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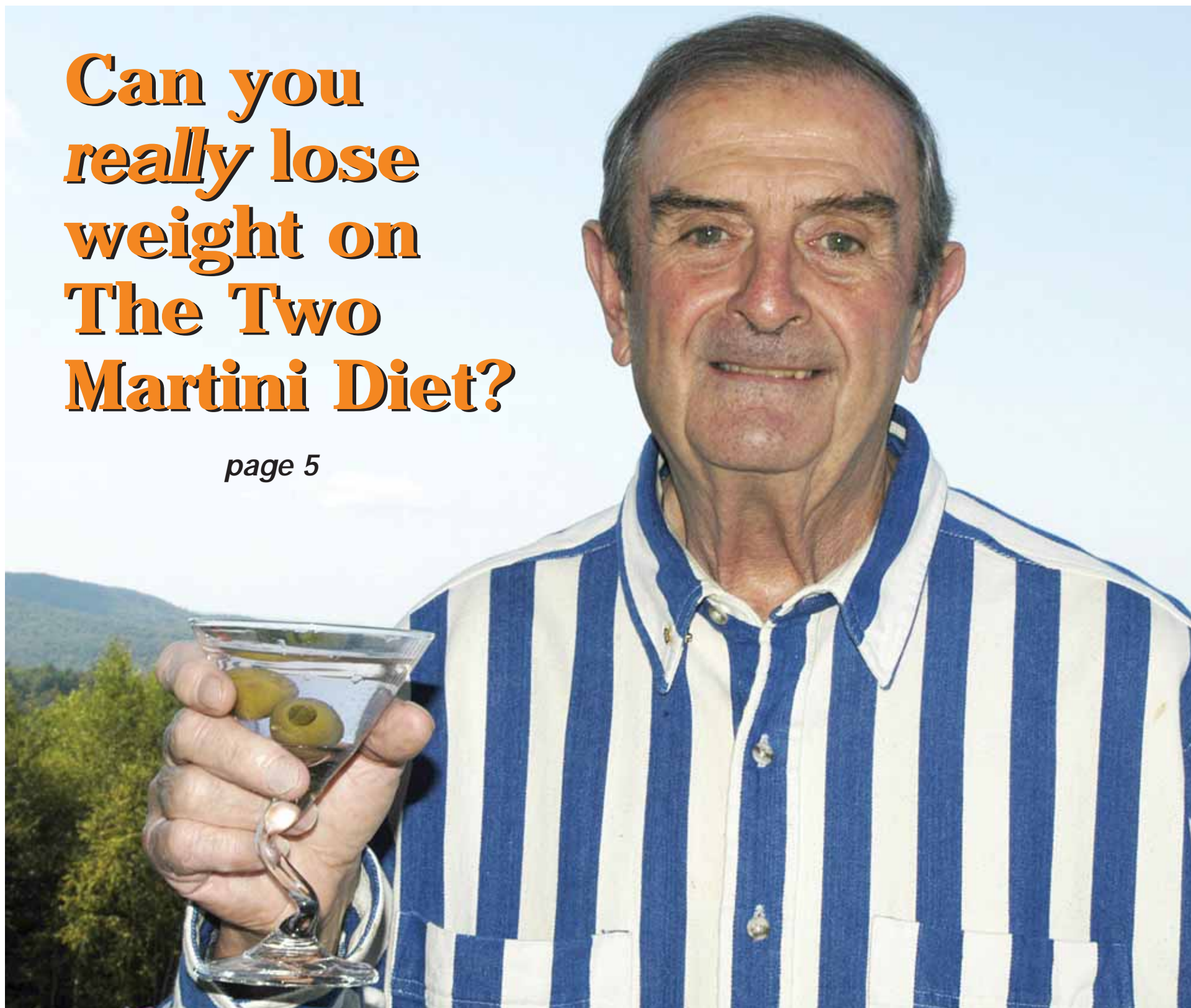
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BOSTON METRO EDITION

Can you really lose weight on The Two Martini Diet?

