

CHAPTER 1

What Is the Hamptons Diet?

The Hamptons are a forty-mile stretch of land on the southern shore of Long Island in New York State. First settled in the mid-1600s, the area boasts 300-year-old trees, hundreds of acres of farmland, gorgeous dunes, sea cliffs, and stunning beaches. The Hamptons didn't really "arrive" until the late 1800s, when the railroad was built from New York City. From that era up to the present, the eastern end of Long Island has been synonymous with the good life: sun, fun, glamour, and lots of money.

The "country"—as some of us city dwellers call the Hamptons—is one of the most beautiful places on the planet. It is a place where you can leave your doors unlocked, know everyone by his or her first name, can see the stars at night in all their glory while hearing the ocean's roar, yet can still have a great meal. The houses are picture-postcard perfect, the gardens are lush and inviting, and the oceanfront and the beaches have been voted among the best in the world.

Each season has its own special allure. Autumn brings dazzling colors as far as the eye can see. Spring blossoms with an amazing array of gorgeous flowers wherever you turn. Even in the winter, the towns have an unsurpassed charm. Small, tasteful, beautifully lit trees

line every Main Street for the holidays, and some Christmas trees even seem to float in ponds.

I have a summer home in East Hampton, and the Hamptons Diet was formulated with the belief that millions of people want to be thin, rich, and famous—like many of my clientele. Since most of us will never be any of those things, this book will show you how to accomplish two out of these three goals: You can be rich in the one area that counts—monounsaturated-rich (I'll explain later)—and thin, by following this well-tested diet, used by many of my Hamptons clients. The Hamptons Diet will help you lose weight and achieve a healthier lifestyle.

This book differs from my first adult diet book, *Thin For Good*, because this one really gets down to basics. *Thin For Good* explored much of the science behind insulin resistance, metabolic syndrome (Syndrome X), and diabetes. *The Hamptons Diet* provides the simple tools you'll need to get healthy by eating more nutritious foods. The diets in both books are a modified low-carbohydrate approach, but the Hamptons Diet is more streamlined. This book draws on the wealth of knowledge I've gained from treating many more patients since *Thin For Good* was released. *The Hamptons Diet* also draws on scientific discoveries that have been made since then. Now you can embark on the most current and up-to-date low-carb diet available, while taking advantage of the newest technology—the health benefits of monounsaturated fats.

Ooooh, how rich and sinful! That's the most common expression I hear when I explain to newcomers the basis of the Hamptons Diet. They can't believe that they will lose weight while being so indulgent. Well, that is the basis of the Hamptons themselves—indulge yourself and be fabulous because of it. If you have ever been to the Hamptons, the first thing you will notice is that the place is not about depriving yourself, but rather is about indulgence. It wasn't always that way; the Hamptons are rooted in old Yankee traditions, more New England than glitzy New York. But, like everything else, the Hamptons have changed with the times and always stay one step ahead. Now I'm giving away the secrets of the stars so we can all be thin and healthy.

In *Thin For Good*, I brought the Atkins philosophy to a new level by teaching people that they could eat healthy complex carbohydrates while maintaining a low-carbohydrate lifestyle. *The Hamptons Diet* goes even further, by showing the dramatic changes that you can make in your life by simply eating healthful oils.

Fat Is Not a Bad Word

The first meaning of the word *fat* that I can recall was that it meant *me*. That's how I identified myself. I was a fat kid—no getting around that. I was the largest boy in my class. Fat was simply descriptive of who I was. Everyone in my life was fat: both of my parents, my siblings, and most of my extended family. Being fat was normal, so the word wasn't really a problem for me.

Food held a *very* prominent role in my life. Every meal was an extravaganza. During this time, I learned that a single serving of ice cream was a pint. Not until college did I find out that other families do not start each meal with a pasta course. I was shocked to discover that pasta, in and of itself, could be a meal.

This was also when I began to understand the power that food could have. Food could comfort you, be your best friend, take the edge off a bad day, go to the movies with you, and just plain be an activity all unto itself. Food was my favorite companion: While watching TV, I'd eat; if listening to the radio, I'd eat; when lying by the pool or on the beach, I'd eat; while reading a book or doing homework, I'd eat. I used to plan activities around which foods I could eat by taking part in that activity. I associated events with food. Going to the ballpark meant hot dogs; going to Little League meant ice cream. I participated simply for the food. It's no wonder people constantly made fun of me for being fat.

After several years, I began to examine an alternative lifestyle—being thin. But I didn't know where to begin. Eventually, I succeeded by using a diet plan that's very similar to the one you'll read about in this book.

In 1994, I joined the practice of Robert Atkins, the late famous diet doctor, and fat became my friend. He touted the message of “Eat all the fat you want. Fat will set you free. Fat doesn't give you cholesterol, sugar does. Eat fat and get thin”—what a perfect message for an overweight person. That experience was mind-opening. I witnessed thousands of people losing weight and getting healthy, yet modern science told me that everything he said was wrong and scandalous. Keep in mind that I started working with him before his work was vindicated and before his work was back on the best-seller list. This was all new to me.

As a scientist, I wanted to know more. I wanted to know where Dr. Atkins's beliefs came from and why this plan worked. This led me

to my present quest. The study of fats and oil is fascinating and wrought with intrigue, drama, politics, backstabbing, and science. It's one great big scientific epic soap opera.

For now, the evidence clearly points to the proper fats one should eat. With up to 40 percent of all Americans choosing to watch their intake of carbohydrates, their diets will subsequently be higher in fats. People need to receive a clear message about which fats to eat and which to avoid. That message has been very understated until now. Since we all agree that there are healthful fats, which ones are they?

