

The No-Diet Diet

Cal Smith's new 'No-diet Diet' is destined to become the most popular weightloss book of all time, with international sales projected at more than 20,000,000 copies over the next four years.

These projections are based on the book's promise that you can lose weight quickly, without hunger or exercise. According to the author, the main requirement for weight loss, is that you eat lots, eat often, and eat foods you like – thus the title 'No-diet Diet'.

Such an appeal is irresistible to people used to overeating, particularly when they are encouraged to eat a lot of pancakes, muffins, baked goods - things that are taboos with most diets.

The only shift required is away from fat-generating sugars, starches, and saturated fats to high-bulk, low-calorie foods like pancakes. And here is where Smith's diet plan really hits a home run! It introduces okara as a 'miracle' diet food, and promotes it with a 30-page section of low-calorie recipes for okara pancakes, muffins, hamburger, sausage, sandwich spreads and soups.

The principle is sound. The low energy (calorie) content of okara is the main reason no one but the poorest of peasants, in the poorest of countries ever ate it, in spite of its high protein and fiber content. Unlike people in first-world countries, most poor peasants need more calories, not less.

Okara is highly nutritious by-product of making soymilk and tofu but, because it provides only a small portion of the energy required for normal daily activity it never became popular until recent times. It was eaten only by animals and the very poor. This very fact is, however, the reason why okara provides the first real hope for the ballooning obesity problems of the Western World.

At this time, however, okara remains almost unknown in the very countries that need it most, to help alleviate some of the health problems associated with obesity. The US for example, spends nearly \$200-billion annually fighting type 2 diabetes, heart problems, arthritis, and cancers caused by overeating.

Through his book, and another planned for release in the spring of 2008, Smith hopes to popularize the use of okara wherever obesity is a problem. He will be looking for publicity and distribution support from the Media, Health organizations, Government agencies, and the UN, in an effort to help people everywhere to regain their good health and youthfulness.

But even without okara, the No-diet Diet is a sure-fire weight loss program. There are many other delicious foods that are high in bulk and low in calories, and the book provides a very close look at most of them. It also stresses the need for increased daily non-exercise activity, and shows how seemingly simple pastimes, like photography and bird watching can help reduce both weight and depression.