



THE
HEALTH COACH'S
CONTENT
BIBLE

WEIGHT LOSS

2020 EDITION
BY PROWRITERPLUS

The Health Coach's Content Bible

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Diet Change For Weight Loss

One of the most important things you can do when you are trying to get in shape is to pay attention what you are eating. This does not take any time from your schedule and you will feel much healthier when you eat the right foods in the right proportions.

One of the best ways to change your diet is to change to an organic one. It is good to increase the fiber in your diet, which will clean out your colon of all negative weight loss inhibitors. This means that instead of eating refined or processed foods, you should eat whole grain foods like brown rice and whole wheat bread. This has more fiber and less bad fats such as trans fat and cholesterol.

You should also increase your input of protein, minerals and vitamins. To do this it is good to eat more fruits and vegetables and substitute fish and chicken for red meat. These meats have less calories and fat and still provide more protein.

One of the most important parts of changing your diet is to completely eliminate junk food. This will include candy, chips, popcorn, ice cream, milk shakes and soda. You can substitute fruits and vegetable snacks instead. Instead of sodas you can drink water or dilute juice with water for flavor. You will find this makes a huge difference in your sugar and fat intake.

You will feel healthier and have more energy when you change your diet. At first you may feel a little different with the extra fiber and complete change in food but this will soon pass and your body will work better and more efficiently. You will have more energy and feel like an entirely new, better person.

Keeping fit does not just depend on exercises, diet also plays an important part in improving your. Remember that looking after your health and staying fit is an investment in yourself and something you should not neglect or you will find that you will regret poor health habits later. Diet is one part of staying fit that does not take any time and you will reap the benefits throughout your life once you get into a good habit. With these few points you can make huge strides towards staying fit and healthy and being able to do the things you want to do.

Lose Weight For A Healthier Heart

Obesity has reached epidemic proportions in the United States. According to the Centers for Disease Control and Prevention, the number of obese Americans continues to rise. In fact, 30 percent of adults over age 20-more than 60 million people-are obese, which means they are 30 pounds overweight and have a BMI, or body mass index (a measure of body fat), of more than 30.

Obesity Is On The Rise

One of the goals of the National Institutes of Health is to reduce obesity among adults by more than half by the year 2025. However, current data suggests that the situation is getting worse. Due to rising rates of childhood obesity, life expectancy for the average American could decrease by two to five years over the next few decades unless major efforts are made to slow down the rising rates of obesity.

What's more, obesity is a risk factor for heart disease and other serious health complications:

- Obesity is a risk factor for type 2 diabetes, high blood pressure and high cholesterol. Having these disorders at the same time is a condition called metabolic syndrome, which can lead to an increased risk for heart disease and kidney disease.
- High blood pressure, a risk factor for heart disease, is twice as common in obese adults than in those who are at a healthy weight.
- Obesity can also lead to arthritis, which is caused by stress on your joints.

A Likely Trigger For Heart Disease

Obesity, high cholesterol and high blood pressure are a common grouping of risk factors for people with heart disease. Managing all these risk factors will help reduce the risk of heart attack and stroke.

What You Can Do Today

Overweight and obesity together represent the number-two preventable cause of death in the U.S. after smoking. There are many things you can do to get your weight under control and to help manage your risk for heart disease:

- Develop a diet and exercise plan that you feel is realistic and that you can maintain.
- Talk to your doctor about medicines that may help control your risk factors for heart disease. If you are prescribed medicines, take them exactly as directed and for as long as your doctor recommends.
- Resolve to make this year a healthier one-set a weight-loss goal and stick with it.

Losing Weight In Time For Summer

Being overweight in the summer heat is no fun. And exposing a fat stomach or fat thighs isn't exactly pleasant when everyone else around you is wearing gnat-sized beachwear and drizzling oil onto wasp-like abdomens. In fact, for people carrying excess weight, summer can be an unpleasant trial involving countless opportunities for embarrassment and discomfort. So let's take a look at how you can reduce some of your fat and make next summer a happier experience. But first, a warning.

Summer Weight Loss Trap

One guaranteed way to fail is to look for a "short cut" weight loss method or diet. You know what I mean: the type of program that promises "a fast effortless way to reduce weight". In my experience, none of these diets or pills actually work, and the medical evidence is quite clear: the maximum rate of sustainable fat loss is between 1 and 2 pounds per week, perhaps a little more if you are obese. Besides, if a brilliant scientist did manage to concoct a formula for rapid effortless weight reduction, overnight he would be more famous than Einstein. He certainly wouldn't be peddling his program in 30-second TV infomercials or mail-order advertisements. So for the sake of your sanity as well as your financial health, don't waste time on weight loss methods that make extravagant claims. If you don't believe this, think of any of your overweight friends who favor the short-term "lose 20 pounds in two weeks" type of approach, and ask yourself why they are still overweight.

Three Month Summer Diet Plan

You can't lose much weight in a week or two. You need about three months to make a significant impact on your body shape. Remember, the human body is interested in survival, not cosmetic appearances, and since rapid weight loss is a prima facie symptom of disease not good health, the only guaranteed way to improve your body shape is to adopt a gradual approach of healthy eating and increased exercise. In three months, you can lose about 26 pounds - more than enough for most overweight people to experience noticeable health improvements as well as a much leaner body. And by reducing your weight gradually in this manner, you have far less chance of weight regain, so if necessary you can continue losing more with less danger of incurring a weight loss plateau or other obstacle.

You Need A Motive

No one likes to change their habits. So if you want to change your eating and exercise habits, you need a strong motive - something to keep you dieting and exercising when boredom sets in. Whatever motive you choose, it must be something more powerful than the urge to eat tasty high calorie foods in front of the TV!

A Good Motive For Weight Loss

Anything that commits you in advance to achieving your weight loss goal, makes a great motive. So be bold. Book an expensive beach holiday, or buy some gorgeous clothes to fit the body you want to have at the end of your diet program. Both these actions require you to succeed, and therefore provide constant motivation along the way.

Be Positive About Short Term Sacrifices

Whether you're trying to lose weight for the summer, save money or pass exams, an important piece of the motivational jigsaw is your ability to be positive about making short term sacrifices. The choice is fairly simple: you can focus on the "deprivation" involved in giving up certain foods, or you can focus on the benefits you will get by not eating these foods. Sadly, many dieters focus on feeling deprived. After a while they see their diet as a burden, a bore, an evil necessity. This is why so many of them quit. They can't "see" the benefits that weight loss will bring them. If you want to improve your body shape for the summer, you must avoid this trap and appreciate the longer term benefits you will receive by making short-term adjustments to your lifestyle.

The Good News About Improving Your Diet

Many of our tastes, food cravings, and general attitudes to food are strongly influenced by what we eat and drink. I know countless mothers with families who have reported astonishing changes in their personal and family eating habits after less than three weeks of improved eating. Point is, the average modern diet is loaded with sugar, fat and sodium, all of which condition us to want more of these items. But if you can break out of this dependence on junk-ingredients for even 2-3 weeks, you'll notice a huge difference in your tastes. Which brings me to healthy eating.

Think Healthy Eating Not Weight Loss

In my experience, one of the most effective weight loss strategies is to focus on healthy eating. I'm not saying you shouldn't stand on your weighing scales, just don't measure progress exclusively by what the scales say. Be aware that it's just as important to enjoy your food and feel good about your change of eating habits. And any diet you hate is guaranteed to fail, no matter how much weight you lose, because as soon as you achieve your goal, you will revert to your old eating habits and regain every pound lost.

Exercise Provides Wonderful Indirect Benefits

Exercise does burn extra calories and therefore does help to widen your calorie deficit. But its direct effect on weight loss is typically quite small. In fact, it's not uncommon to gain weight when you start exercising. The real weight reduction benefits of exercise are indirect ones. It raises our metabolic rate, helping us to burn calories at a slightly faster rate, and improves our mood, which typically reduces our need for comfort-eating. However, don't overdo your exercise workouts. I've lost count of the number of dieters who started exercising too vigorously and burnt out within 3 weeks. Ideally, start with 45 minutes/day of any physical activity you can easily manage, and very gradually increase the duration and intensity. Listen to your body at all times, and be sure to loosen up beforehand and wind down afterwards.

See Yourself As You Want To Be

If your goal is a waistline you can proudly display in the sun, then don't wait until it happens to "see" it. Visualize it from the moment you start dieting. Visualize yourself walking along a beach, or lying next to the pool with a perfectly flat stomach. Whatever your ambition for your weight or body, get used to visualizing it in the greatest possible detail. Because "seeing it" is the first step to making it come true. As they say, one picture is worth a thousand words.

Feeling Discouraged? Just Visualize The Benefits!

If you have a lot of weight to lose (100 pounds+), you may not think that losing 26 pounds in three months is particularly worthwhile. If so, ask yourself this question. What's the alternative? No matter what method you choose, you won't lose weight any faster, so it's only a question of when you start and how long it's going to take. I can answer the last question right now. Losing 100 pounds takes about a year - typically a little longer to allow for disasters along the way. Fifteen months would be a more realistic time span to reduce weight by this amount. This is nothing. Just visualize yourself walking down the street 100 pounds lighter, and tell me that eating healthily for 15 months is too high a price to pay for such a wonderful prospect.

Your First Priority - Get Support

If you really want to lose weight for the summer, your first priority is to find support. Join a diet-group at work, or a fitness class, or go to weight loss meetings. Or join an online forum. Losing weight on your own is perfectly possible, providing things go well and your scales keep saying nice things. But when difficulties arise, as they surely will, having the support of real people can make all the difference between success and failure. If you experience difficulty finding support, try my own weight loss forum. It's great fun and very inspirational.

The Top 10 Healthy Eating Habits

In a nutshell, a healthy diet involves:

- (1) More home-cooked food, less eating out.
- (2) More fresh fruit as snacks.
- (3) More fresh vegetables as snacks and with meals.
- (4) More beans as sides or in stews.
- (5) More dense chewy bread, less refined white breads and bread snacks.
- (6) More fish, skinless chicken/turkey, less red meat.
- (7) Smaller servings of red meat, larger servings of vegetables.
- (8) Eating low fat dairy foods.

(9) Adding less fat in the form of butter, mayo, sour cream, to the food on your plate. This is a huge source of excessive calories.

(10) Stocking up with healthy snack foods to keep hunger at bay. If you fill up with healthy nutritious calories, you won't want the junk foods that hunger makes you eat. As far as weight management goes, hunger remains Public Enemy Number One.

Lose Weight Or Lose 13 Years!

We hear it all the time...lose weight for your health. Few people however, realize the extent to which this is critical to their physical well-being and ultimately their life expectancy.

In January 2003, the Journal of the American Medical Association featured a study finding that obesity appears to lessen life expectancy, especially among young adults. The study showed an obese 20-year-old white male, (5'10")178cm and weighing (288 pounds) 130kg was estimated to lose 13 years of his life as a result of obesity.

It is now well researched that a Western diet that leads to obesity may actually act to stimulate the growth of cancer cells. It is never too late to improve your health through healthful eating and adopting a more health-giving lifestyle. Here are simple steps to follow which can make an immediate improvement to your health and vitality.

1. Check to see if you are overweight or obese.

To find out your BMI you need to divide your weight (measured in kilos) by your height (measured in metres) squared. If the result is greater than 25, your health may be improved by losing weight.

2. Match your diet to your body's requirements.

If you eat and drink more calories than your body requires you will put on weight. Learn to control calories and portion sizes, make recipes leaner, and eat infrequently from fast food restaurants. Also learn how to snack with healthful choices.

3. Colour your diet with a large variety of colorful, cancer-fighting fruit and vegetables.

There are seven different color ranges of both fruit and vegetables and by choosing between 5 to 9 daily serves from a wide range of fruit and vegetables, we are extending our consumption of cancer (and other disease) fighting nutrients.

4. Eat lean protein with every meal.

Protein provides a powerful signal to the brain providing a longer sense of fullness. The right source of protein is essential to controlling your hunger with fewer calories and necessary to maintain your lean muscle mass. Choices of protein should be flavored soy shakes with fruit; the white meat of chicken and turkey, seafood such as shrimps, prawns, scallops and lobster and ocean fish or vegetarians may prefer soy based meat substitutes.

5. Rev up your metabolism with activity.

If you want to enjoy a lifetime of well being, exercise is a key ingredient. Thirty minutes activity each day that takes as much effort as a brisk walk is recommended for adults. Children should be active for an hour each day.

6. Get support to ensure you develop a healthful eating plan and reach your goal weight.

A study, “Effects of Internet Behavioral Counseling on Weight Loss in Adults at Risk of Type 2 Diabetes” shows that participants who had the support of weight loss coaching lost more weight than those who didn’t. The study concluded that the support of a weight loss coach can significantly improve weight loss results.

Being overweight or obese has been identified next to smoking, as the most preventable major risk to developing cancer. Even small weight losses have been shown to have beneficial health effects. So it’s never too late to start and you can never be too young or too old to be concerned about your health and do something about achieving a more healthy weight.

How To Lose Weight And Keep Fat Off Without Strict Diet

How many times have you heard a friend say, "I am on a diet"? Then what happens is your friend would lose some weight for a while before putting them all back on again.

I'll bet you have also seen someone say that "Cardio is the best for losing weight". This person would then religiously pound the treadmill but results are agonizingly slow. Soon, he gives up and gains back all the weight he had lost, and sometimes even gaining some extra kilos!

Ah, so you thought you've finally found the answer to permanent weight loss. You went on a strict diet and ran your heart out. You dropped kilos real quickly. But somehow, something is wrong when you look into the mirror in your birthday suit. Yes you have lost some weight, but somehow your body shape isn't as flattering as you would like it to be. And then suddenly, you hit a plateau.

No matter how strict your diet and cardio workouts are, your weight just simply refuses to drop any further. Then horrors of horrors, you actually start to gain some weight! You get disillusioned because with the unrewarding program and soon you succumb to 'guilt food' more often, and the weight comes right back up once again. The program fails and you blame it on your bad genes. Why???

Here's why. Firstly, take a good look at the title of this article. It's to "Fend Off Fats" and not "lose weight". My point is, by merely losing weight, you will also lose some muscle mass in the process. By losing muscles, you will lose body tone and thus your metabolism rate for burning calories will slow down. Therefore, you have got to build muscles while losing fats. You may even gain some weight because muscles are heavier than fats.

To lose fats and keep them off permanently, you have to combine healthy eating habits, incorporate cardio exercises and lift weights to build muscles. For every kg of muscles you pack, you will burn an extra 70-100 calories per day even without doing anything. Can you imagine the benefits of building up 5kg of extra muscles? You will be burning 350 to 500 extra calories a day even if you just laze around. You'll be burning a Big Mac everyday! To further illustrate my point, 1 kg = about 7,700 calories, thus if you burn 500 calories a day because of the extra muscles you have, you will be burning off about 1 kg every 2 weeks simply because of your higher metabolism rate!

You'll also look good, healthy and well-toned too! Is it any wonder why bodybuilders eat so much but do not put on fat as easily?

Everyone knows that intensive cardio and strict diets cause you to lose muscle mass along with fats. So while you will lose some weight at the beginning, you will look like, well, just a smaller version of you without any muscle tone. That's not what we want is it?

So, as you lose more and more muscles, your metabolism begins to slow down. On top of that, your body will start conserving fats and 'eat' your muscles for energy because it is reacting to your strict diet. What happens then is that you will hit a plateau and no matter what you do, you will not reduce anymore weight and your fats will start creeping up again. This, in a nutshell, is the 'yo-yo' dieting effect that we hear so much about.

Losing fats is simple. And notice that I said 'simple' but did not say that it is 'easy'. My pointers will be simple to understand, but the execution will take determination and discipline on your part. It is a lifestyle change to keep the fats off permanently and you will be glad you did because you will get used to the changes in only a few weeks. By then, it will become a cultivated habit for you, especially when you are rewarded with a fitter, healthier, hunkier you, together with a glowing complexion to boot!

Here is how you do it. Simply, losing fats just means you must burn more calories than you consume. Period.

Lift weights with compound exercises - Forget those puny biceps curls and tricep push downs. Go for big muscle groups like legs, back and chest routines. Why? Because you are working with bigger parts with more mass, and that means more body parts are working, translating into more calories being expended. If you are fit, do giant sets (4 or more exercises or sets with no rest in between sets or exercises).

Here's an example. Do only one set of each exercise with no rest in between the exercises. Choose a weight of about 60%-70% of what you normally lift and go for at least 25 reps. Do more if you can or until your muscles are fatigued, then stop. Leave the gym. The whole routine should not take you more than 40 minutes.

After thoroughly warming up, start with squats, then dip, bench press, barbell row and military press. Sounds simple? Not so. You will be huffing, puffing and sweating profusely. What is achieved? You will have combined a cardio workout with a lifting workout and your metabolism will burn for the next several hours. Do this 3 times a week with at least a day's rest in between lifting days.

After 4-8 weeks, change the sequence of the exercises. So if you usually squat first, then squat last. Then after another 4-8 weeks, change some of the exercises, like substituting squats with deadlift, or barbell rows with lat pull down. This is to shock your muscles so that they continue to adapt and grow.

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For cardio, go for a run first thing in the morning before breakfast. If you are jogging at normal speed, sustain the jog for at least 45 minutes. If you are running at 65% to 80% of your maximum heart rate (you will be panting and unable to sing or complete a sentence while running), then 20-30 minutes will be enough. Anything more than that may cause muscle break down. You may intersperse the speed with slower jogs in between to catch your breath. Do these 5-6 times a week.

Eating habits? Just eat less of what you normally eat. For example if you have 2 slices of bread with 2 eggs in the morning, now take just one slice and an egg. Just eat half of what you eat but eat more regularly. Have 5 to 6 meals a day if you can. This is to feed your body frequently so that it will not go into starvation mode and start to conserve fats. At the same time, it will boost metabolism because your body burns calories while digesting the food. Chuck away all soft drinks, sugary drinks and stop adding sugar into your coffee and tea. Just by abstaining from sugary drinks, you may already have gotten rid yourself of 200 calories per day. Drink plenty of water instead and double the amount if you can.

Oh, by the way, all work and no play makes Jack a dull (and very tired) boy. Do choose a day to relax a week. No exercise on that day. Indulge in your favorite food if you must. Hey, pat yourself on the back and reward yourself for passing another grueling week. After all, your body needs to recover too.

As you reach your fat loss goals and you are happy with your muscular development, you can then take things a little easier. Hit the gym less frequently, have shorter runs and even relax a little in your diet. Because of your greater musculature, your body is now a fat-burning machine. You have earned that luxury.

Simple? Sure. But do you have the determination enough to lose those fats and keep them off permanently? Who said you must go on a strict diet to lose weight and keep the fat off forever? It's your call folks!

Lose Weight Quickly With This Easy To Maintain Diet

There are a lot of people in the world who are trying to find ways to lose weight quickly. In this article I write about a simple diet that worked for me.

I have always had an ongoing battle with my own weight, however a few years ago I managed to lose those excess pounds.

I have always liked the wrong types of food and drinks and as a result have always been on the large side. I have to be very careful what I eat as I seem to gain weight very easily. In my life I have tried many weight loss programs or diets, however I have always looked for a way of losing weight without having to resort to starving myself or by having to do huge amounts of exercise.

I am not sure if you are like me, but I have always been annoyed and frustrated with people who seem to be able to eat seemingly huge amounts of food, without getting fat. I am sure I eat half as much as these people but am still twice their size, it is not fair! That was until a couple of years ago.

I decided I needed to find my own weight loss program. I had to be realistic, I was aware that I did very little exercise and that I liked all of the wrong types of food. I loved the taste of fast food, this was only because of my busy lifestyle though. One of my biggest problems though was that I liked snack food, such as peanuts, chocolate and crisps. I also liked alcohol as this helped me to gain confidence.

I knew that most people would advise me to stop eating all of these fatty type foods, especially the pizzas and chips. They would also no doubt, advise me to join a gym and to go jogging every morning. Get real! Those gyms are full of thin people, if I go jogging I might get mugged, and I am sorry but life would not be worth living without my weekly pizza!

I decided that what I would do is to basically eat a healthy type breakfast, which would be cereal or toast. I would have a fairly light lunch, such as a sandwich, however for my evening meal I could eat whatever I wanted. The main thing and most difficult to implement would be the fact that I would be no longer eating between meals. The snacks had to go!. I am not trying to say that this was easy to do, however I had a need and was determined to lose weight.

For exercise I decided to leave the car at home, wherever possible, and walk to more places. I also started taking my children to the park more often. At the park we would play games such as football, cricket and baseball. It is amazing how much weight you can lose by having fun.

These things were what helped me to lose all of my weight and to reach a size I was happy with.

Lose Weight Rapidly with Diet Pills Therapy

What is obesity? Obesity is a state when you take in more calories than the calories burnt. It affects your body metabolism and results in the dissolution of fat in your body. Obesity comes with many other health-related problems like irregular blood pressure, pain in joints, and many more.

It is for sure that losing weight is not an easy task.

It is the demand of recent times to lose excess body weight at the earliest. Everyone strives hard not just to wipe out their excess body weight, but also to stay healthy

Though exercise is the best remedy for dissolving extra fat of your body, it is seen that only few of us are able to avail the benefits of exercise. It can be due to many reasons like inability to exercise, laziness, medical condition, and hectic schedules. Subsequently, diet pills therapy comes into action by providing an easier method to shelve excess body weight. Diet pills therapy is like a boon for those people who don't want to spend most of their time in exercises.

Diet pills are an innovative way to remove extra pounds from your body. Diet pills work effectively by suppressing your appetite. You can lose your excess weight when you take these diet pills in combination with mild exercises and a balanced diet. It is required to say “NO” to all of the following things: -

- Fried Food
- Fat enriched stuff like butter
- Junk food like hotdogs, pizzas, and many more
- Milk shakes and cold drinks
- Unscheduled dietary habits

If you want to lose weight, it is important that you should set some goals. You can't lose weight significantly without goals. Diet pills play an important role in suppressing your appetite and in stimulating the metabolism of your body. A number of diet pills are available in the market to cure obesity as: -

- Phentermine

- Acomplia

- Adipex

- Didrex

- Xenical and many more

These diet pills should be taken before meals and with a glass full of water. Also, prior consultation with a doctor should be taken before you go for diet pills therapy. It is to be noted that these diet pills should not be overdosed, as overdose of these pills may affect your health in an adverse manner. Few of the sober side effects of these diet pills are dizziness, insomnia, constipation, upset mouth, and dry mouth. These side effects will disappear within a few hours.

Diet pills therapy plays an important role in losing weight more rapidly. Diet pills are useful for all whether they are indulged in exercises or not. Phentermine is one of the established diet pills available in the pharmaceutical market. You can buy phentermine online by just a single click of your computer mouse.

Lose Weight The Natural Way While You Sleep

You probably didn't know it, but one of the best times to lose weight is while you sleep. That's because the human body is designed by nature to repair itself during the hours we are sleeping.

Our bodies use sleep to repair and strengthen our muscles, joints and other parts that get tired and damaged through use and exertion during waking hours.

This restorative process uses energy to rebuild lean muscle mass and to help rebuild other kinds of body tissue. That is worth repeating -- this rebuilding process uses energy -- and if the rebuilding process is running smoothly and efficiently, that energy comes from places in our body where energy is stored -- from fat.

In other words, the body rebuilds tissue, organs, bone, and lean muscle by burning fat.

Several things about this process are worth noting. They have an important bearing on how efficiently it works.

****Collagen is very important to the body repair process**

Collagen is the most common protein found in our bodies. It is the main component of our skin, nails, bones, cartilage, and connective tissue and is found in all of the body organs. Cartilage is the cushion and shock absorber between joints, and the reason we stay flexible and mobile. Healthy cartilage is constantly being regenerated by the body naturally and this process contributes to keeping us youthful and flexible.

As we age, our bodies lose the ability to produce collagen at sufficient levels needed to support the deep restorative sleep processes that our bodies are designed to perform. This can be a major contributor that leads to a premature aged appearance and can definitely affect our flexibility and mobility. It stands to reason that a collagen supplement combined with other natural ingredients can have a dramatic effect in better supporting the deep restorative sleep process. This in turn can allow the body to experience more energy, build more lean muscle, and burn more fat.

****Amino acids enhance the regeneration process**

The rebuilding process is also influenced by the efficiency of the amino acids normally used for this purpose. As part of the rebuilding process, amino acids help maintain lean muscle mass and allow the body to more readily consume fat for energy. This contributes to weight loss.

Again, as we age, our body's production of efficient amino acids is reduced. A supplement such as L-Carnitine is a special amino acid that enhances the body's normal function and helps your body convert excess fat into readily available fuel. During deep sleep, these special amino acids work like a natural "turbocharger" to help your body repair, preserve and build lean muscle while burning stored fat to supply the needed energy.

****Not eating before sleeping is important**

Since the body uses deep sleep for the restoration process, it is important when using a collagen supplement not to eat three hours before going asleep. This is because we don't want nutrient competition between undigested food and the collagen supplement special nutrient formula itself. If the body has to concern itself with digestion it will not absorb the collagen formula properly. Therefore your body will not be performing its natural restorative process while you sleep, but rather will be concerned with undigested foods and will actually be storing fat from the continuing digestive process rather than burning fat as the energy for the deep sleep restorative process.

This tends to put us into a "diet circle of frustration". The less time your body spends in deep restful sleep (without competing digestion), the less time it has to restore its natural health, and the less fat that is burned in support of this natural rebuilding process. Now we understand the key connection between deep restorative sleep and weight loss many times goes hand in hand with our overall health.

Reducing or eliminating the intake of food three hours before bedtime allows the body to use its natural fat reserves for metabolic fuel during the deep restorative sleep cycle.

****Collagen weight loss program build on this process**

A natural collagen product such as Lose and Snooze enables this natural process to once again help people lose weight. Lose and Snooze consists of a blend of Collagen, L-Carnitine and Aloe Barbadensis (Aloe Vera). The Collagen contributes to a more youthful appearance, greater flexibility, and all round mobility and strength.

In addition to all of this, most importantly, Collagen allows the deep sleep necessary to enable your body's natural metabolic functions to occur, like when we were children. L-Carnitine promotes the burning of fat in support of the natural rebuilding, restorative process that occurs during deep sleep. The Aloe Barbadensis (Aloe Vera) contains numerous nutrients and amino acids that help create a healthy environment in support of your body's own ability to create its own collagen, in addition to the remarkable Lose and Snooze formula itself.

Thousands of satisfied users of the collagen weight loss program have reported that using the liquid formula in combination with an empty stomach before bedtime, has been beneficial to their health and has helped them naturally lose weight.

And because the collagen weight loss program only helps lose excess fat (while rebuilding muscle), it can be used by anybody -- not just people wanting to lose weight. It has also been beneficial to folks who want to enjoy better sleep, build lean muscle, improve their appearance and to reshape their body while maintaining their proper healthy weight.

Lose Weight With A Balanced Vegetarian Diet

When it comes to healthy weight loss, one of the secrets of success is to eat a balanced diet. Balance here means eating the right amount of nutritious food. In our fast food, take-out world, it is easy to get the quantities wrong and also miss out on the quality as well. So eat when you are hungry but don't overdo it.

Getting back to the basics is important. Instead of snacking constantly during the day, do your best to eat three regular meals. Cook or have your food cooked using wholesome, natural ingredients and then eat with others in a relaxed manner. It is not only a question of what you eat, but how you eat that counts.

You may be surprised to know that in France, the land of fatty cheeses and gourmet foods, people in general stay slim. The reason is apparent if you go to a local outdoor market where large quantities of fresh vegetables are sold. The French prepare balanced meals and still manage to eat together more often than their counterparts in the USA.

So, sit down with your family and friends and eat nice meals together. If you are troubled by "demon hunger" during the day, eat a few pieces of fruit rather than a donut or any other fattening food.

While there are many fad diets (low fat, low carb, etc.) that are being promoted today, it is far better if you can settle into a way of life that you can easily and happily follow for the rest of your life.

The traditional diet of yoga practitioners has been a vegetarian diet. The yoga diet consists of fruits, vegetables, grains and milk products. You can not only survive on such a diet, but you will thrive as well, and lose weight all at the same time.

Try it out. Substitute meat dishes with soy products, lentils and other legumes, and whole grains. You can get enough protein (especially if you also consume nuts and milk products) so you don't have to worry about it.

You can also enjoy yourself in the process. Instead of an ice cream thick shake, blend together fruits, juice and yogurt and make a healthy smoothie. Losing weight does not require you to suffer; it is only a question of choosing your food well and balancing your lifestyle.

If you want to lose weight on a long term basis you have to change your diet or your pattern of exercise or both. Try out a balanced vegetarian diet and if you find it helpful, then stick with it for the rest of your life.

Lose Weight With A Healthy Diet

A healthy diet should include foods from the four main food groups. One of the best ways to lose weight is to follow the food pyramid and eat the suggested servings of each food group for your age. This method of healthy eating does require planning and you need to have a copy of the food pyramid in front of you as you plan your menu for the week. Planning a weekly menu is a good way to get started and once you do this for several weeks, the kinds and amounts of foods that you should be eating will soon become clear to you.

Although junk food is a no-no when you are on a diet, many people who do eat healthy foods still indulge in their favorite snacks from time to time. There is nothing wrong with treating yourself from time to time as long as you don't make it a practice or overindulge. There are also differences in what vegetarians term "healthy foods", so if you don't eat meat, it does mean that you exclude all animal proteins from your diet. Proteins are essential nutrients that vegetarians might be at risk of not getting unless they pay particular attention to their foods.

