



# ALL THOSE DIETS

WHAT WORKS  
—OR DOESN'T WORK—  
FOR YOU

Thanks to everyone who sent us stories of your experience with dieting. It seems there are many ways to attain your healthy weight. You just need to find the one that suits you. You can see more stories on this topic at our Web site. Next month we'll publish your pictures and stories from the old days [Deadline was Dec. 15]. To see the other topics in our "Nothing Could Be Finer" series, go to page 20.

## **Spirituality, will power, exercise**

On this day, Nov. 1, 2006, I can tell you what is working for me now regarding losing weight. If I had written this story a year ago, I couldn't tell you.

My spirituality is helping me today to finally eat healthy. You have to have strong will power, and you must exercise also. I've been overweight for many years. There have been weight losses and weight gains, which is not good for anyone. Each person goes through something different when trying to lose weight. I've arrived; I'm finally doing it.

My 7-year-old daughter and I walk every day. She's overweight also, but she tells me, "Mama, I'm ready to lose weight." I'm writing this story hoping that it will encourage someone or some family to begin to eat healthier and exercise. It's never too late to get started.

*Larecia Bullock  
Oxford / Wake EMC*

## **Eating right**

I have battled a weight problem my entire life—the ultimate yo-yo. After the birth of my son, I was heavy and unmotivated to attempt another diet. I stayed heavy for about three years. At that point my mother found out she had diabetes. However, she continued to eat whatever she wanted. Basically, I became angry because I saw that food was so important to her that she put food before my father, her children and her grandchildren—before basically everything. Uncontrolled eating of processed, unhealthy, sugar-laden food was ruining her health.

I decided right then that I was going to start eating the right foods—healthy foods and responsible foods so that I did not continue to make food my idol as well. I've lost 50 pounds and kept it off for several years. My mother is starting to eat right also!

*Rebecca Rabon  
Locust / Union Power Cooperative*

## First Place Bible study

This title, “Diets & Me” is the whole reason the diets I have tried in the past have failed. Of course, it was for me that I attempted the diets in the first place. I was focused on myself. I wanted to look better and feel better for myself.

It was because of an obedient heart that I tried First Place. First Place is a Bible study about weight loss. The whole concept was to put Christ in first place in our lives rather than our personal desire for food. It was all becoming clear to me now. It was not about diets and me but about making my body an acceptable dwelling place for the Holy Spirit (I Corinthians 6:19 & 20). It was then that the pounds came off—40 of them to be exact. I am healthier now because Christ is my focus, not myself. To God be the Glory!

*Aurelia Lagle  
Harmony | EnergyUnited*

## Exercise for the “A”

From the time I was 8 years old until I was 14, I was chubby. My brother would call me “Porky.” In January 1995 I stepped on the scales, and I was very disgusted. I have tried diets in the past, which normally lasted one day because I was starving to death! I was dreading the health/PE class I had to take in high school because I was going to have to make myself run around the track every Wednesday to receive an “A.” I was an “A” student, and I was determined that no PE class was going to knock me out of that. I had also set a goal to lose weight and *really* do it this time.

I cut back what I was eating and got plenty of exercise, even if it meant putting my feet under the couch to do sit-ups. At times, I made my brother—the one that called me “Porky”—hold my feet for me. My parents can tell you that I did a lot of jumping rope and jumping jacks that semester. It was nice hearing the comments, “Kristi, you’re looking good!” And, “How much weight have you lost?”

By October of that same year, I dropped 52 pounds. I had accomplished what I wanted—to be skinny and to say goodbye “Porky!”

*Kristi Edwards  
Mt. Airy | Surry-Yadkin EMC*

## TOPS

For years I tried many diets. I would lose the weight and gain it back. I found an ad for TOPS which stands for “Take Off Pounds Sensibly.” I received a lot of support from this non-profit weight-loss group.

The first thing I did was start walking five to seven days a week for 30 minutes, and every two weeks I would add five minutes until I was walking for one hour. I cut out all soft drinks, tea, rice and bread. I drink water and Crystal Light sugar-free pink lemonade. Going to TOPS and getting on the scales every week helps keep me on track. This December will be one year for me that I have lost 60 pounds and kept it off. For the support of TOPS, visit the Web site at [www.tops.org](http://www.tops.org) or call (800) 932-8677.

My TOPS diet:

### Breakfast:

Coffee  
Kashi Cereal (dietary fiber 6 grams or more)  
Skim milk  
Fruit  
Water

### Lunch:

Turkey sandwich (whole wheat bread)  
or grilled chicken salad  
Apple  
6 Animal Crackers  
Water

### Snacks:

Nuts (handful of almonds)  
Apple  
6 Animal Crackers

### Dinner:

Baked fish or chicken  
Baked potato  
Salad with low-fat dressing  
Fruit  
Water

### Dessert:

Sugar-free Jell-O or  
½ cup orange sherbet ice cream  
or Animal Crackers

*Vickie Little  
Matthews | Union Power Cooperative*

## Cabbage soup?

Oh no, the scales couldn’t be right! My weight just seemed to be going up again. I’ve always had to watch my weight. I lost weight as an adolescent when I stopped eating four homemade biscuits with butter at each meal. They would melt in my mouth. It was like a little taste of sunshine, but the sunshine put the pounds on me.

