

Prologue

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Some might consider it silly to write a how-to book in field already crowded with such books. This was the main doubt that stayed with me as I wrote this book on weight reduction. I had even more misgivings when I realized that my book would have no slick gimmicks or profound scientific breakthroughs to push its way into the Western consciousness. But I think that the simplicity of this book reflects a general philosophy of mine: simple things, such as weight loss, should not be made complicated. And *The Daily Diet Score* contains a simple plan for you to lose weight.

Now, why would I be qualified to write such a diet book? Because I'm a doctor? Hardly. My medical training is in surgery, not nutrition. (To be fair, I should mention that all physicians do receive some education in nutritional sciences.) It certainly helps, though it is not essential, to have a medical background if one is going to interpret information from the medical literature. But being a doctor by itself does not make you an expert in anything, let alone weight loss.

So what else might qualify me as a dietary expert? Have I been there and back? That is, have I attempted and failed all weight loss schemes, and thereby gained some Buddha-like wisdom in my approach to dieting? Well, no, not that either... Am I a world-renowned scientist in nutritional science? While I might characterize myself as *a* scientist, I surely am not the Einstein of Fat.

What I have been doing for more than a decade is following the fields of obesity and weight reduction. As a physician, these are difficult areas to avoid. Most patients will be interested in losing weight at one time or another. If you're a physician, you can be guaranteed being asked about obesity, weight loss, nutrition, and so forth. So in order not to appear dumb, I

have made it my business to be knowledgeable about these issues. As I learned more, I became convinced that I had to write a diet book which would be grounded in reality.

In addition to following the pure scientific advances, I also have been keeping an eye on the diet plans and less-than-scientific “treatments” for obesity. There is an ongoing proliferation of weight reduction schemes which claim to take off the pounds quickly and painlessly. Almost without exception, none of these plans are realistic, except in their plan to turn a profit for the author.

Weight loss is a multi-billion dollar business, and I would be lying if I said that I never considered the dollars that a successful diet book could generate. In fact, I hope this plan is wildly successful, and makes a huge amount of money. And here’s why: I want to direct the profit of this project into biomedical research. Specifically, biomedical research on cancer and wound healing. I spend a large portion of my time performing research on the latter. So, if it matters anything to anybody, money generated by *The Daily Diet Score* will be put towards tackling some major problems in biomedical research.

But back to *The Daily Diet Score* itself. The dietary method described in this book requires no special equipment or training. This method is based on our current knowledge of weight reduction, without any fakery. Not surprisingly, the method in *The Daily Diet Score* will require some effort on the part of the dieter—because, as it turns out, no successful weight loss program is effortless. I will speak candidly in this book, and sometimes the truth will be depressing. Nevertheless, *The Daily Diet Score* is full of hope.