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**Gene's Diet Plan**

**By Gene Simmons**

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Hot dang! If a few hundred other folks can peddle a plan to help people lose weight, there's no reason I can't jump on the bandwagon too! So, here's my plan. All you need to do is send me a certified check for \$495.94 and I'll let you in on my "Secrets to Successful Weight Control". How's that sound?

You want a personalized plan? I can do that. You want charts and graphs? I can do that. You want weekly e-mail encouragement and special diet tips? I can do that.

Shall I wait in breathless anticipation for the deluge of checks that are sure to start arriving in the next week or so? No? I am soooo disappointed!

While I'm waiting though, I might as well pass along a few of my personal thoughts on the subject of weight control. Let's reinforce the "personal thoughts" part of the last sentence. I'm not a physician or a dietitian so I'm not in a position to recommend diddly-squat. These are just opinions...

1. Genetics and your early environment both have a lot of influence on whether you'll have a tendency to put on the pounds. If either of your parents (and maybe grandparents) were (are) fluffy, you may have a life-long weight battle on your hands. This is the result of the ability of your body to absorb nutrients, inherited metabolic rates and lots of other stuff including basic eating/snacking habits.
2. A tendency to continually graze (snack, munch) may be a just a habit (personal programming) or it may be due to mental/emotional influences such as stress, boredom, anger, uncertainty, fear, lack of confidence, or just don't give a fat rat's ass any more. Identify your trigger(s) and with professional help if necessary, work to solve the foundation problem. (If you automatically associate watching TV with popcorn, chips, cookies, soda, beer, etc. - it's probably a habit/addiction thing.)
3. To maintain a given weight, you need to "burn" energy (calories) at the same rate you're taking them in. To lose weight, you'll need to burn more calories than are sneaking into your bod. The bottom line -

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eat less and exercise more.

4. Toss out the scales and get weighed once a year during your physical. Translate this to mean that first you need to involve a physician if you're severely overweight. Second, focus on how you want to look, not how much you want to weigh. Muscular (or even well-toned) folks can pack a lot of weight into a small frame and look great. Besides, watching the scales show minimal loss or even slight gains from time to time can puncture your incentive to keep doing what you're doing. If your clothes are getting baggy, you're losing weight.

5. Eat a balanced diet – bunches of salads and veggies along with a reasonable amount of the rest of the staples. (Emphasis on "reasonable"! ) Yep, that includes meats, potatoes, pastas, fruits, whole grained breads – and chocolate. (Chocolate's one of the basic food groups, you know.) Too much of any one type of food probably isn't real good for you over the long haul. Watch the drippy, fatty - and slippery, sweet stuff. Limit consumption of anything that oozes down your arm.

6. Eat breakfast. If possible, make lunch your biggest meal and cut back on dinner. Healthy snacks between the main meals will help remind your body that you're not really starving it between the other meals.

7. Drink enough liquids. Nah, not so much that you unbalance your system and have to take whiz breaks every 30 minutes. Pay attention to your body. If you're getting thirsty – drink something!

8. A multi-purpose vitamin supplement may not be absolutely necessary, but it won't hurt.

9. Deserts and treats are OK as long as you've planned for them. Remember the calories in - calories burned thing. (Why would anyone force themselves to eat only the 100 percent healthy stuff and pass up the goodies? If that isn't an incentive to go off a diet, I don't know what is...)

10. Don't forget the exercise. It doesn't need to be complicated nor expensive. Walks, jogging and swimming are all good. Twenty to thirty minute workouts a couple times a week can help too. Burn those calories!

11. An occasional "splurge" on a high calorie meal once in a while won't hurt a thing. Sometimes the body just needs (are you buying this?) a big, juicy hamburger and fries!

12. Pay attention to your body's needs. Our bodies are smart. If you find yourself hungry for certain foods, go for it. Constant cravings are probably more of a habit thing. You'll need to be careful here.

