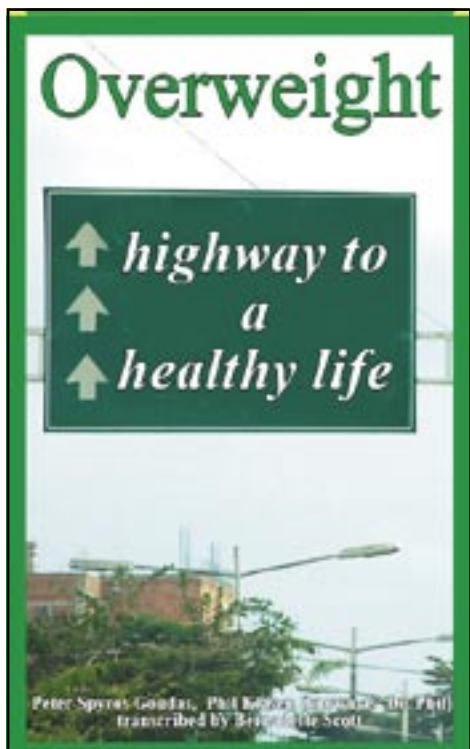


# OVERWEIGHT AND DIABETES



One Sunday afternoon, needing a break from the office and the long hours of working, I, who many consider to be a work-a-holic, decided to visit the Downsview Flea Market.

Everyone knows that I am constantly consumed working with producers, factory owners, farmers, canners, quality control, etc., etc., from all over the world in order to produce and bring to my loyal consumers more than 1,000 of the finest products the world has to offer.

This small break was during the period when I was plagued with back and spine problems, and floaters in my eye. I have been told that I was miserable and fussy at times.

You may read about this period in my life in the following book I wrote, *Miracles Still Do Happen*, which is considered by many to be a religious and very inspirational book.

Canada Day, Sunday, July 1, 2007 I leisurely surveyed the Flea Market, found myself in the Food Court, when I had a desire to have a cigarette. I exited via the side entrance.

Upon exiting the building, the sound of trumpet music filled the air.

There was a gentleman playing the trumpet under a tent set-up.

It was a wonderful and entertaining change of scenery. I love music. In fact, I have been playing the harmonica since I was a little boy, in Kalamaki, Athens, Greece.

My eyes lit up like a little kid with a new toy. Visions of a duet flashed in my head. Maybe, maybe, I was finally going to have a little fun and forget about my troubles, aches and pain for a short time.

How Ironic! It was Canada Day, 2007. 40 years ago, I was a new immigrant to Canada. Upon finally arriving in Toronto, Ontario, with no knowledge of the English language, no friends nor family and penniless, ended up sleeping under the luxurious "Hotel of the Endless Stars", in reality, this means I was homeless and sleeping on the BENCHES AT OLD CITY HALL LOOKING UP AT THE STARS.

However, many times, as a boost to myself, I determined that the first fire works display I experienced on Canada's 100th Birthday in 1967, was a celebration, welcoming me to Canada.

(As mentioned in my biography, *THE IMMIGRANT*, and the book, titled *THE CARIBANA STORY*).

Those who are familiar with my biography would know that when I arrived in Canada and during the long voyage by steamship from Greece, to Halifax, Nova Scotia, my travelling companions were my trusty harmonica and a chessboard. Additionally, in my early beginnings in the late 1970's, I hosted a Radio Program, on CHIC Radio Station, 790 AM, out of Brampton, Ontario. In addition, I was the owner of the largest Country and Western Club in Ontario, called OUR PLACE, and the owner of the famous 813 CLUB, and was the DJ referred to as MR. WHOO.

In a few words, I know my music.

When I heard the gentleman playing all by himself, and since my harmonica was (and always is) a few inches away, deep in my pocket (a habit of mine), I immediately felt like turning the solo into a duo!

Yes, I joined Dr. Phil (nickname) under his tent, and the newly formed duo began playing an assortment of Country and Western songs to the pleasure of the passing crowd who threw pennies here, a quarter there and even a few loonies tossed in for good measure. (Watching all those coins made me think of starting up another profession! You know, my mind is always working!)