Soy is comparable to animal protein and should be included in a daily diet if you are a vegetarian. Other sources of protein include

- * Dry beans

- * Peas

- * Lentils

Some grains and vegetables are also good sources of protein. Soy milk and tofu are good sources of calcium and green leafy plants are a good source of iron.

Even if you are not a vegetarian, these foods will help to complement your diet and help you to feel full. All dieters should include a multi-vitamin and mineral supplement just to make sure. Drinking at least 8 glasses of water a day helps to flush out the burned calories and keep your body functioning the way it should.

Lose Weight With Living Foods

Losing weight doesn't have to be boring when you focus on living foods. What does this mean? Simply by making sure your plate reflects a range of colours, you'll naturally create more balanced and healthful menus complete with a range of living foods.

What are living foods? They are re live, colourful, fresh and raw - fruits, vegetables and salads!

Let's Look At The Positives

1. Colourful foods have no preservatives and no added colour!
2. Provide an abundance of vitamins, minerals, antioxidants, fibre, water and trace elements.
3. Have a high water content - an excellent source of hydration for the body.
4. Are visually appetising.
5. Their firm textures demand a good chew, so we eat them more slowly and feel full afterwards.

6. Are quickly and easily processed and assimilated by the body - less work for the digestive system.

7. Are safer - contain less undesirable man-made chemicals.

8. Are as nature intended (unlike processed, pre-packaged modern fast foods!)

9. Are pure energy - living food.

Consuming Cooked Foods

1. Heat destroys the vitalising nutrients in colourful foods. So much so that sometimes, you may as well be eating cardboard for all the good it does your body!

2. The effectiveness of fibre in cooked fresh foods is reduced - vegetables that are floppy and overcooked pass through the body with a reduced 'cleansing' action.

3. If you cook vegetables, always steam them lightly and aim to retain their 'crunch'!

4. Cooked vegetables tend to turn out soft and therefore require less chewing, which means they are usually eaten more quickly, so are less satisfying.

5. Heat also destroys the enzymes in fresh foods, which are essential for digestion. This means the body has to tap into its own precious supply of enzymes to support the digestive process.

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Lose Weight Without Dieting and Exercising With Phentermine

In today's world first impressions count and according to sociologists, that can really impact how you feel about yourself and how others respect and treat you.

Just imagine what your life would be like if you could lose unwanted weight from problem areas including your abdomen, hips, thighs, arms, chest, buttocks, double chin and lower back without tireless going to the gym or taking up surgery. Just think how much easier life would be and how much more confidence and self esteem you'd have if you met your weight loss goal and kept off those stubborn pounds once and for all.

Whether you've gained a few extra pounds that won't budge or you've been burned in the past by lousy diet aids that don't work – there is good news. Fortunately, there are prescription medications available to help a person shed pounds. Various diet pills are now sold in grocery stores and health food stores. For the most part, physician's room prefer to give weight loss prescriptions to obese individuals. Appetite suppressant drugs are the most common type of weight loss pills.

Eating less has amazing results. The easy way to reduce hunger is to pop Phentermine diet pills. Consumers can get cheap Phentermine online nowadays easily without caring much about the availability factor. It is a kind of wonder magic for those who need to be fixed in real time. They could include anyone from models to actors to wannabe stars. Appetite suppressants such as Phentermine affect the appetite-regulating region of the brain called the hypothalamus. They work by blocking the reuptake of the certain chemical secretions which create that feeling of fullness you get after eating a big meal. With more of these chemicals circulating in your brain, you feel full, so you eat less.

Even the most effective diet pills are only meant to be taken for a short period of time -- usually six months or less, during which, one can trim up to 10 percent of one's body weight. But after six months, when the body develops a tolerance to these drugs' effects, and weight loss remains stable, all is required is to stay fit and eat right.

Although some people have the ability to lose weight with little effort, others must adopt a strict diet and workout plan simultaneously while on drugs, to achieve a minimal weight reduction. Casual dieters or people hoping to shed a few pounds will not benefit from weight loss prescriptions. Keep in mind that weight loss medications are intended only for individuals who have a significant amount of weight to lose.

Lose Weight Without Starving Yourself

Many people believe that weight loss is a painful thing. To shift those stubborn pounds you must go hungry all the time. Many are afraid to even set a weight loss goal because they can't stand the thought of going hungry and the frustrations that it brings.

For a lot of people it's just better to be overweight than to suffer hunger pangs.

Well who can blame them?

If the only way to lose weight or stay slim was to go hungry all the time very few people would be at their ideal weight and the vast majority of the planet would be extremely overweight! It isn't necessary.

Our body is a marvellous device. It is truly amazing! Its natural rhythm and internal workings tell us when we are hungry. It has a self protection mechanism that lets you know when you need to stock up on fuel. A hunger signal is the body notifying you that you NEED to eat in order for you to sustain a healthy level of energy and have the reserves necessary for healing, repair and maintenance of your cells. Serious hungry pangs are a strong self-preservation signal from the body that it is in danger and needs food immediately to restore it's balance. These signals should not be ignored!

Your body has no idea that food is in plentiful supply and that it is one of the cheapest commodities of the 21st Century. Your body is acting the same way your ancient ancestor's bodies worked. The general design of the human body hasn't changed one bit since then. When your ancient ancestors were living in caves they relied on their ability to hunt for food to feed themselves. Sometimes they would go days or weeks without a kill and the body would send them warning signals that they were in serious danger. When they did eat the body immediately, being still in self-preservation mode, stored as much of the energy as it could in reserve as FAT! Your body works in exactly the same way today.

Starving yourself just doesn't work. It goes against nature to think that you can starve yourself and lose weight. Of course you can get the exception when people just don't take in anywhere near enough food to sustain themselves but we all have the effects of this kind of dieting!

So, we know that starvation diets don't work and you don't want to spend 2 hours a day in the gym. How do we lose weight then? Well the good news is you do not have to go hungry to lose weight. Nor do you need excessive amounts of exercise. The truth is, eating regular nutritional meals and allowing your body to fill itself to satisfaction is the key to reaching and maintaining a healthy, slim body. By not allowing yourself to go hungry you will in fact avoid overeating - which is the very thing that usually happens when you break a starvation diet.

One method is to eat five or six, fairly small, healthy meals divided up throughout your day. Instead of eating three large meals at breakfast, lunch and dinner, divide the same quantity of food into 6 meals instead and eat an extra small meal between a small breakfast and lunch, one between lunch and dinner and if you are hungry later have another one. Try to avoid having the last meal close to bedtime, anytime up to 2 hours before bed is all right.

Don't wait when you feel hungry. Eat as soon as you can. If you wait for a long period of time before you eat your body will go into panic mode, thinking that you don't have enough resources to feed it and you will overeat! Therefore, eating frequent yet smaller meals will help to keep your body satisfied and you will be less likely to over-indulge.

Do not miss a meal in the hope that it will help burn some extra calories. You may believe that by skipping a meal you will save some calories or fat intake, but, as you have seen, the opposite tends to happen. In addition, if you go for a long period without a meal you are much more likely to over-indulge when you get fed-up and can't take the starvation any more.

Did you also realise that by skipping meals you are actually slowing down your metabolism? Because your body thinks there is a food shortage it not only stores extra fat but it also slows down the amount of fat it burns. The body's natural survival instinct is triggered, you put on extra weight and burn fewer calories and fat. As the body burns fat to convert into energy you will find that you become lethargic and tired. Starving yourself just doesn't work!

In addition to eating smaller more frequent meals you should also teach yourself to eat slower. Place your knife and fork down between every bite and chew for a few seconds longer than normal. It can take us up to twenty 20 minutes to realize that the body is full and completely satisfied. When you eat at a fast pace “stuffing” food into you before you have time to recognise the “full” signal your body is sending your brain. When you eat at a slower pace you start to recognise these signals from your body and train yourself to identify them at an earlier stage.

Take an extra 15 minutes extra a day. To some of you this may sound like a lot. But all you have to do is split it up throughout the day. Leave for work with an extra 5 minutes to spare and walk to a bus stop further away from or park the car 5 minutes further away than you usually do. At lunch take a 5 minute stroll or take the stairs instead of the elevator. Walk to the local shop instead of driving. It is easy to complete 15, 30 or even an hours exercise everyday if you split it up like this. And remember don't starve yourself, it just doesn't work!

Lose Weight: How to Exercise and Burn Fat on a Busy Schedule

In my fitness consulting business, I get the opportunity to talk with people from all walks of life about their health, fitness, and weight loss goals. Whether their goal is to lose weight, gain muscle, stick to a diet plan or program, improve their cardiovascular health, or simply to maintain their current fitness level they all have one common enemy---TIME.

For most of us, the #1 challenge in the quest to stay in shape and/or lose weight is not exercising itself but being able to actually fit an exercise program into our busy schedules.

So how do you do it? How do you balance the demands of family, career, important errands, relationships, organizational responsibilities, and working out? I have found that there are five keys that will help you to be able to fit a consistent workout plan into your already hectic life.

Commit to a specific schedule

When you fail to plan you plan to fail. Don't try to haphazardly fit your workouts into your schedule without any rhyme or reason. Don't think you're guilty? If you've ever told yourself "I'll workout as soon as I get some time",

you were in direct violation of this key principle.

The Health Coach's Content Bible

In order to set yourself up for success, you will need to take the time to literally write your workouts into your weekly schedule. In order to be effective, you will want to be following your exercise program at least 3 days per week. Anything less would be kidding yourself.

Therefore, right in the midst of all of your appointments, "to-do" lists, etc., should be a written plan for your weekly workout routine, so that

you will never be in the dark as to when you committed to yourself to go.

Utilize the weekend

Take advantage of the fact that it only takes 3-5 days per week to put together an effective, results-producing workout. One trick to help you pull it all off is to workout on the weekends. One of the benefits to this course of action is that your schedule is more flexible and under your control during this time.

What it also means is that when the hectic weekdays roll back around, you will only be responsible for working out 1-3 days during the work week.

Keep your workouts as a high priority

One of the biggest mistakes that even many people who have scheduled a workout program into their schedule make is allowing it to be bumped off of their schedule too easily.

Although things will occasionally come up that will cause you to have to reschedule the workout you had planned, you must be vigilant in making sure that only the most important emergencies are allowed to temporarily take you off of your plan.

In the event that one of those important emergencies does happen and you can't make it to your workout, reschedule with yourself to make it up on the next possible day that you are available to do so. If your own health, fitness, and efforts to lose weight are not a priority to you, they certainly won't be so to anyone else.

Enroll others in your goals

Don't go at this alone. Let the important people in your life know what you are up to. Your spouse or love interest, parents, children, co-workers, and close friends will often pitch in and help you to meet your fitness or weight loss commitment to yourself if you make them aware and ask for their support.

Leverage these relationships to delegate some of your normal responsibilities

or even allow you to shift appointments that you have with them as you restructure your schedule for your workout. If any of them are into exercise or trying to lose weight themselves, don't hesitate to form a buddy system with them as you move forward with your program.

Don't beat yourself up

No matter who you are, there will be times in your workout program that you just aren't able to keep it up as you would like due to outside demands. Don't be too tough on yourself when that happens.

Remember that it is what you do *consistently* over a long period of time, not what you do in spurts, that truly counts. Just make sure that you get back on the horse full force as soon as you can and continue to press forward, doing your best to avoid slacking off again.

No matter what goals you have for health, fitness, or weight loss, you CAN fit an effective exercise program into that hectic schedule of yours and be amazingly successful at getting the exact results that you want!

Sushi Is Your Friend When Losing Weight

If you're not making sushi at home you're missing out on a delicious and extremely diet-friendly meal. It's easy to make, fast, nutritious, and the raw fish you're afraid of is completely optional.

First let's have a brief overview of sushi for those who've never had it or those who have tried it but want to know more.

Sushi is the catch-all name for a wide variety of Japanese dishes. The word sushi actually refers to rice with rice vinegar added. Since this is a very basic and lightly flavored food, it is the many ingredients added to it that really define what dish you are eating. The raw fish you have heard of is sashimi - an ingredient of many types of sushi - but you can create sushi with virtually any ingredient that goes with rice.

In America by far the most common type of sushi is Maki-sushi, or rice wrapped in seaweed. The seaweed is called nori and forms the green skin you can see around sushi pieces. For this reason maki-sushi are called nori rolls on many menus. Also popular is Nigiri-sushi, small bars of rice topped with wasabi and sashimi.

It's easy to include sushi into a healthy diet. Think of the ingredients: rice, vegetables, and fish. Not exactly a heart-attack in the making, just the opposite in fact. As long as you don't go overboard on the rice it is extremely low calorie in addition to being low fat. Where we chomp pork rinds and potato chips, the Japanese have sushi. Care to guess which country has a longer average life span?

Let's learn how to make a California roll, easily the most popular nori roll in America today. You will need the following items, all of which should be easy to find in your supermarket's oriental foods section or at your local Asian market:

Bamboo rolling mat

Sushi rice (short or medium grain)

Nori (squares of roasted seaweed)

Salt

Sugar

Rice vinegar

Imitation crab meat

Avocado

Cucumber

Wasabi

Soy sauce

Prepare the rice according to the directions on the package. You will need about $\frac{3}{4}$ cup cooked rice for each sushi roll, and most people will be full after eating 1 or 2 rolls.

In a small pan, place a tablespoon of vinegar and $\frac{1}{3}$ tbsp of sugar and salt for each $\frac{3}{4}$ cup of rice you are cooking. Heat the resulting mixture briefly and stir until the sugar dissolves. When the rice is almost done cooking, begin cutting your vegetables. Peel a cucumber and cut it into long thin strips, about a $\frac{1}{4}$ " around. Same for the avocado. If you bought powdered wasabi prepare it also (just mix in tiny amounts of water until you get a thick paste).

Once the rice is done, remove it from heat and slowly fold in the vinegar mixture. Then lay the rice out on a sheet of foil or a baking sheet and allow it to cool (traditionally this is done by fanning the rice while slowly stirring it). The rice should be slightly damp and sticky, but not wet and mushy. Getting the rice right is the most difficult part of making sushi, but a little practice will teach you what works.

Once the vinegared rice has cooled off, you are ready to put it all together. Lay your bamboo rolling mat in front of you horizontally (the bamboo sticks should run left-right). Take a sheet of nori and lay it on the rolling mat. Spread a layer of rice on the nori, covering about $\frac{3}{4}$ of it. The part of the nori not covered in rice will hold the roll closed (think of the glue strip on an envelope or the gum on a cigarette paper).

Place a strip of avocado and a strip of cucumber on the rice, and top it with crab meat. Now wet your fingers with cold water and dampen the part of the nori you left uncovered. Carefully roll the sushi using the mat, starting with the rice side and rolling it up (don't roll the mat into it, silly). If this sounds complicated, don't worry. It is as simple as rolling up a sleeping bag or a beach towel, and it will be obvious to you once you actually have the ingredients in front of you.

Take the resulting roll and cut it into bite sized slices, usually 6 per roll. If you are having trouble cutting the roll without damaging it, try dipping your knife into water between each cut. Lay the pieces flat and they will look like little colorful discs. Serve with wasabi and soy sauce on the side.

If you feel brave and want to try sashimi, here are a few safety tips. First of all, understand that millions of people eat raw fish every day without getting sick. However, most of them live right next to the sea where fresh fish is abundant. For many land-locked Americans this isn't the case. Fish that is prepared for shipping to a grocery store in Boise is not handled in the same way as that bound for a San Francisco sushi bar. Look for fish that is specially labeled as sushi-grade. Avoid freshwater fish, with the notable exception of Salmon, which spends much of its life at sea. When buying whole fish, make sure the gills are bright red and not slimy, the eyes should be transparent and not cloudy, and there should be no fishy odor.

Take up a healthy and nutritious sushi addiction today. It may take you a while to get the rice and the rolling right, but once you are experienced you'll be able to whip out several nori rolls in five minutes.

Losing Weight Is All About What You Gain

Many people have thought about losing weight over the years, but often seem to fall short of an actual attempt to do it. The reason why so many people think about it so much is because deep down, they know that having that extra poundage is not at all good for them. The problem is, just knowing that being overweight is bad is not enough to really push many people to do something about it. Much like wanting to quit smoking, knowing it is bad for you doesn't induce people to quit doing it. However, if you were to find some really good reasons to quit smoking, like your doctor told you if you don't quit, you will lose a lung next year, that might make you act and just do it.

Well, losing weight is just like quitting smoking, the more good reasons you have to do it, the more likely you are to act on it and make it happen. If you have something driving your motivation aside from just knowing it is bad for you, you are also more likely to maintain your weight loss goal once you reach it.

First and foremost, losing weight means getting healthier. When you lose those extra pounds you greatly reduce the risk of heart disease, stroke, cancer, high blood pressure, diabetes and joint stress, all conditions associated with being overweight. When you reduce these risks, it means you can have a much better chance of being around to see your children grow up and being around to enjoy your grandchildren. That alone is reason enough to get that weight down.

Another reason you might want to consider losing weight is that you will feel better. As you begin to lose some of those extra pounds, you will start to notice your energy levels increasing. Being overweight by 20 pounds is like putting a 20 pound sack of potatoes on your shoulders all day. Extra body fat is nothing more than an extra burden to carry around with you everyday, so the extra weight drains your energy. For this reason, overweight people tend to be less active and this promotes more fat to collect up on them. As this continues, they become even less active and so this becomes a vicious cycle leading to obesity.

As a nice little side benefit, losing weight will make you look better, and who doesn't want to look better? Each and every one of us has a vision of what we want to look like. Most people are not completely satisfied with the way they look. They will always find something they don't like about themselves and wish they could change and for people who are overweight; this can be a great motivator to lose weight. A recent study concluded that as early as age 5, girls who had higher body weights had lower self esteem than girls with normal body weight.

When a person loses weight, what are almost always the responses of other people who know that person? You hear things like; you look good; you've lost weight haven't you? And think about how you would feel when you've lost enough weight to be able to fit into that dress or that pair of pants you wore back in high school. Now keep in mind, looking better is a great reason to lose weight but it should not be the only one.

When you have at least a few good, valid reasons to want to lose weight, it will be a lot easier to motivate yourself to get started and stay with it. Let's face it, your health, well being and self esteem are very good reasons to get rid of those extra pounds and keep them off for good.

Losing Weight Is As Easy As 1,2,3,4

These four tips include suggestions in each of the four elements you need to work on in order to achieve your health, fitness, wellness and weight loss goals: (eating right, exercise, support and accountability).

1. Good Eating Tip

Next time you order pizza for yourself or your kids ask for half the cheese. You'll barely notice any taste loss. But what you will lose is tons of calories and a whole lot of grams of saturated fats. Pizza doesn't have to be left off the weekly menu anymore.

2. Making Exercise Safe and Fun

In order to lose weight you have to become more active. Most people do anything to avoid moving their bodies. And society is an accomplice. You can pick up food, a prescription, your clothes and your kid without leaving your car. Aim to walk 30 minutes a day, even if you have to break it up into 10-15 minute chunks. Not only will you burn 200-300 calories, you can walk with your family and increase your quality time as well. Move family time away from the TV and onto the street.

3. Maintaining Your Support System

If you're the type of person who feels guilty about things, great news. You can use that emotion to help you lose weight. Here's how. Exercise with a partner. But before you start making a pact that you will not let the other person down and you will pick them up should they start losing interest. It's much easier to let yourself down than another person. You won't do it, because you'll feel guilty if you do.

4. Accountability Tools

A food diary is a great way to keep track of what you eating and when. Keep track of what you consume on an hourly basis throughout the day. If you do this for 2 weeks you will see exactly where those extra calories (and thereby those extra pounds) are coming from. Also, don't forget to keep track of what you're drinking.

Losing Weight One Pound at a Time!

Over two-thirds of American adults are overweight or obese. That's quite a high percentage of adults who have a need to shed a little or a lot of fat! The only way to do this is one pound at a time!

Many overweight individuals wish and hope for a quick cure to their weight problems. They'll try anything that promises instant results! Unfortunately, these 'miracle weight loss' products are scams! They may help a person shed some water weight, initially. But, the fat isn't going anywhere without a little effort on that person's part!

For those of you who have tried weight loss diets or are thinking about trying one, consider all the dieters who have tried the same diets and failed. The number one reason for permanent weight loss failure is the inability to stick with the diet!

Many individuals become 'yo-yo' dieters. They try one diet for awhile, lose a few pounds, quit the diet, gain back the weight (and then some), and move on to another diet. The process is repeated. With each new attempt, there is often more weight to lose than there was initially!

Successful Weight Loss Strategies

If you want to lose weight successfully, you must realize, first, that there are no miracle diets or products that will blast away the fat! You didn't gain the weight overnight! You aren't going to lose it overnight, either! You will have to put forth effort to lose the fat, one pound at a time! Even after you've shed those extra pounds, you will have to continue to work at controlling your weight, if you wish to keep the fat off!

In an article on Consumer Reports.org which rates various popular diets, Cathy Nonas, R.D., M.S., (an obesity researcher at North General Hospital in New York) states, "The best diet is the one you can stay on." Consumer Reports goes on to say that "adherence is important...To maintain lost weight, dieters must permanently reduce their calorie intake, because they will need fewer calories to fuel their now-smaller body."

Fad diets typically fail in the end. From my own personal experience, I have found that eating sensibly works best! If you want to lose weight (one pound at a time), keep it off, and feel good, too, why not try cutting down on the empty calories found in most American diets? Eat more raw vegetables and fruits and whole grains. Go easy on the fats and processed sugary or salty snacks. Limit yourself to smaller portions and avoid having second helpings. This type of diet is one that you CAN stick with and live with for the rest of your life!

Yes, you'll have to make a few lifestyle changes, and you'll have to work on being more disciplined in your eating habits. But, in the end, it will be worth it! You'll look better! You'll feel better! Your confidence will return, and you'll believe that there isn't anything that you cannot do!

Wouldn't it be worth giving up that 44-ounce Coke and that huge order of greasy French fries for a healthier, happier you? If you simply can't do without a few French fries and a Coke now and then, go ahead and treat yourself to a small serving. Cut back on calories somewhere else that day. Occasionally, it's okay to indulge. But, if you seriously want to shed the extra fat and keep it off, be conscious about everything you put into your mouth. You'll lose that weight, a pound at a time!

Note: Before beginning any weight loss program, be sure to check with your medical professional.

When Losing Weight, The Healthy Way is the Best Way

Almost 108 million Americans were overweight or obese in 1999. Until now, obesity continues to be a serious problem and is predicted to reach epidemic levels by the year 2020.

One way to prevent this scenario is to make people aware of the risks of being overweight or obese.

Here are some diseases that you are putting yourself in risk of if you are carrying a lot of extra pounds:

1. heart disease

2. stroke

3. diabetes

4. cancer

5. arthritis

6. hypertension

Losing weight helps to prevent and control these diseases.

The quick weight loss methods which have spread like fire these days do not provide lasting results. More often than not, dieting methods which involve dietary drinks, foods and supplements or pills do not work. If they do, the results are just temporary.

It is better to rely on a healthy weight loss option which will provide lifetime results. You have to set realistic goals and not expect to lose a lot of pounds in a short span of time.

Here are some tips on how you can lose those unwanted pounds the healthy way:

1. Do not starve yourself.

The key to a healthier way of losing weight is: Do not diet.

You may seem happy and feel that you are losing those unwanted flabs on your belly and thighs by skipping meals. But remember that this would not last long. Your body cannot tolerate having insufficient food to fuel the energy that you use up everyday.

If you get used to skipping one or two meals a day, your stored calories will be used up instead of the energy that should have been provided by your meals. So if you just eat one huge sandwich in one day, it will end up straight to your problem area (i.e. highs, buttocks, hips).

2. Start your day right.

Mothers always say that breakfast is the most important meal of the day. Have a healthy meal in the morning to jump-start your metabolism.

Your food intake after you wake up will be used to burn fat all day long.

3. Eat small, healthy meals frequently.

Five small-serving snacks per day is better than three hearty meals. Eating more frequently, and in small servings, can prevent overeating. This will also increase your metabolism and make calories burn faster.

4. Decide on how much weight you want to lose.

Keep your goals realistic. In the long run, it is virtually impossible for you to lose 40 pounds in 2 weeks. Have a mindset that you want to eat healthy to stay healthy for the rest of your life.

Once you have decided on a weight loss plan or program, stick to it and make sure that you follow your own set of dieting rules.

5. Drink lots of water.

Your body needs sufficient water to burn fat and keep your cells hydrated and healthy.

6. Avoid too much sugar.

Plan your meals around lots of fruits and vegetables, some bread, rice or pasta for that carbo fix that you need, plus lean meat and protein rich-foods. Sweets, sodas and pastries should be once-in-a-while indulgences only.

7. Watch your fat intake.

Fat is not the culprit to being overweight. You need this to keep your weight at the proper level.

There is such a thing as healthy fats. Olive, peanuts and canola oil have them. Tuna, salmon and mackerel have omega-3 fats which is good for the heart.

8. Exercise.

Leave your car if you are only going a few blocks from home, take the stairs instead of the elevator, jog, cycle or skate. Use these activities and other home chores if you are too lazy to go to the gym and take exercise classes. Make sure that you do this regularly and you will not even notice that you are already shedding pounds with these mundane activities.

It does not matter how much weight you plan or need to lose. What is important is that you set realistic goals for yourself.

Go slow. If you have already lost 5 or 6 pounds, give yourself a break then try to lose the next 5 pounds.

Eat healthy, drink lots of water, have enough sleep and exercise. This will give you a higher chance of losing weight and improving your health, which would result in a new, healthier you.

Losing Weight While Keeping Your Skin Firm

Considering you don't have an excessive amount of loose skin already it is possible to lose weight and keep your skin firm in the process. The idea is to keep your body well hydrated day in and day out. NEVER EVER let yourself become dehydrated. Drink plenty of water throughout the day and NEVER EVER totally eliminate your carbohydrate intake. From my experience most people who have lost weight too fast by eliminating their carbohydrates ended up with a lot of excess skin afterwards. The whole idea is to lose the weight to get healthier and of course to look better with your clothes ON and with your clothes OFF. Here are some tips

1. Follow a well rounded balanced diet.
2. Follow a full body exercise routine alternating with a split routine every 4 weeks. For example, full body routine 4 weeks, split routine 4 weeks, full body routine 4 weeks, and so on.

3. Considering you don't have stomach ulcers and you are not on blood thinners you should also take ONE TEASPOON of cold arctic cod liver oil ONCE PER DAY with your evening meal.

4. Take 1000-1500mg of lecithin per day. Lecithin has been known to increase the elasticity of the skin.

5. Anything you can do to increase circulation will also help. Skin brushing techniques are very good. Do a search on the internet for skin brushing to get all the info you need. Deep massages are also good.

6. Most importantly if you are more than 75 pounds overweight DO NOT try to lose weight too fast. The more you weigh the easier it will be to lose weight on this program so ease into it slowly so you only lose about 3 pounds per week. Doing this will prevent the sagging skin. If you lose weight too fast you will end up with loose skin 90% of the time.

7. Some of my clients have done weekly body wraps with great success but it can get messy. You can do this as an option but it's really not necessary.

As an option you can also take a supplement called collagen.

As I stated above one key to increasing the elasticity of your skin is to keep your body well hydrated. Yes, drinking water will do this. The average person needs at least $\frac{1}{2}$ an ounce of water per pound of body weight. Possibly more depending on the type of exercise you do on a daily basis. The reason why so many people end up with loose skin after losing weight is because they go on low carbohydrate diets that will in turn dehydrate the body. If you lose weight and are dehydrated in the process you will see the scale weight go down but unfortunately most of the weight being lost is nothing more than water weight. If you are losing 2-3 pounds per week you are doing great. If you are losing 4-6 pounds you are pushing the limit. Any more than 6 pounds per week and you are sure to end up with loose skin after losing the weight because chances are you are restricting too many carbohydrates from your diet. Cutting out refined flours/breads and sugars will yield the best results.

Also, instead of getting on the scale every week to measure your progress go more by how your clothes are fitting. I always tell my clients to try on the tightest pair of pants they have and then follow my program for 4 weeks and then try them on again. After 4 weeks those tight fitting pants will be a thing of the past.

Follow all the above and you will see satisfactory results.

Losing Weight With Ephedrine

Ephedrine has been shown to increase the effectiveness of thermogenesis (fat burning) in the body. It contributes to the release and blocks the reuptake of the neurotransmitter norepinephrine. This gives norepinephrine the ability to continuously stimulate receptors in your body, causing fat cell "floodgates" to open and facilitate fat loss resulting in weight loss.

Not only does ephedrine increase the rate at which fat is lost, it preserves muscle at the same time, making it an ideal dieting aid for athletes. The most comprehensive look at ephedrine for weight loss is a recent meta-analysis published in The Journal of the American Medical Association. This meta-analysis was done by the request of the US Department of Health and Human Services. It reviewed 44 controlled trials on the use of ephedrine for weight loss it found that on average, it increased weight loss 1.3 lbs. per month more than placebo. However, combinations of ephedrine or ephedra with caffeine or herbs containing caffeine resulted in an average weight loss of 2.2 lbs. per month. Through nutrient repartitioning, ephedrine promotes fat loss while preserving fat-free mass.

One of the reasons why it is such a powerful weight loss agent is that it operates through a variety of mechanisms, including increasing levels of norepinephrine, epinephrine, and dopamine, and stimulating both alpha and beta adrenoreceptors. It (through facilitating the release of adrenaline and noradrenaline) stimulates the alpha(1)-adrenoceptor subtype, which is known to induce hypophagia (appetite suppression). It is estimated that appetite suppression accounts for 75-80% of the weight loss with ephedrine.

What is Ephedrine?