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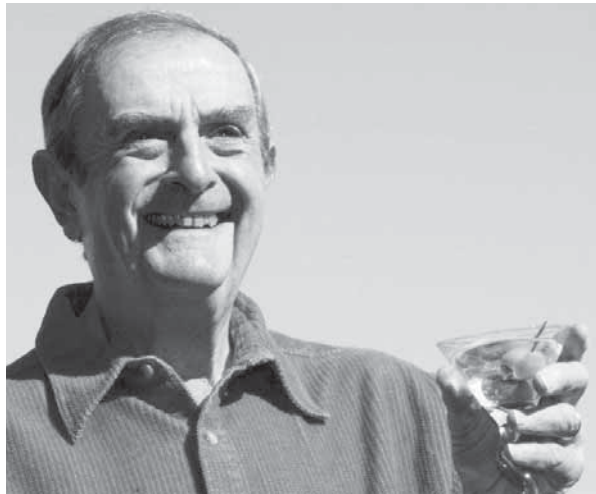
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A hundred pounds lighter, former pilot celebrates his *Two-Martini Diet*

By Brian Goslow

When Jerry Sorlucco retired as an airline pilot in 1997, he weighed 220 pounds, a little more weight than his 5-foot-11-inch frame needed to be carrying. Thanks to regular exercise, he had avoided developing any chronic disease.

Then came his second career in politics, where the never-ending “rubber chicken” dinners eventually took their toll. “That was not healthy,” Sorlucco said. “My weight went up to 270 and I began to develop high blood pressure.” He also got winded going up stairs.



Sorlucco

The extra baggage also put stress on his knees, requiring him to have orthopedic surgery. It was then that his orthopedic surgeon and neighbor gave him the warning of his life.

“He brought me into his office and showed me some artificial knees and said, ‘This is what is in your future,’” Sorlucco said.

Sorlucco decided to change his fate. He tried a few diet programs, including Fit for Life. “I stayed away from sweets and began to eat smaller portions and lost 50 pounds over the next year,” he said. He eventually got down to 168 pounds, but has since gained a few pounds and now weighs 174.

Sorlucco documents his turnaround in *The Two Martini Diet: How I Lost 100+ Lbs While Eating Well and Having a Drink* (Author House), which he’ll be signing at the Healthy Living Expo at the DCU Convention Center in Worcester, Oct. 23-25.

In the book’s introduction, Sorlucco states that he’s not giving out medical advice, everyone’s circumstances are different and that a doctor should oversee any serious weight loss regiment. “I’m not a nutritional scientist, but I am a quick student and a darn good researcher, and I’d like to share my success with you,” he writes.

“People think they have to lose 20 pounds in a week; that’s not realistic. If you lose a couple of pounds a week, you’re

doing well. Over a year, it makes a big difference.”

Sorlucco calls overweight Americans the 1,000-pound guerilla in the health-care debate, especially for seniors whose bodies are more susceptible to the debilitating circumstances of an unhealthy lifestyle. “Two-thirds of the cost of health care in this country is related to being obese and overweight, physically inactive and smoking,” Sorlucco said. “Those costs could be greatly eliminated by focusing on these three areas. We have to do better. Smoking is a no-brainer. There’s so much data on that. But people don’t know the risks of being overweight, the abuse to the body from being non-active.”

“I’ll have a couple sticks of celery with my martini, it fills me up but has no calories.”

He’s even more direct when he talks about the consequence of the explosion of sweetened foods. “Type 2 diabetes, which wasn’t even around 40 years ago, is now extremely common from having too much sugar in the diet,” Sorlucco said. “When people overload their body with sugar — a bottle of soda

for instance — it can have enough sugar in it to last you a week or to last as long as a meal and a half.”

As far as Sorlucco’s concerned, the government should tax sugary drinks out of existence. “They’re killing people,” he said. He’s no fan of processed foods either. “Agribusinesses don’t see any food as bad,” he said.

For those looking to follow his success, Sorlucco suggests getting to know how to use the Body Mass Index table as a guide to where you are in your efforts to reach a healthy weight. “Someone who is 6-foot-2 can carry much more weight than someone 5-foot-2,” he explained. “But anyone who’s serious about watching their weight should get a body mass analysis to manage their percentage of body fat as opposed to muscle; it’s a better indicator.”

Understanding your body’s metabolism is a good place to start. “A 160-pound person needs 1,440 calories a day to function — just to do nothing in a sedentary position,” Sorlucco said. As a professional pilot, he would sit for hours behind the controls.

