

**THE SKINNY BUDDHA
WEIGHT LOSS
METHOD**

BY DR. YU TAO-YEI



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**On the Cover:
A 25,000 year-old Paleolithic bas-relief
holding a yin-yang hollow horn.**



THE SKINNY BUDDHA WEIGHT LOSS METHOD **by Dr. Wu Tao-Wei**

The difference between the Buddhist Monks and Nuns and their religious counterparts in other religions world-wide, is very small in the matters of food and its relationship with Life. Next to air and water, nothing is more vital to Life than is food. Some foods lead to Life and some foods lead to death. So, choosing the proper food has been an important part of all religious communities since the very earliest times.

The secrets that you will find in this booklet have been brought together from various parts of the world for the sake of the Western reader. What you will find here-in regarding Buddhist Weight control practices are the original teachings of Gautama Buddha as passed along in the Theravada School of Buddhism of Thailand, Laos, Burma and Kampuchea. This original school of Buddhism is known as the Society of Elders. These teachings have remained unchanged for 2,500 years. And they have proven in this length of time to be excellent both for weight loss as well as for the

attainment of a Higher Consciousness and Enlightenment.

Before Gautama Buddha attained supreme enlightenment, he practiced prayer and fasting until he was merely skin and bones. He became so weak that he could hardly walk. He found that this was not the Way to Enlightenment since the strength and well-being of the body is necessary in order to make it a fit vehicle for the soul. Only by taking proper nourishment, is the body, mind, and spirit strong enough to transcend illness, old age and even death.

After the Buddha became enlightened, among his many teachings, he taught a method whereby anyone can attain a natural weight using very simple methods. Although weight control was not considered important to people whose main interest was in the here-after, yet, weight control is a by-product of their religious practices. So, these weight control methods are available to those people who desire a more slender body.

Although Gautama Buddha sometimes ate meat, He only did so if some ignorant person put this kind of food in His begging bowl. After all, beggars can't be choosers and the Buddha accepted food offerings even from meat-eaters if they were offered out of kindness and through faith. But in general, the first rule to think about in weight reduction is to avoid meat and to eat vegetarian foods, instead. Vegetarians are not only thinner than meat eaters but they have fewer health problems such as cancer, heart disease or high blood pressure.

Also, the increased fiber that is found in vegetables fills a person up so that they don't feel hungry. This also aids in elimination of bowel problems. And making pasta out of whole wheat flour is not only delicious but in no way will it make you fat. Whole wheat breads, noodles and pancakes can be a part of any diet as well as part of any natural foods eating regimen. And don't forget bean and alfalfa spouts! These are all quite good.

In the Buddhist View, food is not looked upon as a pleasure but as a necessity. Certainly, food can be a source of gastronomic pleasure. The delicious tastes and aromas are really delightful. But regardless of taste, in the Buddhist view, food is only a kind of medicine to keep the body alive. And food can be used as a medicine to cure and heal diseases. For example, daikon radishes, whether eaten raw or cooked, dissolve bladder and kidney stones, something for which Western doctors charge high prices to perform operations. In this case, the medicinal properties of a simple radish painlessly cures a health problem for which Western science has no real cure. Thus, food can be used as a medicine.

All good medicines require that they be taken on some sort of time schedule — one pill every six hours, etc. For food to be used as a medicine, timing is as important as for any other medicine. So, when a person eats makes a big difference.

The human body is in time with the heavenly cycle of the earth and moon and sun more than it is in time with the clocks and watches of Western man. But while the sun and the moon have a regular and predictable course, the clocks of the West are timed for economic reasons.

Daylight savings time was first begun during the Second World War as a means of extending work hours so as not to show lights for enemy aircraft to bomb. And as a means of keeping the modern work force working, it has been continued into the civilian sector. But Daylight Savings Time does not allow people to become attuned to their natural environment. And the times for eating and leisure have been shoved aside by the times for working in the factories and commuting in the traffic. This is an unnatural timing which causes both mental and physiological ill health.