Ma Huang (Ephedrine) is known as one of the world's oldest medicines. Ma Huang (Ephedrine) is a member of the family of herbs known as the Ephedraceae. Ma Huang is a shrub-like plant found in desert regions throughout the world. It is distributed from northern China to Inner Mongolia. The dried green stems of the three Asian species (*Ephedra sinica*, *Ephedra intermedia*, *Ephedra equisetina*) are used medicinally. The North American species of ephedra, sometimes called Desert Tea or Mormon Tea, does not appear to contain the active ingredients of its Asian ephedra counterparts.

Ephedrine is a naturally occurring central nervous system stimulant obtained from the plant *Ephedra equisetina*. Ephedrine is produced by chemical synthesis, the synthetic product being marketed in the form of its salt, ephedrine sulfate; it occurs as a white crystalline powder with a bitter taste, soluble in water and very soluble in alcohol. Ephedrine's peripheral stimulant actions are similar to but less powerful than those of epinephrine (also called adrenaline), a hormone produced in the body by the adrenal glands.

What is Ephedrine used for?

Ephedrine has been used in China for more than 5,000 years to treat symptoms of asthma and upper respiratory infections. It has also been used in the treatment of headaches, fevers, colds, and hay fever. Today, compounds derived from this herb are commonly found in many over-the-counter (OTC) cold and allergy medications. Ma Huang is also found in some weight loss and energy products. For dieters, Ephedrine suppresses the appetite and stimulates metabolism through a process known as thermogenesis. Recently, Ma Huang has been the subject of scientific research for obesity because of this thermogenic fat-burning effect. It is used to increase heart rate, blood pressure and performance. This is normally released by your body under stress to enhance sports performance.

Ephedrine has moderately potent bronchial muscle relaxant properties, and therefore is used for symptomatic relief in milder cases of asthmatic attack; it is also used to reduce the risk of acute attacks in the treatment of chronic asthma. Ephedrine is also used to treat low blood pressure, because it constricts blood vessels and stimulates certain actions of the heart.

What are the side effects of use and Ephedrine Weight Loss?

Some of the more common side effects people experience from taking the drug are nervousness, dizziness, tremors, rapid heart rate, headaches, jitters, palpitations, insomnia, increased blood pressure. When taken at higher levels, ephedra can cause drastic increases in blood pressure, as well as cardiac arrhythmias. Discontinue use if you experience any side effects.

What is an ECA stack?

The ECA Stack is a component found in thermogenic weight loss pills, composed of ephedrine, caffeine and aspirin working to speed up the metabolism and thus cause calories to burn faster and result in weight loss. Anyone with high blood pressure or heart problems should not take the stack.

Benefits of Ephedrine (Ephedrine Weight Loss)

- ephedrine increases metabolism
- ephedrine suppresses appetite
- ephedrine preserves muscle tissue
- ephedrine treats symptoms of asthma and upper respiratory infections

Losing Weight With PCOS - Low Carb May Help Insulin Response

PCOS is a condition that has a strong impact on a woman's fertility, and affects between 5% to 10% of women of child bearing age. Because a woman's body doesn't produce enough eggs when she suffers from PCOS, it can cause infertility and contribute to difficulties in falling pregnant.

Most cases of PCOS are not genetic, but they are all related to hormonal abnormalities. The reason not enough eggs are produced is because of an excess of the androgen, or 'male' hormones. Both men and women have androgen hormones, but men have them in much greater quantities. This hormonal imbalance means that the cysts that are a normal part of producing eggs, do not grow. So a woman with PCOS has a lot of small cysts on her ovaries that do not mature to release their eggs. Normally, once this process happened, the cysts would go.

Another consequence of the higher levels of androgen hormones is the increased risk of obesity, heart disease, diabetes, as well as a likelihood of having more facial hair.

Interestingly, low carb diets such as the zone diet may help overweight women with PCOS. A recent study of 11 non diabetic, overweight women with PCOS who had an average age of 33 was conducted. The study compared a 'standard' diet with 56% carbohydrates and 16% protein, with a lower carb diet of 43% carbohydrate and 15% protein. The fat component of the lower carb diet was a lot higher than the standard diet, by 14%. This is higher than it would be in the Zone diet. The fat content of the low carb diet was almost evenly split between polyunsaturated fatty acids and monounsaturated fatty acids. The fat content of the standard diet was almost evenly split between the two types of fatty acids, but was slightly higher (by 3%) in the monounsaturated variety.

A third diet, one high in both carbohydrates and monounsaturated fatty acids, was also compared. The study participants only followed each diet for 16 days. They had a 3 week break between each diet, and tried all 3.

Because production of the androgen hormones are influenced by the presence of insulin, the researchers were interested in finding out whether a low carb diet could reduce the amount of insulin circulating in the body. They believed this would have an indirectly positive effect on PCOS.

The results of this study found that whilst hormones that were circulating weren't significantly affected by the lower carb diet, the women's cholesterol, fasting insulin levels, free fatty acids, and their response to insulin were positively affected. The fact that their response to insulin improved is an indicator of the possible benefit of a low carb diet to PCOS sufferers. And because the women only followed the diet for 16 days, this may be why their levels of circulating insulin were not more prominently affected.

The authors of the study state that: "Because elevated insulin is thought to contribute to the endocrine abnormalities in PCOS, a reduction in insulin would be expected to ultimately result in an improved endocrine profile."

They go on to say that these improvements indicate that using a low carb type diet, with a lower calorie intake, would probably benefit overweight women who suffer from PCOS.

Not all low carb diets are created equal however. The Atkins diet has been associated with an increased risk of heart problems for some, as well as being implicated in the hospitalization of others.

A 40 year old woman was hospitalized with very high levels of acids in her blood as a result of following the Atkins diet strictly for about a month. The release of acids in the blood, called ketosis, is an indicator of the 'success' of the Atkins diet, and is actually a result of the process of starving the body of certain nutrients beyond a threshold level. The nutrient being, of course, carbohydrates.

Carbohydrates are a source of energy for the body, the only source used by the brain. But when the body is deprived of carbohydrates after the threshold level, it will use alternate methods of metabolizing energy. It uses stored fats and protein, but this is not a very biologically efficient way of producing energy for the body. So, there are a lot of acidic metabolic products, called ketones. These are released into the bloodstream, to be excreted by the body.

In the case of this woman, these metabolic by products weren't excreted fast enough and built up in her bloodstream. She was vomiting 4 to 6 times a day. This build up of blood acids represented a dangerous situation and she was admitted to intensive care.

The Atkins Foundation responded that this woman must have had abnormal metabolic or clinical issues. But given that this woman, who was obese, is in a category at which the Atkins diet is marketed, there is a real cause for concern here. With obesity, there is a greater likelihood for both general medical problems, and metabolic problems. If an obese person did not have metabolic problems of one form or another, they would not be obese. Perhaps there were circumstances that were particular to this woman here, but until those potential dangers are understood more fully, this is a significant issue. It's ironic that a diet should be implied as not being suitable for anyone with metabolic issues, particularly if this diet is marketed as a 'way of life' - that is, recommended for long term use.

Losing Weight with Phentermine

To be healthy is the ultimate desire of the young generation. A healthy body is defined as a proper ratio of height and weight of an individual and it is called mass index. If mass index exceeds the body ratio then it is treated as an obesity case.

There are mainly two advantages of a healthy body; increase in resistive power to fight back the disease, and improve self-confidence level of the individual. Keeping body fit helps the individual to progress in all the walks of life.

To overcome obesity is the primary requirement of an individual and to overcome this, strong will power and patience play an important role. But in most of the cases, people are unable to cope up with these factors; thus some of the medicine experts introduced weight loss tablets in the market. These pills help in reducing the excess weight and keep the individual fit and healthy. One of such pills is the Phentermine, which acts as an agent in suppressing the diet and appetite. When diet and appetite is in control, the body automatically responds to the mass index of the individual. The Phentermine is one of the best diet suppressant medicines available in the recent market. It has a certificate approved by the FDA and it is working in this field since 1953. It helps in reducing weight in just two to three months. The proper ratio of metabolic rate and the calorie ratios are properly maintained with the help of Phentermine. Another reason for Phentermine to be popular worldwide is the cost of the pills as compared to other weight loss pills. Phentermine pills are cheap and fulfill the desire of being healthy and fit.

As we know that the Phentermine is a medicine that controls the appetite, it is also an Anorectics class of drug. The main job of these pills is to affect the serotonin conditions of the brain and in turn reduce the quantity of intake. Due to this the individual is less attracted towards the fatty foodstuffs and gains control over the excess calories. Every medicine takes time to show actual effects and the same is the case with Phentermine, so people taking Phentermine pills should have patience and will power.

Phentermine does not boast about its popularity neither it is a magic pill because Phentermine works for those people who are ready to carry out daily workouts nor stick to a balanced diet. It is a two way process. Once you are ready to follow the system then only Phentermine will work for you otherwise the result will not be achieved as per your anticipation. The Phentermine pills are recommended to those patients who are suffering from obesity and other illness related to overweight. People with heart problems should not go for Phentermine. Pregnant women are advised to stay away from Phentermine and in case they are already taking Phentermine, should consult their doctor for the right kind of doses; otherwise the new born baby may lead to abnormalities. Breastfeeding mothers are not recommended to take Phentermine pills.

There are various formulae available in case of Phentermine pills, one of them is quick release formula that provides fast impact on the bloodstream and helps in controlling the appetite and reduces the weight enormously. The second formula works with a time frame, in which the medicine mixes in blood stream after 12 hours and after this period only, the actions start for controlling the appetite. The obesity patients who are undergoing treatment with Phentermine are advised not to engage in activities such as driving and working on heavy machinery.

Individuals have to follow Phentermine pills for three to four months and during this period they have to carry out regular exercise and follow the correct dose of the pills.

Losing Weight with Salsa Dancing

If you've been trying for months to lose those extra pounds and those love handles are no longer showing you any love...

If you're tired of the high gym memberships, the constant travel, the packing and unpacking of your gym bag and the unsanitary change rooms you have to visit in order to attend an expensive gym just to sweat your money away rather than those extra pounds than you'll be interested in what I am about to share with you.

I'm sure you're just plain tired of the demand, inconveniences and repetitiveness of most exercise programs. That is why you should definitely consider salsa dancing as a way to lose those extra pounds but at the same time have fun while doing it.

Salsa dancing is one of the best ways to enjoy yourself while also getting in shape. It works various body parts and is an excellent cardio workout exercise that burns fat while lightly toning the body without the rigorous and strenuous movement of most exercise programs.

One session of salsa dancing can leave you feeling revived but also lifts your spirits giving you a confidence for dance that you never knew you had.

Most salsa dancers have fabulous physiques because the muscles worked in salsa dancing can add new form and definition to your body.

Here are the particular muscle groups worked during a casual salsa dance:

1. Calf muscles
2. Hip muscles
3. Hamstrings
4. Arms – shoulder muscles and triceps
5. Quadriceps

But best of all, salsa dancing is a quick moving exercise that entails endurance making it one of the best cardiovascular workout activities ever!

So if you feel bummed one Saturday night and feel guilty that you missed a session of your weekly exercise routine well why not check out your local salsa club for a quick pick me up that will improve your social circle while also helping you keep the pounds off.

But don't forget, a good workout routine also entails eating right. So, drink plenty of water, eat your greens, eat lots of healthy nuts like cashews and almonds (stay away from peanuts as these are very fattening), and don't forget that fruits are your best friend.

Have fun!

Losing Weight Without Losing Your Mind

Losing weight can be a long, ongoing process and it is too easy to "throw in the towel", so to speak. This is primarily due to frustrations because of slow results or the seeming lack of results. Keep your sanity in your weight loss goals - learn how to take the little strides to achieve your long term weight loss goals.

1. Make a plan

Do you have a plan? People sometimes get confused by plans and goals. The end result goal in your case is weight loss, the plan is the means you are going to use to get there. While you will undoubtedly have short term goals and a long term goal, they are not your plan. A plan would consist of, for example, eating breakfast; walking a half hour per day; not eating after 8pm; eliminating pop from your daily routine; etc. These are plans that can help you reach your goal of weight loss. If you've tried certain things before and they didn't work because of your lack of commitment then try loosening the plan a little for something that you could easily achieve without pushing yourself too hard. If you have a plan of walking/running 1 hour a day but you think that you might give up too easily on that: shoot for 15 minutes a day & once you've made the 15 minutes try and push yourself for 15 minutes more. You're much better off making a plan for 15 minutes of walking a day and doing it than making a plan of walking 1 hour a day and never leaving the couch.

2. Execute the plan

The greatest weight loss plan in the world will do no good if you don't use it. That's where so many people fail is that they want to lose the weight but aren't willing to take any steps to actually meet their goals. It's like someone saying "I want to make \$5,000 this month" but doesn't have a job and never leaves the couch to look for one. A job is no more going to show up at your door and give you \$5,000 for sitting than you are going to lose weight if you continue to do nothing about it. As was stated above, if your plan is not something you think you can commit to: loosen up your plan to something that is feasible given your lifestyle and situation.

3. See the plan through

Keep on keeping on, stay focused on your weight loss goals, and don't give up. It is not the easiest thing getting started, but it is a proven fact that it takes 21 days to form a habit. Keep your plan up for a few weeks and you'll be well on your way to your weight loss goals.

By simply creating a plan, working a plan and staying with it, you'll soon begin to see results with your weight loss goals. Sometimes it only takes us seeing the start of results to get us really motivated to take the weight off.

Love can make you lose weight

Most people make promises to lose weight but never seem to attain their goals. Perhaps it is because of lack of motivation. Well, one thing can help with increasing the enthusiasm for self-improvement through weight loss. That thing is love.

One of the many reasons why several people gain weight in the first place from excessive eating and lack of exercise may be due to an intense loneliness and the need to compensate for this. “No one wants me anyway”, they’d say or think to themselves in self-pity “so it shouldn’t matter what I look like, so let me enjoy something at least!”

This emotion is quite understandable; however, it is not the right approach to handling the situation. Instead of resorting to unhealthy binges as a resort to compensate for being alone, why not make the effort to find that special someone who would motivate you to be a better person.

It is a known fact that the first thing people judge others on is quite simply their appearance. If you don’t look as appealing or at least come off as being concerned about your appearance to some degree, this could be an instant turn-off to most people.

So instead of giving up on yourself, it will be a much better and healthier idea to make yourself presentable and appealing just in case that special someone comes around.

In addition, when you make the efforts to be healthier and fitter, you automatically create the foundation for increased self-confidence, happiness and a positive outlook on life.

Now, admittedly, it may seem hard at times to find that person to share our feelings with, however, there are still plenty of options to finding someone and it’s safe to say the energy spent on bingeing and consequently gaining excess weight could be expended in such endeavors.

The Health Coach's Content Bible

The choices are really limitless: places of worship, online options (the 'myspace' site seems very popular for meeting people), work, the gym etc. Friends, with all these choices at hand, you really don't have to be alone and use this as an excuse for not caring about yourself.

Even in the worst case scenario: "How about being in love with you?"

That's a start. Christ's wisdom and subtlety comes to mind here when he says :
"Love your neighbor as you love yourself" When you love yourself (not being vain or overly superficial now), you will make the effort to always look and be your best naturally. As a result that motivation could and should serve as the spur to action to lose excess weight if needed.

Now, if you are in a relationship already, this should serve as a motivation to want to look and be your best. To simply let things get out of hand with your health and appearance can make you appear less attractive to your partner, in spite of whatever people say about "it's not what's on the outside that matters..."

Moreover, need I mention that excess weight and poor fitness levels can obstruct what may have been a healthy and happy sex life for two people in love? (Oh and on that subject, sex is a great exercise so that's another way love, at least making it, could come in handy to lose weight...)

Now Al Green once said "Love can make you do wrong, can make you do right"

I say it can make you lose weight!

Here's to a healthy and happier you.

Low Carb Diet Plan - When More Is Better

When most people want to lose weight the first thing they usually do is start a diet. And a diet to most people means "stop eating".

Wrong!

A healthy diet should consist of eating less of the foods that contain calories from simple carbohydrates (sugar and processed flour) and more whole grains, fresh fruits and vegetables and good sources of protein. This is the basis of a good low carb diet plan.

As a matter of fact, a good diet should have you eating more instead of less! Not more food, but more often.

The body's a wonderful mechanism. It's geared towards one important goal. Survival. When your body feels threatened by the lack of food it automatically assumes that you're starving.

To combat this condition the body will start breaking down muscle to use as energy and saves its fat stores for the last ditch effort to save itself from what it thinks is imminent death.

This is bad on two fronts.

First, by using muscle tissue for energy you're losing precious lean mass which is metabolically active. This means that you need energy to support muscle which helps to keep your metabolism running at a higher pace. Higher metabolism means more calories burned even in a resting state.

Fat, on the other hand, doesn't need any energy to support it. It's simply "dead" weight.

Secondly, the body will start storing more fat because it's preparing itself for the worst. Your survival is your body's most important concern so it'll do whatever it can to stay alive.

So what can you do if you want to eat less without starving yourself and sending your body into this defense mode?

Eat smaller meals more often throughout the day.

This works on two levels.

By eating more often you won't get hungry as quickly and your metabolism will stay raised because you'll be digesting food more often. Digesting food uses calories just like any other physical activity.

So here's the plan. Eat four or five meals a day. Not what most would consider a meal (main course with two sides and dessert!), but a small portion of protein along with some fresh fruits and veggies.

This can be accomplished with a little planning and preparing in your spare time.

Cook your week's worth of meals - skinless chicken an excellent source of protein and can usually be purchased in a big pack or value pack from your local grocery store - and refrigerate it in separate packages, one for each meal.

Egg whites are a very good source of protein too. By mixing three or four whites with one yolk and tossing it into the microwave for approximately 90 seconds, whipping it and tossing it back in for another 60 seconds, you can have some nice fluffy scrambled eggs practically anywhere. Without all the cholesterol!

Buy your produce and clean it, separating it too into meal size portions. All this can be done in a few hours on the weekend.

Buying some disposable storage containers can help keep things convenient and organized.

Try to eat every three hours to keep your metabolism and energy up. This'll help you stay away from those snacking binges too.

Also, drink lots of water. Water will help to cleanse your body and make you feel full.

So you see, with a little planning and by adhering to a low carb diet plan sometimes eating more can be better!

Low Carb Diet Plans

Word "Diet" actually refers to what a person eats or drinks during the course of a day and our body weight is the result of what and how much we eat and drink. Therefore, for maintaining a healthy body and to look good we must follow a proper Diet Plan.

For a diet to be ideal, it must be nutritionally balanced, i.e., it must include a wide variety of foods with enough calories and nutrients. And a Diet Plan should be easy to follow so that one can maintain the consistency following it throughout his life. Nutrition plays a great role in your health.

As we all know that negligent and mismanaged eating habits lead to the health problem called Obesity, people are affected with it globally. It is the major cause for diseases like diabetes, heart attack, different types of cancer, osteoarthritis etc. Hence, a suitable diet plan will play a vital role to escape from Obesity.

Low carbohydrate or Low Carb Diet is a diet with less assemblage of carbohydrate with increased proportion of protein and fat. It is recommended to the people who are obese and diabetic, with high cholesterol level, high blood pressure and hypoglycemia. Excess intake of carbohydrate results in weight gain because it allows body to produce and release high amount of insulin, resulting high blood pressure, that damages blood vessels by raising the level of triglycerides which is a fat present in the blood and it lowers HDL cholesterol level that protects against heart diseases.

Moreover, a low carb diet is beneficial as it promotes decreased amount of insulin production and allows consumption of fat as an energy source.

Various components of a low carb diets are saturated fat like stearic acid found in beef and other fats including coconut oil, olive oil, butter, cheese, lard, fish oil, tallow, palm kernel oil, peanut oil, and flaxseed oil with unlimited amounts of meat, limited amount of green vegetables can be taken, with a good supplement of vitamin and minerals.

Before taking “Weight Loss” sessions one must know the actual requirement of Weight Loss Supplements. If you need to burn more calories throughout the day, you may need thermogenic supplements. If you need to control your overeating habit, then you may need appetite-control supplements.

With a boom in the weight loss industries, we see plenty of weight loss products everywhere. Weight loss supplements includes pills from Herbalife and Metabolife, fat-burners, stackers and other diet or sports supplements.

When we come across the word “Herbal,” we feel that it is all safe to consume it, but it was reported that herbal pills containing Ephedra have shown many side effects similar to weight loss drugs. So, manufacturers are now trying to make weight loss supplements Ephedra free.

As the saying goes “slow and steady wins the race.” Accordingly, if everyone follows a diet plan thoroughly without any break and without taking help from weight loss supplements, the result will be permanent, health friendly and more satisfying.

Low Carb Diet - Is It A Good Way To Lose Weight?

It is a true fact that the people following a low fat diet lose weight drastically. But the recent clinical studies prove that people reducing carbs steadily, lose weight still rapidly. Look at the negative and positive aspects of the diet before committing to it.

There are different kinds of diet introduced by the medical experts such as Atkins diet, South Beach Diet, the Zone Diet, Sugar Busters, and Protein Power diet etc which aim at reducing the consumption of fatty foods. The two main ingredients that increase your weight rapidly are refined flour and sugar. They increase the glucose levels in the blood, and help pancreas to produce more excessive insulin. Due to the excessive amount of insulin the carbs are easily converted into fats. When your food comprises low carbs, the pancreas produces less insulin. The unnecessary storages of fats are burnt and you swiftly start losing weight. When you stick to the low carb diet the level of glucose in the body is less and you are less prone to diabetes.

Due to the increased level of insulin production, hormonal changes take place and you develop blocked pores in your skin. These problems later lead to skin diseases like acne, pimples, whiteheads etc.

Some people cannot simply desert the carb rich foods because they are strongly accustomed to the taste. Such people must use substitutes like breads with wholesome grains. You can continuously enjoy your favorite dishes while reducing your weight.

Apart from abiding to a particular diet pattern, it is also important to plan an exercise routine. As far as possible, keep a track of your weight and gradually increase your exercise duration. Make sure that you are strictly following your diet pattern you have chosen.

Low carb diet is a very good way to lose weight.

Low Carb Diets; Just How Safe Are They?

Whether you're in a grocery store, a restaurant or just watching the commercials on TV during your favorite show, you are bombarded with ads and special menus singing the praises of the virtues of the low carb diet. This low carb craze has virtually swept the western world and has dieters everywhere seeking out low carb this and low carb that with many reporting weight loss as a result!!!

This is great news right? Finally, an easy diet plan that makes you lose weight and you can eat lots of food as long as they have almost no carbs in them!!! But have we really struck gold, or have we simply struck fools gold? Is the idea of eating a low carb diet for weight loss really a good idea or are there any side effects that may come with these diets that adversely affect our health?

Consider this, many people want something for nothing and this way of thinking also applies to those looking to lose weight but unfortunately there is no miracle substitute to good sound nutritional practices. Our society is one that values "quick fixes" which is why the low carb diet plan is a perfect fit for this society's way of thinking. This is what makes it so appealing.

It is true that a large amount of weight will be lost as glycogen (stored carbohydrate) depletes in the muscles and liver, but this weight is from water, not fat loss which is not good for body composition or overall health. It is also true that the body will rely on free fatty acids for fuel when muscle glycogen is depleted, but the body will rely much more on amino acids (protein) from the breakdown of lean (muscle) tissue as well so while you may burn fat, you will also burn more muscle as well and remember, your heart is also a muscle! In addition to this, those on a carb-restricted diet have lower energy levels and shorter time to fatigue during physical activity which means any activity will likely be in shorter durations.

The fact is you need carbohydrates for your brain, heart, and muscles as well as other vital organs. The main fuel of the brain and central nervous system is glucose, which is obtained most easily from carbohydrates. If carbohydrates remain unavailable for several days the body tries to conserve protein by producing an alternate fuel source known as ketones from the partial burning of fatty acids. As this breakdown continues, these ketones build in the blood causing a condition known as ketosis. Initial weight loss is not from fat but from water from the kidneys trying to rid the body of excess ketones.

Low carb diets make the blood more acidic, causing potentially serious and unwanted side effects like headaches, bad breath, dizziness, fatigue and nausea. Also when carbohydrate stores are depleted in the body, the rate at which fat is metabolized is reduced meaning that carbohydrates are necessary for the ability to metabolize fat effectively. And keep this in mind, carbohydrates do not make you fat, calories in general make you fat so the most effective weight loss plan is simply to adjust your calorie intake to be in the right range for your own individual needs with the proper balance of nutrients.

The fact is, just because you seem to notice a loss of overall body weight in the initial stages of a low carb diet doesn't mean it is a good solid safe means of going about embarking on a weight loss venture. There is no substitute and there will never be a good substitute to a good sound nutritional plan coupled with a moderate exercise plan and making that plan a lifetime venture.

Low Carb Fad Diets Revealed

With all of the conflicting studies and open interpretation of advice, it's no stunner that disorder reigns when it comes to the value and safety of low-carb diets. Whether it's Atkins, the South Beach or another low-carb set up, as many as 30 million Americans are doing a low-carb diet.

Advocates swear that the elevated quantity of carbohydrates in our diet has led to increasing problems with obesity, diabetes, and other health conditions. Critics, on the contrary, attribute obesity and associated health conditions to over-consumption of calories from any source, and shortage of physical movement. Critics also contend that the shortage of grains, fruits, and vegetables in low-carbohydrate plans may lead to deficiencies of some key nutrients, like fiber, vitamin C, folic acid, and several minerals.

Any plan, either low or high in carbohydrate, can generate substantial weight loss during the primary stages of the diet. But bear in mind, the key to prosperous dieting is in being capable to part with the weight for good. Put another way, what does the scale reveal a year after going off the diet? Let's see if we can debunk some of the mystery around low-carb diets. Further down, is a listing of some relevant points taken from latest studies.

- Differences Between Low-Carb Diets.

There are several popular diets designed to reduce carbohydrate intake. Reducing total carbohydrate in the diet means that protein and fat will represent a proportionately larger quantity of the whole caloric intake. Atkins and Protein Powder diets limit carbohydrate to a point where the body becomes ketogenic. Other low-carb diets like the Zone and Life Without Bread are less restrictive. Some, like Sugar Busters assert to remove only sugars and foods that raise blood sugar levels excessively.

- What We Know about Low-Carb Diets.

Just about all of the studies to date have been small with a broad range of research objectives. Carbohydrate, caloric consumption, diet length and participant characteristics have varied greatly. Most of the studies to date maintain two things in common: Not one of the studies had participants with a mean age above 53 and Not one of the controlled studies lasted longer than three months. Findings on older adults and long-term results are scant. Several diet studies fail to monitor the amount of exercise, and consequently caloric expenditure. This helps to explain discrepancies among studies.

The weight loss on low-carb diets is a business of caloric restriction and diet length, and not with reduced carbohydrate intake. This discovery suggests that if you desire to lose weight, you should eat fewer calories and do so over a prolonged duration. Little data exists on the long-range safety of low-carb diets. In spite of the medical community concerns, no short-term adverse effects have been established on cholesterol, glucose, insulin and blood-pressure levels amongst participants on the diets. Adverse effects may not be exposed because of the short period of the studies. Researchers have found that losing weight typically leads to an improvement in these levels anyway, and this may offset an increase caused by a high fat diet.

The extended range weight difference for low-carb and other types of diets is comparable. Most low-carb diets invoke ketosis. Some of the potential consequences are nausea, vomiting, abdominal discomfort, and confusion. During the first stages of low-carb dieting some fatigue and constipation may be encountered. Usually, these symptoms go away quickly. Ketosis may also give the breath a fruity odor, somewhat similar to nail-polish remover (acetone).

Low-carb diets do not permit the consumption of more calories than other types of diets, as has been frequently reported. A calorie is a calorie and it doesn't matter whether they originate from carbohydrates or fat. Study discrepancies are likely the effect of uncontrolled circumstances; i.e. diet participants that cheat on calorie intake, calories burned during exercise, or any number of other factors. The drop-out rate for rigorous low-carb diets is somewhat high.

What Should You Do?

There are 3 significant points I would like to re-emphasize:

- The long-range success rate for low-carb and other types of diets is comparable.
- Despite their acceptance, little data exists on the long-term efficacy and safeness of low-carbohydrate diets.
- Rigorous low-carb diets are generally not sustainable as a routine way of eating. Boredom most often overcomes willpower.

It is clear after reviewing the subject, that more, well-designed and controlled studies are required. There just isn't a lot of satisfactory information available, especially regarding long-range effects. Strict low-carb diets generate ketosis which is an unusual and potentially stressful metabolic state. Under some circumstances this may cause health related complications. The diet you choose should be a blueprint for a lifetime of better eating, not just a hasty weight loss plan to reach your goal. If you can't see yourself eating the prescribed foods longer than a few days or a week, then chances are it's not the proper diet for you. To this end, following a somewhat low fat diet with a healthy balance of fat, protein, carbohydrate and other nutrients is beneficial.

If you do resolve to follow a low-carb arrangement, bear in mind that certain dietary fats are associated with reduction of disease. Foods high in unsaturated fats that are free of trans-fatty acids such as olive oil, fish, flaxseeds, and nuts are preferred to fats from animal origins. Even promoters of the Atkins diet now say men and women on their system should curb the amount of red meat and saturated fat they eat. Atkins representatives are telling health professionals that just 20 percent of a dieter's calories should come from saturated fat (i.e. meat, cheese, butter). This switch comes as Atkins faces contention from other popular low-carb diets that call for less saturated fat, such as the South Beach diet plan.