Songs included *She Thinks I Still Care* by George Jones, *Funny Face* by Donna Fargo, *Please Help Me I am Falling* by Hank Williams, and a few more.

It appeared that my involvement brought some enhancement to the moment. (Please note that no one knew the identity of the person playing the harmonica.)

Slowly, but surely, a small crowd gathered, buying ice creams, hot dogs, pop and corn and sat down to listen to the duo. It was a delightful moment.

The entertainer had an advertising sign which stated: Dr. Phil Band in a Box, Live Entertainment DJ, All Occasions. Complete with a dancing skeleton.



Eventually, Dr. Phil and I became friends. I eventually met Dr. Phil's wife and on occasions was present at some locations where Dr. Phil played and entertained.

Mentally, I noted that each time I saw Dr. Phil, he seemed to be gaining additional weight.



At one point, Dr. Phil was close to the 270 lb mark. He even mentioned that he needed someone to tie his shoelaces because he was unable to bend down.

As time passed by, Dr. Phil moved along in life and acquired employment in Windsor, Ontario. (In fact, the airline charged him a 40-kilo surcharge upon ticketing for extra kilos that he was carrying on his fat tummy).



Needless, to say, the criminal activity of overeating was not a selfish act on his part, but also his wife.

Should you need a bathroom break due to laughter, take one now!

I did not see Dr. Phil and his wife for more than two years. Suddenly, out of the blue and grey skies, after a few years absence, Dr. Phil (Phil Klasen) popped in to visit me at the office.

What a surprise it was! Dr. Phil had lost more than 70 lbs and was diabetes-free.

He was slimmer, younger looking, able to buckle his pants and bend down to tie his own shoelaces.



In fact, he lost that fat tummy and was able to see things he was unable to see for quite sometime. (You know what we mean!)

I hope you had a good laugh at the implications of that statement.

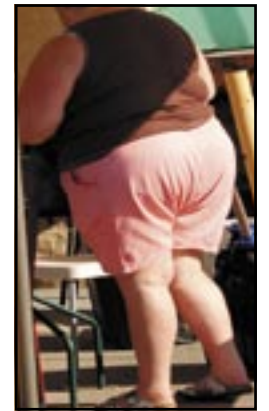
I questioned him regarding his new look and he then proceeded to reveal the process to me. I was astonished by his revelation. It was incredible.



I asked him to pause for a second, called my recording secretary, and asked her to write exactly what Dr. Phil had to say because the information was so important and valuable not only for him, but for the whole world, especially

overweight individuals and possibly those with diabetes.

Dr. Phil proceeded to reveal the following information, and she quickly and expertly proceeded to type as he spoke.



He made a dramatic lifestyle change. He was a diabetic, taking glyburide and Metformin three times per day. The next step would have been insulin. His blood test was very scary.

At that point, he and his wife made the decision to change their lifestyle and eating habits inspired by a book he had read.

It was not an easy decision. However, they both agreed that a change was necessary.

The first step was to empty the fridge, freezer, kitchen cabinets and pantry. Everything had to go: Pop, chips, pretzels, milk, cookies, cakes, meats, ice creams, cheese, donuts, muffins, etc. etc. etc. It was a very expensive decision!

The next step was to go to the supermarket to purchase: Vegetables and fruits of all kinds,



egg whites in cartons, solid non-flavoured tofu, soya milk, nuts of all kinds, grains, beans, peas, lentils (dried or canned) and seed, Oatmeal-like breakfast cereals, totally natural grains with no sugar or artificial colours, cranberries, raspberries, and strawberries. Fish or chicken (white meat) only, and in moderation, Extra Virgin Olive Oil and Avacado Oil.

Upon taking the new food items home, the next task was to learn to prepare tasty foods.

The first week was an all liquid diet comprised of vegetables and fruit blended together with water.

The amazing results were a weight loss of 10 to 15 lbs. He had no hunger pains, no desire for fried chicken, hamburgers, pasta, fast food, and red meat whatsoever.

In addition, the most amazing fact was that he no longer required his Diabetic Medication.