Now I was in my early 30s, a home economist and a mother of a young daughter. I wanted to shed about 10 pounds, so along came the cabbage soup diet. It sounded simple and easy. Just eat cabbage soup for one or two meals a day. I knew I could do that. I cooked up a big batch of soup to have in the refrigerator to eat after a hectic day at work. However, the cabbage soup diet only lasted a week. It tasted awful. Finally, I couldn’t eat anymore, and I threw it in the ditch. The dog wouldn’t even taste it either.

At age 57, I have found that the Curves diet plan of sensible, balanced nutrition and exercise works best for me, and I feel good!

*Mary Kay Cox  
Four Oaks | South River EMC*

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## Weight Watchers

Growing up in the South you know that fried foods are a part of everyone's daily meal consumption. After my daughter was born I topped out at 247 pounds. My friends at work talked me into joining Weight Watchers. It worked well. I lost 30 pounds in six months. During the sixth month I found my body craving foods that I could not have. I mean foods that I would not allow myself to consume. The support from the Weight Watchers meetings was helpful and gave insight to ways I could incorporate exercise into my daily schedule without taking time away from my family.

My daughter was born in 1999. I began the diet with Weight Watchers in 2001. Sure, I tried Atkins, South Beach and the Mayo Clinic diets. They were not easy to stick with. Those diets did not have a support system to hold me accountable for my weight loss. I have not strayed from the Weight Watchers Point System in the last five years. I currently weigh 181 pounds. With this diet I can eat regular foods, go to restaurants with my family and see the results in the size of my clothes and in the mirror.

*Staci Harper  
Lillington | South River EMC*

## Watch those salads!

The spring my daughter was 10 (she is now 32); I wanted to lose a few pounds. I always took her camping on vacation, so I decided to eat only salads for a few weeks to get ready for my bathing suit. I stuck to salads day in and day out.

At the end of the first week I weighed myself. To my shock and surprise, I had gained weight! Those unwanted pounds came from all the salad dressing I had put on all those salads.

*Laura Davis  
Yadkinville | EnergyUnited*

## Think of what you gain

I do something that works that most people don't do because they want the easy way out. Like I once did.

I use an eating plan of mostly healthy foods. I watch portion sizes and exercise, exercise, exercise. For a couple of years I tried half-heartedly to lose weight. Then, the day my sister told me she was getting married and wanted me to be her matron of honor, I decided I had to do something right away.

I have lost 63 pounds in a year. I feel great! You just have to commit yourself and be willing to do it, not just for yourself but your family as well. Because when mamma is happy everyone is happy. You gain so much by losing weight: confidence, self esteem and happiness. Good luck to anyone trying, and I hope I have inspired just one person out there to do it.

*Chris Baker  
Monroe | Union Power Cooperative*



## My DEW plan

I have spent a lot of my adult life dieting. It seems that all diets work while I am on them, but when I go off a diet I gain the weight back plus a few pounds. I started examining diets. Most diets have us eating what we should be eating and leaving off the foods that we should avoid. I decided I needed more than just a diet.

I thought up the acronym DEW, which stands for diet, exercise and water.

If we avoid some things like sugar, fats, starches, white breads and the like, our bodies would be much better off. If we start a replacement regime in our eating, wouldn't we become healthier? I have some concrete examples that I use. Instead of cakes, cookies, candies, pies and puddings, I allow myself to have any raw fruits that I want. Instead of meats that contain lots of fat, I allow myself to have as much beans, fish, chicken or turkey that I want. Instead of having a dessert at the end of the meal I allow myself to eat a garden or other type of salad before I eat my meal. I know I can naturally cut down on fats by eating foods that are known to cut down on LDL (bad cholesterol) such as oatmeal, vegetables, whole grains and the like.

I started drinking as much water as my body wants and cut down on the coffee and diet sodas. I don't guess there is anything inherently wrong with my coffee and diet sodas except that they cut down on the amount of water my body wants.

I guess the best thing I can do to help attain my ideal weight is to cut down on my couch time and get out and exercise. It is a known fact that any calories that we take in above what our body needs will be stored as fat.

Most diets work if accompanied by a change in lifestyle. You must commit to diet, exercise and water for the rest of your life. 🍷

*Donald M. Campbell  
Rutherfordton | Rutherford EMC*

## Send us your best Earn \$50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

### March 2007 Pests and Weeds

Tell us how you control them in your garden.

*Deadline: January 15*

### April 2007 The Dumbest Souvenir I Ever Brought Home

Where did it come from and why? Send photos, if you have them.

*Deadline: February 15*

### May 2007 How We Saved Energy

Good ideas for home, at work, or on the road.

*Deadline: March 15*

### June 2007 One Time at Summer Camp

Your best summer camp story. Send photos, if you have any.

*Deadline: April 15*

### The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616  
Or by e-mail: [finer@carolinacountry.com](mailto:finer@carolinacountry.com)  
Or through the Web: [www.carolinacountry.com](http://www.carolinacountry.com)