Another alternative to "strict" low-carb dieting would be to give up some of the bad carbohydrate foods but not "throw out the baby with the bath water". In other words, foods high in processed sugar, snacks, and white bread would be avoided, but foods high in complex carbs such as fruits, potatoes and whole grains, retained.

Low Fat Diets - How Effective Is The Low Fat Diet Plan?

Are low-fat diets effective? Personally, I would say no. While this still doesn't give license for everyone to dust off the deep fryer, it simply means that fat doesn't play quite so large of a role in harboring diseases as previously thought by researchers.

According to a 10 year long study of 49,000 postmenopausal women nationwide, low-fat diets had virtually no effect on the incidence of heart disease, colorectal cancer, stroke, or breast cancer as opposed to the higher fat content of a "more standard" American diet. This news has certainly come as a shock for many since the exact opposite was touted. If we, as a society, were to eat less fats than the occurrence of heart disease and various cancers would surely plummet.

What has also shocked many is that eating a high-carb, low-fat diet will not raise triglycerides, or elevate chances of developing diabetes. And even though fat has over double the calories per gram as protein or carbohydrates, eating a low-fat diet will not help those needing to lose weight.

One piece of evidence that does happen to coincide with past assertions is that this same study also illustrated the fact that diets high in saturated fat and trans-fat do greatly elevate cholesterol levels and raise one's chances of getting heart disease. Thus, it is still my opinion that the healthiest way to eat is to find balance in your diet.

Next, it would be well advised not to eat more fats than are generally recommended by doctors and don't eat less fats than is recommended. For active folks, a common estimate for one's daily fat requirements should equal roughly 20% of one's total calories.

For the heavier set, I wouldn't cut any lower than 15%. So, if you were to eat a diet high in saturated fat, then you could potentially develop heart disease due to the elevated cholesterol levels. This is a fairly common occurrence for the strict adherents of the Atkins diet model. While they may lose some weight, they are often left with soaring blood cholesterol levels.

On the other hand, if one were to eat a strict low-fat diet then they could also be increasing their chances for heart disease due to their diet's lack of essential fatty acids. So, it is indeed important that balance is achieved when nutrition and your health is at stake. If one becomes too lax or too restrictive, then you will be unintentionally sabotaging your heart amongst other things and that could eventually cost you your life.

Low Glycemic Index Diets Are Better Than High Protein Diets

Australian research team led by Dr. Jennie Brand-Miller at the University of Sydney conducted a trial in which 129 overweight subjects ages 18 to 40 were randomly assigned to one of four weight-loss diets for 12-week. All four diets were reduced fat (30 percent of total energy intake) and held daily calories to 1400 kcal for women and 1900 kcal for men.

This was the first clinical trial comparing the effects of glycemic index and high-protein diets on weight loss and cardiovascular risk.

The diets varied in target levels of carbohydrates, proteins, and glycemic load (i.e., glycemic index multiplied by the amount of carbohydrate, divided by 100) as follows:

Diet 1: carbohydrates comprise 55 percent of total energy intake, protein 15 percent of total energy intake, high glycemic load (127 g)

Diet 2: similar to diet 1 except a lower glycemic load (75g)

Diet 3: protein comprises 25 percent total energy intake (based on lean red meat), carbohydrate reduced to 45 percent total energy of intake, and high glycemic load (87 g)

Diet 4: Similar to diet 3, except low glycemic load (54 g).

Brand-Miller and her team report that the diets resulted in similar reductions in weight (4.2 percent to 6.2 percent of body weight), fat mass and waist circumference.

However, in the high-carbohydrate diets, lowering the glycemic load doubled the fat loss. The investigators also found that total and LDL ("bad") cholesterol levels increased with diet 3 and decreased in diet2.

In the short term findings suggest that dietary glycemic load, and not just overall energy intake, influences weight loss,

Foods with a low degree of starch gelatinization, such as pasta, and those containing a high level of viscous soluble fiber, such as wholegrain barley, oats, and rye, have slower rates of digestion and lower glycemic index values.

Without any drastic change in regular dietary habits, one can simply replace high glycemic index grains with low glycemic index grains and starchy vegetables with less starchy ones and cut down on soft drinks, that are often poor in nutrients yet high in glycemic load.

Low-Carb Diet, Should I or Shouldn't I?

It's no wonder that confusion reigns when it comes to the worth and reliability of low-carb diets after all the conflicting studies and confusing interpretation of the information. It seems like debates are popping up everywhere!

No matter if it's Atkins, South Beach or some other low-carb plan, approximately 30 million Americans are on a low-carb diet.

Supporters contend that the large amount of carbohydrates in our diet has led to increased problems with obesity, diabetes, and other health situations. On the other hand, some attribute obesity and related health problems to over eating of calories and lack of physical activity. They also express concern that without grains, fruits, and vegetables in low-carbohydrate diets may lead to deficiencies of some key nutrients, including vitamin C, fiber, folic acid, and many minerals.

It is already known that any diet, whether high or low in carbohydrates, can produce meaningful weight loss during the early stages of the diet. Keep in mind, the key to a diet being successful is in being able to lose the weight on a permanent basis.

Let's see if we can expose some of the mystery about low-carb diets. Following, is a listing of some related points taken from recent studies and scientific literature.

Point 1 - Some Differences Between Low-Carb Diets

There are many famous diets created to lower carbohydrate consumption. Lowering total carbohydrates in the diet means that protein and fat will take up a proportionately greater amount of the total caloric intake.

Low carbohydrate diets like the Atkins Diet restrict carbohydrate to a point where the body becomes ketogenic (a high-fat, low-carbohydrate diet that includes normal amounts of protein). Other low-carb diets like the Zone and Life Without Bread are less confined. Some, like Sugar Busters announce only

to eliminate sugars and foods that elevate blood sugar levels excessively.

Point 2 - What We Know about Low-Carb Diets

+Close to all of the studies to date have been small with a diversity of research objectives.

Carbohydrate, caloric intake, diet duration and participant characteristics are wide-ranged greatly. Most of the studies to date have two things in common, none of the research studies had people in the study with an average age over 53 and none of the controlled studies lasted more than 90 days.

+The results on older adults and long-term results are scarce. Many diet studies fail to keep track of the amount of exercise, and therefore caloric use, while people in the study are dieting. This helps to explain the variances between studies.

+If you lose weight on a low-carb diet it is a function of the calorie intake and length of the diet, and not with reduced amount of carbohydrates.

+There is very little evidence on the long-range safety of low-carb diets. Even though the medical community has concerns, no short-term bad effects have been found with cholesterol, glucose, insulin and blood-pressure levels among the people in the study on the diets. Because of the short period of the studies the adverse effects may not show up. Losing weight typically leads to improvement in these levels, and this may offset an increase caused by a high fat diet. The over-all weight changes for low-carb and other types of diets are similar.

+Most low-carb diets can cause ketosis. Nausea, vomiting, abdominal pain, and confusion are some of the potential consequences. When first starting a low-carb diet some fatigue and constipation may be met and these symptoms usually disappear quickly.

+Some report that you can have more calories when on a low-carb diet. Remember a calorie is a calorie no matter what you intake. When the study is not closely supervised variations will result by people cheating in the study on many factors of the study.

There are three important factors I would like to re-emphasize:

- 1.- The overall success rate for low-carb and other types of diets are similar.
- 2.- Small amount of information exists on the long-term efficacy and safety of low-carb diets despite their huge popularity,
- 3.- Dieters usually experience boredom with a strict version of the low-carb diet and are not able to stay on diets of low carb food.

After observing the subject, a more severe and controlled study is needed on a long-range basis. The ketosis produced is abnormal and stressful metabolic state. The results may cause more problems than they solve.

By picking a reliable diet you will benefit over a lifetime of proper eating and not a weight loss quickie.

An excellent rule of thumb is look at the diet long-range and see if you can see yourself still on that diet after a couple of weeks. However, by following a diet with fat, carbohydrates, protein and other nutrients in moderation may be the best way to go and a little more exercise won't hurt either.

Low-Carb High Protein Diets

This type of diet became very popular as of recently due to the promotion of the ever-popular Atkins Diet Craze. This diet is very popular because there is no calorie counting involved, and many foods that many people love to eat are allowed on the diet. Further, the Atkins diet is a high-protein diet, which means that weight lost during this diet will not result in lost muscle mass, since protein is the main nutrient needed for maintaining healthy muscle tone. This diet basically eliminates carbohydrates, which are simple sugars or foods that break down into simple sugars. These serve as empty calories in your diet, providing no nutrients yet many calories.

While we won't cover the Atkins diet here, we can give you basics of the high-protein, low-carb diet. First let us identify carbohydrates. Sugar, including powdered sugar, granulated white sugar, brown sugar, or any type of sugar you can think of, is the main carbohydrate that you would need to eliminate. All types of pastas count as carbohydrates, meaning all noodle and spaghetti products must be eliminated. Starches of any type, such as white rice, potatoes and potato chips, need to be eliminated. Cereals are mostly carbohydrates and should be avoided entirely during the diet phase. Because of the low-carb craze, there are many low-carb options of sodas, milk, ice cream, bread, beer, and wine available in the average supermarket. If you do consume these, be sure to do so only occasionally and in moderation, even if it is a low-carb type. Otherwise, the aforementioned foods should be eliminated entirely when not of the low-carb type. Beware of foods that contain hidden sugars, like bacon, barbeque sauce, ketchup, salad dressing, cough syrup, and fruit juice. As strange as it may seem, fruits and fruit juices should be eliminated while in the weight loss phase of this diet, as they are nearly pure carbohydrates. Anything made with flour needs to be eliminated during the weight loss phase, since as mentioned earlier they are high in carbohydrates.

Now what can you eat? Well, the good news is that you can eat all meats, fish, poultry and seafood, except prepared meats like bacon and honey baked ham, which are high in sugar. Skip the bread and have meat and salad, or meat in your salad. Eggs are very low-carb friendly, but be sure to skip the mayonnaise or salad dressing unless it is low-carb type mayonnaise or dressing. Any type of vegetable is fine, but be sure to realize that when making that salad that tomatoes are actually a fruit, and you want to limit your consumption of them at least during the weight loss phase. Choose brown rice as your starch replacement, as it is low in carbohydrates comparatively to potatoes, bread or white rice. Cheese is good in limited amounts, as this is a high-protein, low-carb food. Butter and cream can be used, but should be consumed in limited amounts. One complex carbohydrate that is good is fiber, as it does not break down into simple sugar, and helps the body with elimination. Further, fiber fills you up quickly without adding significant calories, so hunger pangs are fought off successfully.

Finally, make sure you are drinking at least eight 8-ounce glasses of water a day minimum in addition to any other liquid you may consume. Dehydration often masquerades as hunger and causes overeating. Of course, again exercise is a necessary and vital part of your diet plan, which we will cover in the next section on exercise.

Once you lose the weight that you set out to lose, the weight loss phase of your diet is over. Of course keep in mind that you are making lifestyle changes, not going on fad or binge diets. This means that you will not go back to your old eating habits. Instead you will introduce certain foods back into your diet in moderation. For example, you may add a couple of strips of bacon once a week to your meal plan. You can enjoy small portions of deserts of any kind, simply in moderation. It is best to avoid soft drinks all together, or opt for the low-carb type permanently. If you do introduce any other carbohydrate-laden foods, be sure to do so only at one meal, and in small portions. Reducing carbohydrates will become a lifestyle to you when following this plan, one is very likely to boost your overall energy level and help you keep the weight off.

Make Way For A Healthy Life With Phentermine

Gaining weight abnormally is a sign of an unhealthy health. It is a sign that a body is preparing to suffer from various health factors like heart disease, diabetes, high blood pressure etc. On the other hand, adjusting our lifestyle with a heavy body can hamper our daily life a lot. We may tend to get tired out soon and feel like resting all the time. So it is very necessary to keep a check on our increasing weight and try to keep fat at bay from our body.

Obviously, there are ways to keep our health fit and free from obesity. A daily routine of balanced diet and a bit of work out in a gym can help us a lot in the long run. But following a right routine is a very tedious affair and keeping oneself attached to it daily is not always possible. This type of irregularities in a balanced health routine creates trouble in our body and fails to protect our body from being overweight and fatty. To overcome this type of problems effectively and with positive results, medical science proved that if a diet pill is added to one's life daily, the problem of overweight can be solved to a larger extent. On that pretext, Phentermine diet pill proved to be very productive. Satisfactory results are discovered from its users. Thus FDA trials approved it as an appetite suppressant way back in 1959.

Phentermine diet pills stimulate the hypothalamus gland in our brain and inhibit those neurotransmitters that urge us to have food at any time. Thus help us to suppress our appetite for a longer period. So that's why it has been proved that much more improved results can be achieved if added to one's daily health routine.

As any other drug, usage of Phentermine also shows a few side effects. Headache, dizziness, dry mouth is common among them. But clinical trials proved that the body gets used to it after a few days of its usage. It is a doctor's prescription drug and hence recommended to check a doctor for a proper dose and course as well.

Mediterranean Diet Information

Mediterranean diet is basically the dietary traditions followed by the people of Greece, Spain and southern Italy who live around the Mediterranean Sea. It has been studied by an American Dr Ancel Keys when he landed in Greece in 1945. He discovered that the people of Greece and Spain had longer life expectancy and didn't have any major health problems.

Their diet mainly consists of lots of food from plant sources freshly eaten minimally processed, locally grown, and seasonal and very little food from animal sources

Foods mainly are fresh fruits, vegetables, sea fresh fish, herbs, bread, grains, nuts and seeds, non refined oils like olive oil which is 25% to 35% of fat consumed and low consumption of saturated fats, moderate consumption of cheese and yoghurt, honey and fresh fruits for desserts, lots of fresh fish and unrefined cereals.

Vegetables consumed should be at least 1 pound and red meat consumed sparingly only. Lots of physical activity and consumption of wine if taken should only be 1 glass for women and 2 glasses for men daily with meals.

Fruits are mainly grapes, raisins olives, avocado, strawberries, raspberries, currant, blue berries grapes, black olives, orange, apple, pear, figs, pomegranates, dates, passion fruits, cherry, apricot, grapefruit, peach, prunes, quince, bergamot and plums.

The Health Coach's Content Bible

Vegetables are spinach, lettuce, cauliflower, broccoli, white peach, bell pepper, carrot, beetroot, tomato, onion, shallots, scallions, green onion, celery, eggplant, capers, cucumber, lemon, Zucchini, white and red cabbage, mushroom, grapevine leaves, artichokes, potatoes, sweet corn and gherkin.

Grains are mainly pasta, couscous, rice, polenta, bulgur etc.

Legumes are carob, peas, beans, lima beans, chickpea and lentils.

Herbs and spices used are anise, basil, bay leaves, borage, peppercorns, garlic, chillies, chamomile, chervil, chives, dill, fennel, lavender, marjoram, mint, nutmeg, oregano, parsley, sesame seeds, rosemary, sage, savory, sorrel, tarragon, and thyme, vanilla, mahaleb, red saffron, masticha, cinnamon, clove, coriander, cumin and caraway.

Cheese used are mainly from sheep and goats milk - bocconcini, edam, feta, halloumi, kasseri, kefalograviera, kefalotyri, roquefort cheese, mozzarella, mitzithra, manouri, manchego, peciino toscano, mascarpone, parmesan, and pecorino, anthotyro, xynotyri, ladotyri, anevato and batzos.

Nuts are almonds, fennel, poppy, sesame, pistachio nuts, peanuts, hazelnuts, walnuts, pine nuts and chestnuts.

Fish and fillets are herring, salmon, trout, tuna, anchovies, sardines, mackerels, cod, and carp. Sea foods like octopus, clams, mussels and squids are also eaten. A wide variety of these foods consumed daily has been found to be very good for the heart as well.

Metabolism- What is it and How Can I Control It?

Many of my clients were initially overweight, not all, but most were. In fact, more than 60% of my clients came to me to help them lose weight. The other 40% is a mixture of people who want to live longer, who want to look sexier, who want to add muscle to their physique, or who just want to live a healthy, energy-rich life.

Today, I'm going to focus on helping those people who want to lose weight, not because I think that the topic of weight loss is more important than other topics I could cover, but because I think I need to clear up a few false ideas that are circulating in the industry.

First and foremost, if you're overweight, there's a very good chance that you have a low metabolism! I know that might not be shocking to you. You may have already thought that you had a slow metabolism, but here's why I'm re-stating it...

Having a slow metabolism means that you can eat 'only a little food' and still gain more weight than your neighbor who eats far more than you every day of his or her life.

Your metabolism is basically a bunch of organs and glands that are responsible for regulating how your body burns food for fuel and how it converts that food into energy. These include the thyroid, pancreas, stomach, small and large intestines, and the colon.

When you have a slow metabolism there's a good chance that one of more of these systems is out of balance or just plain not working properly (and that's almost always due to improper living, disease, drugs, or a severe accident).

But there are more causes for being overweight other than having a low metabolism. You see, overweight people tend to eat when they're not hungry, they tend to have a larger appetite, they tend to eat "diet foods" more often (which are rarely conducive to weight loss as the label suggests), they tend to eat before they go to bed, and worst of all they tend to see themselves as being overweight.

Now you can clean up almost all of this mess by living a healthy lifestyle, or if you've read any of my books or listened to any of the audio programs my company has out, then you already know all the basics associated with living a lean, healthy lifestyle.

But the underlying problem that can never be cleared up simply with your actions, is the way you see yourself when you close your eyes.

Studies at the National Metabolic and Longevity Research Center have taught me that overweight people constantly think about their weight in a negative way, thus creating the undesired effect. It's true that you become what you think

about, and if you constantly see yourself as being fat, you'll never be thin!

Here's a tip...for the next 30 days (it takes 28 - 30 days to change how you subconsciously think of yourself) take a few minutes in the morning and picture a great looking, tight, sexy body from head to toe - then put your face on that body.

Do this exercise again in the mid afternoon, and then again right before you fall asleep at night.

Do this for 30 days and I guarantee that you'll experience a dramatic change in the way your body looks.

Mind Over Matter: Key Strategies for Weight Loss Success

Katie, a 33-year-old mother of two, has been on her share of diets over the years. From Weight Watchers to the Zone to Sugar Busters, she feels as if she has tried them all. While she has had moderate success in losing weight from time to time, she has never found a long-term weight loss solution. Her weight is a point of contention in her marriage; her husband—who also happens to be obese—wishes she were thin, but says he loves her anyway. The two have been separated a number of times, and even filed for divorce once. The stress has caused Katie to begin binge eating again.

There is hope for Katie and others like her who feel as if they're trapped on the diet carousel. The key to long-term weight loss success may not be the body, but the mind. Research indicates that those who have a positive outlook on life are more likely to lose weight—and stay thin. But how can you have a positive outlook when you've been burned so many times before? Is it possible to “will your way” to losing weight?

One technique that has been proven effective in sports training is something called visualization. For instance, a baseball player might visualize his bat connecting with a ball, leading to a homerun. A soccer player might visualize kicking the winning goal in a soccer match. And a golfer might visualize sinking the winning putt in the Masters Tournament.

The same technique can be used by dieters. Visualize yourself as thin. Picture yourself in that dress that is now two sizes too small. Imagine stepping onto the scale and being pleased with the result. Visualize yourself saying “no” to that piece of chocolate cake or that plate of Fettuccine Alfredo. These mind exercises can help to spur you onto weight loss.

When people learn they are suffering from cancer, they are encouraged to imagine their cancer cells being destroyed by healthy cells. You can follow the same technique in order to lose weight. That means imagining your fat cells being destroyed by thin cells. Through such a method, you can “think your way” to a healthy weight.

In addition, it is critically important that you maintain a positive attitude. Be forgiving of yourself. If you veer off your diet plan, simply get back on course with your next meal. Don't spend precious time “beating yourself up” over your failures. Instead, celebrate your successes—in a non-fattening way. For instance, when you reach a milestone—say you've lost ten pounds—reward yourself with a trip to an art museum or to your favorite coffee shop (but skip the cream and sugar). Marking milestones will give you a sense of accomplishment, a sense that you are triumphing over food.

Another helpful technique can be prayer or meditation. Some support groups even offer Bible-based weight loss programs that use scripture verses to help inspire. Taking stock of your life and handing your weight loss problems over to a higher power can be cathartic and may give you a sense of peace about your weight difficulties. It has been said that a clear head leads to a healthy body. Try praying or meditating ten minutes at the start of your day. Chances are you will feel refreshed and ready to tackle the weight challenges that come your way.

Yet another technique you might consider is role-playing. Grab your spouse or a friend and ask him or her to act out a situation in which you might be tempted to overeat. You'll be forced to come up with strategies to fight temptation. This rehearsal could prove to be quite helpful when a real life diet dilemma comes your way. If role-playing works for job interviews, it should be beneficial for your weight as well.

Mind over matter is not just a clever saying. It can actually be the solution to your weight loss problems. By using your brain power, you can develop the techniques needed to make healthy food choices. When your mind and your body are both healthy, you have the best of both worlds.

Miracle Weight Loss Supplements - Your Partner In Weight Loss?

Overweight and obesity are very common these days and people try to attempt several methods to lose excess and unwanted weight. Overweight not only changes the way you look but also has come with the possibility of health risks. Therefore overweight persons have to take up one method or the other to lose the excess fat. What is more important than losing one's weight is losing it quickly and safely. One such method of losing weight is the weight loss supplements. There are a lot of weight loss supplements available over the counter claiming to have miraculous effect in losing weight quickly and easily. Not all these supplements are good. So before you buy weight loss supplements ensure that it is both effective and safe.

Always choose the best weight loss supplements by reviewing them thoroughly and opt for renowned makers. Weight loss supplements act in many ways to help reduce weight. Some of these weight loss supplements try to speed up your metabolism. Some stimulate the thyroid gland increasing the active hormone production. Some claim to stimulate the muscles in burning glucose saying that it helps in weight loss. There are some weight loss supplements that have effect on producing heat, which is again a process of spending calories. Some chromium based weight loss supplements can be very dangerous as they may damage the genetic materials in the cells.

One of the problems is that some of these weight loss supplements are untested, unproven and are neither effective nor safe. So before you choose your weight loss supplements make sure you have made the right choice.

One other type of weight loss supplement is available in the market, claims to melt away fat while you sleep. The ingredients in this supplement are supposed to be collagen hydrolysate and Vera. While collagen is like protein in normal food and helps in muscle building Vera is a laxative. This instruction along with this weight loss supplement is that the persons using this supplement should not eat anything for three hours before going to bed. The laxative effect of Vera adds to weight loss. It is actually the decrease in consumption rather than the supplement that helps one to lose weight. Weight loss supplements also include sweeteners with low calorie value. The main advantage with these sweeteners is that they are approved by FDA for their safety. These sweeteners can be very safely used even by pregnant women and children.

Further there are thermogenic fat burners. These weight loss supplements raise the temperature of your body and thus increase the number of calories burned. These have proved successful and effective in losing weight. Like other weight loss supplements, these have to be used moderately and not abused. Short term usage of these thermogenic weight loss supplements have proved successful and resulted in good weight loss.

One other form of weight loss supplements is the fiber powder or the pills. Generally fiber food makes you feel full and also helps in stimulating the contractions of your intestines. So these kinds of weight loss supplements create a feeling of fullness and there will be weight loss because of the emptying of your intestines. The problem is taking fiber in concentrated forms like pills and powder for a longer period may lead to diarrhea, nausea and you may also become dependent on fiber supplements for bowel regulation. Ensure that you consider and take the correct amount of weight loss supplements after proper consultation. Further, weight loss supplements along with other things like exercise, nutritional diet etc, will help in safe and effective weight loss.

Move, Move, Move for Greater Weight Loss

Incidental activity is very important in the process of losing weight as you can burn more calories than relying on dietary means alone. Fat is burned from the body when cells oxidize to release energy in the form of exercise or movement. When the exercise is done slowly to moderately then the majority of energy is taken from the fat stores.

The loss of fat comes from fat cells all over the body, not from one or more specific area's so spot reduction of a certain area is not possible. The main priority of this article is to show you the quickest and safest way to lose fat from the body.

The key to effective aerobic training that burns off the maximum amount of fat is long-term consistency not intensity. It doesn't matter if you run a mile, jog a mile or walk a mile you will burn exactly the same amount of calories.

The best exercise by far for the purpose of fat-loss is fast walking either indoors on the treadmill or outdoors. What many don't know is that walking produces a greater percentage of fat loss as opposed to jogging or running. Other aerobic activities are the treadmill, bike, climber or any other training gear found in or out of the gym.

Walk or exercise until you are mildly puffing and hold that rate until the allotted time. If your aerobic activities leave you panting or breathless, your going too hard, your energy is coming from your carbohydrate reserves and not from your fat stores. Try fast walking for one hour a day every day of the week if you are able.

Here are some of the benefits of Fast Walking.

- Easy to Perform
- Most Conventional
- All Natural Body Movement
- Doesn't Cause Injuries
- Can Be Done Anywhere
- The Best Minimal Effort Exercise for Fat Loss

Research shows that regular, brisk walking is one of the best exercises we can do for overall fitness. It suits people of all ages and fitness levels, it's easy to get started and there's no complicated technique to learn or equipment to buy.

Walking is an excellent way to get fit because it uses nearly all the muscles and, as you have to carry your body weight, you can get a good workout from it.

It's also safer on the joints and the back than most other forms of exercise because you're not jumping up and down, so the impact is low.

Studies have shown that taking a daily 20-minute walk can reduce the risk of heart attack as much as 50%, it also reduces high blood pressure and helps to burn fat to keep weight under control.

Walking and other weight bearing exercises (Strength training) helps to increase bone mass, which protects against osteoporosis and bone fractures.

In the first two weeks, go for a 20-minute walk every other day and then increase this to 40 minutes. At first try to do five 20-minute walks per week totalling 100 minutes a week. Once you get used to the regular exercise, increase this to 40 minutes for five times a week.

You can then gradually increase this as you see fit, if you want to walk every day for 40 minutes or even an hour so be it. Remember the more you walk the more fat that will be burned off. The best pace for fitness training will make you slightly breathless, but you should still be comfortable and be able to carry on a conversation.

As you get fitter, you'll want to stretch a little harder to keep your heart rate up. Try lengthening your strides, increasing your pace. Keep your shoulders back, your chest lifted and your tummy pulled in when you walk, hold your head up for open, easy breathing.

Practical Tips...

- If you're feeling stressed, try counting your steps repeatedly from one to ten as you walk, this helps some people achieve a meditative effect and can be a great tension reliever when practiced over a full 40 minutes.
- Time yourself, measure the distance or increase the gradient to make the workout more challenging. Drink plenty of fluids during and after your walk.
- Make safety your first consideration. Don't walk after dark except in well-lit, busy places. Start the walk slowly, and then gradually increase the pace.

In all other activities try to move, move, move. Try parking the car further away from your destination so you can walk the extra distance, hide all your remote controls so you have to get up and change the channels manually. These all help burn those extra calories and body fat from your frame.

Multi-Million Dollar Industry - Weight Loss Center

Overview:

The phrase "weight loss center" returns over 3 million search results in Google. The exponential growth in the number of obese persons or obesity has created a huge demand for weight loss programs, slimming pills, and of course weight-loss centers. Each year people spend over \$35 billion for these weight-loss techniques. And as usual, the U.S. leads from the front. It will be prime news on CNN if any American city is without its weight loss center. In pure dictionary terms, a weight loss center is meant to provide weight-loss treatment to obese or overweight people. The problem of being overweight is bad for health but excellent for business. Dieting has become a uniquely American "sport," for which Americans pay billions annually to commercial weight loss centers. This multi-billion dollar industry thrives on our inability to control our weight.

Obesity carries enormous health risks and economic costs. It is recognized as a major catalyst for developing cardiovascular disease, diabetes, hypertension, and other debilitating conditions. Estimates of the number of deaths attributable to obesity in the United States alone reach up to 350,000 per year. Weight loss surgery may be an alternative if the body mass index (BMI) is 40 or more. Weight loss surgery may also be considered if the BMI is 35, combined with other health problems such as diabetes or arthritis. A surgical weight loss center provides surgical treatment for obesity. Bariatric surgery is increasingly being used to combat obesity. For very severe obesity, or BMI greater than 50 intestinal-bypass weight loss surgery is indicated. In these cases, weight loss surgeries prove to be effective, as the extreme obesity poses many problems.

Bariatric surgery, as weight loss surgery is referred, has a controversial history dating back hundreds of years. But the first modern procedure on record was in 1889, performed by Howard A. Kelly. Another type of surgery also known as "cosmetic plastic surgery" is liposuction. In it, layers of fat are removed by performing an operation on those body parts where the fat has accumulated. Though the fat gets reduced for the time being, the factors and the causes remain untouched and therefore liposuction is only a temporary solution, and at best can be called a symptomatic treatment.

Weight loss centers help to adopt healthy lifestyle changes to keep the body fit and healthy. A weight loss center offers a relaxing, serene ambience. The experience at the spa equips the individual to follow a balanced eating regimen, increase physical activities and maintain a healthy lifestyle. These centers also offer the company of like-minded people, thereby making the transformation to healthier lifestyle, a pleasant affair. A professional center should offer guidelines for healthy eating habits and exercises. They should also provide counseling, when needed. Whichever weight loss center you pick to resolve your pressing problem of obesity, make sure the people at the center are well-aware of the body system and are sensitive to your needs. They should be able to prescribe a balanced diet, medications if necessary, and ultimately lead you towards a healthy weight loss.

Summary:

You cannot just walk in a weight loss center expecting to return home shedding all that extra flab. You need to visit the center often to get necessary tips and healthy diets. It is important to select a center with supportive people, who follow you up on your weight loss progress. The precious time you spend at the center should be productive. It makes no sense, if the weight you lose in a month, reappears in a week. It is important to preserve sustainable weight loss. Remember, a weight loss center cannot provide permanent weight loss. However, if you strictly follow their instructions, you can stay slim and keep the lost weight, well lost forever.