The next few weeks graduated in to the following:

Breakfast: Omelettes with egg

whites only and any vegetable desired (cooked with little Olive Oil). Dark Rye Bread and Pumpernickel Bread toasted, spread with little Extra Virgin Olive Oil and Feta Cheese in very small quantities, for flavouring.

Lunch: A satisfying salad made from any or all of the following: Broccoli, Cauliflower, Green Beans, Buck Choy, Romaine



Lettuce, Watercress, Bitter Melon (Karella), Rapini, Peppers, Carrots, Callaloo, Strawberries, Raspberries, Cranberries with a little Lemon and Olive Oil.

Adding a few slices of jalapeño pepper helped to be creative. Dressings for the Salads may be made with Extra Virgin Olive Oil, Wine Vinegar, Apple Cider Vinegar, Fresh Squeezed Lemon or Lime Juice.

Dinner: Vegetable Soup with a small potato, a few slices of Chayote (Cho-Cho), stir fried or steamed Vegetables, Seafood, Lentil Soup with few peaces of Tofu, Beans and Ground Chicken (white meat).

To allow for some diversity, the diet allowed for any kind of Beans or Peas in soup or salad format and some fruit. Snacks could include any kind of unsalted seeds and nuts.

He mentioned that there is a substitute for everything, and stressed that Salt, Sugar and Dairy Products should be totally eliminate from the diet. Only Sea Salt is allowed.

The inclusion of some cardio exercises considerably enhanced the program, e.g., walking, running on a round rebounder or even swimming.

He emphasized that this is lifestyle change, and not simply a diet.

It is not the ultimate solution, however, it is a very good start. He stated that many people have a psychological fear of such a radical change in life and that to them giving up fast food, fried chicken, ice cream, whipped cream, donuts, cakes, cookies, muffins, hamburgers and bagels is an unimaginable disaster.

Dr. Phil added that he was like that at one time and further emphasized that this was a Permanent Lifestyle Change.

During this period, each of his friends tried to play doctor but their advice fell on deaf ears. The reason was that each had his/her own opinion telling him that one bag of chips once a month will not hurt, one ice cream will not hurt, a couple of donuts once a month won't hurt, one French vanilla coffee will not hurt, half a piece of cake will not hurt, one hot dog will not hurt, etc., etc.

Well, should he have listened to each of them, it would have caused him to slip back into his old clothes, pile back on the pounds, and cause a return to taking his medication.

Dr. Phil stressed that it was a radical decision to make the change, and once begun, it had become the norm for him and for his wife.

People have questioned him as to how long would he have to eat like this? His response: Until I want to! Because if I want to live this way, I do not have to! In simple terms you have to want to do it for yourself.

Dr. Phil is very pleased with his life and believes deep in his heart that this has added 20 years to his life span. Based on his weight loss, there is no more diabetes, his blood sugar level is normal and admits he has no desire to consume sugar. Upon revealing this information, Dr. Phil asked me if it were possible to impart this knowledge to the public on the Goudas websites: [www.goudasfoods.com](http://www.goudasfoods.com), [www.mrgoudasbooks.com](http://www.mrgoudasbooks.com), or [www.flyermall.com](http://www.flyermall.com) which are very popular and visited by millions of people, citing that it would be a good idea to post this information there.

After listening to Dr. Phil very carefully and upon completion of his narration, I stated that I may as well close the door of my factory and throw the key away because there is no room in this diet for Mr. Goudas Rice, Flour, Sugar, Table Salt, Vegetable Oil, Syrups, Snappy Pop, Milk and many of the thousand products that I produce.

In a few words, it would be suicide. I am very much aware of the effects of being overweight and the danger of contracting diabetes. In fact, I have this fear that one day I may be charged for criminal activities due to over-feeding my loyal consumers with all my wonderful products.

Not minimizing this situation, I felt that it was of the utmost importance to incorporate this article on my website to encourage people to move towards a healthier lifestyle.

After all, I am personally acquainted with diabetes and the consequences of being overweight because, unfortunately, I lost my brother, Nikos, my good friend and business associate, Lenio Montini, of Montini Foods, among others to this cycle of obesity and diabetes.

