



## MAN ON A MISSION

Dr. Freddy Kaye is opening a new office in Miramar Beach

By Mary Brody

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**A**long with the majority of Americans today, Dr. Freddy Kaye has been down the road of eating the wrong things for the wrong reasons. Now he's 5'9 and 158 pounds, well past the traumas in his early life that once caused him to balloon to 192 pounds. He has learned much about nutrition, health and psychology along the way.

As an author, a nutrition therapist and a faculty member of the Family Practice Residency Program at Tallahassee Memorial Regional Medical Center, Kaye outlines an impressive track record of success with hundreds of patients. He has been in private practice for 26 years.

Kaye's decision to open an office at the beach was brought about by a personal decision to relocate and build a new home here at the age of 64. "If we were ever going to do it, now is the time," he said, adding "I've always been a water person, growing up in Miami. I am an expert water skier and my wife and I love the beach."

For the last 10 years, Kaye's busy clinical practice has brought 18 people a day to his office four days a week. He does not just hand out recipes and advice, however.

"Accountability is what most people need," said Kaye.

It doesn't hurt to have a magic mirror and a sense of humor as well.

"I'm a low fat, low sodium ham," said Kaye, referring to his love of public speaking. "My mission is to improve the lifestyle and well-being of everyone I come into contact with."

An initial evaluation, including an hour-long office visit, costs \$155. Although he does not take insurance payment directly, "Some insurance will cover the program, especially if type II diabetes, high cholesterol or weight loss are involved," Kaye said.

Clients can expect an intense appointment, outlining the program and providing information on Kaye's "ideal diet." Recommendations for medical follow-up, and feedback based on a twenty question self-inventory clients provide are part of the initial visit.

Clients also go home with a food diary, a comprehensive shopping list, and the guidance, cheerleading and motivation of their new coach. "I help them achieve what they have not been able to achieve before," said Kaye, adding, "Many come as a last resort, feeling 'enough is enough'. That's a good thing, as small changes can become lifestyle changes."

Kaye's office features a "magic mirror," - a convex lens that immediately drops 20 or more pounds off any profile. "I show people what they can look like, and many people will cry when they see themselves in that mirror," said Kaye.

He prefers to call his patients "clients," citing their active partnership role in their success.

"Although I have spent many years in school, my real education has come from my one-on-one and small group counseling," said Kaye. Motivation, said Kaye, is a key factor in his clients' success.

A "before and after" photo book is kept ready in his office. "I'm a really good motivator," he said.

Kaye is well experienced with cases of extreme overweight - termed "morbidly obese," some of his clients have topped the scales at over 400 pounds.

Seventy percent of Kaye's clients are women, aged 30 to 70, who are concerned with weight loss because of high blood pressure, the onset of type II diabetes or high cholesterol levels.

Most men he sees are referred by their medical doctors. The majority of Kaye's clients are 50-100 pounds overweight.



Overweight children and those suffering other types of eating disorders also comprise a segment of Kaye's client base. "Eighty percent of overweight children I see have parents who are also significantly overweight," said Kaye, adding that weight loss for children has to be a family effort.

"Education is badly needed. Diet, behavioral habits, culture and food traditions have to be considered," he said.

Kaye believes that diet and metabolic control are key to permanent weight loss. Kaye's book, "The Path, Secrets to Permanent Weight Loss" recommends vigorous walking at least 30 minutes six or more times per week to stimulate the metabolism.

Routine and planning ahead for meals are also keystones in the Kaye approach. Failing to be perfect is not required, however.

"When you've blown it (it will happen), pick yourself up and get right back on the path, each and every time," Kaye counsels. "Each new meal is an opportunity to put yourself right back on track."

"What is the ideal diet? We really don't know, because we haven't been taught," he said.

Kaye cited the World Health Organization as his best source of dietary guidance. WHO monitors global health and conducts epidemiological studies. The WHO guidelines recommend a diet comprised of 70% starch, 15% fat and 15% protein.

Kaye cites poor dietary choices as responsible for the most prevalent diseases in America today. Elevated cholesterol, breast and prostate cancer and type II diabetes are among the deadly health impacts of the typical American diet.

Kaye pointed out that a woman has a 1/144 chance of developing breast cancer if she is living in Japan, while the prevalence rate goes up to 1/15 in Hawaii and 1/9 in the United States. The relevant factor is diet.

So, what should one eat?

"Organics, as much as you can," said Kaye, adding "We need the fiber and energy that starches provide. The number one cause of osteoporosis is too much protein."

Citing the scientific evidence backing up dietary manifestos of the past, such as "Diet for a Small Planet" and "Diet for a New America," Kaye provides the following recommended daily amounts of protein that he believes should be consumed for optimal health.

"For females, 35-45 grams a day, for males, 35-55 grams. For pregnant women, 60-70 grams a day of protein is ideal."

"One ounce of meat, fish or cheese provides about seven grams of protein," said Kaye. "A turkey sandwich on whole grain bread with a slice of cheese is almost half the protein you need in a day."

Convinced that eating a diet of items found lower on the food chain is the best route to health, Kaye says he would support local efforts to make healthy food choices more available.

"The New Leaf Market in Tallahassee is great," said Kaye.

But, really, what Dr. Kaye is selling is not available in stores. "When they leave my office, they have hope, which is what they've lost," he said. Subsequent visits to Dr. Kaye cost \$45, and a contract is not required.

### More INFO

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Tops'l Commercial Center.  
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**Book:** "The Path: Secrets to Permanent Weight Loss" is presently available (\$20) directly from Dr. Kaye. He is expecting to place it in local bookstores and libraries soon.

**Web site:** [www.DrFreddyKaye.com](http://www.DrFreddyKaye.com)