Natural Diet Pills for Weight Loss - How Safe are They?

Many of us have heard horror stories about the 'diet pills' that were popular a generation or so ago. These pills, available with a prescription, were basically 'speed' – which, in a slightly different form, was sold as a street drug. And yes, these pills did make women lose weight – sometimes a great deal of weight. This weight loss came at a heavy cost, though. A lot of people became addicted to diet pills. Others simply took them for so long, or at such heavy doses, that they ruined their health.

Nowadays, those types of diet pills still exist, but they are not prescribed or used nearly as often as they used to be. In general, people today are more aware of the importance of good health and doing things the natural way. All the same, losing weight is still a going concern, and there are many people looking for an easy way to do it – a 'shortcut', so to speak. That's where natural medicine comes in.

Natural, naturopathic or herbal medicine has been around for literally hundred of years – long before western medicine or modern pharmaceuticals. It has also undergone a bit of a revival of late. People are disenchanted with the mainstream medical system, and looking for answers through an older system of medicine, one that is based on natural substances such as herbs and vitamins.

In fact, you can see how true that statement is just by browsing the shelves of your local drug store. Chances are, there will be almost as many herbal medicines available on your drugstore shelves as there are conventional medicines. Even some doctors are coming to accept the role that herbal medicine and natural medicine has to play. Even if they don't out and out endorse it, many doctors will concede that natural medicine does no harm, at any rate.

So, when looking for a quick fix to the weight problems that plague so many of us, natural or herbal diet pills might seem very appealing. Actually, they really do have their strong points. Herbal diet pills are not speed – they don't even resemble the harsh pharmaceutical diet pills of a generation ago, and they work in totally different ways. For example, some natural diet pills work as a 'glucophage' – they 'eat up' the excess glucose that is circulating in your system after you eat. Glucose, according to some, is precisely what does make you gain weight. It can even lead to other problems, such as diabetes later in life. Glucophage can be a great way of eliminating excess glucose in your system if you happen to eat too much.

Of course, as might be expected, that doesn't work well for everyone – in fact, it sometimes backfires. You might use it as an excuse to eat even more, in fact, in which case no amount of glucophage can save you! It may also be true that this type of herbal remedy has inconsistent results – it may work much better on some people than on others. That having been said, though, there are people who have used glucophage and had excellent results.

Other types of herbal diet pills act as appetite suppressants. They just make you want to eat less, plain and simple, much as the diet pills of a generation ago did. There the similarity ends, however – herbal diet pills are less effective than pharmaceutical ones, but they are also much less harmful.

Then there are the herbal supplements that you would take in order to cleanse your body of toxins. Some people choose to do this once or twice a year – the early spring, particularly, seems a good time. The herbal supplements that you take during a cleanse are not diet pills per se, but the end result of the cleanse is often weight loss. Furthermore, you might find it a lot easier to lose weight after you've done a cleanse. For one thing, you will have gotten out of any bad food habits you might have accumulated!

The diet pills of the seventies were not a great idea, except maybe in extreme cases where weight loss was imperative. Even then, there were probably better ways to do it. Don't assume that all diet pills are bad, though – and do check out the new types of herbal diet supplements available today.

Natural Diet Tips To Achieve Fast Weight Loss

Because of the countless diet products lining store shelves and being advertised on television, people forget that the most effective way to lose weight is simply to exercise and eat healthy. Natural diet products, however, can help a person get to their ideal weight and they include green tea and whey.

Whey is a complex milk-based ingredient made up of protein, lactose, fat and minerals. Protein is the best-known component and it is made up of smaller protein subfractions like beta-lactoglobulin, alpha-lactalbumin, immunoglobulins, glycomacropeptides, bovine serum albumin and minor peptides such as lactoperoxidase, lysozyme and lactoferrin. Some of these subfractions are found only in small amounts (less than 1% usually) of cow's milk.

The benefits of whey have been known for centuries. In fact, in Florence, Italy, it is said that if you want to live healthy and actively, drink whey and dine early.

Whey in weight loss

Many studies conclude that whey plays a significant role in weight reduction. The results of these studies were so astounding that whey was dubbed an adequate weight loss supplement.

Whey has unique effects on food intake. Having whey before a workout helps a person gain and preserve lean body mass. Likewise, whey maintains beta oxidation (or fat burning) during exercise, compared to other foods. If you include whey in your diet, you can increase your muscle mass and decrease your body fat. This is all because whey rapidly delivers amino acids to your body during exercise.

Not only that, but whey has been found to improve blood sugar regulation – which is another factor in controlling appetite and metabolism.

The benefit of herbal green tea extract

Green tea is famous for its medicinal benefits. Most Asian countries use it and other places around the globe are following suit. Aside from its well-known benefits, green tea can also help a person reduce weight.

Drinking green tea is also a safe way to get rid of those pounds. Unlike other herbal products, it doesn't contain ephedra (which increases heart rate and blood pressure).

Instead, green tea contains high concentrations of catechin polyphenols, which work with other chemicals to intensify fat oxidation and thermogenesis (in which heat is created in the body to burn fuels like fat). Moreover, green tea causes the release of carbohydrates to slow down and thus, prevents sharp increases of insulin in the blood.

One cup of green tea a day, or a supplemental tea extract, can help you burn 78 extra calories – so imagine if you drink more tea than that! Not only that, but green tea controls leptin, which is a protein produced by fats and it plays a vital role in how the body manages fat storage via brain signals. A lower leptin level decreases a person's appetite and helps them to eat in moderation.

Green tea is a safe and effective weight loss tool.

Natural Weight Loss Program Tips

You will find thousands of natural weight loss programs and lose weight naturally tips when you do an internet search. With so many weight loss programs on the net, how do you find one that will help you to lose weight naturally that is suitable to you?

Let's cut through the clutter and the confusion. No matter which natural weight loss sites you may come across, the more credible ones will all say the same thing albeit in different form and manner. To lose weight naturally and keep the extra weight off permanently, you must consume fewer calories than you expend calories.

"Huh? Isn't that common sense? Can you tell me something new?" you are probably asking me right now.

Fine, I concede that that statement is common sense, so let me ask you something back. If everyone knows it, then why is it that there are so many overweight people who have tried so many methods to lose weight with numerous weight loss programs failed in getting rid of their flabby tummy and extra body fat?

Even if some of them were successful and managed to shed a few pounds, they cannot seem to keep the weight off for long and soon, the weight that they have lost will all come back to haunt them. Are you one of them? If so, do you want to know why?

The reason why the weight that they lose came back because most people go for quick fixed weight loss solutions. People prefer the no pain and hassle free methods to lose weight such as taking slimming pills, going on fad diets, using muscle stimulators and any contraptions that promise fast weight loss and muscle toning.

The cliché “No pain no gain” is also common sense, don't you agree? And yet people are still falling into the lure of these temporary weight loss advertisements because they are promised that they can lose weight naturally without having to undergo extensive weight loss programs. People will naturally try to avoid pain and try to take short cuts.

So how to lose weight naturally and keep extra body fat away forever? Put into your routine these natural weight loss tips regularly and you will lose pound after pound week after week of extra fat:-

- Eat Healthily to Lose Weight Naturally

Eat healthily. Eat 5-6 small meals a day to keep your metabolism revving in high gear throughout the day. Drink more plain water instead of soft drinks and sugar laden coffee or tea. Just keep in mind that the amount of calories you eat must be less than what you will use for energy. Simply doing this will help your body burn calories from body fat instead of from the food you consume.

- Lift Weights to Gain Muscles

The more muscles you have, the more your body will naturally burn calories because your muscles need calories to function and stay alive.

You don't have to gain big muscles like bodybuilders, but just enough to buff and tone you up nicely and at the same time enjoy the calorie burning effect of your muscles. Your muscles will stay with you if you lift weight consistently and this will keep extra body fat away and is one of the best ways to lose extra body weight forever.

- Perform Cardiovascular Exercises to Lose Weight Fast and Naturally

Cardio workouts burn calories quickly. That is if you perform the exercises until you are panting and puffing for 20-30 minutes. If you can read a book or listen to music whilst doing cardio exercises, then your cardio exercises are not intense enough to burn fat effectively. Do this 5-6 times a week as part of your natural weight loss program or 2-3 times a week for weight management program.

By following these 3 tips natural weight loss program, you should be losing 1-2 pounds a week and losing weight healthily and naturally. Best of all, you will learn how to lose extra body weight forever.

Need A Weight Loss Plan Strategy?

These days, it seems that you can't open a newspaper without seeing an article about one medical study or other that warns about all of the potentially harmful consequences associated with being overweight. For example, overweight people have higher risks of heart disease, hypertension, stroke, and diabetes. If you ask me, those are some pretty compelling reasons to make a commitment to shed some pounds now. But perhaps you're a bit cynical about the whole dieting process because of failed attempts in the past.

With the number of weight loss plans, the key is most likely to find the best one that suits you and your body. One of the big ones on the market today is the South Beach diet. I swear everywhere I turn; I bump into a new meal from South Beach Diet. You really can't get any simpler than that. The meals are already prepared for you. A microwave is all you need. While great weight loss plans such as Weight Watchers offer a plethora of products to suit anyone's needs, we have to remember the other part of the weight loss equation. Regardless of what weight loss plans you've tested out, exercise is always a factor. It remains imperative that in order to drop pounds and stay in good shape, we all need to have a good fitness regime along with our healthy diets.

Many of us look too hard for the easy way out. This is not a plausible solution by any means. Jump online and sort through the deluge of weight loss plans and you will surely come across one that suits your lifestyle. With the vast spectrum of information at our fingertips, there is no reason why we should have any difficulty locating that perfect diet and workout routine. The key to successful weight loss plans is tenacity. Follow the diet accordingly and strive to exercise on a regular basis and you will certainly fit into those tight jeans again.

People are constantly looking for ways to improve the results when they have made the decision to lose a few pounds. We all know the traditional advice to watch what you eat and to get more exercise. Just remember that there are no magic weight loss products out there. The foundation of any effective diet is a combination of healthy eating habits and exercise. If you do just one or the other, you're not likely going to see any noticeable long-term results.

Need Practical Weight Loss Tips?

Everyone is looking for some practical weight loss tips.

The fastest way to losing those few extra pounds is the most basic of all weight loss tips: cut down your consumption of food. I know. That is easier to say than to do. Most weight loss tips about food consumption focus on slightly changing your eating habits. If you need the snack break, do it. The other class of weight loss tips is exercise. Studies have shown that people who walk faster tend to maintain their weight better than people who walk more slowly. If excess weight is a serious concern for you, the best of the weight loss tips is to consult with a qualified weight loss management expert.

Weight loss is something almost everyone struggles with sooner or later. "How to lose weight" is not the only question you should be asking. Make self-acceptance just as equal in importance to weight loss. Going for true self-worth gets you to stare the problem right in its eyes. It is strongly advised you get help if many wounds are surfacing. There are many great books and resources on weight loss self esteem, body image, and true self-acceptance that will take you in new directions.

What I am saying here is that the real problem is not how to lose weight, or what to eat, etc. the real problem is self judgment. Our society today certainly struggles with a weight epidemic. When it comes to our weight and health, a reasonable diet and sufficient exercise always prove superior. Fortunately there is diet information everywhere we turn.

Understanding your body and how it functions is key in forming a good diet. If you watch television, then you've surely been bombarded with diet information from some fitness guru. A great place to begin your search for diet information is online. Many diet plans offer a variety of meals that contain low amounts of fat, carbs, and calories. The key to dropping weight is eating healthy and acquiring a daily exercise routine.

Whether you're looking to start that new celebrity diet, or simply desire some diet information, you will find it on the World-Wide-Web. With proper diet and fitness benefits, your body will soon transform into that size six you crave. It's time to live healthy, and rid yourself of that burden, which too often destroys your confidence, as well as your body.

There is no quick fix when it comes to weight loss, but if you make gradual improvements across a number of areas, the combined effect will put the brakes on the obesity snowball and have your weight loss snowball rolling before you know it.

Need To Lose Weight Fast For A Special Occasion?

If you have just a little weight to lose, and want to take it off fast (say, so you can fit into those great pants for your cousin's wedding), there are a number of diets that you can use. Most of these wouldn't be recommended for long-term weight loss, as they substantially restrict your intake of some essential nutrients, so using them habitually may not be healthy. But if your normal diet is healthy, and you just want a quick boost to drop 8-10 pounds quickly, or to kick off a new diet with a bang, the Cabbage Soup Diet actually works.

The cabbage soup diet has been around for nearly 30 years. It's based on the notion that your body actually uses more calories to digest cabbage than the amount that it derives from cabbage. It's a so-called 'negative calorie diet', and includes many foods that, like cabbage, are high in fiber and very low in calories.

The base of the cabbage soup diet is - what else? Cabbage soup. There are several recipes for cabbage soup available. Essentially, the soup is made with onions, peppers, mushrooms, carrots, cabbage, celery and spices to taste. You'll be eating the soup every day - as much of it as you want.

In addition, there is a seven day routine of foods to supplement the cabbage soup.

Day One: All the fruit you want (except bananas) along with all the soup that you want. No caffeinated beverages or sodas. Drink only water, tea and cranberry juice.

Day Two: Eat all the vegetables that you want, but avoid dried beans, peas and corn. Eat veggies raw, fresh or cooked. No fats, no sauces, no butter. At dinner, you may have one baked potato with butter - and of course, all the cabbage soup that you want!

Day Three: Eat all the fruits and veggies that you want from day two and day three - but NO baked potato.

Day Four: Bananas and skim milk - yes, all the skim milk you want, plus up to eight bananas, along with -- you guessed it, all the cabbage soup you want.

Day Five: Eat ten to twenty ounces of beef (or skinless chicken, or broiled fish). Drink at least 10 glasses of water, and eat up to six fresh tomatoes. (if you substitute for the beef today, you may not tomorrow)

Day Six: Eat all the beef, vegetables and cabbage soup that you want. No baked potato. Lots of leafy green vegetables.

Day Seven: You can have all the unsweetened fruit juices, brown rice, and vegetables that you want - and at least one bowl of soup.

That's it. Remember - this diet is NOT recommended for long term weight loss, or long term use. It doesn't contain enough complex carbohydrates to be healthy for longer than a few days. But if you just need a jump-start or a quick fix, it's a good way to pick up the pace for a week.

New Year's Diet Resolution Tips

For many people, the coming New Year will involve resolutions to get on a diet and lose weight. While slimming down is one of the most popular New Year's resolutions, it is often easier said than done. Making the switch from the calorie and fat laden temptations that lure us during the six week long holiday fest can be quite difficult. If you're planning to start your new year off with a pledge to lose weight, keep these tips in mind to help you ease into your resolution the healthy way.

Cutting everything out cold turkey is one of the most common techniques for approaching a diet; however, doing so may well spell disaster for a good intentioned diet. Instead of putting yourself on such a restrictive diet right after the holidays, consider options that will allow you to ease into a healthy eating regimen. This will increase your chances of sticking with your diet resolution and achieving success.

Start by opting for foods that are grilled, roasted, baked or broiled instead of fried. This one technique will allow you to cut out a large amount of calories as well as fat. If you don't care for the somewhat blander taste of grilled or roasted meats, don't be afraid to add a little zing with some low-fat or fat-free sauces. Herbs and spices can also go a long way toward livening up grilled and roasted foods.

Most people do not eat nearly as much fruits and vegetables as they should. Besides the fact that fruits and veggies are rich in healthy vitamins, minerals and fiber; they are also a good way to fill up without loading up with calories and fat. Look for ways that you can incorporate fruits and vegetables into your eating regimen. Vegetable soups make a great dinner or lunch solution on a cold wintry day. Salads are easy and quick to pack for lunch with a low-cal dressing. Top it with some grilled chicken and you've got a quick dinner solution as well.

After indulging in holiday sweets, cutting out the treats may be one of the most difficult aspects of starting a new diet. Increase your chances of sticking with it by substituting fresh fruit for calorie rich treats. Stock up on plenty of apples, oranges, berries and whatever other type of fresh fruit strikes your fancy. This is a great way to satisfy your sweet tooth without sabotaging your diet.

Finally, resist the temptation to reach for a cup of coffee, tea or even a diet cola and grab a bottle of water instead. Even if you're using an artificial sweetener with your beverage, your diet and your body will respond much better if you opt for plain water. This much needed essential nutrient helps your body to flush out toxins; and in the end, it can help you to lose more weight faster.

By easing your way into your new diet instead of torturing yourself with an overly restrictive or fad diet, you'll find that you're more likely to stick with your resolution and by next New Year's Eve will be ready to show off your slim new shape.

No More Excuses for Being Overweight

Success in any endeavor, including health and fitness, begins with the thoughts that you want to attain something. Your desire needs to be strong enough and clearly defined before you will begin to take action. Before you begin to successfully lose weight you need to make the necessary changes, and seek out the ways and means to reach your desired goal. You have to adopt a "no excuse" attitude and stay focused on your goals.

Do these excuses sound familiar? “If I just had more time, I would be exercising regularly.” “I tried to eat low-fat today but my kids wanted pizza.” “Every time I plan to exercise or eat healthy, something always comes up.” “Eating healthy is too expensive.” If we continue to blame outside factors, we will continue to get the same results. Many truly believe these excuses are something totally out of our control preventing us from reaching our goals. We think that something, or someone else, is responsible.

The number one and most important step to losing weight successfully is to take 100% responsibility for your actions, which means, you are fully responsible for everything you put into your mouth. Everything you eat is a decision you make. Decisions like whether or not to eat that chocolate cake. Each decision you make you are accountable for. This may sound harsh, but it is a truism.

You’ve heard the buzzword used by motivational speakers, Proactive. It means more than just taking initiative. It means that we have the responsibility (response-ability) for our own lives. Highly proactive people don’t blame others or circumstances for their behavior. Their behavior is a product of their own conscious choice and willpower.

Next time you’re faced with an excuse outside of you, change the way you think and develop a strategy to tell yourself that you can do it. Once you realize the power you already have inside of you, overcoming obstacles will be easier. A few successes will build your confidence and help you grow and be able to commit to something you want to do or have. Self-talk can make us or break us. Allow your self-talk to help you be proactive toward your health and fitness goals. You already have, inside of you, what it takes to succeed.

When I work with clients on behavioral modification, we use tools to help them achieve their goals. Two successful tools are a food journal and appointment scheduling.

1. The food journal is used to write down everything you eat. You will think twice before you eat knowing you have to write it down. Then you can look at your journal to see how the extra calories sneak up. A weight loss coach is also a good strategy to help you become accountable and learn about healthy eating.

2. Schedule your exercise time just like scheduling a meeting or doctor's appointment. Many clients are successful with their fitness goals working with a personal trainer because they have the appointment scheduled and are less likely to blow it off because of the appointment. Discipline yourself with regularly scheduled exercise time. This will increase your consistency and help you get to your goal.

Relieving Upper and Lower Back Pain

BODY ROLLING

Body Rolling is a form of bodywork that was developed by Yamuna Zake. It involves rolling on a special ball in a very specific way. I learned about it in 1998, and my life has never been the same. Using the ball has made it unnecessary to go to the chiropractor, and reduced my need for massage. I have attended all of the trainings available, and am a certified body rolling therapist/teacher.

SELF MASSAGE

Many people think that there is some magical or complicated technique required to give a massage. My experience is that anyone can learn how to use their hands in a way that will give pleasure and comfort to themselves and others.

The easiest way to learn is to sign up at a local massage school or community college for a massage basics class. If that is not possible, purchase a massage basics video. There are a few that we could recommend. Next would be a book. And lastly, just practice! On yourself is a good start, and then on a friend or lover. Just ask them to give you feedback. I've been giving massages for over 20 years, and I still ask my clients and friends for feedback. Everyone is different, so don't take the feedback personally. You are just trying to find the pressure and kind of touch that that person prefers. MASSAGE, CHIROPRACTIC & ACUPUNCTURE

These are 3 primary forms of Alternative Medicine. If I can't fix the problem myself, they are my first line of help. They do cost a bit of money. In an ideal world, we would get some form of treatment on a regular basis. I've never forgotten the fact that Bob Hope got a massage every day! I often arrange to do trades with friends or colleagues.

Massage is good for you because our bodies love to be touched. And a good therapist can help remind the body to relax and let go of unnecessary tensions. In the past, massage was about getting the muscles worked on. The field of massage is expanding exponentially, and now there are forms of massage that work on the nervous system, the lymphatic system, the craniosacral system, and on. Start with what is available, and as you learn more, more opportunities will present themselves. FREQUENCY IS MORE IMPORTANT THAN DURATION

This seems to be a basic principle; even if you were trying to learn a new instrument, the teacher would tell you that 4 sessions of 15 minutes is better than one 1 hour session. Notice how long it takes for your body to become painful. Then plan on getting a massage a bit earlier.

PROPER POSTURE/BODY MECHANICS

We live in a culture that is very mental and very sedentary. Sitting has become the dominant posture. It is also the worst possible position for the lower back, since all of the weight of the upper body is directed onto the lower back. As a result, lower back pain has become a big business.

My recommendation to you is that you try to move as much as possible. The human body was not built to stay in one position for a long time. The problem with long term sitting is that the muscles used to sit have to stay contracted for extremely long periods. If you moved around, got up, and stretched, your body would be much happier.

The next most important thing is to try and keep the natural curves of the spine in place. This requires that you keep the lower back arched, and the head aligned, as if you were a puppet, and there was a string coming out the top of your head.

Next, be careful when bending over, and when lifting objects. Use your legs for both; bend the knees rather than the torso. And keep boxes close to the body. Imagine yourself as a lever; the further away the object, the more weight imposed on the torso. AND TRY NOT TO TWIST!! Lifting and twisting is the perfect formula for pain.

EMOTIONAL FACTORS

I have seen the power of the mind cause pain and illness. It used to be called psychosomatic illness. Now we know that probably 90% of all illness is psychosomatic.

So if you have back pain, ask yourself some questions:

How am I feeling?

Do I have any unfinished issues/conflicts with anyone in my life?

If my pain could speak, what would it say? Who would it say it to?

Metaphysically, lower back pain is considered to have to do with survival issues, i.e., money problems. Upper back pain is more about withheld resentment, and being overburdened.

Taking care of your emotional life will have profound results in terms of all therapist

eviating pain in your body. Every experience you have ever had that has not been resolved is held in the muscles and organs of the body. If your Dad hit you when you were young, and you couldn't strike back, that is all still sitting in your shoulders, waiting to be expressed.

I highly recommend taking advantage of the many counselors and therapist services available to us nowadays. Our parents weren't so fortunate; they really didn't have anyone to go to, other than maybe their priest or minister. Prevention keeps your back pain free!

Now That I Have To Eat Salads, Any suggestions?

When people resolve to lose weight, they know snacks and junk foods will have to be eliminated and replaced with salads and fruit. In order to stay on such a dietetic resolution it is imperative that the meals be enjoyed.

Of course, it's easy as pie to peel a banana or grab an apple and enjoy the delicious flavors of these and several other fruits without the hassle of preparation. However, everyone knows that we still need our vegetables as some nutrients which may be lacking in fruits are very much more present in these substances.

Moreover, when it comes to weight loss, as we detoxify with exercise and diet, it is imperative that the body is nourished and provided with as many essential substances as possible to maintain adequate health and wellness. These are abundant in green leaves and vegetables and in addition to this; these substances possess the fibrous qualities to serve as intestinal brooms for ridding the body of excess debris.

But how many people do you know that just grab plain lettuce or cabbage and chew on these items like rabbits? Even if you came across someone so inclined, I bet you they wouldn't last long on such a practice. But still we need the vegetables. So how does one ensure to get them and enjoy them as we go on a weight loss diet?

Perhaps the tastiest and most creative way will be by eating salads.

Now, to enjoy them and to be able to have fun making them on your own for saving money and knowing exactly what is in your meal, here are some tips and recipes that should come in handy.

Ensure to chop the base vegetables all to the same size to allow the flavors to intermingle. When making for the whole family you can double the ingredients in the recipes and increase the vegetables.

Great choices for base vegetables for salads are Lettuce, Cabbage and Kale.

You can augment these with fruit vegetables like Cucumber, bell peppers, tomatoes etc or root vegetables like carrots or plain celery.

For a dressing, you can use any choice of the following to enjoy your salads while you go on a diet for weight loss

1. Tom-Avo

-2 organic Roma or Hot House tomatoes

-2 big Avocadoes (pitted)

-2 tsp orange juice (freshly squeezed) 2 oz of water

Serving Suggestion: Chop some Red Cabbage say a cup or less finely and sprinkle into the soup

2. The Real Ranch Dressing:

-2 medium sized tomatoes

-2 young coconuts

-1/2 tsp of salt

-6 organic sun dried tomatoes

-1 stalk of Celery

-1 tbsp of lemon juice (optional)

Blend all and use as a dressing for a lettuce based salad. (Note: I recommend using one base leafy vegetable at a time, if desired a fruit veggie like cucumbers or organic bell peppers can be used along with shredded carrots)

3. Guacamole:

-2 avocados

-2 medium tomatoes

-1/2 orange

-Sea salt to taste

Process everything in your food processor.

I would say this can be an excellent first food for a child in the evenings. Serve in lettuce leaves or largely cut cabbage leaves a la Tortilla chips and dips.

4. Dress Down Dressing:

-1/2 lemon

-2-3 avocados

-Sea Salt to taste

-1/2 cup water

With the suggestions above, now that you may have to include more salads and vegetables into your diet for a safe and healthy weight loss, these delicious recipes will ensure that you not only enjoy how you make your meals but most importantly that they taste good. This way you can stay on your weight loss program and still not compromise tasty meals per-se.

Well, enjoy your salads and have fun working out later on.

Nutrition Notes on Weight Loss Supplements and Diet Pills

More and more spend hundred and even thousands of dollars yearly on weight loss supplements in the hope of speeding up their metabolism. The main desire is to be attractive and accepted but it is becoming a more difficult goal to achieve. The fitness industry is booming but still a lot of people are unable to cut those fat in spite of all the exercise and diet efforts. In America, more than sixty per cent of adults are overweight and thirty per cent are considered obese. This is because: one, a lot of weight loss products promise unrealistic goals; two, dietary supplement manufacturers rely on the overweight person's failure to survive; and three, the information about the supplements in the market are just written by themselves just to make a sale.

Although the Food and Drug Administration has successfully banned illegal marketers, some products are still available. Consumers can be deceived of the labels which claim caffeine or ephedra free not knowing that these supplements compose of other ingredients that may pose the same health risks. These include heart and digestive problems, headaches, insomnia, and even psychological side effects.

Other supplement manufacturers say that their products contain EGCG which is a phytochemical ingredient found in green tea. This so-called component claims to speed up metabolism but in reality poses to reduce the risk of cancer. Some studies denote that it could slightly increase the potential to burn calories and now can be found in many weight loss supplements. It has good points on the other hand since the body might conform to EGCG after a period of time. Even the weight loss benefit could sum up to 60 to 70 calories a day. This helps prevent excessive weight gain.

A few other significant effects of weight loss supplements is that it may contain ingredients that makers claim will prevent the absorption of carbohydrates. One good example is Chitosan, which appears most promising, which in fact shows no positive result in fat absorption. It could even take up to seven months for men to lose just a pound of body fat and for women, there is no fat loss at all. Thyroid supplements act as thyroid replacements help regulate and optimize the thyroid at a higher level. This they say makes the body feel like a couch potato and won't perform the job it has to.

Diet Pills. According to manufacturers, diet pills use natural ingredients capable of prolonging life and containing alcohol used in medication or flavoring. One thing's for sure, never take diet pills as a substitute for cutting calories without the doctor's recommendation. There are simple but important steps to be followed when taking diet pills:

- 1.Never crush diet pills to mix in drinks or soups. Take it whole with a full glass of water.

- 2.Diet pills cause a person to urinate more frequently due to its diuretic effect. This could lead to dehydration, thus, causing complications. As a precaution, it is best to drink eight glasses of water everyday while on diet pills.

- 3.Take only the recommended dosage. Taking more than required will not help you lose weight but increase the risk of side effects.

- 4.Heartbeat should be less than 86 beats per minute. Stop taking the pills if it reaches 90 or higher that is why regular checking of pulse is a must.

5. Always follow the instructions set by the dietician and/or doctor and not only rely on what's enclosed in the box. Also diet pills will only work as expected if diet plan is being followed.

6. After three months, stop taking the diet pills. Common diet phenylpropanolamine is safe to use only up to sixteen weeks. Other studies show that it can cause health problems if taken under one month.

Oatmeal - The Most Powerful Breakfast for Weight Loss

Did you know that simply eating breakfast raises your metabolism by 10 percent? Oatmeal is one of the most powerful breakfast foods of them all. If you are looking to get your body in great shape, you should incorporate this as a staple food in your diet.

Oatmeal is the perfect meal to start your day because it boosts your energy and has plenty of fiber to keep you full and satisfied. Oatmeal breaks down slowly in the stomach, giving you long-lasting energy. It is also full of water-soluble fibers, which play a crucial role in making you feel full over a longer period of time. Studies have also shown that oatmeal reduces cholesterol, maintains blood sugar levels and fights against heart disease, diabetes, colon cancer, and obesity.

If you want to add some powerful antioxidants to your oatmeal, simply throw on some blueberries and raspberries. These delicious fruits are packed with antioxidants that fight against heart disease, cancer, and a multitude of other ailments. Blueberries have also been proven to preserve vision. This powerful fruit rated highest in antioxidants among over 40 fruits and vegetables.