Surely, even the most ignorant Western scientist and doctor can

see that the tides of the oceans do not keep time with the clocks of mankind. Nor do the planets and the moon keep time with his clocks for launching rockets. Nor do the monthly cycles of women keep time to the clocks. Nor the seasons of the year, nor the growing of the plants or reproduction cycles of the various life forms. But it is all the other way around, the opposite. It is the clocks of man that are calibrated to and try to keep time with all of these things. Time waits for no man nor for any clock.

In the same way, the internal functioning of a person's heart beat and digestion, temperature and sleep function and countless other phenomenon within the human body, all have their own natural cycle that is in perfect harmony with the cycles of sunlight and moon orbit, just like the tides of the seas. And these cycles do not obey the clocks of Man and science and industry. And to attempt to alter them produces illness and mental suffering and obesity.

The Buddhist monks follow the rule that has kept them thin and healthy for the past 2,500 years. That is, they do not eat before there is enough sunlight to see the lines on the palms of their hands. When it is light enough to see these lines, then it is light enough to have one meal, if you wish. And not only to eat a meal but to eat as much as you want! And when the sun reaches the high noon position, then no more food is eaten until the next morning. This is a natural clock like a sundial. This method attunes the body to Nature.

By Chinese acupuncture and yin-yang theory, the large intestine is most active between one hour before and one hour after sunrise. This two-hour span is based upon when the sun comes up, not on the hour hand of the clock.

There is no junk food in the traditional Buddhist diet since whatever foods are in season and locally grown are the only foods that are ever eaten. In this case, timing is the most

important attribute. Only enough food is prepared for a single meal. Never cook food in excess or ahead of time and hold some over for several meals or for the next day. To do so creates Tamasic food lacking in CHI, the Life Force. Always eat freshly prepared food. You may eat as much as you want between sunrise and twelve o'clock noon. After that, fasting. No food is allowed to be eaten after 12 noon. But you may drink as much water as you wish. It is important to drink water in order to properly burn away fat deposits and to cleanse the digestive system.

As regarding food, if you will try the cooking method in Appendix A and eat this for both breakfast, brunch and lunch, this is sufficient for both health and weight reduction. Or just cook and eat the brown rice, or just the beans or any one vegetable. In other words, any combination of these natural foods is all that you need.

Whole grains like rice fill the stomach with good fiber and scour out fecal deposits. While on this subject, I should inform you about something else that Western doctors don't know. This is the matter of fecal-color diagnosis. You can tell the yin-yang balance of the foods that you have been eating merely by observing the color of your own stool.

“If the urine is deep brown and transparent; if the fecal matter is dark brown or orange, in substantially good shape, long and buoyant, with a good odor, the diet of the day before had a proper 5:1 yin/yang balance. If one's urine and daily evacuations are too bright, one has eaten too much yin.

“A yellow, transparent urine, which shows sediments after standing for about ten minutes, points to more or less severe kidney trouble or disease, either because of an excess of calories or a shortage of yang. A very diluted, transparent and copious urine indicates the probability of diabetes. [Or merely drinking soft drinks or beer.] Anyone who must urinate more

than four times in 24 hours is already ill, probably with tired kidneys or heart disease.

“Constipation, or its opposite — the need to evacuate more than twice a day — suggests more or less serious trouble. If one’s fecal matter is greenish and easily oxidized blackening, it suggests a large excess of yin. The color should be deep orange or brown neither disagreeable to the sight nor disagreeable in odor. A bad odor suggests improperly functioning stomach or intestines.”[1]

Look in the toilet and notice whether your turds are light or dark in color and whether they sink or float. In this case, because of yin-yang balance, light-colored fecal matter comes from yin foods. Dark-colored fecal matter comes from yang foods. Notice the color and then use your mind to figure out what you had for food the previous day. The properly yin-yang balanced meal will produce a golden-brown color that floats slightly. Eat a properly balanced yin-yang meal of vegetables and brown rice or whole grain bread and it will be the color of old gold and floats. In this way, you can begin to understand the proper way to balance your meals in the natural yin-yang way.

Also, when you sit on the toilet, don’t hold your breath, straining and pressurizing your lungs as you evacuate your intestines. This raises blood pressure and causes varicose veins. Always exhale as you strain to expel the feces. Proper bowel movement, however, requires no straining whatsoever. It is all quick and easy. Those who strain or who have to read a novel while waiting for their bowels to move, should look at their diet and eliminate white flour products and substitute whole grain breads, barley and brown rice, instead. Then you will have no problems at all. And varicose veins, never!