As the former associate medical director of the Atkins Center in New York City, the “all-fat-is-good-for-you” message was the main thing that Bob Atkins and I disagreed on. In *Thin For Good*, I differentiated my diet message from his. In this book, I will focus much more attention on the health benefits of some fats and the need to avoid certain other fats. This is information that my audiences have clamored for.

The Hamptons Diet will teach you how to lose weight, get healthy, and eat really well in the process. The diet will work to ameliorate the problems of insulin resistance, Syndrome X, diabetes, cardiovascular disease, cancer risk, allergies, and asthma. The Hamptons Diet is a breakthrough method to decrease inflammation, decrease health risk, enhance energy, and prolong life. You will learn how to diet by learning about fat.

I told you my story because I wanted to write this book not as a doctor but as someone who is out there in the trenches with you—trying to sort everything out and make sense of all the confusing nutritional data that abounds in our society, and stay thin, too.

The one diet that has been significantly studied—and which I have modified in *The Hamptons Diet*—is the Mediterranean diet. This diet, in particular, has been vindicated in many recent studies as the healthiest way to eat. By eating this way, you can lower your risk of heart disease, diabetes, and arthritis and live longer in the process.

The basic premise of the Hamptons Diet is to eat more vegetables, fish, and omega-3 fatty acids and to consume most of your fats in the form of monounsaturates, a premise shared by the Mediterranean diet. The primary monounsaturated fat that is used in the Mediterranean diet is olive oil. Modern science now knows of an oil that has even more monounsaturated fat than olive oil, up to 30 percent more monounsaturates: macadamia nut oil. *The Hamptons Diet* updates

this important dietary concept of Mediterranean eating by enhancing the most significant part of the program, making it more monounsaturated-rich by using macadamia nut oil. The Hamptons Diet contains some of the most up-to-date science available. A study published in the *American Journal of Clinical Nutrition* in February 2004 by Dr. Christine Pelkman reported that moderate-fat diets rich in monounsaturated fats were better at reducing weight and lowering risk for cardiovascular disease, and they were easier to follow.

This book will reveal the wonders of macadamia nut oil, one of the highest food sources of monounsaturated fats in the world. You'll learn why it is sanctioned by the Australian Heart Association and given to cardiac patients for its health benefits. Macadamia nut oil is one of the best features of this diet program. If macadamia nut oil is not available in your area, check the resource section of this book. In my opinion, the finest macadamia nut oil is imported from Australia. If you don't like macadamia nut oil—not that I've ever known anyone who doesn't—or if you're allergic to nuts, then an estate-bottled extra virgin olive oil is the second-best oil to use on this diet program.

The Hamptons Diet includes all the health benefits that come from eating lean meats, fish, vegetables, and fruits, coupled with the richest source of monounsaturated fat, macadamia nut oil. I think this is the healthiest diet program currently available. In this book, you'll learn how I improved on the USDA food pyramid by devising the Hamptons Diet Pyramids.

Can you face a life without bread, pasta, ice cream, and all the good stuff? Everyone who tries a low-carb diet faces this question. Brady, a twenty-eight-year-old father of two, asked me the same thing. He is a trader on Wall Street and is used to the perks that come along with that position—fancy clothes, fancy beach houses, and lots of winning and dining. He had only about twenty pounds to lose. His real reason for seeing me was that his stomach really bothered him. He had constant gas and a bloated feeling throughout the day, which became worse after he ate anything. He also had an urgent need to move his bowels immediately after each meal. He experienced acid reflux and was taking a little purple pill that he really didn't want to take. He had been diagnosed with irritable bowel syndrome.

After ensuring that he had no real serious gastrointestinal issues, I outlined his monounsaturated-rich diet program, which was

designed to eliminate his need for any reflux medication and to correct his bowel disturbances. I explained that he was experiencing so many of those symptoms due to an imbalance in his digestive tract—the underlying cause was inflammation. To correct that, he needed a diet that specifically eliminated inflammation. Since monounsaturated fats do this, the Hamptons Diet was for him.

Although he'd never been on a diet in his life, he stuck to the tenets of this one completely and was a model patient. He lost twenty pounds, went from a size 36 waist to a 32, and, after the first week or so, never had any other bowel problems or acid reflux. It has now been three years since he first started his monounsaturated-rich lifestyle. Brady admitted that since he was a novice dieter, he was a little confused at first, but after the first two weeks, he had all the tenets in place and found the diet easy to follow. Brady did it, and he was so impressed with his success that he referred everyone he knew to me—the clearest indicator of how successful a diet is.

The Hamptons Diet is for you, if

- You want to lose weight and get healthy.
- You want to drop dress sizes or pants sizes.
- You want to feel great.
- You believe in low-carbohydrate dieting but don't want to give up all carbohydrates and want to eat only the healthiest fats.
- You want to eat really well, since eating well is the best revenge.
- You want to be monounsaturated-rich.
- You are over the age of twelve—anyone younger should be following the diet outlined in my first book, *Feed Your Kids Well*.

The Hamptons Diet provides you with guidelines that will help you make healthy eating choices. The diet is a modified low-carb approach that also teaches you how to eat *healthy* carbohydrates without gaining weight. It allows you to eat fat but not all the fat you can eat and only the *healthiest* fats.

So, let fat back into your life and into your kitchen. Let's try to make this word have a really good meaning: fat = thin = happy = healthy = longer life. Enjoy the book. Eat good fats. Embrace the Hamptons lifestyle, even if you have never been to the beach or live far away from the ocean. Get thin and healthy in the process—you can lose up to fourteen pounds in just two weeks! Most important, have fun.