

Originally published as **The real secret to weight loss** (<http://www.news.com.au/lifestyle/health/whats-the-real-secret-to-weight-loss/story-fneuzkvr-1227316009826>) **Comments** (#social-comments)

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Mat

3 minutes ago

Secret: Weight Loss Programme - Thinner the wallet gets, the better.

[Like](#) [Reply](#)



Kim

20 minutes ago

A cake every now and then will not hurt a child or an adult for that matter. Deep fried foods are never good but a little oil for sautes is OK. It's a case of moderation. Children grow rapidly and need extra kilojoules in the form of moderate carbohydrate intake. They won't thrive on salads and vegetables alone or you'll need to feed them every hour. The best diet of all is common sense.

[Like](#) [Reply](#)



Raymot

39 minutes ago

What a terrible summary! Advice to eat less sugar "flies in the face of" a study that shows that over-weight, carbohydrate-fed rats live longer? Er ... but the carbohydrate wasn't sugar.

By trying to say everything, this article says nothing.

[Like](#) [Reply](#)

**Tom**

59 minutes ago

Don't shove everything you find to eat and do moderate workout or physical work. it's just that simple.

[Like](#) [Reply](#)**cpe1704tk**

1 hour ago

was close to 100kg of fat and poor mobility and very unfit and healthy. Took up boxing - not box fit (though that is a good thing) - real boxing at boxing gym with fighters. I said I didn't want to fight,, just get fit. I lost 20kg in 6 months through training and diet. They really helped me with the diet side too. And getting rid of sugar and simple carbs was the first step.

1 [Like](#) [Reply](#)**Mike**

1 hour ago

Its all Tony Abbotts fault

2 [Like](#) [Reply](#)**Neil**

11 minutes ago

[@Mike](#) I bet you Tony Abbott doesn't fill up on sugary crap every day. That's why he has the strong athletic physique of an iron man.

1 [Like](#) [Reply](#)**Wes**

1 hour ago

Sugar is responsible for more than just weight gain and diabetes. Anything so addictive is going to lead to emotional and psychological issues. Look at the rate of depression and mood disorders increase since the increase in sugar in just about every food possible. It is hard to find food on a shelf that isn't loaded with sugar.

For anyone interested in actually finding out a whole lot of information about the evils that is sugar, read a book that was written back in the 1960's or so called Pure White and Deadly. It was written at the time the debate between what was worse, fats or sugars, was going on. Fats lost out and were removed from everything, and sugar was added to everything. The health problems didn't go away though, in fact they skyrocketed. Pure White and Deadly is a great source of information on what exactly this drug is doing to people and why it must be limited.

[Like](#) [Reply](#)**Mathew**

1 hour ago

When I was a kid in the 70's & 80's I rode a bike to school every day without a helmet (must be by sheer luck that I or any other of the 600 kids at the school did not split our heads open over those 10 years). I ate a complete balanced diet as Mum cooked a proper dinner 6 times a week and we had takeaway for dinner once a week plus I regularly took sandwiches made on white bread to school for lunch, I and many others were never overweight during that time.

One month ago a health/weight check at my local doctor came out OK I am now 46.

I look back now and wonder how the hell we made it out of the last century without all these laws to protect us and the Food Police Experts telling us what we can or cannot eat while yet we have major obesity problem.

OH MY GOD, I have just realised as I am writing this I have just eaten two ham and tomato sandwiches made on white bread with canola spread washed down with an Iced Coffee, Quick, somebody call an ambulance!!

1  Like Reply



Jonno

2 hours ago

if so many kids are overweight.....let them play outside rather than sit inside on their ipads/console games and eat junk food. simple. as for adults.....go outside more.....cook more.....don't rely on prepackaged food or precooked meals and stop eating junk food.

