

FOREWORD



Read This First

By Mark Lupo M.D.

When my first patient came back one hundred pounds lighter, healthier and happier, after following The Anderson Method, it got my attention. She tried to get a handle on her weight problem for years. When we first met, she thought reaching her ideal weight was impossible. She felt hopeless. She was suffering from diabetes and high blood pressure. She hated her body, and her weight was getting worse.

I had just learned of psychotherapist Bill Anderson's unique weight control method, and she was the first patient I referred to it. Imagine my surprise when she appeared for her next visit having lost fifty pounds! And she said it was easy! Then she came back having lost one hundred pounds. Now at 120 pounds at five feet, four inches, her success is something none of us could have imagined.

And that was just the beginning. Patient after patient started returning for follow-up visits after being referred to The Anderson Method. They all had similar stories. They were

solving their “impossible” weight problems, shedding the extra pounds and the health and emotional problems that came with them, and calling it “easy.” I knew something very new and very big was happening.

I am an Endocrinologist, a doctor who specializes in metabolic disorders and the endocrine system, the body’s network of glands that send the chemical messengers that are the language of your physiology. I trained with the country’s top experts in medical weight loss, the doctors who most want to find a medical solution to our number one preventable public health hazard—obesity. When patients seemed to stay overweight no matter what they did, doctors sent them to me for treatment with pharmacologic therapies and clinical dietitians.

It was supposed to be a straight-forward process. The problem was, most of these patients didn’t have glandular problems. The mystery was many of them didn’t seem to eat any differently than thin people, yet still had excessive weight gain. After working together for a while, we found that the problem was more of a lifestyle problem than a metabolic one. They just couldn’t live with what they had to do to lose weight and couldn’t live without doing things that made them gain weight. Their habits had control of them, and they felt helplessly in the grip of their food addictions. Medication and surgery couldn’t address their underlying problems. Even if the patients lost weight with a “quick fix,” it didn’t change their lifestyles, and they gained the weight back. We didn’t have a way for patients to get control of the habits and compulsions that had control of them.

In April of 2004, I met psychotherapist Bill Anderson. He intrigued me with his behavioral program of Therapeutic Psychogenics and his own success over his severe weight problem. The program’s objective, he explained, was to create a permanent change in habitual behavior and thinking. I knew from my experience with patients, and medical research, that a comprehensive behavioral approach like his was the answer.

The Anderson Method

He explained most clients' problems as akin to addiction. Bells went off in my head. I knew he was on the right track, and I started referring patients to him to see if he could help.

The rest, as they say, is history. Scores of patients started coming back with their success stories. They lost significant amounts of weight and achieved greater success than medications produced. They were able to stop taking medications for high blood pressure and diabetes. They had more energy and less depression. The very same patients who six months earlier had hoped a thyroid problem would be the explanation for their "inability" to lose weight were back, happy to have finally found a solution that worked. As more learned of the results his methods produced, his waiting list grew to more than a year to be able to see him. He has now trained associates in his method to duplicate his success.

Now he has written this book to introduce his ideas to you. Linda Carson, the ABC7 news anchor, lost seventy pounds and her lifetime weight problem with The Anderson Method. She and I think that just reading this book can enable a person to solve their weight problem. Perhaps you can find the answer to your weight problem in these pages. However, don't try to be your own doctor, especially if you have conditions like high blood pressure or diabetes. If you decide to make changes so you can lose weight, check with your doctor to make sure you're still doing what you need to do to be healthy.

Whether you need to engage in a formal program or not, the seeds to your success are in the following pages. Through learning about The Anderson Method, I have come to believe that success is possible, no matter how much you have struggled and failed. This book will put you on the right track, in a world where it has been terribly obscured.

I have devoted my life to the healing arts. There have been so many times I have wished to change things that were just beyond my ability to control. So, I am so happy to be able

William Anderson

to refer you to this knowledge that has given people just that power. Whatever you suffer, whether it is feeling lousy about your weight, scared because of diabetes and heart disease, sick and hopeless, or just unhappy with yourself, dare to believe you can get better. Dare to believe you can be free of the curse of your weight problem. Imagine what your life would be like if you could solve it. Read on.

Mark Lupo, M.D.