I have included the following tribute to Lenio Montini (which was read at his funeral and is included in my biography: In memory of Lenio Montini

#### THE TOUGHEST MAN ON EARTH

The following article appears in my Biography, The Immigrant . Holding the opinion that this article mirrors Mr. Montini as a personality. We would like to share it with all of you, remembering this great man. Since we all (the writers) contributed to this Biography, we asked Mr. Goudas who is his favourite wrestler and who, according to him, is the toughest of them all.

He surprisingly responded, "The Great Montini". We then requested him to explain what he meant since we never heard of a wrestler by that name.

Mr. Goudas then explained that he has known Mr. Montini for the last thirty-five years.

He is the owner of synonymous products under the brand (Montini), which so many people know. His major item is oil, but he also has many other Italian products. Mr. Goudas further mentioned to us that unfortunately, in the last decade, Mr. Montini has encountered several illnesses, including diabetes, high blood pressure, kidney problems, loss of 95% of his vision, and he has had several heart attacks and strokes.

Despite these problems, Mr. Montini continues to be in his office by 8:00 a.m. and is the last one to leave.

When Mr. Goudas occasionally asked him about his health, Mr. Montini answered like this: "I am not going to die from kidney disease, because I have no kidneys anyway. I will not die from a brain tumour because I have no brain left as a result of all the strokes. I am not going to die from heart failure, because I have had so many heart attacks, I have no heart. But many people have advised me to shoot you old bastard, but I am going to postpone this until I can see better so I do not miss." Despite the fact that all of the above is said jokingly, Mr. Goudas believes that Mr. Lenny Montini is the toughest man on earth.

The food business is like one of the biggest wrestling rings you have ever seen. Not only does he have to battle competition for shelf space, but he also battles his health, which may be considered the toughest opponent of all. In this picture you can see Mr. Lenio Montini and me at my 30th anniversary celebration (in Canada, 1997). It is also the last picture of him taken in public.



He was a very good friend of Mr. Goudas, despite the fact that they were competitors. Montini passed away Nov 13, 2005. I had a conversation with Dr. Phil after he concluded his statement

and within the conversation questions were raised within my mind regarding the effects of this strict diet/lifestyle on the meat companies, dairy companies, the flour industry, edible vegetable oil industry, the sugar industry, the ice cream, cake and pastry industries, etc., etc.

In my simplistic way of thinking, an excessive dietary lifestyle, i.e. overeating, is the underlying cause of Dr. Phil's and others in the situation where they become overweight, which may, in some cases, lead to diabetes. Dr. Phil stated that he took these extreme measures to save his life since his blood level was scary and the next level was insulin.

The article in my biography about my friend, Mr. Montini never revealed daily events.

For instance, that he had lost part of his leg due to diabetes, and his vision was almost non-existent, and that on many occasions, I took him from his office to a restaurant for an evening out.

His strict diet to maintain whatever was left from his body; except for his brilliant mind, since his body was eroding from the disease translated into the only food he could indulge in, was a salad with a few drops of Extra Virgin Olive Oil.

Since, I would not like to see anyone in this situation, I sincerely hope that the information in this book will be an inspiration and starting point for those who realise that this is the path that they are on, or are heading into, and that he/she will stop for a moment to consider and evaluate his/her situation and the consequences, eventually, making a conscious decision to make a lifestyle change that may save his/her life. I am not advocating or endorsing this diet. I simply feel that the circumstances that Dr. Phil found himself in are not isolated. His experience is real and life changing.

Life is good. Moderation should be a key factor in nutrition. Without one's health, there is no life! Sincerest thank you, to Phil Klasen, also known as Dr. Phil.

Today, March 29, 2013 is my 71st Birthday. Having been born on Palm Sunday in 1942, it is a great stretch of the imagination to be celebrating my 71st on Good Friday. I wrote this article a few ago, However, today I decided to re-publish it into the newspaper print format in the hope that the information within will become an eye-opener to someone in need of a lifestyle change for the better and this is my birthday gift to you.

The photo below is as of today. So, Happy Birthday to me!



Regards, Spyros Peter Goudas.