What more could you ask out of the first meal of your day? However, oatmeal doesn't just have to be for breakfast. You can use it a couple hours before you exercise to energize your workout. You can even include oatmeal in your smoothies. It is also a wonderful addition to muffins and even as a covering for chicken breasts.

Keep in mind that you must buy the unsweetened, unflavored variety. To spice it up a little, you can use bananas, berries, or milk. The downfall of pre-flavored oatmeal is that it often comes loaded with sugar calories. So, stick to the good stuff.

If you're looking for oatmeal with a little more texture, you can try out the steel-cut oat variety. Although this type does take a little longer to cook, I find that it is well worth the wait. They have a somewhat chewier texture and heartier flavor than rolled oats. Once you try this variety, you may never go back.

If you're having trouble with late night binges, have a bowl of oatmeal instead. This will help squash your cravings. Not to mention, you'll be avoiding any junk food or empty calories.

If you're looking to get in the best shape of your life, I suggest alternating your morning meals between oatmeal on one day and eggs and meat on another. This will put your fat-burning into overdrive.

Obesity is an Increasing Health Risk

High blood pressure, joint pains, diabetes, hyperlipidemia, heart ailments, palsy, liver ailments, menstrual abnormalities, breast cancer, female infertility, decline in libido, endometrial cancer, mental stress, blood circulation diseases like arteriosclerosis, cholelithiasis etc. These are some of the diseases which might come up with obesity. This list seems endless. But before knowing how to end obesity one must know “what is obesity?”

Whom would you consider a person to be obese? A person who has BMI (Body Mass Index) of over 30 is considered to be an obese individual. But how does one become obese? In theory, causes of obesity are genes, intake of fatty foods, lack of physical activity, food habits, laziness and endocrine problems.

What are the available remedies for getting out of obesity?

Liposuction: It is a surgical process where the fat is removed by sucking out the fat from the body by inserting a needle.

Surgery: Commonly this procedure involves surgery of stomach and intestine to lower the intake of food.

Diet Pills: Majority of the diet pills are for short-term use only. These diet pills are effective only if they are used in combination with exercises and a controlled diet.

Fat burning pills: These are short-term quick fat burning pills. But the main problem with this medication is that the results are short lived. Once the medication is stopped the fats again show up.

Exercises: It is an age old technique of obesity reduction. It is a natural process so side effects are not there.

Controlled diet program: Like exercises this too is a natural process. Here a limited amount of food is taken which controls the formation of fat in the body.

Acupressure and acupuncture: Age old technique but nothing concrete has been proved yet.

Whatever be the method of getting over obesity there is no better method than natural methods like exercises and controlled diet programs. And if a diet pill like Phentermine, Adipex, Acomplia is introduced the effects would be visible within a short time period.

Apart from physical aspects obesity may also let you feel dejected, out of the world and may make an individual abstain from social gatherings. If you are obese it is time to act. Whatever remedy you choose you should always consult your doctor for his view on that remedy.

Going Herbal To Lose Weight

These days, there is a great deal of pressure for overweight people around the world to lose those excess pounds. Being closer to their ideal weight would not only lead them to have a healthier lifestyle but it will also literally lighten their load, and improve their overall well-being.

There is a long list of dieting options available. There are exercise programs, exercise machines, dietary supplements, dietary food and drinks, diet pills - there are even soaps which claim to help you lose pounds while you bathe.

One other available option to shed off those unwanted pounds is to go herbal.

Herbal weight loss products have been in great demand for people who want to lose weight the natural way. However, when you take herbal supplements to lose weight, you would have to wait for a longer time for the results because of the more subtle effects of medicines which came from plants and natural herbs.

Here are some herbal weight loss options that you might want to consider:

1. Herbal weight loss products

There are a lot of herbal weight loss products available in the market now. You can check out the Internet and you will find a lot of herbal weight loss pills and products.

Be careful, however, as there are some products which claim to be safe and natural because they are herbal, but some actually have side effects because of non-extensive research on the effects of these products.

Here are some ingredients and chemicals which make up some herbal weight loss products that you should watch out for, as they might have harmful effects to your health:

> Senna. This is an herbal laxative. Senna is a main ingredient in weight loss teas, and it works by stimulating the colon. The downside effect of this herb is dehydration. It can also lead to colon problems and can become addictive. Some people, when addicted, are unable to perform bowel movements without it, so watch out.

> Chromium picolinate. This is a synthetic compound found in herbal weight loss products. Chromium is a nutrient which helps regulate blood-sugar level. However, this ingredient, when taken in high doses, may cause damage in the chromosomes. It can also lead to dehydration.

> St. John's wort. This supplement increases the production of a chemical in the brain. If not used properly, it may cause eye and skin sensitivity, mild gastrointestinal distress, fatigue and itching.

Although a lot of herbal products claim to be safe and natural, it is better to scrutinize the ingredients and research about the effects of the product itself before going for these herbal dietary pills.

2. Organic food.

Around the world organic food has found its way to more homes and restaurants. Organic food devotees believe that consuming organic goodies help their bodies as well as the environment.

A person who buys organically raised eggs and vegetables claims to be healthier, and they are not spending money on doctors and prescriptions as these keep them healthier and away from the hospital. This could also be an option for weight watchers, as organic food is known to be kinder to your weight than chemically-processed food products.

3. Green Tea.

Studies show that intake of green tea, or green tea extracts burns extra calories. Also, green tea with caffeine can increase fat burning by up to 40% thereby reducing fat.

This is one good option for those who want to lose weight. In a study done, people who took green tea were found to lose 2 to 3 times more weight than those who did not drink green tea.

These results show that green tea is a natural product for the treatment of obesity. Thus, it also makes for a healthier dietary option, not to mention the good effects that it has on the body as compared to caffeine. A cup of tea gives an immediate energy lift without the side effects of caffeine.

3. Caffeine.

Coffee provides an energy boost to increase fat burning. Caffeine also provides a likelihood to be active, which in turn increases your rate of calorie burn.

4. Immortality Herb

This herb, whose scientific name is *Gymnostemna Pentaphyllum*, is known to have the following benefits:

- > increases healthy blood flow

- > reduces artery blocks

- > aids healthy blood pressure

- > increases the rate of fat burning

5. Apple Cider Vinegar

There are pills and food supplements whose main ingredient is apple cider vinegar. Here are the benefits of taking this herbal option:

- > weight loss

- > improved cholesterol level

- > improved high blood pressure

- > helps prevent rheumatoid arthritis

Water: Your Best Weight Loss Friend

Water is one of the key components to a healthy diet and a long-term weight loss undertaking. It not only nourishes your body by keeping your cells hydrated, but it fills your stomach so that you are less hungry. Here are some quick tips for consuming a weight-loss-friendly amount of water without feeling like you are a human water drain.

8 Glasses a Day

Just about everyone has heard that it is important to consume at least 8 glasses of water a day as part of a well-balanced diet. The 8 glasses of water will help to hydrate your body and leave your skin feeling moist and supple. What's more: it is important to understand exactly what those 8 glasses of water are doing to your body.

As the water enters into your system, it hydrates your cells. Not only will you feel more energized, but it will help to keep your cells strong against illness, headaches and fatigue. Imagine that the body's cells are a plant. Without water, the plant will wilt and be less strong against daily elements. However, with the proper amount of water and care, the plant will be strong and healthy.

Water relieves the body of harmful toxins, such as those that are caused by illness and stress. By infusing hydration into your system, your body pumps out unwanted chemicals that will slow you down and make your body function less healthily. 8 glasses of water is the minimum if you wish to retain a properly functioning machine.

Fruit

Many people get their water from fruits, such as apples, watermelons and berries. One piece of fruit, depending on the size, can count for as much as half of a glass of water. The added benefit of fruit is that in addition to helping to hydrate you, fruit can add healthy amounts of vitamins and minerals to your core diet.

Fruit also fills the stomach and energizes you. Because fruit contains very few calories, it is a good food to fill up on. However, fruit does contain fructose, which is a type of sugar. Fructose will spike the level of sugar in your bloodstream, which will give you energy. Yet, if that energy is not consumed readily, the fructose will turn to fat (if only a small amount of it.)

Dehydrators

There are beverages and activities that dehydrate your body quickly so that your essential amount of water intake needs to be increased. Beverages that deplete water from your body include sodas, coffee, tea and alcohol.

In order to ensure that you stay properly hydrated, drink one glass of water for every glass of soda or other dehydrating beverage. Also, for every half-hour of sweat-inducing exercise, you should drink at least one cup of water. If you are exercising in a particularly humid environment, you may have to drink more water in order to avoid headaches, illness and overall dehydration.

Water truly can aid your weight-loss process if you are diligent about consuming generous portions of it. Many people find that carrying a water bottle with them everywhere they go is the best way to remain tempted to treat your body right.

Ways To Save Money And Shape Up

Shaping up does not have to cost a lot of money. It can be as simple-and inexpensive-as making small lifestyle changes.

Here are a few tips to help you get started:

1. Why not skip watching TV for one night and go for a walk with a friend? Walking is one of the best forms of exercise and the easiest to do.
2. Do your own yard work. Pushing a manual mower and raking leaves burns hundreds of calories and can save you \$100 or more every month.
3. Wash and wax your own car to save dollars and burn calories.

4. Do your own housework. It burns between 140 and 400 calories a day and can save you the money you would spend hiring help. Thirty minutes of window washing burns 100 calories.

5. Consider a health care discount program like HealthSaver, which has teamed up with Jenny Craig to offer great savings on a variety of weight loss programs.

Weight Loss Advice For Men

If diet and weight are as important to health and wellbeing as experts believe, American men need to make changes to what they eat and how often they exercise. They are too overweight and suffer years of ill-health despite the fact that per capita health funding is the highest in the world. The statistics make interesting reading. First, an estimated 27.7 percent of American males aged 20-74 years are obese. By comparison, obesity affects 19 percent of Australian men, 12 percent of French men and only 3.6 percent of Japanese. Second, the average lifespan of American men is 74.9 years, (Japan 77.8) of which an estimated 8 years are lived in ill-health (Japan 6.5). Also significant are the negative health effects of the American diet on male immigrants from countries such as Japan, who typically experience a noticeable rise in diet-related illness such as obesity and heart disease.

Health Effects of Obesity In Men

Obesity has several adverse health effects. The most serious dangers include hypertension, heart disease, cancer and diabetes, although joint problems and psychosocial hardship can also be very distressing.

Obesity is a serious risk factor for hypertension, which affects 7 out of 10 obese men, and develops as follows. As the amount of fat tissue in the body increases, the heart is forced to pump more blood around the body in order to meet the extra demand for additional oxygen and nutrients. As this extra blood passes through the arteries, it increases pressure on the arterial walls, leading to higher blood pressure. Hypertension, which is sometimes referred to as "the silent killer", is a significant contributor to cardiovascular disease.

Obesity is also classified as a major risk factor for heart disease, with almost 70 percent of diagnosed cases occurring in obese patients. The prevalence of atherosclerosis (clogging of the arteries) is 10 times higher in obese men compared to those who are not obese. This type of coronary artery disease occurs when fatty deposits build up on the walls of arteries that supply the heart, reducing blood flow and increasing the risk of heart attack.

Although the link is not fully understood, there is a clear association between obesity in men and an increased risk of colon and prostate cancers. It may be due to specific eating habits, such as overconsumption of red meat allied with an insufficiency of antioxidant-rich foods like fresh fruit and vegetables. The prevalence of prostate cancer in American males is 18.7 per 100,000, compared to 10.2 in Japanese men.

Obesity is the major cause of type 2 diabetes. Almost 8 out of 10 type 2 diabetics are obese. Even mild obesity significantly increases the risk of diabetes. Weight gain after the age of 18 is a particular contributor. Obesity is also closely associated with insulin resistance, high blood sugar levels and pre-diabetes.

Abdominal Obesity Even More Dangerous

While obesity in general is a major predictor of serious ill-health in men, abdominal obesity - excess fat around the stomach - is an added health risk, which is bad news for men as they typically store fat around their middle. Men under stress are doubly at risk as stress triggers the release of the hormone cortisol which appears to stimulate fat storage around the stomach and abdomen. Abdominal obesity is one of a number of interlinked conditions (the others being high cholesterol, high blood pressure, insulin resistance, high levels of inflammatory and clotting components in the blood) that comprise the condition known as metabolic syndrome. This disorder has been identified as a complex risk factor for cardiovascular disease. An estimated 1 in 3 of overweight or obese men have metabolic syndrome.

Health Benefits of Modest Weight Reduction

Although untreated obesity may have serious health consequences, even modest weight loss can bring noticeable health benefits. For example, a weight loss of as little as 10-20 pounds can eliminate the need for hypertension or type 2 diabetes medication. In addition, it can raise HDL cholesterol (the good blood-fats) reduce LDL cholesterol and triglycerides (the bad blood-fats) and thus reduce the risk of heart disease. Even so, the more weight you can lose in a steady sustained way, the greater the health improvements, especially if you can reduce the amount of fat around your middle.

Diet Advice For Men

A nutritious calorie-controlled diet is the foundation for lasting weight loss. And don't worry about cutting down on junk food. In my experience, a person's appetite for high-fat or high-sugar foods falls dramatically within a couple of weeks of healthy eating. So if you want to lose weight but can't enjoy a meal without a huge slab of fatty red meat, a large helping of mayo, or a bag of tortilla chips, try switching to a healthier diet for 2 weeks and see what a difference it makes to your taste buds.

Improve Your Health And Save Money

Instead of simply cutting calories and thinking "I must diet", make a point of choosing healthy foods and think "I want to eat healthily". You may even motivate yourself by focusing on the reduced health insurance costs you will achieve by getting into shape.

Personalize Your Eating Plan

There is no single diet plan that fits every man. Moreover, eliminating all your favorite foods is not a winning weight loss strategy. As long as your regular daily diet is calorie-controlled (1500-1850 calories) and contains enough healthy foods, you should be able to include a few treats without interfering with your weight reduction. If the idea of joining Weight Watchers doesn't appeal, customize an online diet plan or seek an individualised eating plan from a registered dietitian.

Healthy Eating Guidelines For Men

As a general guide, choose foods which are low in fat - especially saturated or trans-fats - low in sodium, and less refined. To be more specific, eat at least five daily servings of fruits and vegetables - more is better. Also, eat a wide variety of both, because different fruits and vegetables contain different nutrients. Eat whole grains such as brown rice and whole wheat bread rather than white rice and white bread. Whole grain foods are richer in nutrients and higher in both soluble and insoluble fiber compared to more processed products. Their extra fiber content means they help to maintain healthy blood glucose levels, which reduces the risk of appetite swings and cravings. Go easy on fat. Enjoy low fat dairy products - remember, full-fat cheese is a huge source of saturated fat - and don't add extra fat to food in the form of mayo or sour cream. Stay away from chips and other high-fat, high sodium snack foods.

Men Who Enjoy Red Meat

Red meat, like beef, lamb and pork, is highly nutritious. Unfortunately, it's also one of the main sources of saturated fat - the type implicated in atherosclerotic heart disease. If you enjoy red meat, make sure you remove all visible fat before eating, and limit your intake to 3-4 3-ounce servings per week. Fish is a healthy alternative protein source, especially oily fish like mackerel, herring and salmon, as is skinless chicken and turkey.

Eating Out For Men

If you are serious about losing weight, be extra-choosy when dining out or ordering take-out food. Here are some important tips. (1) Do not order deep-fried food. (2) Look for light appetizers, such as salads, non-creamy soups, fish platter. (3) Avoid entrees with sauces. If necessary, ask for them "on the side". Choose plain fish, broiled lean steak, or tomato-based pasta. (4) Make sure half your plate contains vegetables, without added oil or butter. (5) For dessert, choose any fresh fruit dish, and if offered cream say No. If these suggestions are too arduous, it may be best to skip eating out until you feel more confident.

Men Who Enjoy Alcohol

For many men, giving up alcohol is a complete No-No. So let me give you some facts and you can choose accordingly. To begin with, alcohol contains zero nutrition. In addition, its calorie content is quite high - about 7 calories per gram. Drinking one regular Martini per day adds up to about 58,400 calories per year - the equivalent of about 16.5 pounds of body fat. One beer a day amounts to nearly as much. A better option is one 4oz glass of wine a day, which contains about half the calories of a Martini. Another problem to consider if you are male, is the contribution that alcohol makes to your fat stomach. In my experience, overweight drinkers who give up alcohol experience an immediate reduction in their stomach size, which is very good news for their health.

Weight Reduction Exercise For Men

Men typically do not find it easy to incorporate regular physical exercise into their daily schedule. More than 50 percent of American men do not take enough physical activity. Which is not good news because the medical benefits of regular exercise are compelling. Keeping active is one of the most effective methods of protecting ourselves against serious disease, and maintaining a good quality of life. This introduces the basic male dilemma. In order to achieve a comfortable standard of living for himself and his family, a man typically has to spend extra hours working instead of exercising. But by not exercising he runs a much higher risk of serious disease, a crippling rise in insurance bills, as well as an illness-prone retirement. No easy choices here, I'm afraid, although the rational decision must be to make exercise a higher priority. This is particularly true for men over 40. For men who really want to lose weight, I suggest you first see your doctor for a quick check-up. Then, if all is well, I advise you start with 45 minutes/day of light exercise. Do this for 2-3 weeks or until you notice obvious benefits such as improved breathing, sleeping and appetite. Then gradually increase the duration and intensity of your training program up to 60 minutes a day. The best way to avoid overstrain is to loosen up with stretches at the beginning of each exercise session, and wind down with stretches afterwards.

Improved Lifestyle For Men

Quitting smoking is the top priority for any man with weight-related health problems. Another essential improvement is stress reduction or at least better stress management. This is because any stress which leads to a feeling that life is out of control, is a major contributor to disordered eating, excessive alcohol intake and disease, as well as family problems. Moving to a less stressful job, reducing your work schedule, or taking regular physical exercise are useful ways to reduce stress, and will definitely assist weight loss and general health. Spending more time with your family is also a great stress reliever.

Weight Loss After Pregnancy - What They Didn't Tell You!

Sarah is a pregnant mother of three who continues to breast-feed her 18-month-old.

After each of her pregnancies, she has had difficulty losing weight.

With all of her responsibilities, weight loss isn't a priority. Still, she wishes that, once this pregnancy is over, she will be able to return to her pre-marriage weight.

The average woman gains more than 25 pounds during her pregnancy. The procedure of childbirth may result in a weight loss of up to 14 pounds, which means that new moms still have considerable weight to lose once they leave the hospital.

However, some women simply assume that this “baby fat” will never go away. Yet, it is entirely possible to lose weight during the postpartum period. A number of medical experts recommend easing into a weight loss program after the birth of your baby.

This means that you will not start dieting until about three months following birth. You should combine a low-fat diet with moderate exercise in order to achieve weight loss.

Don't expect instant results. It will take you up to a good nine months to get back to your weight prior to pregnancy. A go-slow approach is best because you need to give your body time to recover after childbirth.

Certainly, you might be able to lose weight faster, but you might be sacrificing valuable nutrients as a result.

Interestingly enough, breastfeeding actually enhances weight loss. The American College of Obstetricians and Gynecologists has found that breastfeeding leads to the release of hormones which enable your uterus to return to its normal size.

However, breastfeeding alone won't bring down your weight. You need to combine it with a sensible diet and a moderate exercise program. Keep in mind that you need to have at least 1800 calories a day while breastfeeding in order to keep yourself and your baby healthy.

Still, stay clear of junk food during this period. You should rely on food with high nutritional value to maintain the proper level of calories each day.

There are many good reasons to exercise during the postpartum period. In addition to helping to accelerate weight reduction, exercise can help alleviate postpartum depression, improve your mood, and boost your confidence. Exercise can also “clear your head” so that you're better able to meet the demands of motherhood.

You might consider joining a “Mommy and Me” exercise class so that your baby can exercise right along with you. Another helpful hint is to enlist the help of a friend or relative to act as your exercise buddy so that you'll have some emotional support while exercising.

An added bonus of exercise is that it should boost your energy level, which is quite important when battling the fatigue which comes from caring for a newborn.

Your diet should generally be low-fat but not fat-free; vitamin rich; and high-fiber. Under no circumstances should you go on a fad diet. Such a diet could be quite harmful to your health and could actually slow your recovery from childbirth. It's a good idea to set weight-loss goals, but don't go overboard. Recognize that there's a limit to the amount of weight you can lose during a given period of time.

You may see a number of actress-moms gracing the covers of magazines shortly after the birth of their children. They appear svelte and elegant, totally devoid of baby fat.

In the accompanying article, they may even talk about exercising right after childbirth. Such articles send new mothers a dangerous message: that you must do all you can to become thin as quickly as possible after your baby is born.

Such a philosophy is not only ridiculous, it's also unhealthy. As a result, you'll need to "tune out" such messages from the media and stay the course with your own gradual weight loss plan.

The time right after the birth of a child can be quite challenging, taxing both your physical and emotional strength. While it is certainly a good idea to eat healthy, you'll need to pace yourself as far as weight loss is concerned.

Over time, you should be able to lose the weight you gained during your pregnancy. In fact, you might find that you're actually healthier after your baby is born.

Weight Loss And Appetite Suppressants - Hoodia

For decades, the Holy Grail of the diet industry has been an all natural appetite suppressant with no side effects other than the intended weight loss. Like the Holy Grail, it has been elusive. The diet pharmaceutical companies thought they found it in starch-blockers, in ephedra, in fat binders. the list goes on. While many of these worked, they often came with a heavy list of side effects, many of them dangerous. After an initial flurry of excitement and sales, most were knocked off track by reports of dangers associated with their use, and some were even banned from U.S. sale.

The latest arrival on the Holy Weight Loss Grail circuit is an unprepossessing African succulent known as *hoodia gordonii*. Cleared for sale in the U.S. in early 2004, it has been steadily making a name for itself as a powerful appetite suppressant that can help you lose weight. Its popularity was significantly boosted by reports on 60 Minutes, ABC News and BBC News.

As part of the BBC report, BBC Two's correspondent Tom Mangold, actually traveled to Africa to sample the *hoodia* in situ. He and his cameraman, who also tested the plant, both reported feeling pleasantly full for nearly 48 hours after eating a piece of *hoodia gordonii*.

The *hoodia* plant has been used by the San tribesmen of the Kalahari desert for centuries to suppress the pangs of hunger on long hunts and trips. Modern research has isolated an 'active ingredient' known as P57. Though the research is still scanty, it appears to work by fooling the hypothalamus into thinking that there is more sugar in the blood than there actually is.

Does it actually work? It's really still too early to tell, but in one clinical trial conducted by Phytopharm, the company that holds the patent on the process to extract P57 from hoodia, human subjects taking hoodia reduced their caloric intake by as much as 1000 calories a day. The figures are impressive.

But is it safe? There again, the research is far too scant to make a reasonable decision on it. There are no known side effects - but it also hasn't been used outside one small tribe in Africa until the past two years. It's possible that there are side effects to long-term use that aren't yet evident.

Until then, use caution in purchasing products made with hoodia. Many of the commercially available products contain virtually no hoodia gordonii at all. Consult your doctor before undertaking any weight loss program that involves appetite suppressants. This is particularly important for those who've been diagnosed with diabetes or pre-diabetes, as the action of the hoodia plant can trick the body into thinking that the blood sugar is fine even as they approach hypoglycemic shock.

Weight Loss and Motivation

It should be noted that the key to a successful exercise program is perseverance. This means that you need to commit to it for the long haul—in fact, it is best if you commit to it for the rest of your life. Certainly, it can be difficult at times. But in the end, it is well worth the effort you exert.

Staying motivated may begin with having a tangible goal. For instance, if you are basically inactive when you start your program, you should aim to burn off 500 calories a week. If you are fairly active when you start exercising, your goal should be 1,000 calories. But you must also have a long-term goal. This might be doubling the amount of calories you burn within six months of commencing your exercise program.

You might consider starting an exercise log. Here, you will record exactly what kind of aerobic, anaerobic, and stretching exercises you do each week. Be sure to include the number of repetitions you're performing with each exercise. This way, you'll have a concrete chart for your progress. Seeing how well you're doing can be truly inspiring and can keep you going when you find it difficult to go on.

Another effective motivational strategy is to join a group that engages in some kind of exercise. For instance, you might become a mall-walker or you might find a local square dance club to join. Other possibilities include hiking groups, golfing groups, softball teams, or even ping-pong teams. The fact that you are part of a social network will help to keep you motivated.

You might try psyching yourself out by using a computer screensaver which says, "Get moving." Or you might post a "get moving" sign on your refrigerator. In other words, you should be constantly reminded of the value of exercise. You might also invest in home exercise equipment such as a treadmill, elliptical trainer, or free weights. The amount of money you spend could be a powerful incentive for making sure that you use the equipment on a regular basis. You should also place the equipment in a prominent place so that you have to pass it often. After a while, you'll find no excuse not to exercise.

You might also consider investing in exercise videos or DVDs. These allow you the convenience of exercising in the privacy of your own home. They can also give you an electronic “exercise buddy” who can help keep you inspired even on rainy days when you don’t feel like exercising at all.

Another effective idea is to place your athletic shoes near the door so that you are reminded of the need to walk rather than drive. You might also consider rewarding yourself for keeping with your exercise program. Your reward could be as elaborate as a cruise or as small as a treat from the dollar store. The idea is to make sure that your accomplishment is celebrated.

While we’re on the topic of celebration, seriously consider throwing a party once you’ve reached an exercise milestone. You can serve nutritious snacks and beverages and even encourage your guests to come in their athletic wear in order to build upon the party’s theme. Sharing your joy can help to motivate you to continue your physical activities.

It should be said that there is no right way to exercise. But you do need to make sure that whatever you do is effective and that you’re sufficiently motivated to do it. By following just a few simple tips, you can ensure that your exercise routine is not just a fad, that it will continue over the long term. Remember that you may face setbacks from time to time, but that shouldn’t stop you from continuing to try to reach your exercise goals.

Weight Loss and Phentermine

How close are researchers in their discovery of a magic pill for weight loss? When Phentermine was introduced for the first time, people thought that they have finally found the drug that they were always looking for. In fact, there is always the euphoria whenever a new weight loss drug is launched. Overweight, unlike other illnesses, takes time to be cured. Besides the treatment is often too onerous demanding too much perseverance from the individual. With every drug that is launched, people expect that they will be relieved from weight without this struggle. Does phentermine reach the expectations of people?

Phentermine continues to be popular until today. It is one of the most purchased weight loss drugs all around the world. Around 50% of the weight loss drugs have phentermine as a major ingredient in them. In spite of this, the popularity of phentermine has not been because it reached people's expectations. It was an advancement over the drugs at the time in the weight loss segment.

Phentermine is helpful to treat the overweight condition. Phentermine is an appetite suppressant that belongs to the class of drugs known as Anorectics. They affect serotonin levels in the brain and thus decrease food cravings. In this manner, the individual feels lesser consumption of food and calories.

Phentermine does not make tall promises. It does not claim to be a magical pill. People who use it will however find acceleration in the rate of reduction in fat. Therefore, taking phentermine along with a balanced diet and daily workout will surely give positive results. People who are suffering from obesity and obesity related diseases must only use phentermine pills. Those who are undergoing medication for heart problems will be advised to stay away from phentermine.

Phentermine is available in two different formulas. These are immediate release or time-release formulas. Phentermine pills with an immediate release formula create an immediate impact. As soon as they are taken, they will enter the bloodstream and begin the action. Time-release Phentermine capsules differ from these, since they will release the medicine into the body over an extended period of time, which spans over 8 to 12 hours.

It is advised that people who are undergoing treatment with phentermine tablets or capsules may not engage in hazardous and difficult work like driving, operating machinery etc. The period of use of phentermine will be for shorter terms such as 12 weeks.

Even after a patient stops using Phentermine, one's body will not be acclimatized to this immediately. It will need time to adjust, with the time depending on the quantum of Phentermine being used and the period of use.

Use of phentermine does not mean that we stop eating properly or lead a sedentary lifestyle. Phentermine will work well only if an individual gives continued attention to these two aspects of life.

Weight Loss And The Proper Nutrition.

Approaching the matter of nutrition and weight loss, we have to emphasize the two basic issues that nutrition itself is a culture of eating proper food in a proper manner. Let's start with the first, proper food.

All cells and tissues in our body are formed by the food we eat. And also food is the energy source for our body functions. So, this can explain why proper food is so important.

The Health Coach's Content Bible

Food is one of our strongest motivators. And unfortunately, most of us consider food to be a source of pleasure only!

Our bodies are not fixed statues – they are always in process, which we call metabolism.

Perception, memory and all the intricate complexities of bodily functions are possible because of having or producing enzymes, hormones and a thousand other wonders – that are produced in the body from what we eat.

As a source of energy our body uses carbohydrates (sweets), fat and protein. To be more specific, carbohydrates are the source of immediate energy, proteins are the body's building blocks, and fats are the high-energy storage. But these roles sometimes overlap.

And faulty nutrition is the usual cause of illness!

At the same time, with correct choices we can prevent many food-related diseases such as heart attack, stroke, essential hypertension, diabetes and – even cancer!

More than a century ago, Ellen G. White, in "Counsels on Diet and Foods", shared her observation: "At mealtime cast off care and anxious thought. Do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all His blessings". Isn't it wonderful?

Just let me share with you part of our experience with nutrition and weight loss. If you haven't had any previous experience of following the simple principles I suggested when discussing how to reduce the amount of daily food, you might find them difficult to follow, but this is just on the face of it.

