

The ultimate D.C. diet

By: Anne Schroeder Mullins
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They call it the “Hillary Diet,” but Hillary Clinton isn’t on it. She’s just hooked on recommending it.

The diet is a custom-designed eating plan, created by Doctor’s Weight Loss Center in Alexandria, that helped Clinton staffer Mo Elleithee lose 125 pounds. And when the secretary of state heard that, she asked her longtime pal John Coale to try out the diet — in the hopes of inspiring her brother, Tony.

Coale, husband of Fox News’s Greta Van Susteren, wasn’t offended. “We’re friends,” he said. “We’ve talked about weight problems before.”

Even so, he balked. Coale told Clinton that he’d look into the diet, but promptly forgot. Then he ran into Tony, who had shed 60 pounds.

So in reverse order, Coale himself was inspired and tried the diet: in six months, he lost 60 pounds — though he declined to share his current weight.

“Everybody wants to know how I did it,” says Coale. “I have been on every diet known to man — I did Atkins to the point where there were herds of cattle afraid of me. ... This is first one I’ve ever been on where I’m not hungry.”

The diet mastermind is Dr. Roy Heron, who believes no two people have the same eating habits — and so creates an individual eating plan for each of his clients. “No one loses less than 15 pounds,” he says.

Heron’s basic approach includes lots of fruits, vegetables and 60 ounces of water a day. Clients are weighed each week. Coale says he eats a lot of salads now — and misses steak the most. He does have a trainer, too, whom he affectionately calls “Torture Woman”: she comes to his house four times a week and “yells at me and makes me do things I’d never do.”

Coale has brought high-profile Washington friends to the diet. And Heron says his diet has helped a number VIPs: “There’s a whole lot of them.” The largest person to ever come in his office tipped the scales at 525 pounds — and after fifteen months that person lost 315 pounds.

But Heron’s true “passion” is reducing childhood obesity, which he himself suffered through. He’s currently working on a diet program for kids that he hopes to launch across the country. And he’s hoping that Michelle Obama’s involvement with the issue will make a difference.

Heron’s dream client, though, happens to be good friends with the Obamas: Oprah. “I’ve seen how much she’s gone up and down,” he says. “That would be my dream — to meet her and put her on my program.”

But the VIP to whom he is most grateful is Clinton. “She thanked me personally for helping her brother,” he said. “Hillary is not on the diet. She allows us to use her name because of her friends, but she’s not on my diet. I don’t want her getting mad at me.”

