

# FIT Reading away the pounds

BY PERRIE SAMOTIN  
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The thought of dropping a few pounds post-holiday has probably crossed a few minds. But with so many diet books packing the shelves, it's hard to know which one's for you — especially when the information can be conflicting. To get you started, we pinned down six new slim-down programs and outlined their basic principles.

## The Park Avenue Diet

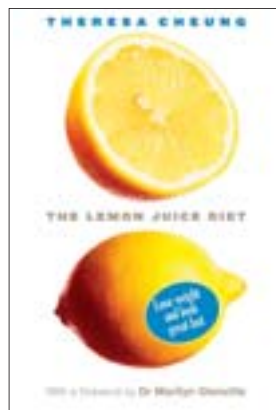
**The Complete 7-Point Plan**  
By Stuart Fischer, MD

Dealing more with a general image overhaul than full-on weight loss, the seven points the title refers to are: weight, physique, hair, skin, clothes, confidence and interpersonal skills. To drive the point home, Yale-educated Fischer brings aboard



"experts" to offer advice — though some of his contributors are props to up the glamour factor (socialite Tinsley

Mortimer is the interpersonal skills "expert"). While the book offers more tips on makeup, grooming and personality than dieting, it does include menus and workout schedules.



## The Lemon Juice Diet

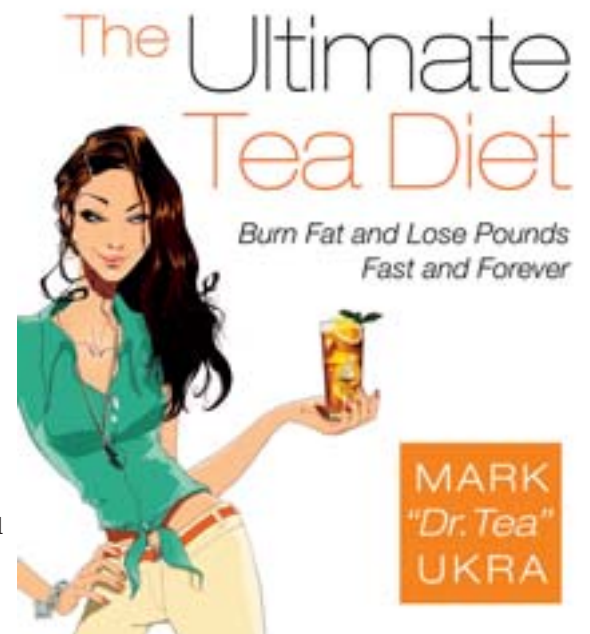
By Theresa Cheung

This easy-to-read book outlines how lemon juice is a dieter's best ally, speeding the absorption of vitamins

## The Ultimate Tea Diet

By Mark "Dr. Tea" Ukra

If you haven't guessed, the hook here is pretty much drink tea, lose weight. Ukra, or "Dr. Tea" as he's apparently known, goes into some heavy explanations of the "Tea3": tea's three weight loss ingredients (caffeine, L-Theanine and a chemical compound known as EGCG). It also breaks down tea's role in fighting heart disease, cancer and other ailments. Ukra helps readers ID what type of tea they like and suggests they drink it "all day, every day." He provides menu options and exercise tips.



to kick-start your metabolism. The diet begins with an optional lemon concoction, which can be drunk for 24 hours to prepare your body. From there, the author simply integrates fresh lemon juice into a long-term eating plan and provides meal options and recipes. The diet, more or less, follows the principles of the Mediterranean Diet, but with an emphasis on lemon juice.

## I Can Make You Thin

By Paul McKenna

Called the "Dr. Phil of the U.K.," hypnotist McKenna's get-thin method isn't a diet, it's a psychological regimen. He claims all food-related decisions

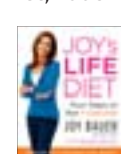
occur in our mind and we need to re-program the way we think about food.

While you won't find recipes or menus, you will find hand motions that claim to knock cravings down a few pegs and a hypnosis CD. Not for the dieter looking to drop a few holiday pounds, but rather those who err on the side of compulsion.

## Joy's Life Diet: 4 Steps to Thin Forever

By Joy Bauer, MS, RN, CDN

Probably the most traditional "diet" book of the lot, Bauer — a fixture on the



Today Show — attempts to teach desperate dieters easy ways to lose weight through four steps (release, relearn, reshape and reveal). The author promises readers will experience less bloating, better sleep, sharper memory and fewer mood swings within the first week.

The book provides daily menus, tips for restaurant lovers and appealing recipes.

## The Instinct Diet

By Susan B. Roberts, PhD

This eight-week, three-stage plan shows readers how to work with their instincts to keep weight off. Roberts — a Tufts University nutrition scientist — asserts that our instinctive eating

behavior falls into five categories: hunger, availability, calorie density, familiarity and variety. Menus and recipes are included, as is an appendix packed with nutrition info for common foods. While the premise is interesting, the book may be hard to follow for neophytes, but gets easier as it goes on.

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