2   Like Reply



Roz

2 hours ago

I lost a 100 kilos - it was so 'easy' people didn't believe how I did it! I DIDN'T diet!! It began EVERYDAY with a FIVE (5) minute ride on an exercise bike - doctors encourage walking - and it's good - BUT who wants to walk carrying a 100 kilo person on their back? And that is what an obese person is actually doing! The exercise bike, SUPPORTS your weight, while you still get the benefits of exercising. Many think grand and insist on doing more than 'just' 5 minutes - I guarantee you it will be the longest 5 minutes of your life! (and pushing yourself to do more will eventually kill the desire to get on at all) As I got used to it, I extended the time on the bike to 40 minutes by 6 months. (and that 40 was the 'equivalent' of the 5 when I first started!) The beauty of this is, I did not change my eating habits AT ALL. After a few months, I noticed my clothes were getting looser - and people were commenting. As I began to feel better I tried short walks every other day as well. It took me 18 months to lose the weight, though it felt like it was 'overnight as I seemed to be always buying clothes a size smaller! I'm not a scientist, but I ASSUME the exercise had my blood pumping and working a lot better to such an extent that fatty foods actually didn't taste so good anymore. It wasn't a conscious decision on my part - I could actually feel the fat 'cling' to the sides of my throat as it went down. I wouldn't have believed if God Himself had told me that the day would come that I would be eating raw vegetables AND enjoying them - but I did! Those short walks had also grown to long 1 -2 hour walks culminating in 4 - 6 hour marathons 3-4 times a month! With all this exercising, I found the trick was to wait for the endorphins to kick in - that feel good feeling - I focussed on the endorphins and that good feeling - I had to remember this - this is what inspired me to get on the bike again the next day I went from a tight size 28 to a size 8 ultimately levelling out at a healthy size 12. The exercise brigade are right, there is nothing better than being able to move around without running out of breath and feeling exhausted. (I used to have a 2 hours walk, then mow the lawn - a big difference from when I considered driving down to the letterbox!) Having said that - don't EVER let anyone tell you that you are not worth it because you carry extra weight!

15     Like Reply



Elizabeth

1 hour ago

Wonderful inspiring story. Good on you.

1  Like Reply



Roz

1 hour ago

For the obese who want to give it a try - use the recumbent bike - it has a 'seat' and is easier to get on and more comfortable than the standard saddle bike.

Like Reply



P M

6 minutes ago

@Roz thank you for that valuable tip. I've been trying the old pushbike and, literally, not getting far. It's also not helpful when your knees do carry you any longer.

Like Reply

**L**

3 hours ago

There is NO secret other than stop making poor food choices and move! Get up and exercise to the point of sweating and panting. I'm only 5'10" and once weighed in at a very hefty 125 kilos. I lost just over 55 kilos in 14 months by no longer eating crap food and exercising like fury (cycling and walking everywhere)!

1 Like Reply

**Steve**

3 hours ago

sugar taxes, bans on sugar products etc etc. nothing will work. Sugar is more addictive than cocaine and Heroin. Its sad but nearly all of us are hooked on this legal drug!

3 Like Reply

**M**

2 hours ago

@Steve White sugar is addictive but not coconut sugar and palm sugar which still has minerals in them unlike white sugar. Also raw sugar is actually white sugar coated in molasses (the cross section shows this to be true).

1 Like Reply

**Kim**

17 minutes ago

@Steve It's not a drug but, like a drug, you just have to learn how much is bad for you.

Like Reply

**django**

3 hours ago

Experts Shmexperts! Two groups of apparently well qualified people with widely divergent opinions. I smell people trying to sell cookbooks. Don't believe any of them, don't buy their books, eat a balanced diet and do a little bit of exercise. The stress of worrying about these diets will kill you. Paleo Shmaleo!

5 Like Reply

**Stevica**

3 hours ago

I am baffled as to why this is such rocket science. Everything in moderation. Instead of having fast food every day, have fast food once a week, instead of drinking soft drinks every day, enjoy them every once in a while, instead of having chocolate, ice-cream, candy or other similar delicious treat every single day in obscene amounts, treat yourself to them sometimes. Moderation, exercise, plenty of water, good sleep and less stress all come into play here. Easier said than done, but at least aim for it. Goes out to parents and carers in particular. Deal with it straight away, don't wait for it to become a problem. It only gets harder as you get older.

