

The Eco Anti-Diet

Plus Confessions

by

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DEDICATION

To Cozy the cat, a Katrina victim, who won the lotto by going to Best Friends.

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INTRODUCTION: WE LOST MORE THAN MOST PEOPLE WEIGH!

*How did we lose our weight and keep it off?
How did we recover from bulimia?*

Hi, I'm Sia, I'm a recovering DIETER. My twin sister, Shane, is also a DIET survivor. Formally known as *the Barbi Twins*, we had our seven and a half minutes each of fame. Some claim we brought in the "cheap" look. We couldn't care less, as long as we looked THIN! Between my sister and me, we lost 100 pounds, over and over, no joke! Who better to talk about doing every diet known to mankind (and a few that were meant for pets), than my sister and me? We were known as the "Calorically Challenged Clones." We were so out of control, grocery clerks had to weigh us going in and out of the stores. Our photo shoots went from our being *model-thin* to "Oh my God . . . you're fired!" It took us awhile, but we finally figured out that DIETS DON'T WORK! Some of the titles in this book are a parody of other diet books, because diets don't work! There are many diet books being marketed, but obesity and body obsession are two of the fastest-growing epidemics. We learned that most books sell gimmicks and shortcuts in a "one-size-fits-all" package, which always backfires. Because of this, we are getting fatter as a nation. Diets are about deprivation, always excluding a certain food group. We are not meant to starve, nor eat the same things day after day. Continual diet failures lead to our depression and low self-worth, defining ourselves by our weight-loss struggle. This eventually creates obsessive behavior, which has leaked into every part of our life. Sound familiar?

My sister and I, like many people, have experienced every type of diet dilemma. We were always asked "*How did you lose weight?*" or "*How did you recover from bulimia?*" This led us to seek a simple way to share our *keys to success and clues for our recovery* with others. We participated in all the research pertaining to every type of diet, statistic, information, and weight-loss program mentioned in this book. We accumulated all our research and made a formula to help find a solution for weight and diet issues:

Research = Formula = Solution

In order for us to accomplish any goals, we needed “tools.” Tools are *instruments* which help us achieve our goal. My formula is divided into two separate categories, Physical Tools and Mental Tools. The Physical Tools are *tools* which help us achieve our physical goals — health = weight loss, fitness, etc. The Mental Tools help us achieve our mental goals; learning to commit, confront, and making our life manageable = freedom from obsession.

Physical Tools:

- 21 Questions (*which help determine your health and future*)
- + Lifestyle Quiz (*and supplement guide*)
- + Body Type Quiz (*and exercise guide*)
- = *Food plan* (specially designed for each individual per situation)

Mental Tools: Find out “what’s eating you” or “what you are eating over”

- 7 simple motivational techniques which help you learn ...
- + How to learn to commit, confront and replace “triggers”
(*food and situations*)
- = **FREEDOM** from the obsession over food and body image

I named my food plans “The Eco Anti-Diets.” Eco Anti-Diet food plans are ecologically friendly (mostly raw, live food without animal meat). They are also different from other diets because they are specially designed for each individual, taking into account their circumstances. This means, unlike a diet (a one-size-fits-all), the Eco Anti-Diet food plan can change daily, according to your situation and preference. Eco Anti-Diets are not rigid, but act more like guidelines. I include guiltless allowed/disallowed treats, so no one feels deprived. This helps lift any food addiction. It also allows people to “wean” themselves off of sugar and heavy meat. The Eco Anti-Diet strategy prevents sabotaging your food plan. Eco Anti-Diets are also an anti-aging formula. I used my twin for diet, health, and fitness experiments. We concluded from our research that everybody responds differently. This book also *combines* the *Physical* and *Mental Tools*, because it’s NOT about the weight and diet. That is “symptom chasing.” If symptom chasing were that simple, you wouldn’t continually buy into diets which are proven to fail. We know this firsthand.

We’ve come a long way. At one time, our goal was to own a donut shop. We graduated to searching for a “cure” for FAT. We came to a point of surrendering all diets and the obsession that went with them. We would like to confess our downfalls and reach out to our fellow sufferers. Our recovery is based on sharing our simple methods to help others with their diet dilemmas. I wrote this book without a ghost writer, using my sister

as my “guinea pig” and my muse. (She finishes all my sentences.) Anyone can achieve their goal with the simple formula we created. Our motto is “What builds a cell, builds health.” We stress that **HEALTH** should be the goal, then fitness and beauty (or weight loss) will be the by-product! That’s how we did it!