And so, you can see that losing weight is only a three step process. (1) Eat grains, beans and vegetables fresh daily. (2)

Eat as much as you want between sunrise and twelve noon. (3)
Fast and drink only water from noon until the next morning.

The only problem here is hunger pains in the later part of the day. The Buddhists look carefully with their inner-eye and see that these really are not very painful at all! They are merely passing phenomenon. These can be stopped by drinking plenty of water.

“Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off...

“Water suppresses the appetite naturally and helps the body metabolize fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

“Here’s why: The kidneys can’t function properly without enough water. When they don’t work to capacity, some of their load is dumped onto the liver.

“One of the liver’s primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney’s work, it can’t operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body and weight loss stops.

“Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold onto every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands.

“Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus, the condition quickly returns.

“The best way to overcome the problem of water retention is to give your body what it needs — plenty of water. Only then will stored water be released.

“If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only at a certain concentration. The more salt you eat, the more water your system retains to dilute it.

“But getting rid of unneeded salt is easy — just drink more water. As it’s forced through the kidneys, it takes away excess sodium.

“The overweight person needs more water than the thin one. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.

“Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss — shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

“Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of — all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

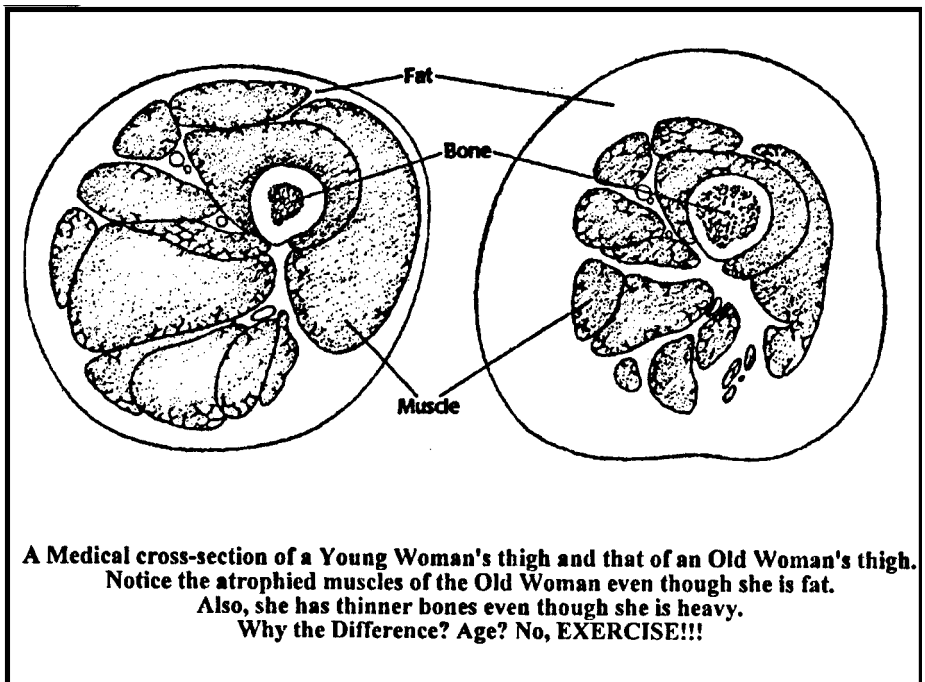
“Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But, when a person drinks enough water, normal bowel function usually returns.”

“How much water is enough? On the average, a person should

drink eight, 8-ounce glasses every day. That's about 2 quarts. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink would also be increased if you exercise briskly or if the weather is hot and dry." [2] The water should be taken at room temperature or warm for someone fasting or on a diet.

However, to really drop weight quickly, it is best to fast. That is, eat no food at all and only drink water. The human body is designed for going without food for long periods. After the first day, there are no longer any hunger pains. Even after weeks without food, there are no hunger pains. Just be sure to drink water so that the fat can be metabolized and waste products eliminated.