8 Like Reply

**Jeff**

4 hours ago

Cut out ,Sauces,Gravies,and especially mayonaise,And you will have removed a lot of unhealthy high sugar/fat from your diet...Kids drown everything in tomato sauce because it is so high in sugar

1 Like Reply

Braddles

4 hours ago

Eating grains is the fastest way to make you fat. Ask a farmer how to fatten animals quickly. They will



all tell you to feed them grain.

Undoubtedly reducing carbs, in the form of sugars and grains is the quickest way to lose weight.

6 Like Reply



Jeff

4 hours ago

I have never been overweight in my life ,Because I have never worried about what I eat,Also because I grew up in a world free of do gooders ,,I ran around in the sun,,I rode a bike without a helmet,,I built and rode billy cart,,If you want healthy children STOP driving them everywhere,STOP living in AC controlled buildings,,Get outside run around ,Ride a bike,Build something crazy,,Have fun and be healthy

13 Like Reply



L

2 hours ago

@Jeff But the children will either hurt themselves or the boogie man will take them!

1 Like Reply



fifty

5 hours ago

When making mistakes, don't make them once make them often. Top marks to Ms Dumblevy who has again demonstrated her health expertise by conflating type 1 and type 2 diabetes into the one disease. The medical profession and type 1 sufferers are grateful for her breakthrough, she has cracked the great unanswered question for medical science: if you eat too many Mars Bars you get type 1 diabetes. Absolute rubbish, perpetuating ignorance and causing insult; well nothing News there I suppose.

4 Like Reply



Julie

4 hours ago

@fifty Best opening line of any comment I've ever read. Ms Dunlevy's ability to butcher science and medicine is unparalleled in health reporting. I stopped listening to her after some seriously misleading and inaccurate articles about the pharmacy industry.

3 Like Reply



Eric

5 hours ago

I'll wait until next week, then the beer and meat pie diet maybe the way to go!!

6 Like Reply



john

5 hours ago

A continually rising sugar tax (like with tobacco) would provide an incentive for industry to provide healthier food alternatives. Also encourage the non believers to change bad eating habits. Bring it on, as most of us are too dumb, lazy to change without help.

1 Like Reply



MightyFighting

4 hours ago

Shouting out for more taxes is the dumb, lazy way to solve problems.

2 Like Reply



James

3 hours ago

@MightyFighting Maybe, but it's the sugary treat companies that often spend huge amounts on marketing, making huge profits as they prey on society's general inability to fight these

'harmless' cravings . So what's wrong with raising awareness and hitting them where it hurts?
Tax evil every chance you get!

Like Reply



Brett

5 hours ago

It's simple. Fat is not making people fat. Carbs and sugar are. Things like soft drinks, chips, fast foods, cereals, breads, pastas, rice, flavoured yogurts, beer etc, Eat meats, salads, nuts, berries, full fat dairy, eggs, vegies etc.

20 Like Reply



Elizabeth

5 hours ago

We are all going to Die; might as well enjoy your life while you can by eating what you like.

5 Like Reply



Craig

5 hours ago

And die in pain instead?

5 Like Reply



M

2 hours ago

@Elizabeth And be a burden on the health system. Obesity is the biggest killer in Australia. Half of the world's food is wasted. The West is not dying of starvation, it is dying of gluttony. Then you have people who are too fat to work so they get disability support pension.

1 Like Reply



Wynston

1 hour ago

@Elizabeth And then let the tax payers pay for your self induced medical bills.

1 Like Reply



Joy

1 hour ago

How's your BMI? I would suspect a smoker would make much the same comment.

Like Reply



Elizabeth

1 hour ago

But if you are fat then life isn't so enjoyable. Enjoying a mostly healthy life is better. And then treats really feel like treats.

1 Like Reply



Yvette

1 hour ago

With that attitude however you die 20 years earlier, is that what you want?

Like Reply

Michael

5 hours ago



Why were all the earlier posts taken down?