Please understand that this book is basically an “interview” with my twin. The information, surveys, polls, and statistics included in this book are clinical studies gathered from my observation of my twin (deja vu) and our friends. Other information and research came from the compilation of books, articles, and lectures that we have collectively learned throughout our years, and from the trials and errors that we have actually lived. Scientific experiments are normally tested on twins, so we had that advantage. We are not doctors and we do not pretend to be. We present information in a “fellowship format” by sharing our experience, strength, and hope, and it is in no way meant to replace or supersede actual doctor’s advice. We insist on you consulting your physician or health care provider with anything pertaining to diet, fitness, or medical issues.

In view of the complex, individual, and specific nature of health and fitness problems, this book, is not intended to substitute for professional medical advice. We, the authors, and publishers, expressly disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

CHAPTER 1: DANGER: WIDE LOAD AHEAD!

“Bait and Switch” fads used for the FAT EPIDEMIC hitting America!

My sister’s idea of diet “research” was reading fortune cookies and astrology charts. What a bimbo.

Wow, we live in such a dichotomy! First, we foolishly believe that there is ONE diet or diet-aid, which will be the “magic bullet” for all of us, all of the time. Obviously, one size does not fit all, believe me. (I’ve tried to “squeeze” into all of them!) We are a nation that buys into the “billion-dollar diet business” (usually recycled and renamed diets), over and over, while most Americans are gaining weight. It’s as if the diet conglomerates pulled a bait and switch on us. Think about this contradiction: We pay billions of dollars to maintain a diet-image nation, while we keep getting fatter! These two growing epidemics, *diet-image obsession* and *obesity* (let alone other diet-related diseases), are growing at such an alarming rate that by the time you read these statistics here, they will have reached shockingly new heights. I have observed:

- ☞ There are at least 1 billion adults worldwide who are considered overweight.
- ☞ There are 300 million of this 1 billion who are considered clinically obese.
- ☞ 70% of Americans are overweight and over 40% are obese.
- ☞ Most Americans are gaining about a pound or two per year, the equivalent of a mere 10 or 20 calories per day.
- ☞ While the average American is gaining 1-2 pounds per year, the obese American is gaining 3 or more pounds per year.
- ☞ Over half of our nation’s population is heading towards obesity, and it’s not slowing down.
- ☞ More than a quarter of the population is obese.
- ☞ Approximately 59 million people are classified as obese.
- ☞ Medicare reported that the average person costs approximately \$6,700 a year, while the obese person costs approximately \$13,000 a year.

- ☞ 22 million worldwide children under the age of five are overweight or obese.
- ☞ Our children's obesity has tripled since 1980.
- ☞ Obesity is rising as the #1 health problem with American children
- ☞ Our children are appearing with many adult diseases related to poor diet, never seen before this time or in other countries.
- ☞ Type II diabetes, brought on by obesity, was once an "adult" disease, but now kids as young as 10 suffer from diabetes.
- ☞ It is now predicted that, unlike any other time in history, many children will not outlive their parents because of weight-related diseases.
- ☞ The number of overweight children ages 6-11 doubled from 1980 to 2000, and tripled with children ages 12-17.
- ☞ Most children diagnosed as ADHD (hyperactive) or ADD (attention deficit disorder) are unnecessarily medicated, rather than changing their diet. When raw fruits and vegetables replaced the sugar in their diets, most of these kids no longer showed signs of hyperactivity or ADD.
- ☞ Eating disorders affect at least 10 million women and 1 million men in the U.S.
- ☞ Eating disorders with men are rising, but at a lower estimated rate because they are more embarrassed to "come out."
- ☞ More than 3/4 of teenage girls are on some diet or are worried about their weight.
- ☞ Preteens are starting to worry about their weight and diet.
- ☞ Children as young as 5 years old have been a patient of an eating disorder clinic.
- ☞ Victims of eating disorders are at higher risk of death than any other mental illness.
- ☞ 15% of eating disorder victims die as a result of their disorder.
- ☞ Women in their forties and fifties are now showing signs of bulimia and anorexia.
- ☞ Binge eating is now affecting women in their forties.
- ☞ 70% of Americans 55-74 years old are overweight or obese.
- ☞ At least 1/3 of women who are in some weight-loss clinic or program are unknowingly binge eaters. * 89% of women have been on some sort of diet during their lives.
- ☞ More than 3/4 of female athletes show signs of an eating or body disorder.
- ☞ Osteoporosis is a growing disease, not because of the lack of calcium, but the excess of dieting and exercising of most American women.
- ☞ The U.S. has more fat-free diet snacks, low-carb diets, other fad diets, gyms, and fancy fat farms, etc. than any other country, and yet we have the highest disease rate related to weight.