You don't have to be a monk or nun to understand the light feeling and clarity of mind that fasting produces. Fasting has many benefits. Cutting weight cuts blood pressure and cholesterol levels. Skin disorders like acne, eczema or psoriasis



disappear. Constipation, peptic ulcers, arthritis, asthma, hay fever and colitis disappear. Skin blotches and blemishes disappear and the skin looks radiant and translucent. Fasting is free since you don't spend any money on food or dietary supplements. Sex problems such as infertility and impotence disappear. Many types of mental illness disappear which goes to show how closely junk food and mental illness are related.

Fasting does not produce

feelings of hunger. Thus, fasting is better than various diets that merely replace hunger for a time. After a fast, the body feels clean and pure. There is no desire to pig out on everything but rather a feeling of feeding the body wholesome and natural foods. Thus, the palate is purified and there is less of a desire to pollute the body with alcohol and nicotine.

On breaking a fast, one should take only a little food in at a time so as not to overburden the body. This leads to the taming of appetite.

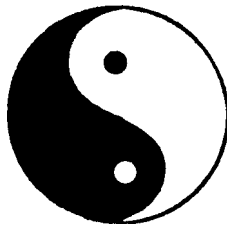
And this is all there is to the Skinny Buddha Weight Loss Method. However, one aspect that should be touched upon is exercise. It is a known fact that weight can only be kept down when a diet is accompanied by exercise. "A low cholesterol diet with plenty of grains may not reduce the risk of heart disease for women unless coupled with exercise, according to a Stanford University study ... In men, exercise coupled with a healthy diet had twice the benefit of the diet alone ... The diet alone did reduce body weight by an average of nine pounds ... By contrast, those who exercised in addition to dieting, lost 12 pounds, and their risk of heart disease dropped to 9 per 1,000." [3] The best exercise is Chinese kung-fu. My videotape, "The Nine Treasure Exercises of Ancient China," demonstrates an easy, relaxing way to be both healthy and stress-free using Chinese methods. All without straining or sweating! This video is available through the Publisher.

Tai Chi Chuan and Hsing-I Chuan are also excellent methods

to not only maintain weight and health but also to learn self-defense through Chinese martial arts. I recommend all of them. You will notice in this drawing of a medical cross-section-diagram how the fat lady's muscles have atrophied and her bone mass has withered. Any of the above Chinese exercise methods reverse this condition all without sweating.

Once your weight is down to where you want it to be, you will find that foods become more delicious since your body is internally cleaner and healthier. Junk foods taste exactly as they are ... like junk. But natural foods seem to have radiantly more complex and delicious flavors, as they truly do. When you get off of a fast or ease off of a diet, then is the time to reeducate your tongue and your body to delicious, natural foods. Avoid the Five Edible Poisons of sugar, white flour, dairy products, caffeine and chemicals. And you will discover a whole new world and a new life.

Remember, it is better to be fat and healthy than to be fat and unhealthy. So, eat natural foods and stay healthy. And it is better to be fat than it is to be skinny. But with the above knowledge, you can be whatever weight you want to be. Use your mind and find that peace, joy and happiness are found in your heart and no where else. Skinny or fat doesn't matter. The transcendent bliss of the Eternal is the only valuable thing in this life. And everyone has it already if they would only take the time to look into their own hearts and concentrate their own minds upon their own inward and outward and inward breath. The Buddha only attained Enlightenment AFTER he started gaining weight!!!



FOOTNOTES:

1. *You Are All Sanpaku*,
by Sankurazawa Nyoiti (George Ohsawa) & William Dufty,
1965,
University Books Inc., Secaucus, NJ 07094

[This book gives a good list of the range of yin-yang foods and a good discussion of the theory. Most Americans will be surprised at how this applies to their own lives. See APPENDIX B]

2. “Snowbird Diet” by Donald S. Robertson, MD
Warner Books

3. *San Francisco Chronicle*,
“New Caveats on Low-Fat Dieting,” by Kenneth Chang, page-
A2,
August 15, 1991

REFERENCE BOOKS

The Natural Healing Cookbook,
by Mark Bricklin & Sharon Claessens,
Rodale Press, 1981
[Delicious, healing recipes!]