3 Like Reply



Stan

I ate them, they were fat free

53 minutes ago

2 Like Reply



A D

@Stan That's funny!

47 minutes ago

1 Like Reply



fifty

When making mistakes, don't make them once make them often. Top marks to Ms Dumblevy has again demonstrated her health expertise by conflating type 1 and type 2 diabetes into the one disease. The medical profession and type 1 sufferers are grateful for her breakthrough, she has cracked the great unanswered question for medical science: if you eat too many Mars Bars you get type 1 diabetes. Absolute rubbish, perpetuating ignorance and causing insult; well nothing News there I suppose.

6 hours ago

1 Like Reply



Martin

The article states that the food industry uses the same tactics as the tobacco companies - denial, doubt, confusion and 'bent scientists'. Read the rest of the article and you end up confused by the various opinions, denying certain facts, doubting other evidence provide by other 'scientists'. How has something so simple become so complex and so money orientated? Maybe the writer Sue Dunlevy is a smoker....

6 hours ago

2 Like Reply



Stan

Time for my morning donut

6 hours ago

Like Reply



Alan

Too many vested interests and billions of dollars in profits for the real truth to come out.

6 hours ago

5 Like Reply



john

Very true about vested interests, but this is about as close to the truth as we will get. paleo is good.

5 hours ago

1 Like Reply



Tim

It's not rocket science - more energy out than in by exercising, and cut out processed carbohydrates

6 hours ago

7 Like Reply

**Phil**

2 hours ago

@Tim It isn't rocket Science Tim, but it's more complicated than the simple calories in - calories out theory. IT's what the calories are that male ALL the difference. Exercise will make you healthier and more toned, but it does not reduce weight long term.

2 Like Reply

**A D**

37 minutes ago

@Phil @Tim But..... if you are not overweight and exercise does your theory still apply?

Like Reply

**Craig**

6 hours ago

Exactly! Sugar loaded soft drinks should be banned for kids under 18! They are a major cause of childhood diabetes. It is child abuse!

5 Like Reply

**Scott**

5 hours ago

@Craig It's not just soft drinks though. Fruit juices have the same amount of sugar.

7 Like Reply

**Eric**

3 hours ago

@Scott @Craig Silly thing that I learnt, fresh fruit, full of sugar!!!! Fresh Veg, full of sugar!!!!

Like Reply

**A D**

35 minutes ago

@Eric @Scott @Craig But the sugar in fruit (and some vegetables) is not refined sugar. I think it is the refined sugar that is the problem. Yes/No?????

Like Reply

**Sarah**

6 hours ago

I really feel sorry for anyone trying to lose weight - there is so much conflicting information out there and everyone claims to be an expert these days.

Not to mention the fitness supplement industry with so many untested products making ridiculous claims... I'm curious to see the long-term effects of these products on our livers / kidneys / etc.

Healthy nutrition and regular exercise is key. Good carbs over bad carbs. Fresh food over processed food. Plenty of water. It's not that complicated!

16 Like Reply

**Brett**

6 hours ago

Why are pro LOW CARB HIGH FAT comments being censored? Why publish the article if you are going to be dictated to by advertisers and the food pyramid groups?

4 Like Reply

**Michael**

5 hours ago

@Brett Yeah tis good, people with actual advice censored.

1 Like Reply

**Tim**

6 hours ago

So in a few years doctors are going to start recommending everyone has at least 5-6 cigarettes a day. These articles are a joke.

1 Like Reply

**Craig**

6 hours ago

What????? I think you miss the point, sugar is poison, fat is essential! It's no secret, sports people have known this for many years!

5 Like Reply

**dani**

4 hours ago

@Craig but what about all those "energy sports" drinks? they are full of sugar and Sports people are often seen consuming them. What you are saying I agree with though- all those processed carbohydrates.

Like Reply

**Glenn**

4 hours ago

@Tim 5-6 Joints a day is better Tim, keeps me sane and calm!

2 Like Reply

**Yvette**

1 hour ago

And headed for lung cancer, mmm good choice

Like Reply

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