

# Want to lose weight? Shut your mouth

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**CNN:**

Anita Mills was 382 pounds when a family doctor gave her four simple rules to lose weight:

1. Eat 8 ounces of food every 3 hours
2. No sugary drinks
3. Do not skip meals
4. Do not tell anyone what you're doing

Now 242 pounds lighter, Mills credits that last tip for helping her through the most difficult months of her weight loss journey. Not having someone questioning every bite or trying to persuade her to relax on weekends helped her focus on the goal.

Read the whole story: [CNN](#)