Diet for a Small Planet,
by Frances Moore Lappe,
Ballantine Books, New York 1975

Sugar Blues,
by William Dufty,
Warner Books, New York, 1975

APPENDIX A

Wu Tao-Wei's Hawaiian-Eskimo One Pot Heavenly Pig-Out Cooking Method.

Here's a way to feed four people for \$2.50 or less. I devised this method to save on washing up the mess that wok cooking often makes. While wondering how to keep the heat in the pot, I remembered that the Hawaiians for their luau cooking would build a fire in a pit for several days until the rocks were hot. Then they would bury in the pit a pig with all the trimmings for a few more days until all was well cooked. Thus, the name, Hawaiian.

With this method, one pot is all that is necessary. Thus, the name, One Pot. I use a covered one gallon stainless steel pot with a lid. Into this pot I add enough brown rice which, when level, reaches to the first digit of my finger. Add enough dry beans so that there are four parts of rice for one part of beans. This way, the rice and beans combine to make perfect protein because of their complimentary amino acid balance. All dry beans will re-hydrate just fine except for the pinto and the small red beans. These should be soaked over night first. Don't worry about getting gas with this four-to-one rice and bean ratio.

If you are cooking for more people, add more rice and beans but whatever the amount of rice and beans, add double the amount of water. So, I fill the pot up with water to the second digit of my finger.

Then I start adding whatever vegetables that I want, making sure to put the hardest ones in first like carrots, turnips, ginger root, beets, celery, potatoes, garlic, etc. Then the softer ones like onions, daikon radishes, cabbage or bok choy. It is best to fill the rest of the pot up to the top with cabbage or leafy vegetables or the beet tops and then put on the lid. The water

should not be salted or seasoned at all.

Put the pot on your hot plate or stove or hibachi or campfire at its highest heat. What you want to do is bring it all to a boil until the steam hisses out from under the lid. Once this happens, everything in the pot is as hot as it is going to get. Make sure that the steam is hissing out real good but don't take the lid off because you want everything to stay hot. Don't worry about the high heat. Nothing will bum. You'll see.

Now, take the pot off of the fire and quickly wrap it in a towel or cloth of some kind and quickly put the whole thing into one of the ice chest-type coolers. No ice! The ice chest should be dry and not contain any ice.

After all, an ice chest is merely an insulated box. Whether it keeps heat out and cold in or keeps cold out and heat in is all the same to the ice chest. So, by putting this steaming pot into the insulated box, all of the heat is trapped just like the heat is trapped in the rocks at a Hawaiian luau. The ice chest I use is called an Igloo Cooler. Thus, the name Eskimo.

Now all of these vegetables (I suppose you could add meat, too, but I've never cared to try it) will continue to cook just as if they were in an oven. The heat is trapped and can't go anywhere so it stays in the box and keeps on cooking. The food will be ready to eat in a half hour if you are in a hurry. Or if you want to wait, this meal will be ready to eat at any time of the day and will be steaming hot even eight or ten hours later. In fact, it gets more delicious the longer you wait because all of the juices blend delightfully.

Women should make note of this method for pleasing your husbands since you can cook the whole thing up in fifteen minutes in the morning while fixing breakfast. Pop it into the Igloo and your husband can take it to work. When he opens the box for lunch he will have a steaming hot and delicious meal.

And there is room in the Igloo for eating utensils and condiments, too.

Regarding condiments, this sort of cooking does best with a splash of cold-pressed oil such as olive, soy, safflower or peanut and a dash of soy sauce. Leave out the oil if you are dieting. Don't buy any Kikkoman or any other of the synthetically prepared junk food, MSG-filled soy sauces. Only use natural soy sauce for the best flavor. These are available in low-sodium flavors, too.

And at home, this method will save the ladies many hours a day over the stove. Using only brown rice and beans as the basis, there is an infinite number of flavors that can be cooked up depending on the combinations of vegetables that you use. And thus, the name, "Wu Tao-Wei's Hawaiian Eskimo One Pot Heavenly Pig-Out Cooking Method." All you have to do is leave the pig out and go ahead and Pig Out! Bon appetite!

