



RUBENSTEIN PUBLIC RELATIONS, INC.

DR  FISCHER  
THE PARK AVENUE DIET

## Arizona Daily Star

December 15, 2008

### Drinking OK when you're on the Park Avenue Diet

By Valerie Vinyard

Dr. Stuart Fischer wants to tell you that drinking alcohol isn't all that bad.

The author of "The Park Avenue Diet" (Hatherleigh Press, \$25.95) and "Little Book of Big Medical Emergencies" (Random House, \$12.95) possesses 27 years of experience in internal medicine, emergency medicine, nutrition and weight loss. He currently runs The Park Avenue Diet Center in Manhattan.

"It's a fun six-week program," said Fischer, 58, of "The Park Avenue Diet," which came out in June. "I want people to see what happens to their lives in six weeks. After six weeks, you'll want to continue.

"People will treat you differently. When people tell me I look better than I did in college, that stimulates me."

The Brooklyn native, who enjoys good champagne when he's celebrating, said that he'll often have one beer per day, usually an "exotic" beer from different locations.

"I like American brews of every type," he said. "I'm not picky — it's not like you're eating caviar."

We recently spoke with Fischer about his book and drinking during the holidays.

#### **Is there such thing as healthy alcohol?**

"Two drinks per day has been found by the American Heart Association to prevent heart disease. I actually believe that. It improves circulation through the body. My feeling is that alcohol also helps because it reduces stress."

#### **What is the best alcoholic drink to enjoy in terms of health and calories?**

"I would say a dry glass of red or white wine. It's the lowest in calories, and the flavonoids in red wine help circulation."



Dr. Stuart Fischer

**What's the worst?**

"Eggnog is the worst because it's extremely high-calorie and it's absorbed quickly. Something that sweet will rapidly go from your intestine into your bloodstream by osmosis. This is why a lot of drinks are very sweet — unfortunately to make the effect stronger. Wine and beer will be absorbed at a more even rate."

"Mixed drinks I also don't like. Some have several types of alcohol, and a lot of them like margaritas and daiquiris have a lot of sugars in them. It also sucks the alcohol right into your bloodstream. That is why they're constructed that way."

**Do you tell people not to drink at all?**

"No. You've got to remember that people are in a stressful world and they need to zone out. The way you make up for it is exercise."

**Is the following statement true: The higher the alcohol level, the higher the calories?**

"Perhaps. The more important thing is that alcohol is lipogenic. It means that it causes the body to make fat. It can raise people's cholesterol."

**You used to work with the late Dr. Robert Atkins. Did you ever follow the Atkins Diet?**

"I did for a while, but I didn't really need to. I weigh 161 pounds right now. I'm 5 feet, 10 inches. I'm on television a lot, and I was told it adds 20 pounds."

**How does the Atkins Diet differ from The Park Avenue Diet?**

"The Atkins Diet only tells you what to eat. Most people cannot do it correctly — they can't avoid carbohydrates."

"(The Park Avenue Diet) addresses image, and it does so in terms of seven components. Yes, there are weight-loss recipes in my book, but my feeling is that every book or program that has attended to food only is a failure."

"My book adds a psychological, a social and a cosmetic aspect to it. One-seventh of my book is what to eat. The original word for 'diet' in Greek — diatasthai — means how to lead one's life or lifestyle."

**If people want to lose 10 pounds quickly, how do they go about it?**

"You'd have to be very fastidious in terms of what you're eating. Some Japanese foods are very low-calorie. It would take lots of exercise and certain nutritional supplements."



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## Arizona Daily Star

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### Creamy Goodness

By Valerie Vinyard

There are less-healthy foods than eggnog, but why even go there? As with many fat-laden foods, the heart attack in a glass is delectable. Eggnog contains lots of sugar, heavy cream and eggs — the "building blocks of arteriosclerosis," as diet expert Dr. Stuart Fischer puts it. Oh yes, and it often contains a couple of types of booze. "Eggnog is an excellent example of a socially sanctioned, highly fattening food," said Fischer, author of "The Park Avenue Diet." "It's as much a part of holiday season parties as the weight gain, misbehavior, hangovers and bloating it causes.

"Each cup will translate, in January, into a day at the gym — not the holiday bargain you're looking for."

We consulted Jonathan Landeen, the 59-year-old owner and chef of Jonathan's Cork, about the intricacies of eggnog.

He remembers a guy from England making a gigantic bowl of eggnog at his house when he was about 10.

"To have it made fresh is something that is unbelievable," said Landeen, who changed his restaurant's name from Tucson Cork to Jonathan's Cork when he bought it in September 1994. "It was glorious fun."

Interestingly, about a month ago, a friend who was moving gave Landeen nine chickens. He fashioned a coop outside his East Side home. They lay about six eggs a day.

"Eggnog is not as much of a drink as it is a food because of the nature of it being made with fresh eggs and cream," he said.



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## Arizona Daily Star

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### Go slowly, agree diet authors

By Valerie Vinyard

Maybe your New Year's resolution is to read more. • Or, if you're like the 66 percent of Americans who are overweight, it might be to lose weight. • If it happens to be both, you're in luck. • We recently interviewed a handful of authors of health, diet and weight-loss books. All of the books are quite different, yet they tend to agree on certain things, especially this: Slow and steady wins the weight-loss race. • "Slow and steady" means that you shouldn't lose more than two pounds a week. And yes, that means diet *and* exercise. • And when pressed, most agreed that diet is the more important variable of the two. • Here is what they had to say.

• **Dr. Stuart Fischer "The Park Avenue Diet" (Hatherleigh Press, \$26).**

#### **What's a typical day of food?**

"Poached eggs or frittata in the morning. In the afternoon, a salad with perhaps a little bit of chicken, and fish and vegetables for dinner.

"My favorite snack is a turkey slice wrapped around a carrot stick or celery. It's a low-carb, low-calorie snack."

#### **Why are you anti-scale?**

"When you lose weight, you're doing it because you want to look better. If you look better, people will tell you. You will find this out very quickly. Why keep track if you are doing the right thing?"

#### **How much weight should someone lose?**

"Two pounds per week is the ideal weight to lose. No more, or it has a rebound effect."

#### **You don't believe in mixing lots of cardio with resistance training. Why?**

"When you are doing cardio, you are telling the body to burn calories and lose weight. When you are doing strength training, you're trying to gain weight in muscle. You can't give the body a mixed signal. You should alternate days."