“As I got older, I got out and walked (between flights),” Sorlucco said. “I always exercised. Everyone needs a daily exercise routine.” Having an active lifestyle — and watching your daily caloric intake — is the key to maintaining a healthy weight, he said. He used to ride his bike around his hometown of Littleton, N.H., but found the hilly terrain a “very intense” challenge to

his overweight frame. He switched to alternating daily exercise routines.

The first is a one-hour workout on a professional rowing machine that measures the calories he burns and the distance he covers. The second takes an hour and a half and starts with 30 minutes on a treadmill where he alternates walking and jogging at variable inclines. The remaining time is spent building bone strength on a universal gym. “For losing weight, you have to do weight training,” Sorlucco said. “It’s important to increase muscle mass and flexibility.” Weight training also increases bone density and poor bones can become a real problem, as people get older, he said. Sorlucco estimates those sessions result in his burning about 3,500 calories per week — and that’s before he goes out and cuts the lawn and does other house chores. “If you don’t do workouts like this, you have to eat less or you’re going to gain weight,” he said. “It’s important to be physically active.”

Among the 12 tips he gives in his book are “Don’t eat where your car does,” “Small plates, small portions” and “Stop eating when satisfied.” While these suggestions are intended to serve as helpful guidelines, they don’t forbid continuing to enjoy some of your favorite things in life — as long as you have self-control.

“I enjoy a martini at night, though there are some who shouldn’t because they don’t know when to stop,” Sorlucco said. “A drink or two a day is good,” as long as you watch the calorie content of what you’re putting into your body.

As for that desire for munchies along with your drink, Sorlucco said, “You can eat almost anything — the question is, do you want to? One piece of chocolate the size of a dime won’t hurt you, a box will.” He suggests staying away from calorie- and sometimes sodium-laden snacks. “I’ll have a couple sticks of celery with my martini,”

he said. “It fills me up but has no calories.”

The challenges of knowing when to stop can be even more difficult at the dinner table. “I used to enjoy a 16-ounce steak, mashed potatoes and a green vegetable,” Sorlucco said. “Now we have a small steak, split it in half — each portion the size of your palm — without the white potato and white breads loaded with unneeded sugar.”

Portion control is a major part of keeping your weight in line, said Sorlucco, but you also have to know what you’re putting into your body and how it affects you. Over the past quarter-century, there have been repeated warnings about the potential health dangers of high cholesterol, polysaturated fats, unsaturated fats and trans fats. Sorlucco explains their pluses and minuses he details in his book.

“You really have to be a label reader,” he said. “We have to ask ourselves, ‘What are we eating; how are the foods we eat produced?’ Much of the agrifoods are lacking in vitamins so you have to buy supplemental vitamins because you’re not getting it in your food.” Instead of eating white processed bread, eat whole grain bread. “You digest that differently,” he said.

He begs to differ with people who feel they can’t eat healthier because it costs more. “Part of saving is cutting down on your portions,” Sorlucco explained. “Go from a 16-ounce steak to four or five ounces. Then you can afford a higher priced steak.”

Sorlucco’s dieting hasn’t lowered the quality of his meals. In fact, he said, the opposite has occurred. A recent supper featured a “beautiful” pork chop cooked in bourbon. “I never did that before and it tasted wonderful,” he said. “We have half a chop each left for tonight that we’ll have with a salad — which we have every night — and a green vegetable.

“And I’ll have my martini.”

For more information: www.sorlucco.com.

Start work now to curb deficit, fix entitlements says Bernanke

By Jeannine Aversa

WASHINGTON —

Federal Reserve Chairman Ben Bernanke is urging Congress and the Obama administration to start plotting a strategy to curb record-high U.S. budget deficits. Failing to do so could eventually erode investor confidence and endanger the economy’s prospects for long-term health, he said.

Bernanke’s comments, before the House Budget Committee recently, come as concerns grow at home and overseas about the United States’ mounting red ink.

“Even as we take steps to address the

recession and threats to financial stability, maintaining the confidence of the financial markets requires that we, as a nation, begin planning now for the restoration of fiscal balance,” Bernanke said.

The White House estimates that the government will rack up an unprecedented \$1.8 trillion budget deficit this year. That would be more than four times last year’s all-time high.

The recession has taken a bite out of tax revenues paid by people and companies. At the same time, the government’s spending

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Executive Editor /
Assistant Publisher: Sondra Shapiro: ext. 136
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Travel Writer: Victor Block
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