

LIFE

+ HEALTH

EX-UK DIET GURU MAKES IT SIMPLE

His new book eliminates the need to measure

By Cheryl Truman
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To some, he's Dr. Oat Bran, the man who led an '80s America into a diet nirvana based on the humble breakfast grain.

Dr. James Anderson has toiled in the diet wilderness for more than four decades, warning the corpulent and coach potatoes that their lifestyles will exact a horrible toll.

Now, Anderson has written a new book that he says makes it simpler than ever to ditch the weight and stick with a weight-loss program. It's called *The Simple Diet: A Doctor's Science-Based Plan* (Berkley Books, \$15), co-authored with Nancy J. Gustafson, a North Dakota dietitian.

The thing about the Simple Diet is this: It really is simple.

You measure hardly a thing and don't have to cook if you don't like cooking. Just about everything you need is already at the grocery store and costs about \$60 a week. You eat lots of fruits and vegetables and commit to an exercise regimen that burns at least an extra 2,000 calories a week.

Do this, and according to the book, you can lose as much as 50 pounds in 12 weeks.

"If a diet requires people to carefully measure out everything, that gets tedious," Anderson said in a phone interview from Hermitage, Tenn., where he retired from the University of Kentucky to be closer to family. "The components of our diet are pre-measured and pre-weighed."

That said, this might not be the diet for you if you find yourself put off at the thought of protein shakes. But Anderson is a fan, saying shakes are filling and provide a boost of protein and other nutrients.

So on his diet are shakes from Special K, Slim-Fast, Revival Soy, GNC and Slim-Rite. Entrees will come from supermarket brands including Smart Ones, Healthy Choice, Lean Cuisine and Michelina's.

Although the diet is simple, it doesn't promise weight loss without giving up the Cheetos, cheeseburgers and chocolate layer cake. And there's no way around the exercise.

Simple Diet followers eat lots of fruit and vegetables, although Anderson warns to pick berries and spinach more often than heftier foods such as potatoes and bananas,

See SIMPLE, C4

JOHN SOMMER | ISTOCKPHOTO

QPR is CPR for the suicidal

Training session can help to monitor friends, family in crisis



**MERLENE
DAVIS**
HERALD-LEADER
COLUMNIST

The death of Don Cornelius, creator and host of the dance show *Soul Train*, caught many by surprise. The surprise turned to shock when it was revealed he apparently had committed suicide.

Why would anyone who seemed to have success on a leash take his life?

There are plenty of theories and danger signs, but no sure answers. And our youth and military service men and women seem to be the most vulnerable.

According to the Kentucky Suicide Prevention Group, suicide is the No. 2 cause of death among young people in this state. Accidents are first.

Plus, according to the Department of Veteran Affairs, a veteran takes his or her life every 80 minutes. According to a report released in

November by the Center for a New American Security, former service members represent 20 percent of the nation's suicides, but only 1 percent of the population.

Those statistics startled Kathryn R. Abernathy of Lexington. She had attended Operation: Headed Home, a conference for veterans, family members and health professionals that addressed the needs of military personnel with traumatic brain injury and post-traumatic stress syndrome.

See DAVIS, C4

Educators are slow learners about rewards, self-esteem



**JOHN
ROSEMOND**
SYNDICATED
COLUMNIST

The media recently reported "new" research findings that rewards often backfire and that self-esteem is not the wonderful, uplifting personal attribute once thought. As a result, schools are rethinking their teaching and classroom-

management philosophies.

Wrong again! Research showing that rewards often backfire and revealing the dark side of self-esteem has been available for quite some time. The Internet permits anyone to find this information. This supposedly "new" stuff simply illustrates the disconnect between research and practice in American education. More directly put, educational

See ROSEMOND, C4

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