbohydrates and fats, people become victims of certain illnesses and diseases.

In this book we will go through a number of different and responsible methods of slimming. Having dealt with this problem for almost thirty years, I have seen the side-effects caused by irresponsible methods. Therefore, when people turn to our slimming department for help, we try, in a logical way, to bring their weight under control. It is a wonderful thing when a patient who was previously four or five stones overweight comes to you and, having successfully lost this weight, tells you that life has a new meaning for her. She feels so much happier, so much more beautiful and, having lost her corpulence, feels a part of society again. So many fall by the wayside, and that is where the greatest problems arise. It is a matter of continuing the treatment, which, as we have worked it out, is really not complicated. The results will not be visible overnight, but the ultimate reward, mentally and physically, is of the greatest importance.

The simple methods described in this book will be of the greatest assistance in what, for so many people, is a great battle. Just think of the words of Robert the Bruce, when, alone and dejected, he was hiding from his enemies in a cave and observed the perseverance of a spider in its attempts to build a web. When it finally reached its goal, he said: "If at first you don't succeed, try, try, try again!"