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- ☞ Our food is rejected by other countries because it's loaded with addictive additives, which enhances weight problems.
- ☞ Other countries, such as France, have about a quarter of America's obesity problem.
- ☞ Most of the causes of death are related to weight or diet problems.
- ☞ 1 out of 2 women die from weight- or diet-related problems in the U.S.
- ☞ 95% of most number-one selling books, shows, fashion tabloids, magazines, etc. are related to diets or how someone looks.
- ☞ The average height and weight for a supermodel is 5'10", 110 pounds.
- ☞ The average height and weight for a normal American female is 5'4", 164 pounds.
- ☞ Yet most women compare themselves to this image that only represents about 2% of Americans.
- ☞ Most women either torture their minds, thinking they should be this thin, or they torture their bodies, trying to get that thin.
- ☞ We are spending over a billion dollars a year to buy into the diet rage, while we are getting fatter.
- ☞ When televisions were introduced to other remote areas or countries, eating disorders rose as well.
- ☞ It's obvious that we are getting fatter as a nation when airlines are reported to raise their fees because customers, as a whole, are getting fatter, which uses more fuel!

What does this tell us? That we are a nation ready and willing to buy any gimmick, at any cost, and yet it's obvious that diets don't work! In fact, we are getting worse. We live in a paradox; our restaurants serve oversized meals, the media constantly advertises fast foods, and our schools sell junk food, while diets are constantly being promoted. It's true the media and oversized servings can perpetuate the problem; however, we shouldn't blame them when it's all about supply and demand. We are the ones (customer/audience) who do the requesting and buying. Nonetheless, our constant focus (obsession) is on diets and thin celebrities. We just keep gaining more weight, no matter how many diets we buy into.

I've observed that we all repeat the same fixes, gimmicks, fads, etc., over and over, and yet we expect different results. Ever hear the saying, "Insanity is repeating the same action over and over, and expecting a different result"? This is the exact pattern that we all seem to use with weight and health issues! Billions of dollars are invested in promoting different ways of making you think that there is one certain diet or one shortcut. This was glaringly apparent during our recent university lectures. The audiences were totally uninterested in the diet research and warnings.

They just wanted to hear about the “magic bullet” for losing weight. How did we lose weight? What did we use? We could have made a mint by selling any gimmick diet. But it was more important to share our recovery from diet obsession, at no cost. Diets simply made us fat and then “fat efficient” (effortlessly saving fat). We binged after each diet fad we endured (a.k.a. “Calorically Challenged Clones”). So, it wasn’t surprising that our bodies became so fat-efficient that it didn’t take long for us to be right back where we started. This made us move our food and diet obsession into bulimia. Just like diets, bulimia stopped working.

Finally, we found the “magic bullet” — *educating* ourselves and collecting that information to make formulas targeting our weight problems and diet issues. As soon as that made sense, we made **health the goal** (making the body work for us rather than *working* for our body), and let **the way we looked (our weight) be the by-product!** Ironically, it wasn’t a battle anymore. Unfortunately, most people want a quick remedy without research. They buy the popular short cut fix, thinking it’s “an easier, softer way,” when it’s all been done previously and *failed*. That is why it is so important to do research. My sister and I made it easy for the reader to help determine their own food plan and motivational and recovery exercises by the personal questionnaire and quizzes. This easy format is divided in such a way that any body type can use one of the given choices. We want to bust the myths and excuses for weight problems and inspire the hopeless. Our excuses were bad affirmations which told us why we didn’t want to be healthy. But we can tell you from our experience that for every excuse, there is a reason why you **CAN** achieve your top health and fitness goal. And we will help you. Excuses are like farts; we all smell them, but no one admits to them.