In reality it is much easier than it seems! And I promise, I'll teach you how to master it. Because this issue of how to practice eating habits is essentially an important one!

The same food or eating process itself can bring you joy and fullness of life, or, on the other hand, if taken wrongly, can cause considerable damage to your health and even shorten your life!

How does overeating or eating the wrong food cause harm? The answer is: whatever food that our organism is not able to digest normally, becomes poisonous to us. Thus any poison will shorten our life!

This is the reason, why I suggest that my clients practice this: before starting to eat, gently close your eyes for a few moments, forget all your problems for a while and give yourself a smile! And then you can start eating.

Another recommendation is this: when eating, try to keep your eyes gently closed (or just turn your eyes away from the served food), while slowly chewing a small portion of food in your mouth.

Believe me, this process will bring you much more flavor, and benefits at the same time. Because just by doing this small thing you will lessen the portion of consumed meal by three to five times!!! (As I have already mentioned)

I would emphasize the importance of taking time to eat. When eating, if possible, make it a social occasion to communicate with your family or with your friends. But! (Always, there are some "buts"). If you decide to improve your eating habits, see if the company would be appropriate at this time, especially at the beginning. For this reason, it is better at first to have all the changes stabilized, so that you can resist any temptations...

But even when in difficult situations, we should never compromise basic principles of good nutrition. Always watch what you eat or drink!!! A well mannered person will know how to do this without compromising friendly relationships.

As we do this, we will have the added benefits of alertness, clear thinking, and a perception that is fully aware of life's joyful events. But real joy comes from facing reality and patiently dealing with whatever life has to offer. If we take time to learn what is good for us and make a serious effort to put it into practice, we can expect to be rewarded with extra energy and a longer and happier life!

Let's take a look at sweets. Which are conglomerates of simple sugars, most important of which is glucose. This simple sugar is the supplier of the most bodily energy. Penetrating into the bloodstream it meets the constant need of all the cells. Due to insulin, glucose is able to pass through the cell membrane and become available for use.

At the same time, our bodies are capable of properly handling only a limited amount of simple sugars in a given period of time. When exceeded (if we eat too many sweets), the pancreas is forced to work overtime producing insulin for converting excess sugar into fat.

Small amounts of sugar will not do this, but we must remember that there is hidden sugar in most processed food and drinks. And this is the problem – we usually eat far more sweets than our pancreas can cope with!

Let's see how we can avoid this problem. When we plan our diet we should give preference to the natural source of sweets, like fruits, then wheat, rice, potatoes, beans, and other starch-containing foods. Because these vegetable foods require quite a long period of time for to be digested, and simple sugar is released gradually. This allows our body to process this energy in an orderly fashion.

Latest scientific researches have revealed that: consuming excessive sugar (too many sweets) can lead to such problems as:

- * Constipation.
- * Causing dental caries by providing an ideal culture medium in the mouth, and by slowing down the internal fluid circulation in the teeth.
- * Depression of the immune system, by interfering with the germ-killing capacity of white blood cells.
- * Promotion of adult-onset diabetes.

Now we come to the practical application of the above for weight loss. With the exception of some fruits the ideal diet will include only a minimal amount of sugar, and provide an abundance of complex carbohydrates such as those found in vegetables and whole-grain pasta.

Weight Loss As An Added Bonus

The truth is that the astounding weight loss being achieved on the green tea diet is just one of the numerous miracle-like benefits of simply

drinking green tea. Green tea diet is also widely recognized as a substance that can protect against many different cancers such as stomach cancer, ovarian cancer, cancer of the colon, oral cancer, prostate cancer, and breast and cervical cancers. Another antioxidant in green tea diet is also being studied as a potential cure for cancer. The green tea diet is actually a dietary supplement which is composed of natural ingredients such as green tea.

Due to the popularity of recent findings, green tea has almost become synonymous with weight loss and diet. For instance, instead of drinking

coffee and cream which are high in calories, green tea weight loss programs can not only save you from taking in too much calories but also

let you take in several healthful substances like polyphenols and flavonoids. There are a large number of remedial benefits of drinking Green

Tea and research has confirmed that consuming a small amount like just one cup of Green Tea a day can greatly assist in weight reduction and fat burning. The great thing about the weight loss benefit of green tea extracts is that it does not have any adverse side-effects.

Green tea diet supplements are all the latest rage in the weight loss industry today. With its countless health and weight loss benefits, these

Dieting supplements are fast replacing ephedra as the leading weight loss product in the market. Although green tea weight loss supplements also

contain caffeine this doesn't seem to have the negative effects found in other products with caffeine. People who use these supplements in studies

will lose approximately 2 ½ pounds per month. Yes, believe it or not, more and more often you'll find green tea (or green tea extract) included in the compilations of many of the more popular weight loss supplements today.

As opposed to black and oolong tea which undergoes full oxidization, green tea diet is only gently steamed, preserving the natural antioxidants in

its original form. A green tea diet is one of the easiest lifestyle changes to make. The green tea diet is no different that it not only recommends

but requires the use of simple exercises to be completed along with the consumption of the dietary supplements.

Weight Loss At Work: Non-Food Rewards

The email comes out at noon. "To celebrate your hard work this week, there is cake and ice cream in the big kitchen at 3 today. Be there!"

The universal reward for hard work always seems to be food: cake and ice cream, a catered lunch for in-service training sessions, pizza for the overtime crew, bagels and cream cheese to brighten up a bleak Monday morning.

Food seems to be the perennial favorite for any kind of work reward because it is universally accepted. Some of us (we hard core dieters) may pass on the sweet stuff but usually find something allowable. In a world where two thirds of us are overweight or obese, is there nothing else available as a gift that cuts across all individual interests?

Recently, we had a whole week at my company devoted to employee appreciation. The primary rewards were, of course, food but other things were added: a company baseball cap, a hiking water container, a lunch bag, and a handwritten note of thanks to every employee from their supervisor. The cap was a bust for those of us with any modicum of fashion sense; the insulated flask and bag were food related, and the handwritten notes were superfluous - good supervisors show their appreciation of hard work constantly while a handwritten note from a harsh supervisor, no matter the "thanks" stated, means diddly squat to a resentful employee.

The HAS to be something else, isn't there? We human beings have few things totally in common and eating is the primary universal. Other common bodily activities such as urination and defecation are not easily translatable into some kind of reward system. We are all involved in physical activity, to some degree, but that is often more a chore than a delight.

When it comes to our other senses, we all differ so much that one person's pleasure is another person's pain: music, perfume, pictures, or massages are differential tastes rather than general givens.

Money is almost always acceptable but the small amounts that would be individually generated to replace a free dessert or snack would be so minimal that their reward value would be insignificant.

So what can those of us on a permanent diet, and alarmed about our coworkers' increased girth, suggest?

How about plants? Small individual pots or a larger department shrub would save our waistlines while adding to the health and esthetics of our environment. I calculate, just within my call center, that if a plant had been given to each department, instead of an edible goodie, for celebrations over the past 5 years, that I would now be working in a lush rain forest of exotic plants where the stale re-processed air conditioned air would be purer, more humid, and a thousand times fresher. Morale booster and health benefits in one fell swoop!

How about the gift of time? In our overly busy pressured lives, who would not be immensely grateful for a free hour here or there. Rotate it through each department, letting one or two people leave early on a Friday afternoon. That would mean something and would carry no cost so upper management should be ecstatic.

Instead of a handwritten note, how about getting Supervisors to perform their subordinates work duties for an hour or so, once in a while? Can you imagine the morale boost for an employee to get off the telephone, or the machine, or the computer, and shoot the breeze with friends for an hour while their duties are performed by their supervisors? And if mistakes are made - so much the better. It creates a sense of equality and inter-relationship between workers and supervisors that is generally lacking in a corporate environment.

How about free "Get out of jail" cards for every line worker? Each person gets one free card and additional cards can be given by supervisors for outstanding work, ensuring that the better workers have more cards. The cards can then be used as excuses for small transgressions - coming in a little late, leaving early, making minor mistakes. With the use of the card, a worker avoids verbal coaching, warnings, or being put on report. And let employees use their cards for coworkers who may need them - think of the team building that would accomplish!

Flexibility of hours, assignments, and days, is another area where workers will universally respond: not to money, or food, but to accommodation of individual needs. Give each employee a wish card and then allow them to use it to get something they need.

What does all of this accomplish? It allows for employee rewards without fats and carbohydrates. Now isn't that worthwhile?

Weight Loss Diets - A Review Of 4 Unique Diets

There are a number of diets available, but here I review four which are particularly unique.

1000 Calorie Diet

Trying the 1000 calorie diet is only advisable for one week, due to your body entering starvation mode and conserving fat. Overdoing the 1000 calorie diet is counterproductive to your body so try to stay on it for only 1 week. After 1 week you will lose between 3-5 pounds. The 1000 calorie diet can be used as a starter diet for a long term weight loss program. Try to aim for 2-3 pounds of weight loss and a good exercise program to begin with. After 1 week on the 1000 calorie diet, try upping your calorie intake or reverting back to a not so severe diet, this will prevent your body's metabolism from slowing down. Here is a simple 1000 calorie daily menu.

Breakfast

- Banana sandwich made with 2 slices of wholemeal bread and a small banana.
- Small glass of orange juice

Snack

- 1 pot of low fat yoghurt (preferably fruit)

Lunch

- 1 wholemeal roll filled with tuna and low fat mayonnaise (use tin tuna in spring water)
- Mixed lettuce salad, red or yellow sweet peppers, spring onions

Snack

- 1 bag of lower fat crisps

Dinner

- Roast chicken breast (without skin)
- Potatoes, mashed with 30ml semi-skimmed milk
- Broccoli (all vegetables steamed or boiled)
- Carrots
- Gravy (made from granules)

Evening

- 1 low calorie hot chocolate drink made with powder and water

Drinks throughout the day

- Diet coke, water, black coffee or tea without sugar

The 1000 calorie diet can be used as a starter diet for a long term weight loss program. Try to aim for 2-3 pounds of weight loss and a good exercise program to begin with. Remember after 1 week on the 1000 calorie diet, try upping your calorie intake or reverting back to a not so severe diet, this will prevent your body's metabolism from slowing down.

Vegetarian Diet

A well balanced vegetarian diet provides many benefits for the body. Some of those benefits include a reduced risk of chronic diseases, such as:

- Obesity
- Coronary artery disease
- Hypertension
- High blood pressure
- Diabetes
- Some types of cancer and more...

Your vegetarian diet must be planned well. If not your body could end up in need of some vital nutrients. Some of these nutrients essential for the body are:

- Protein
- Minerals (zinc, calcium, iron)
- Vitamin b12
- Vitamin d

Protein sources include, tofu and other soy-based products, legumes, seeds, nuts, grains, and vegetables

The Health Coach's Content Bible

Experts say that in order for a balanced vegetarian diet, you should eat nuts and whole grain cereals for good sources of amino acids.

Greens such as spinach, kale and broccoli are a good source of calcium.

For sources of vitamin b12 which comes from animals, can be substituted with fortified breakfast cereals and fortified soy drinks.

Sources of iron are red meats, liver and egg yolks which are all high in cholesterol. Spinach, dried beans and dried fruits are all good vegetarian sources of iron.

A vegetarian diet is healthier than a meat diet. However this does not mean that you have the right to stuff your face with crisps, chocolate and chips everyday. Your balanced diet should include all of the above, i.e. Fruit, vegetables, nuts, dairy produce and soy. Below is a table of some calorie controls in a vegetarian diet:

Food Group	1200 Calorie	1500 Calorie	1800 Calorie
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Vegetables	5 servings	6 servings	8 servings
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Fruits	3 servings	3 servings	5 servings
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Grains	2 servings	3 servings	4 servings
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Dairy	2 servings	2-3 servings	2-3 servings
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Beans, Nuts and Seeds	5oz	6oz	7oz
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Total Fat	30-35g	40-50g	50-60g
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You can find a massive range of diets on the internet free of charge! A vegetarian diet is an all round healthier option, and can go a long way to helping you on the road to losing weight.

Abs Diet

The Abs Diet works on the theory that every 1lb of muscle gained, your body intern burns an extra 50 calories per day. So if you can build an extra 10lb of muscle your body will then burn an extra 500 calories per day. Using the Abs Diet your body will burn more energy by eating the correct foods and exercising the correct way. Losing 500 calories per day will lose you 1lb of weight per week. Expect to lose up to 12lb in the first two weeks followed by 5-8lb in the forthcoming two

The Abs Diet allows you to eat 6 meals per day which consist of 12 power foods, such as: chicken, turkey and other lean meat, olive oil, beans and pulses, almonds, low fat dairy products, green vegetables, oats, eggs, whole grain bread, whole grain cereals, berries, and protein powder. All other food is not allowed.

For 6 weeks you will eat a series of 12 power foods, which provide the body with all the fibre and minerals you need to stay healthy and build muscle. Along with the diet you will do a 20 min workout three times per week, which will aid in the fat burning.

The Abs diet is mainly aimed at men, however women are encouraged to participate. The range of foods you can eat is still good and you do get an exercise program out of it. Also some very good looking Abs, health and sex life. The full diet book is: The Abs Diet by David Zinczenko from all good on-line bookstores.

The Kellogg's Cereal Diet

One of the simplest diets around at the moment is the Kellogg's Cereal Diet. It is not a crash weight loss diet which will lose you pounds upon pounds; however it will allow you to get into those jeans that are 1 size to small.

To start the Kellogg's Diet all you have to do is, eat one bowl of Kellogg's Special K or Cornflakes for breakfast, and also one for a replacement lunch or dinner. That's all! Carry this on for two weeks then you will see the results. Expect to lose around 3-6lb.

Whilst on your diet, Kellogg's allows you to have the same drinks and snacks as you usually would, but recommends that you eat a well balanced meal every day, with more fruit and vegetables. Another tip from Kellogg's, is to keep a food diary to monitor and keep you aware of your current eating habits.

Weight Loss Diets: How To Make Them Work

As we all know, weight loss diets are big business. And looking at the statistics, it's easy to see why. Currently, an estimated 58 million American adults are overweight (BMI 25+), of whom an estimated 40 million are obese (BMI 30+), 9.6 million are seriously obese and 6 million suffer from super-obesity (BMI 40+). Worldwide statistics on overweight are equally alarming, as reflected in the new word "globesity". In China, the number of overweight people has risen from less than 10 percent to 15 percent in just three years. In Brazil and Colombia, the figure of overweight is about 40 percent - comparable with several European countries. Even sub-Saharan Africa is seeing an increase in obesity, especially among urban women. In all regions, obesity appears to escalate as income increases. And the higher the incidence of obesity, the higher the incidence of weight-related disease, including: type 2 diabetes, cardiovascular disease, metabolic disorders like insulin resistance, and cancers of the breast and colon.

CONVENTIONAL DIET METHODS

Both the US Surgeon General and the Dietary Guidelines For Americans (2005) issued by the US Dept of Agriculture emphasise the need for calorie control and increased physical exercise to reduce the overweight epidemic, but evidence suggests that conventional diet methods do not provide significant weight reduction, due to poor compliance. Surveys show that annual weight loss resulting from convention diet and exercise programs averages less than 8 pounds per annum, while in a 4-year follow-up study of programs incorporating the use of obesity drugs, behavior modification, diet and exercise, the final average weight loss was 3 pounds. This apparent failure of conventional weight loss methods is often contrasted with the 30-40 percent average weight loss following bariatric surgery.

FOOD COMPOSITION OF DIETS

Fashion sells products, and weight loss diets are no exception. First we had low-fat diets, which were promoted as heart-friendly ways of reducing weight.

Unfortunately, this message was interpreted by consumers as "all fats are bad, all carbs are good", and led to an unhealthy overconsumption of refined carbs. With the relaunch of Dr Atkins' "New Diet Revolution", the fashion pendulum swung the other way. Now carbs were the enemy, not fat.

After Atkins came the South Beach Diet, which offered us a more moderate low-carb approach. Now, it is GI diets - based on foods with a lower glycemic response - that are high fashion and, being scientifically more beneficial, are likely to remain so for some time. However, while the food composition of diets may change, the basic law of weight loss remains unaltered: calorie expenditure must exceed calorie intake. To this extent, provided a diet is calorie-controlled and includes foods from all food groups, the exact composition of foods remains no more than a matter of personal taste.

GENERAL EATING AND EXERCISE HABITS

When assessing the effectiveness of conventional dieting methods, due regard must be paid to general eating habits. In America at least, these do not appear to be helpful. Despite the mounting evidence of weight-related ill-health, social eating habits continue to develop in unhealthy directions. Value-for-money "supersizing" continues to attract customers, while fast-food sales continue to rise. And the continuing demand for "instant" food only inspires the food industry to produce more and more refined food options bulging with nutritional deficiency and calorie-overload. Is it any wonder that levels of diet-compliance among average dieters is so low? Meantime, an estimated 78 percent of Americans do not meet basic activity level recommendations, while 25 percent are completely sedentary.

IS SUPPORT THE ANSWER?

If conventional diet programs remain less than perfect ways of tackling overweight in the face of engrained eating habits, it would be misleading to write them off completely. Not only does research data from the US National Weight Control Registry demonstrate that long term weight reduction is perfectly achievable, a number of diet programs, especially medically-supervised clinic-based programs, are consistently effective. What distinguishes these diets is the level of counseling support which subjects receive. Nowadays, this support can be provided in various ways, including: mandatory group meetings, one-on-one sessions, online forums or chat-rooms. And it seems to work. For example, according to recent studies, the average weight reduction for a 10-12 week clinic-based obesity program involving meal-replacement diets, exercise and counseling support is 5.5 pounds.

FINDING MORE SUPPORT

If getting proper support is one way of improving conventional diets, dieters need to rethink their approach. Instead of focusing attention on finding the optimal eating-plan, they need to look for programs offering optimal support. Weight Watchers is an obvious choice but diets organised around the workplace or other social groupings may also provide natural help. Online programs with forum support might also be considered. In any event, there is no substitute for a reliable dieting partner.

ADOPTING HEALTHY HABITS

Given the fact that losing as little as 7-10 percent of body weight can improve many of the problems linked to being overweight, such as high blood pressure and diabetes, some obesity experts advocate a less formal approach to calorie control. They recommend adopting certain healthy habits rather than following a specific diet. An example might be a 200-calorie-a-day reduction achievable by taking a moderate 30 minute walk, and switching from (say) whole milk to skimmed milk. This saves 73,000 calories a year - the equivalent of 20 pounds of body fat. The commercial response to this approach is already visible in programs such as the "Three Hour Diet", which recommends regular eating to maintain a regular rate of calorie burning. Expect to see more weight loss programs like this, which emphasise specific habits.

CONCLUSION

Current levels of overweight and obesity require urgent attention. To be effective, conventional diet programs need to provide optimal support rather than optimal food composition, in order to facilitate diet compliance. For people who are unable or unwilling to follow a specific weight loss plan, making small but specific changes may be sufficient to achieve significant improvements in health.

Weight Loss Discussion - To Be Or Not To Be Fat??

Show me a female who can sincerely admit that she is happy with her appearance in every way. Someone, who wouldn't change a thing about herself/himself even if it was as easy as just wishing it. Unless that person is a bold one living-on-some-mountain monk, I don't think that that kind of person exists.

Our physical shape is dictated to us as well as anything else is: dress according to the latest fashion, date the coolest guys (also make sure your parents like them), read the right books, eat the right food. What is the right food, I wonder. Do you open your refrigerator and a carton of milk jumps out of it into your lap, screaming: "I am good for your health! Drink me! ...And quit staring at that chocolate cake!!!".

No help from groceries? Need not worry, 'cause precisely at this point, tones of real good articles and health books emerge to your assistance. Before you know it, your head is overloaded with useful advice on the greatest diets, best cosmetics and the safest birth control accessories – this is when you lose control instead of gaining it. Your head is spinning, ready to blow up any second, too much information (this would be a good time for me to advise you on a really-really good diet, Just kidding).

This is the point when you should stop. First thing first, take a deep breath. Have you ever considered that perhaps you need not a diet? (Shame on me, I know) But still, could there be any chance at all that all you need is the right nutrition? I'm sure you've all heard about dystrophy – an unpleasant disease that turns a beautiful body into a living (in the better cases) skeleton. Dystrophy, as other such mischief, often arises from the notion that if you are not a top-model-skinny-creature, girl, you are fat. Do yourselves a favor, before starving yourselves to death, throw away a couple of fashion magazines, I am sure you'll feel better right away.

Weight Loss Drug - Ideal Cure For The Ailment Called Obesity

Nobody likes to be called “obese”. Just because you have few extra pound of body weight, you are counted to be obese. Obesity must have put you into many embarrassing moments, but you could do nothing? Tried a lot many medicines and other weight reducing products, but nothing could help. No need to feel the humiliation anymore. Weight loss drugs are here to cure obesity.

Weight loss drug as the name implies is the drug tailored to help overweight people lose that extra weight quickly and too with complete ease. Losing weight is no more difficult and horrifying with weight loss drugs.

One can find several types of weight loss drugs in the market namely Phentermine, Xenical, Adipex, Meridia, Ionamine and the list is endless. Different weight loss drugs have different features that stand them separate from others. Weight loss drugs help in losing weight either by working as an appetite suppressant or fat absorber; it totally depends on you which one you find the most suitable as per your body requirement and resistance. Consult your doctor on which weight loss drug will satisfy your aspirations to the best. In case you don't want to waste your time in fixing an appointment with the doctor and visiting him. Online pharmacist or druggist is a perfect alternative who works with various online pharmacy websites. Most of the website will provide you this service free of cost.

As a coin has two sides, same is the case with weight loss drugs. Few side effects may occur due to weight loss drug usage but can be minimized by keeping the precautions in mind. Follow the guidelines and reduce weight with ease.

With the invention of the Internet the whole scenario has changed. Pharmaceutical industry has also got influenced by it, too, on a large scale. The Internet has become a centre place where both sellers and buyers can interact with each other. You can book your order for the needed weight loss drug by just filling a small online form available at various websites.

Always look for quality weight loss drugs that are approved by the FDA. If you want to get the weight loss drug at a price that suits your pocket to the best. You must collect catalogues from several online suppliers and then compare their offers; this will help you get the desired weight loss drug at the best price helping you reduce that extra pound of weight without pinching your pocket.

Mark an end to all the embarrassments and guilt feelings that you have been facing because of your obesity with weight loss drugs. Make sure to follow the instructions and weight loss drug prescription given to you to ensure best results out of the weight loss drug.

Weight Loss for Couch Potatoes - Don't Get up, I'll Explain...

*** You're fat and you know it! Now I'm going to tell you something you don't already know.

You think you already know why you're fat but you don't. You think it's because you just don't have enough time and motivation to exercise. You think it's because you love food and don't quite have enough willpower to cut back sufficiently. You don't have a clue!

The real reason you're gaining weight is going to shock you: it's because you have the mind of a well-trained athlete. Don't laugh quite yet. Have you ever noticed how fast athletes gain weight when they retire from competition? It's freakish. The same reason that athletes are good at sports later causes them to bloat -- they have especially "trainable" subconscious minds. If you understand the mechanism then you can learn to control your weight without diet, suffering or an inhuman exercise schedule.

*** Weight Loss and Your Athletic Mind

Before I continue, I should say that it is true: the immediate cause of weight-gain is what you eat and how you live. I'm not preaching any pseudo-science here. However, controlling what you eat and how you live is elusively difficult and I will show you why. If you think you can change your behavior pattern with sheer willpower -- then you just haven't really tried yet.

Sure, you and I pride ourselves in being rational adults, in control of our choices and our destiny. But that's just a load of crap. In truth, we rarely ever do anything that brings us discomfort in the short run. You think otherwise? Go take a straight-cold shower just to prove who is in control. Go without solid food for two days. It won't hurt you, but it will make your body angry. And the fact of the matter is that we are usually slaves to response patterns established by our bodies. Sorry but it's true.

*** The Key to Controlling your Body is to Control Your Mind

Training your body is all about training your mind. We're not talking calculus here, we're talking about your subconscious mind -- where deep emotions, established patterns, habit and instant responses live. You are a trinity of sorts, 1) a lazy body, 2) a clever and fickle conscious mind and 3) a lumbering but steady subconscious that does most of the work around here.

You probably know already that the subconscious mind provides emotional responses to reinforce "good" behavior (like eating pizza) -- but what you might not know is that the subconscious is also responsible for all athletic ability. Even the simple stuff like walking or typing is a constant interaction of conscious commands and unconscious responses. For example, when you learn to shoot a basketball, what you are actually doing is using the conscious mind to burn in a pattern which develops into a subconscious skill-set. When you've truly mastered a move, you "no longer have to think about it". If you're still thinking about the mechanics of a dance step -- it's a sign that you have not "learned it" yet. That is, your subconscious cannot yet take over. Once you have "learned" the skill, your conscious mind need only call out the command and the subconscious does the action.

To better understand your psychology, let's liken your mind to a couple animals: imagine a Chimp riding on the back of an Elephant. The subconscious mind is like a slow dumb strong elephant while your conscious mind is like the clever fast chimp.

Chimp (conscious mind)

Fast

Clever

Creative

Forgetful

Thinks he's in control

Elephant (subconscious)

Slow

Not creative

Slow learner with a vast memory

Awesome reflexes (ok so the metaphor isn't perfect)

Usually in control

*** The Willpower Myth

The nice thing about this little metaphor is that it allows me to point out the absurdity of the whole concept of "willpower" in the sense of the conscious mind overwhelming the subconscious with a show of brute force. Seriously, just imagine the chimp wrestling the elephant. Where's the "brute force" of the chimp? The elephant's just going to sit on him and the game is over. That, by the way, is exactly where every diet ends when supported by willpower alone. The subconscious is a powerful part of your mind. You can control it through persuasion but not with brute force.

*** The Elephant, the Stick and the String

In Indonesia, elephants are used in construction work because they are so powerful and yet obedient. All day long the elephant moves hundreds of tons of stone and wood and at night he is taken to his bed of straw and tied up. Do you know how big the rope is required to hold an elephant? It's just a little string tied to a stick driven into the ground.

You see, when the elephant was very young, he was tied with the same stick and string -- and he was too little to pull free. For the rest of his life, he remembers this and never questions the superior strength of the little stick and string. Think about it.

What are you really capable of? To be blunt, you have no idea. Your limitations are defined by childhood experience -- and bear no relation to your adult capabilities. Like the elephant, you are emotionally tethered by childhood ideas. Most of your adult personality is just a protective cage built by a scared child. What would you give to have the power to redefine yourself?

Now for the good news: you're not just an elephant, you're also part chimp! That could have sounded better but never mind. Your mind has a small, clever, conscious aspect that gives you the ability to reprogram your entire mind. That's right, your conscious mind (the chimp) has the ability to completely re-write and take control of your entire mental reality.

This ability defines humans -- it makes us the most flexible animals on earth and it allows us to train our minds to do amazing things. From playing concert piano to extreme sports, the vast power of the mind is tapped by this uniquely human capability.

*** Ok, so what does all this have to do with weight loss?

Remember, the elephant learns and repeats patterns of behavior that are taught to it -- so the real question is "how to teach the subconscious". Here's the simple single trick that people need to understand. If you understand this simple principle then you can be the master of your own mind. You will also understand why our educational system doesn't work (but that's another article entirely).

Our subconscious mind ignores most of what we tell it because we bark at it in the wrong language. The language of the subconscious mind is EMOTION. Using the barometer of our emotion, the subconscious mind is able to determine the importance of any particular behavior. For example, say that you're trying to learn a new skill. You're working hard to learn but you are not enjoying the task and your emotions are saying "this sucks, I wish I were elsewhere, how much longer is this going to take?" Well, it's going to take a lot longer because you're broadcasting to your subconscious mind the message "ignore this activity, just move along, there's nothing to see here." What was your emotional state, and how easily did you learn in high school?

It may not feel like it but you're in full control of your conscious emotions. And this is the fundamental method of programming the subconscious mind. It is, without a doubt, a form of natural hypnosis. Whereas traditional hypnosis works by moving aside the conscious mind, emotional programming works by using the conscious mind - but to the same effect.

Now for the dark side: remember how I mentioned that there are three aspects? Body, conscious and subconscious? Well, as it turns out, your body is busy programming your subconscious mind all the time. For example, you're hungry so you bite into a slice of thick cheesy pizza -- at which point your body screams out (on an emotional level) "this is good activity, very very good activity". Food cravings are actually subconscious patterns based on years of such programming.

*** Thankfully, the mind is fully re-programmable.

Now that you understand the basic mechanics of programming your mind, you can put it into practice right away. What you are going to do is to replace food cravings with exercise cravings. This technique is fun and very powerful because, rather than working against years of food programming, you're going to do some mental Ju-Jitsu and simply translate an existing food craving into a desire for exercise. Magic? It's better!

It's quite simple: first of all you're going to stop eating for a while (non-sugary drinks are ok). This is not a diet plan, we're not yet trying to lose weight. We're just trying to stimulate a hunger response. Now, when you begin to feel the initial sense of hunger, do this:

Breathe in deeply, relax, and feel the hunger -- then don't think of food. Instead, imagine yourself doing sit-ups and absolutely loving it. That's right, visualize yourself hungry and doing sit-ups and let a feeling of joy and satisfaction flood over you. Then return to whatever you were doing.

In a few minutes, when the next pang of hunger comes, repeat this mental exercise. Keep it up for an hour or so and then go have a light snack. While you are eating (especially while you are eating) visualize yourself doing sit-ups and loving it. Associate in your imagination hunger, food, situps and joy.

