

The Skinny on Cycling  
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I didn't set out to lose 100 pounds. When things started to change for me, I weighed 317 pounds and it was my sincere hope to get down to 250. If I could get down to 225, I was pretty sure that I would have a line of supermodels, Ed McMahon, and the Jaguar delivery guy on my door step, because I'd be the luckiest guy in the world.

It was two years ago this Easter that I started the Sugar Busters diet. I had tried countless diets over the years with varying levels of success. But, at this point two years ago, my mom had lost about 50 pounds and didn't seem to be suffering too much. After our traditional Easter dinner, we talked a little about her weight loss and I borrowed her copy of the book: The New Sugar Busters! – Cut Sugar to Trim Fat. I read the entire book that evening while lying in bed, feeling bloated from eating that marvelous Easter dinner.

The basic principles of the Sugar Busters diet are:

- Sugar in the body causes the production of insulin.
- Insulin encourages fat storage in the body.
- Eating whole foods with low glycemic values (slower burning sugars) yields less insulin production and therefore less fat storage.

There's more to it and I suggest you read the book, but that'll get us started.

This concept was completely foreign to me, but I'm an insulin dependent diabetic and the ideas of using less insulin and losing weight sure sounded appealing. So, the next morning, I started the diet. I said good bye to food containing sugar, honey, refined wheat, rice, corn, potatoes, watermelon, pineapple, raisins, ripe bananas or any food high on the glycemic index. My diet was suddenly filled with lots of fruits and vegetables, meat, cheese, beans. The very things that this bacon, Wonder bread, Velveeta and Miracle Whip sandwich devotee would not have been caught dead eating!

Since then there have been only a few teary-eyed moments of pain and longing for sugary, refined foods. I've had some brilliant moments re-discovering fresh strawberries with homemade whipped cream, sweetened with Splenda. I've also had some not-so-brilliant moments discovering that brownie recipes that use black beans as the main ingredient are just awful, no matter how many weight loss web sites extol the virtues of these hideous chocolate abominations. So, although not always easy, Sugar Busters has worked for me and for many others who've tried it and have stuck to it.

I wasn't a cyclist when I started this diet. However, like most of you, I would now rather be in the saddle than on the couch, and I'm not too embarrassed to wear spandex cycling shorts in public anymore! But most importantly, when I'm traveling for work, my eye tends to wander down scenic side-roads and I wonder how nice it would be to pedal to the bottom of that valley, follow that creek for a few miles and climb, sweating back up the other side. Two years ago, my mind didn't think that way, and my body certainly wouldn't have allowed me to carry out the task. Now, it's all I can think about!

In an upcoming column, I'll tell you how I got my start with cycling and, much to my wife's chagrin, purchased a few bikes in rapid succession. However, if not for a fateful, bloated Easter night and a book called about the Sugar Busters diet, I would not be writing this column today, let alone preparing for an exciting summer of cycling in Indiana.

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Wade Wingler, the author of "The Skinny on Cycling" is the father of one adorable little girl, the husband of a beautiful & talented librarian, a Yogi and an avid cyclist. His web site, [www.HowILost100Pounds.com](http://www.HowILost100Pounds.com) features common sense advice on losing weight without suffering and improving your cycling through healthy living.