13. Don't overdo it! Just because Hollywood and most advertisers are promoting the slim, sleek, curvy look, that doesn't mean it has any relation to reality. Be you, be healthy and be comfortable.

OK - that's it. Probably not nearly complicated enough to ask for the \$495.94 though, huh? Dang, I need to work on that. Meanwhile, my body NEEDS a piece of apple pie....

Gene, through

, provides an easy reading self-help blog along with affordable books and

materials written to help folks find the road to a more enjoyable lifestyle, to pass on some of life's "secrets for survival" in a chaotic world & offer a few smiles along the way. It's a down-to-earth, simple approach to discovering a better life. You can visit Gene at

### **Review On The First Episode Of Gene Simmon's Family Jewels**

**By Edward Charkow**

A&E is the place to watch the latest version of the family reality show genre started by the Osbournes on MTV. However, there are a few major differences between Gene Simmon's Family Jewels, and the Osbournes, the zany British family led by rocker Ozzy Osbourne and boisterous wife Sharon. The Osbournes enjoyed such a huge audience mainly because the viewers really felt like they were getting a true, fly-on-the-wall view of one of rock's first families. Ozzy, Sharon, Jack and Kelly really never came across as actors; they didn't need to. Their own reality was so completely odd and unpredictable that watching paint dry in the Osbourne household was a privilege. However, Kiss frontman Gene "The Tongue" Simmons comes across as the lead actor in a show where his family looks to him to identify their individual roles, especially Simmons' common-law wife, Shannon Tweed, who was once Playboy Playmate of the year. In the premiere episode we see Shannon trying to one up Gene, who announces (to the cameras) that he is planning a surprise party for her birthday. The kids respond to his announcement in a predictable fashion - with disbelief. How on Earth would daddy Gene, whose clueless approach to the real world (we see him bathing the family dog by throwing the dog into the pool and struggling to run a dishwasher), know the very basics of party planning? Also, given the theme of the first episode - that Gene is truly the King of his manse, to whom all must defer - would Gene be unselfish enough to give his time and energy to his common-law wife?

Gene and Shannon have been together for 23 years, and remain (in Gene's view) "happily unmarried." We learn quickly that Gene's reluctance to commit to the woman who has borne both of the couple's children is a source of amusement to the two teenagers, Nick and Sophie, and a source of distress to Shannon. But, does Gene care? Not if you believe what you see at the outset of the episode. Gene says to the camera "Marriage is an institution. You also have to be committed to it. If that does not sound like a nuthouse," he says, studying his nails, "nothing does." Shannon's answer to Gene's indifferent attitude is "If someone does not marry you after 23 years, it means you're a loser." Could you imagine Sharon Osbourne being so self-effacing? Are you kidding - Sharon was the ultimate matriarch! Shannon's own teenage son even chimes in to support his wayward father. "It's good being a bachelor," he says laughing. Sad. Another future divorcee or serial monogamist in the making, compliments of Gene Simmons.

Gene then takes the cameras along for an all out bachelor night in Vegas. Just for the heck of it, he leaves his family and goes to Hooters. The girls are draped all over Gene, seeing a human cash register because there is not much else to look at. We see the Alpha male at his coolest - driving the bubbleheads around in a limousine all the while spouting out pathetic lines such as, "I believe that I should have as many women as possible and I believe you should have as many women as possible." Please. I am humiliated for him, and for his whole family who support his delusional reality in which he

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is front and center. When Gene appears at home, Shannon asks how Vegas was. His reply? "There were lots of boobs and they were all bouncing into each other." Yawn. At the end of the day, Shannon pulls a big ol' staged surprise on Gene and plans an ambush wedding. I'm too bored to even write another word about it, but if you're worried, Gene is still the man, the myth and the unmarried legend. In his own eyes, at least.

Find more out about Gene Simmon's Family Jewels and the entire reality t.v. world at

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