Genetics or metabolism are the usual excuses for diet and fitness issues. Genes are also very controversial when discussing health and weight. As twins, it was easier for us to see how genetics play a major role in health, fitness, or diets. We believe genetics only become a dominating factor when health is not a priority. Let’s take a look at two different people. Let’s say one individual has excellent genetic characteristics, and other has poor genetic characteristics. Moreover, the person with good genes also has an excellent metabolism, excellent health, good insulin response, and is not prone to any diseases. On the other hand, the person with poor genes fights family diseases and hereditary traits that the other doesn’t. If they both share the same health habits, which they are in control of, then the one with excellent genes will prevail with superior health and fitness. However, if the one with poor genes chooses a radically extreme health and recovery regimen over the one with good genes (who applies regular health habits), the one with poor genes will prevail with better health and fitness, nine times out of ten. *You are what you eat if you eat correctly, but if you eat poorly, you become your genes.* I know this from being a twin and experimenting

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with each other. Metabolism and poor genes (or other medical problems) have always been the *scapegoat* for most weight and health problems. On the contrary, I believe TRADITION is the dominating culprit. Tradition is used as a euphemism for your habits that you learned growing up and incorporated into your adult lifestyle. What you apply to your health is more powerful than what you were given. Don't make the mistake of thinking your habits and traditions dictate your life. Believe it or not, we only use less than 10 percent of our brain consciously (discipline), while the other 90 percent awaits our *habits*. I have seen people with cancer or other debilitating diseases rise above the rest because of their extreme discipline and health choices.

A lot of successful athletes have had to overcome some form of handicap or misfortune before they could even be up to par. Eventually, their extreme discipline, focus, and right health choices put them ahead of the normal athlete. Lance Armstrong is a good example, along with some other super-athletes.

Poor diet and weight problems CAUSE almost all medical conditions, rather than the other way around. Some complain that their breathing problems, cramping, back problems, thyroid problems, urinary infections, and so forth, prevent them from exercising or eating right. They never seem to connect their poor health habits to their declining health problems. Furthermore, all their excess medications cause edema, hunger, and insomnia. People addicted to over-the-counter remedies or prescription drugs are the ones who want to buy a quick fix, without learning about their body or why they have these problems. It is almost impossible to help someone with medical problems if they continue to symptom chase. Some instances might be justifiable, but what I have learned is that we are a nation addicted to "medicating" ourselves for every ailment. We use this same mentality (symptom chasing) for our weight problems.

I have discovered individuals who have cured chronic and fatal diseases by diet alone. If you participate in research, as I did, you can find methods other than overmedicating yourself. These other alternative methods for recovery prove to be extremely successful. I'm in no way suggesting you forsake your doctor's advice; you should always consult with your doctor or find one who will work with you.

For Shane and me, our research went beyond what doctors normally study. Doctors study pathology (the behavior of a disease), not health. Shane and I studied at health institutions that had patients who had given up on doctors, or vice versa. This is where they believe doctors cure disease A by creating disease B. They also believe that *you become your genes if you don't incorporate good health habits*. It's true we initially wanted to find the "cure" for FAT, but rather we learned the truth about health. These patients at the institutions were given a grim prognosis by doctors but found recovery in alternative health and radical diet regimens. By

sharing these experiences, we want to give people hope that there are other *options* to thoroughly research. We have also observed a lot of chronically ill patients who did away with their drugs (carefully monitored by some doctor or supervisor), and targeted their health problems with radical and extreme diet alternatives.

For every medical excuse I've heard (why they gain weight or can't exercise), I've heard the same number of success stories. These success stories broke all the conventional medical rules by simply applying extreme health and diet alternatives without drugs or surgery. It's as if doctors give out "form letter" advice, always prescribing drugs and/or surgery for every problem, regardless. My sister's and my entire health problems were due to our diet abuse. So why symptom chase? We knew we could correct poor health by reversing our health habits. If a diet can make you sick, then it can also help you get well.