APPENDIX B

Macrobiotic Range of Yin-Yang Foods
from ▼ = Yin through ▲ = Yang

▼ Sugar, Fruits, Dairy, Nuts, Vegetables, Cereals, Fish, Eggs,
Animal Meat ▲

Food Range From Yang to Yin

▲▲▲ = Very Yang

▼▼▼ = Very Yin

▲▲ = More Yang

▼▼ = More Yin

▲ = Yang

▼ = Yin.

ANIMALS AND FOWL (domestic animals must be fed on natural grains)

pheasant ▲▲▲

pigeon ▲

beef ▼▼

fertile eggs ▲▲

chicken ▲

pork ▼▼

turkey ▲▲

hare ▼▼

frog ▼▼

duck ▲▲ horse ▼▼ snail ▼▼
partridge ▲▲▲

FISH

caviar ▲▲ sole ▲ carp ▼
red snapper ▲▲ trout ▼ eel ▼
sardine ▲▲ lobster ▼ octopus ▼
herring ▲▲ halibut ▼ clam ▼
shrimp ▲▲ mussel ▼ oyster ▼
salmon ▲

CEREALS

buckwheat ▲▲ whole wheat ▲ barley ▼
millet ▲ rice ▲ rye ▼ corn ▼ oats ▼

VEGETABLES

burdock ▲▲ endive ▲ bamboo shoots ▼
▼▼
dandelion root ▲▲ lettuce ▲ artichoke ▼▼▼
watercress ▲▲ dandelion leaves ▲ spinach ▼▼▼
coltsfoot ▲▲ cabbage (white) ▼ asparagus ▼▼▼
carrot ▲▲ lentil ▼ cucumber ▼▼▼
pumpkin ▲▲ beet ▼ beans (except azuki) ▼▼▼
parsley ▲ celery ▼▼
onion ▲ cabbage (red) ▼▼ potato ▼▼▼
radish ▲ green peas ▼▼ sweet potato ▼▼
▼
turnip ▲ garlic ▼▼ tomato ▼▼▼
kale ▲ mushroom ▼▼▼ eggplant ▼▼▼

DAIRY FOODS

goat cheese ▲▲ Camembert ▼ cream cheese ▼▼▼
goat milk ▲▲ milk ▼▼ sweet cream ▼▼▼
Dutch cheese ▲ margarine ▼▼▼ sour cream ▼▼▼
Roquefort ▲ butter ▼▼▼ yogurt ▼▼▼
Gruyere ▼

FRUITS

apple ▲▲

strawberry ▲

chestnut ▲

cherry ▲

olive ▼

peach ▼▼

hazelnut ▼▼

cashew ▼▼

peanut ▼▼

almond ▼▼

pear ▼▼▼

melon ▼▼▼

orange ▼▼▼

fig ▼▼▼

banana ▼▼▼

grapefruit ▼▼▼

mango ▼▼▼

papaya ▼▼▼

pineapple ▼▼▼

lime ▼▼▼

MISCELLANEOUS

black sesame oil ▲

corn oil ▼

white sesame oil ▼

sunflower oil ▼

olive oil ▼▼

peanut oil ▼▼

safflower oil ▼▼

coconut oil ▼▼

margarine ▼▼▼

lard ▼▼▼

molasses ▼▼▼

honey ▼▼▼

BEVERAGES

ginseng ▲▲▲

mu tea ▲▲

yannoh ▲

kohkoh ▲

chicory ▲

undyed Japanese tea ▲

mugwort ▲

common mineral water ▼

water(deep well) ▼

soda ▼

menthol ▼

thyme ▼

beer ▼▼

wine ▼▼▼

champagne ▼▼▼

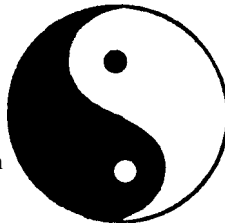
all sugared drinks ▼▼▼

tea (dyed) ▼▼▼

fruit juice ▼▼▼

coffee ▼▼▼

“And the Lord God commanded the man , saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.” Genesis 2:16-17



But the Tree of Life, itself, was not forbidden. Beyond branches, good and evil, the Middle Path to Life is hidden.

—Dr. Wu Tao- Wei



Bamboo Delight Company
P.O. Box 2792,
Saratoga, CA 95070 USA

www.bamboo-delight.com