Most people "set themselves up" by placing themselves around people, places, and things that invite or encourage their poor eating habits. There is a saying that "environment is stronger than willpower." Your health and well-being should be a priority. You shouldn't make yourself fit into your environment. You should consciously surround yourself with a health-friendly ambience. Create one, if you can. Too many times, mothers shamelessly use the excuse of keeping junk food snacks around for their kids. Why would any mother want to teach her kids to eat poorly? Eating habits are learned behavior. Of course, fast food is convenient for the person on the go. But so are "nature's snacks," fruit, nuts, seeds, etc. It's a matter of priority, and health should be first. Then there is the "holiday excuse." Perhaps someone is "forced" to eat their family's pasta because it's a family tradition. Your family's tradition may also result in the same health and weight problems for you. Ironic how we conveniently become modern, rather than traditional, when it comes to dating, goals, careers, and styles. But we can't insult our family by refraining from fattening family buffets. Yes, there are excuses if you want them. Nevertheless, there are alternative solutions for each of them, too, if you want to explore or experiment with them.

Genetics, medical conditions, traditions, and environmental influences can all be major factors with weight and diet issues, if you **ALLOW** them to rule your life. The mind is a powerful tool that can rule your life or be ruled by your life. We simply must know that it's possible to reverse the myth that we are dictated by genes, medical conditions, traditions, and environmental influences. After all, if people have used such destructive behaviors as their "survival mechanisms," then it's not impossible to *disassemble* the destructive patterns by replacing them with healthy methods of recovery. You can begin your lifestyle change with this book.

DANGER: WIDE LOAD AHEAD!

In order to accomplish any goal, you need *tools*. Tools are instruments which help you achieve your goals. My sister and I want to share our self-help plan (formula) to give a solution for others who also have weight issues and eating disorders. This self-help plan (formula) is divided into two categories, Physical Tools & Mental Tools.

Physical Tools:

- 21 Questions* (which help determine your health and future)
- + Lifestyle Quiz (and supplement guide)
- = Body Type Quiz (and exercise guide)
- = *Food Plan* (specially designed for each individual per situation)

Mental Tools:

- (find out what you are eating over)
- + 7 motivational techniques which help you learn....
- + How to learn to commit, confront, and replace “triggers”
(food/situations)
- = Freedom from the obsession over your food and body image

People would always ask my sister and me, “*How did you lose weight?*” or “*How did you recover from bulimia?*” This book is sharing our simple keys to success and clues to our recovery. Keep in mind that your goal should be *HEALTH*, not weight loss. The by-product of *health IS* beauty and fitness (weight loss). Physical and Mental Tools need to work synergistically, in order to work. These tools can change according to you and your circumstances. For instance, I would not have the same tools as my sister, Shane, nor would I keep the same tools that I had in the beginning of my recovery. That is why one diet for everyone doesn’t work. One size does not fit all! My food plans are different than diets (which deprive and symptom chase), because your daily diet should vary according to your body type, activity, health, and preference. No one should share the same diet with someone else, nor eat the same thing every day.

Remember, the food addict is in the habit of using food emotionally, as an escape or to medicate themselves. This book teaches how to reach those feelings without food, but also how to use the correct foods to chemically balance the body, without deprivation. I will also show which trigger foods to avoid. They can be replaced with something just as fulfilling, but won’t cause compulsive overeating. In addition, I will show how other foods can actually help our hormonal balance and metabolism, giving us fulfillment, energy, sanity, and motivation.

Diets don’t work, period! If they did, our nation wouldn’t be getting fatter and diet books/aids wouldn’t be bestsellers. We are not meant to be deprived or overweight. Something is wrong if we feel deprived while

constantly battling weight. Chapter 5, Mental Tools, helps you deal with your feelings and commit to your food plan. Incidentally, you are a *food addict* if you've had a constant or long-term struggle with weight, food, or body image. I would no more try to help an alcoholic (when intoxicated) deal with their issues than try to aid a food addict with theirs, if they still insist on "practicing" their destructive eating habits. Thus, if you have reached this far into this book, you have realized that a continuous problem with weight or obsession with food/body is not about being thin or needing to be "in control." (Weight/body obsession is just the symptom of the real problem.) It's about making a life-changing experience, so your life (weight, sanity, etc) becomes manageable. My sister and I *finally* got it.... so can you!