*** Hunger, Food, Sit-ups and Joy? He's Crazy

Perhaps, but what you are doing is linking a desirable behavior to a very well established response pattern. You will be amazed at how you can use this technique to stimulate a deep urge to do sit-ups. The mind is truly amazing.

By the way, after a few days go ahead and give into the urge to do some sit-ups. As you exercise, make sure to continue the emotional feedback by "letting" yourself enjoy exercise. If you feel yourself not enjoying the process, take control of your emotions right away or stop exercising. It's not worth sabotaging your work to burn a few extra calories.

Don't push your body, push your mind! Your mind is the only gymnasium that really matters. Eventually, your mind will push your body and you will be able to enjoy the process.

I remember several years ago when I first experimented with this technique. As I started craving sit ups, I realized that doing sit ups would physically relieve any sense of hunger for an hour or so. I thought I had stumbled upon the strangest diet plan ever, the "silly, happy, situp diet". But really, what I had discovered was the ability to consciously sublimate deep cravings to accomplish a desired objective.

The mind is amazing but it just doesn't come with a user's manual. Most of the time it works pretty well on autopilot so we rarely learn to pop the hood and explore its full potential. That's a shame because most of what we want in life -- success, happiness, health, good relationships, the satisfaction of achievement -- these things are all within our reach and the only thing holding us back is, you guessed it, a string and a stick.

Weight Loss Helps Prevent Diabetes

A few months ago (March 2005), the American Diabetes Association announced the findings of the comprehensive Diabetes Prevention Program. The DPP was conducted at over 25 medical centers nationwide and involved thousands of participants who volunteered to have their habits monitored and to follow dietary and exercise recommendations. All participants had been diagnosed with 'pre-diabetes', a condition where the blood sugar levels are higher than normal, but not yet in diabetic ranges. Untreated, more than half of those people diagnosed with pre-diabetes will develop full-blown type 2 diabetes within a decade.

For the study, the participants were divided into two groups. One half were given dietary recommendations. The other half got the same dietary recommendations, plus the recommendation to exercise at least 30 minutes daily, five times a week.

The results? Those who included daily exercise in their routines and followed the diet recommendations cut their risk of developing diabetes by 58%. The reason? Those who made the recommended changes in their lifestyle lost 'a moderate amount' of weight. Even more important, researchers found something that they didn't expect. Those in the treatment group had a substantial chance of reducing their blood sugar level to normal, something that had been assumed was impossible.

Apparently, losing weight not only prevents a worsening of diabetes, it reverses the damage that obesity causes to the cells that produce insulin.

How much weight loss does it take to have an effect on the progression of diabetes? The key is in the definition of 'a moderate weight loss' - 5-7% of your body weight. In other words, depending on your body weight, a loss of as little as 7-10 pounds can make a difference!

The recommendations suggested by the American Diabetes Society for a healthy diet to prevent diabetes is an ideal diet for steady, gradual weight loss - the kind of weight loss that stays lost. The diet includes the following suggested daily diet allowances:

- * Grain - 6-11 servings per day (Bread, Cereal, Rice, Pasta)
- * Vegetables - 3-5 servings per day
- * Fruits - 2-4 servings per day
- * Milk - 2-3 servings per day
- * Meat - 4-6 ounces per day (Meat, eggs, fish, dried beans, nuts and peanut butter)
- * Fats, Sweets, Alcohol - Occasional treats

(Recommendations for portions are based on gender and activity level. For instance, a sedentary 40 year old woman needs fewer portions than an active 25-year-old woman.)

Look familiar? It's also the dietary recommendation for the Heart Healthy diet from the American Heart Association, and the recommendations from the USDA. The results just keep coming in, but the message is clear: losing weight, maintaining a healthy weight and eating a balanced diet can help prevent most major health problems. Why wait till you're diagnosed? Start today - and it may never happen.

Weight Loss Instructions

Obesity is a growing concern in today's world. By following the given weight loss instructions you can lose weight and maintain a steady weight throughout.

Chinese diet tea

With the intake of Chinese diet tea one can reduce weight and can live slim and trim. Chinese diet tea causes rapid and substantial weight loss. Chinese diet tea prevents the formation of body fat. Experts say that intake of Chinese diet tea significantly increases energy expenditure and also significantly effects fat oxidation. Chinese diet tea does not contain caffeine that's why it does not affect heart rate. So it is safe and highly helps in weight loss.

Water

Intake of water helps weight loss. Water has no calories, cholesterol and fat. Studies showed that a high consumption of water does not allow more fat to be deposited in spite of being metabolized into energy and helps in weight loss. So, increasing water consumption will prohibit fat deposition and in this way you obtain weight loss. Eight to twelve glasses of water help in weight loss.

Free diet plans

Free diet plans are also helpful in weight loss for those people who are busy and don't have time for shopping and preparing their own meal. Free diet plans are mostly prepared on the recommendation of dietician and nutritionist. Hence, these are specially organized for athletes and dieters as they contain less fat and calories. As a result, by using free diet plans you can lose weight and maintain it steadily.

Balanced and Nutritious Diet

With a balanced and nutritious diet one can lose weight. Balanced and nutritious diet should be according to your own body needs. If you want to take a balanced and nutritious diet then you must exclude fat from your diet and should include juicy fruits, green leafy vegetables, roughages, cereals and brown bread which is free from fat and full of proteins.

Weight Loss Issues - Can You Be Cellulite Free

One thing I really must say at the outset of this article is, that if you were to ask the majority of men to define cellulite they would most probably be completely baffled.

Then after you explained it to them in detail and told them that you suffered from it, more likely than not the reaction would be to look at you as if you were slightly mad, shrug their shoulders and say that they had actually never noticed it.

So one consolation I suppose, is that most men apparently just do not see it and do not know what all the fuss is about!

(They can be wonderful sometimes can't they!)

From a woman's point of view however, cellulite is at best something which restricts what she can or cannot wear, or at worst in extreme cases something which can be downright unsightly.

If we are being brutally honest, dimples on our cheeks can be really cute, but dimples on our thighs and our buttocks most certainly are not.

It has been described as the dreaded "orange peel look" especially in relation to female thighs and buttocks.

Many women can literally spend absolute fortunes to try and find ways to eliminate it.

Having established that it is a big problem (for the majority of women at least), I find myself coming back to the question in my title - Is it possible to be totally free of cellulite!

In truth I think sadly that as things stand at the moment probably not, but there are many many steps that can be taken to minimise the unsightly look of cellulite, and my intention in this article is to outline just a few of them.

It does really help if we try and understand some of the main causes of cellulite, and what if anything we can effectively do to both reduce the unsightly appearance (in our eyes at least), and even to try and banish it completely.

We should remember that the primary cause of cellulite is weight gain, and if a woman does gain excess weight the layers of fat under the skin expand, but sadly not in a smooth uniform way.

We have the female hormone estrogen which promotes fat on the thighs and buttocks to thank for this.

When fat cells start to build up on the lower half of the female body, they are more likely to multiply and press against the skin. This process creates the bulged and dimpled look of the dreaded cellulite, and with very very few exceptions, it is completely a feminine problem.

Another important factor is that as we age our skin also tends to lose its tautness, particularly so if we do not take any forms of regular exercise.

So having now determined the main causes of cellulite, let us look in some detail at some of the choices available to us to try and minimize the effects of it.

The first choice is that you can learn to live with it!

Yes, I do actually mean that!

At the end of the day it is not going to detract from you as a woman, and there is no reason whatsoever why you cannot still be very attractive.

Do not let it become an obsession under any circumstances!

The second and for me personally, the most important choice available is to make a seriously determined and long term effort to lose those unnecessary extra pounds. I strongly recommend a low fat diet as the first and vital step to take if you are to succeed in fighting this battle.

Make it a top priority to become much more active!

Simple changes such as walking more frequently, taking up a sport that you really could enjoy(perhaps something you did in the past), or alternatively taking the time to join a few exercise classes, are just some examples.

Join those exercise classes which concentrate primarily on hips buttocks and thighs. This will greatly help in improving and toning up those areas affected by cellulite.

Your third choice is to try out some of the many creams that you can purchase. Use these with a deep massaging technique which will help improve the overall appearance of the cellulite areas.

The fourth and most drastic choice is liposuction which removes excess fat. Another such process is Endermologie, a mechanical massage that will smooth out the dimples.

These methods can be really expensive, so you will have to be prepared to dig deep for them.

Useful Quick Fix Tips To Disguise Cellulite.

Fake Tan - Apply the fake tan normally, but just before you are going to show your legs, rub a layer of hair serum (yes the stuff you use to stop frizz), along your shinbone. This makes the thinner area of your shinbone much more prominent, and will therefore help to disguise those parts which are less firm in appearance.

Wear The Right Shoes - Heels or wedges will make your legs appear much longer, but beware of ankle straps and flat shoes. They really do make your legs look considerably shorter and fatter.

Take a tip from the celebrities. They wear heels with trousers and jeans, and have them made so that the trousers end about an inch below the ankle. The effect of this is to make their legs look really long and slim.

Draw The Eyes Upwards - If you are wearing your jeans on a night out for example, by either wearing a bulky necklace, a glittery scarf, or maybe even a Wonderbra and a V Necked top (if you are feeling slightly daring), you will distract attention away from your thighs.

Wear dark colors as they make your bottom parts look much slimmer.

Try out a Fast Fix Treatment - Treat yourself by going to a beauty salon, and indulge in one of their cellulite instant fix procedures. These can be very expensive but they really do make your thighs look smoother and sleeker.

Unfortunately though, these procedures only last for a short length of time.

The majority of women would love to have thinner cellulite free thighs, but do please remember that it is your overall appearance which matters most.

If you look and feel attractive in yourself that will be the way that others will also see you.

Remember that the aim here is for improvement not perfection. Cellulite has been a feminine curse (as women see it), since the beginning of time. As yet no one has come up with either an instant or indeed permanent cure.

However until they do, and one day somebody just might, stay focussed on your overall health, take serious and meaningful steps to lose weight, and maintain a good exercise program.

That way you can at the very least keep the whole thing in perspective, and in so doing, maintain your self confidence and self esteem at a much higher level than it would otherwise have been.

Weight Loss Motivation Guidelines

Introduction

If there is one thing that all dietitians and obesity experts agree on, it is that personal motivation is the foundation of all weight loss success. No matter how healthy the diet-plan, or what combination of calories and nutrition it contains, it won't help anyone lose weight unless they follow it for long enough. Their willingness to do so depends entirely on how motivated they are to change their eating and exercise habits in order to achieve their weight loss goals.

Motivation Advice Hard To Find

The Internet offers a bewildering array of diets and weight loss eating plans, but advice on motivation when dieting is in extremely short supply. Given the strong link between diet-compliance and motivation, this lack of motivational help is surprising to say the least. It may stem from the fact that many diets are created by people who lack hands-on experience of helping people to manage their weight. Perhaps they see weight loss as a biological rather than a human process. If so, I think it's a mistake.

Motivating Yourself To Lose Weight

I tell all my clients that starting a weight loss diet is like starting a journey. And like any journey it requires preparation. We need to look ahead and plan how to overcome problems that occur along the way. By doing this we take control of the process and greatly increase our chances of success.

Unfortunately, many dieters don't plan ahead. Instead, they take things as they come, and rely upon two things: their initial enthusiasm, and (when this wears off) their willpower. But enthusiasm and willpower aren't enough to overcome the temptations and difficulties which we face when we try to change our eating habits and lifestyle.

Stop for a moment and imagine taking your family on a camping trip. Do you rely on your enthusiasm and willpower for food and shelter? Of course not. In all probability you spend hours beforehand carefully packing and preparing for every eventuality, and the whole trip is carefully planned out in advance.

Yet when you start a diet-journey, many of you set off without any kind of planning or preparation. It's as if you are convinced that everything will go smoothly. But let's face it, what diet ever runs smoothly? Answer: none! So what happens when we encounter a big problem? Answer: we wobble, and often quit

We Need To Plan New Thinking Habits

Planning a diet-journey doesn't involve packing equipment, it involves packing "new thoughts". We need to rehearse and adopt new ways of thinking in order to overcome problems during our journey. This isn't psycho-babble - this is plain common sense. After all, successful dieting is largely a matter of motivation and attitude. It's about what goes on between our ears!

The Most Common Dieting Problem

The most common problem we face when dieting is boredom. This typically occurs when our initial enthusiasm for losing weight wears off, and we become tired of watching what we eat. We become dispirited, and slightly depressed at the idea of having to maintain our "sensible eating habits" while everyone else seems to be having a good time.

Losing Direction Leads To Boredom

We get bored when we lose our sense of direction. So to overcome it, we need to reestablish exactly where we are going. Remember, dieting is not an aimless process, it's a journey from A to B. Here's how we think when we lose direction:

"I'm really bored with dieting, it's such a pain. I don't have any freedom any more. I can't eat this, I can't eat that... I'm fed up. I can't share food with the girls at work, I can't eat at my favorite restaurants, I have to keep saying No to food when I visit friends, I have to watch my family eating in front of me, I don't have time to exercise properly, I'm never going to lose weight and I'm feeling really miserable. Heck! Life is too short for this..."

This kind of thinking is totally demotivating. It focuses exclusively on the negative aspects of dieting and signals complete aimlessness. No weight loss goal is achievable when we think like this.

A Better Way of Thinking

Now let me show you some better alternatives. Please compare them with the above example.

Example 1

"Hmm, my diet isn't going so good. But I'm not going to make excuses. I've wasted enough time making excuses to myself. From now on, no matter what happens, I'm going to be honest with myself. So what do I want? I want to lose weight and get myself into shape. Why? Because I really want that beach holiday (or other very selfish goal) which I promised myself. I want it so bad I can touch it! Okay, so I need to learn how to eat properly - big deal! I can easily do this if I put my mind to it. Heck! Eating good food isn't difficult. What's difficult is seeing myself being overweight for the rest of my life. I want something better. Something a lot better than a fistful of nachos or a dollop of fatty dessert."

Example 2

"Hmm, my diet isn't going so good. So let me remind myself why I'm dieting. All my life I've been eating to please other people. My mom said "eat this", so I ate it. My school friends said "have some of this", so I had lots. My work colleagues now say "have a slice of this", so I have two! And my kids say "you must try this", so I try it. And every time I make an effort to lose weight, everyone says "forget about your diet, eat some of this" so I do. Well that's enough! No more eating to please other people. Today I'm going to start eating to please me. And what pleases me is the idea of wearing a size (?) dress to my daughter's wedding (or other very selfish goal). I realise I need to eat properly, but this is a ridiculously tiny price to pay for achieving my goal. Heck! Eating good food isn't difficult. What's difficult is carrying my excess weight around all day. I want something better. Something a lot better than a 4-cheese pizza or a box of cookies."

Example 3

"Hmm, my diet isn't going as smoothly as I thought it would. Never mind, I'm sure this is quite normal. I can't expect to change my regular eating habits without a few hiccups along the way. Besides, I'm looking for more than the few minutes of pleasure I get from filling my stomach with junk. I want a lifetime of pleasure - real pleasure from looking good and being taken seriously and who knows, maybe finding a great partner. I know other people see me as a fat person - goodness, at times I do too! - but this is exactly WHY I want to change. I'm tired of being fat. Real tired. And if this means learning how to eat good food, then let's do it! And when it gets tough I'm going to login to Anne Collins forum and get help. All I know is, I want to make it happen!"

Example 4

"Hmm, my diet isn't going as smoothly as I thought it would. This morning I watched my colleagues eat a whole birthday cake - it looked delicious - and I sat there feeling miserable and deprived. Then I went for lunch with a friend and chose a tuna salad while she ate half a pizza followed by two slices of cheesecake. It was torture! But then I started thinking to myself "what's more important - a few slices of cheesecake, or a really lean shape?" And I decided that looking good was what I really wanted. I know that it's not going to happen overnight, but if I can persevere and learn good eating habits along the way, I know I'm gonna make it..."

Example 5

"Hmm, my diet isn't going as smoothly as I thought it would. But at least it's not a race. So who cares if I have a few wobbly moments, as long as I get where I want to go. At 26 I'm in the prime of my life, and I want to make the most of it. I'm tired of my slim friends getting all the best guys. I want to turn a few heads myself. I want the attention and I want to be taken seriously, and if I have to spend 12 months dieting - heck! I'm gonna do it. Last week I saw a friend of mine in hospital who lost a leg in a car crash. The doctors say it's going to take her 12 months to relearn how to walk. Now that is tough. By comparison, my journey is easy. And as long as I keep reminding myself of this, I'll be fine."

Points To Remember

1. A diet is a journey from A to B.
2. Feeling bored is a sign we are losing our direction.
3. When we lose direction we need to regain it, fast!

4. The way to regain direction is to remind yourself why you are dieting.
5. You are dieting because you want something better than a plate of fattening food.

Getting Help To Lose Weight

Changing our eating habits is much easier when we get support from other people. So make sure your online weight management plan includes membership of a forum. Because only people can offer you the sort of encouragement you need to achieve your personal weight loss goals.

Weight Loss Motivation - How To Find It And Keep It!

Everyone who has ever tried to lose weight knows that the really big issue is motivation - where do we find it, how do we keep it going, and what do we do when it slips!

To be successful at losing weight you must find your own motivation. More importantly, you must keep motivated, even when times get tough! Read through the tips and tricks and other resources below to help you find and maintain your motivation.

* Set your goals and work out a realistic timescale for achieving them. Commit to them 100%.

The Health Coach's Content Bible

- * Put it in writing! Scribble down in as much detail as possible why you need to lose weight, how much you are going to lose, when and how. The more you commit to paper the better. Carry a notebook around with you and use it to record thoughts and ideas, recipes, quotes - whatever will inspire you and keep you going.
- * Tell a friend or member of the family and ask them to help you stick with your plan.
- * Remember that you are losing weight and improving your health "one day at a time". You can stick at anything for one day!
- * Don't dwell on the junk that you are taking out of your diet. Instead, celebrate the healthy foods that you are putting in.
- * Make bullet points of your main motivational issues and write them on a stack of cards. Display the cards where you will see them regularly - on your bathroom mirror, in your purse, in your car.
- * Create a "mantra" to repeat to yourself when times get hard. For example, "Every day I am improving my health, my looks and my well-being. I am getting stronger in every way."
- * Consider asking for sponsorship from friends and family for a good cause. Perhaps you can raise money for starving children while you get your own eating under control?
- * Start a file or scrapbook of articles, recipes and any other interesting tidbits you read.

- * Start another file of fashion and wardrobe ideas. Plan what you will need to buy when you shrink a size or two!
- * Buy a piggy bank and fill it up with a particular sum for every pound you lose. You can use it towards your new outfits!
- * Find someone to share the experience with, and laugh your way through the tough times.
- * Learn from other successful slimmers. Read other people's stories, join a club, find a chat room, or start your own email group.
- * Motivate yourself with our collection of weight loss quotes, available free to subscribers to the weekly Losing It My Way ezine.

Weight Loss Motivation: Mastering the Motivation to Stay Fit

Have you ever just felt like you were doing everything you were supposed to in order to lose weight and STILL weren't dropping the pounds?

During her journey to lose 40lbs in 16 weeks, my good friend Kim faced some pretty serious challenges with regards to her level of motivation.

Another friend of mine, Antonio Goodwin, who lost 4 inches from his waistline in 9 weeks with my program, faced the same frustration.

The problem was that at several times during their weight loss, they both felt as if they were not losing much weight and were not seeing results.

Now, a look at either of their before and after photos on my web sites shows that each of them made quite a substantial improvement in their bodies.

So what would make someone who's losing weight each week feel as if they were not?

I'll tell you exactly what. It's referred to as the emotional roller coaster.

This is how it usually goes:

You start a new diet or weight loss program. You're all excited to be doing something great for your health and the way you look, and you're sticking to the program, step by step.

Consistent action pays off and after a short while you start getting compliments about the pounds you're losing week by week.

Then all of a sudden, it all seems to stop. You can no longer see the physical changes in your body, and maybe you even have a moment of weakness and chest a bit on your diet plan. So now you're frustrated and mildly depressed. You feel as if true weight loss may NEVER happen for you, no matter what you do.

TIME OUT.

The trick here is to not get stuck in your own frustration.

Now this is a tough one, because everyone and I do mean EVERYONE goes through this stage. Whenever I need to trim down for a photo shoot, I go through it as well.

One of the things that you must understand about the body is that for as long as you are doing the right things on a consistent basis it WILL respond with results.

The Jedi Mind Trick is that oftentimes the progress is subtle, or may be primarily taking place in an area that you cannot see as well.

For instance, my friend Kim loses weight in her back the fastest. Her frustration came because she did not see the fat loss on her stomach the way she would have liked to. Little did she know that from behind she looked like a completely different person.

Listen, the emotional roller coaster is an inevitable aspect of any worthy undertaking that we take on in life. Remember getting through college? Or maybe waiting for puberty to set in? How about paying off your debts? The mental battle while attempting to diet and/or achieve weight loss is no different.

So make a conscious decision to stick to your guns. Let it play out. Victory lies in having the strength to make it through the rough spots without cracking under the pressure and losing all that you've worked for. If you can just master getting past the point of frustration, before you know it you'll be seeing results again and getting more compliments.

Weight Loss Myths

Every regime has its supply of useless folklore and

half-truths that get passed on down the line from person to person. But I'd put weight loss up against any of them for what has to be the most time wasting and even the most dangerous myths out there.

There is a ton of free advice seen in the media these days and if it is taken seriously, can really set you back on your weight loss endeavours. This can lead to the kind of frustration that makes people think they are "destined to remain fat for life". This is not true, Have a look at the Weight loss myths below and draw your own conclusions.

Exercise on an empty stomach and burn more fat.

Effective weight loss is the total amount of calories burned during the day, not how or why they were burned.

It doesn't matter if it is night or morning, so exercise early in the day has no advantage to exercise later in

the day.

Studies show that increased metabolism induced by anaerobic exercise is actually less after a large meal. Which probably means that more energy is being used for digestion than what is being used to repair muscle.

More exercise is better.

Every exercise session is beneficial to each individual, however more is not always better. It depends on what is trying to be achieved. There is a level and frequency required to achieve results.

After this level is reached, additional exercise can have the opposite effect, not allowing the body to recuperate and adapt to the stress induced by the exercise, which can be detrimental to your results.

After stopping exercise, your muscles will turn to fat.

This is not possible, Muscle and fat are two different types of tissues in the body and you cannot convert one into the other. This is like trying to turn water into milk.

If you stop training, the muscles will shrink in size - and do not disappear. The more calories taken in that are not burned off will be deposited as fat.

If you're not sweating, you're not working hard enough.

Sweating is the body's way of cooling itself down.

Many factors contribute to body temperature, including room temperature, types of exercise done, body-fat levels, clothing, and exercise intensity. The intensity for exercise can't be judged by the amount you sweat.

A well-trained person will often sweat a lot because their body can more efficiently regulate heat.

Taking sugar before exercise to raise energy levels.

Ingestion of sugar will lead to a rapid rise in blood sugar levels. This rapid rise stimulates a release of insulin, which quickly removes the excess sugar from the blood system, often causing your blood sugar levels to drop, sometimes below the level that it started at, leading to faster exhaustion.

Gaining weight is just a part of getting older.

Getting older is not an excuse for gaining weight!

As we age and begin a more sedentary lifestyle we start to lose muscle mass.

The efficiency of your metabolism is directly linked to how much muscle you have on your body. The most efficient way of maintaining your body's muscle mass and keeping your metabolism from dropping, is by doing a high intensity strength training workout once a week.

X is the best form of exercise.

Claims like this are usually based on marketing strategy and personal bias. Even when claims are based on factual information, they have little practical value to the average exerciser. The most important thing is to choose an activity that you like, and perform it properly and consistently.

If it's fat free I can have as much as I want.

Unfortunately fat free doesn't mean calorie free.

The word fat free is misleading because if you overeat on anything, even fat free foods and you don't burn off those calories, your body will store the excess as fat.

Don't drink water when you exercise or you will get cramps.

By drinking litres of icy cold water in one go while

exercising you will probably suffer from cramps.

This is why it is important to drink water

continuously before, during and after exercising

to replace the fluid you've lost and avoid any discomfort.

By not having a personal trainer I won't make gains.

Hiring a personal trainer is one way you can use to

reach your goals, but you are an adult capable of

making decisions and setting your own goals once

you have the knowledge of how to go about it.

Following a good exercise program and eating

plan does not require someone standing over

you and telling you how to do it.

By exercising my abs I will lose my pot belly.

Exercising your abdominals will help to tone and

firm the abdominal region, but it will not reduce

fat deposits that are responsible for a pot belly.

Fat reduction comes from burning more calories

than you take in. Fat is reduced uniformly throughout

the body there is no such thing as spot reduction.

Weight Loss Or Fat Loss?

Some people used the term “weight loss” while others call it “fat loss” whilst many use the terms weight loss and fat loss interchangeably. Do they mean the same thing? To many people, they do mean the same thing. But the terms may be entirely different in meaning. You must know the difference if you want to lose weight or lose fat effectively and healthily.

When you step onto your bathroom scale every morning, what you will be reading from the scale is weight loss and not fat loss. Bathroom scales are never accurate in determining fat loss.

Why? Because it measures your overall weight and not your body fat per se. If you weigh yourself in the morning before breakfast after your bowel movement, you will probably get your lowest reading of the day because your body is dehydrated through hours of non fluid replenishment when you were sleeping and after emptying your bowels, more water and wastes are flushed away so much so that you are lighter. After a night of sleep and not eating anything, your carbohydrate store is running low and therefore you are even lighter without the stored carbohydrate known as glycogen. What happened then? You just lose weight, not lose fat! Your body fat is still there while the weight of other substances such as glycogen, wastes, water etc are depleted.

Now go weigh yourself again after dinner when you are fully replenished through meals and consumption of water and it may surprise you that you may probably weigh 2kg or more heavier and that is at least 4.4 pounds! You just gained weight and may even gained fat! Now you can see that it is such a misnomer when people think weight loss and fat loss are the same thing.

Why must you know the difference? Because for most of us, especially those who are on the fat side want to lose fat and not necessarily want to lose weight. Getting the drift?

Now for the more important part. Mere weight loss may cause you to lose muscle and in turn, make you gain body fat later. Yes, it is ironic. That is because the more muscle mass you have, the more you burn fat efficiently because muscle is an active tissue and it requires calories to function. Body fat just sits there doing nothing and thus does not burn calories on its own. So the less muscle mass you have, the less calories your body will burn. The fewer calories your body burns, the more calories end up being stored as body fat! Therefore it is important to lose fat but not merely lose weight which may include the loss of muscle tissues.

How is it that a person may lose muscle on a weight loss program? Well for starters, we commonly hear about people going on this diet and that diet. Most diets demand a severe restriction of food or calorie intake. Your body will then signal to your mind that you are in a starvation mode and the body is designed to store fat for the impending famine and will use up your muscle for energy in your daily activities.

Some diets advocate a severe cut in carbohydrate. Carbohydrate is your body's first source of energy. When your body is depleted of carbohydrate, it turns to your protein (muscles) and body fat indiscriminately for energy. Now to make matters worse, because of the restricted carbohydrate consumed, there will be fewer carbohydrate calories to be used as energy calories and that again will signal the onset of starvation mode again. The vicious cycle of your body cannibalizing its own muscle is set in motion again. The same applies to people on slimming pills or salon fat loss programs.

So some people say ok, I see your point, so I will just do plenty of cardio exercises to lose weight. Another grave mistake. Have you ever wondered why marathon runners, those who run many kilometers often and are doing cardio exercises almost everyday are so skinny with no muscle tone? Because your body is a wonderful machine. It is designed to adapt. When you run or skip or swim long enough, it will say, look, I better get lighter so that I can take the stress better and improve the endurance. Guess what? Your muscles are heavier than fats and what will your body shed more when it wants to get lighter? Muscle or fat? Your body will shed both but more muscles than fats.

Anyway, why would you want to lose weight only to become a smaller you with the same body shape without any muscle tone? Why would you want to be on a weight loss program that eats your muscles and lower your fat burning rate so much so that when you are off the program, the fats come piling back on again?

Therefore, while you are on a lose weight program, you must also be on a build muscle program. That will mean a combination of correct dietary habit, cardio exercises and weightlifting exercises to maintain muscle preservation and a fat loss result.

From now on tell people you are on a fat loss program and not a weight loss program. That you are on a correct eating habit instead of just simply dieting.

With the distinction clearly in mind, you will then know how to lose fat effectively, preserve and grow your muscles and at the same time losing weight on your bathroom scale. That would be an ideal way to achieve your weight loss objective because you will lose body fat instead of muscle and mere body wastes.

Weight Loss Pills Explained

Within the pharmaceutical industry, obesity is now seen as the "trillion dollar disease". That's the estimated amount of profit a successful weight loss drug can expect to make. But are companies getting close to delivering a diet pill that really works - meaning, a pill that is both safe and effective at solving obesity? The answer, it seems, is No.

Pills To Reduce Obesity

It's true that the Food and Drug Administration (FDA) has approved a tiny number of weight loss pills like Xenical and Meridia for long term use in the treatment of obesity (BMI > 30). But evidence accumulated in clinical trials suggests that the effectiveness of these obesity drugs is less than impressive. Total annual weight reduction tends to be in the range 8-20 pounds. Furthermore, the highest weight loss tends to be achieved by patients who participate in supervised trials involving a combination of drug treatment, diet, exercise and counseling. Which makes it difficult to ascertain the precise effect of the medication itself. By comparison, less well supervised obesity drug trials tend to have a higher drop-out rate and reduced weight loss. And the longer the trial, the lower the compliance and the lower the weight loss. In short, while helpful to some patients, weight loss drugs are not yet the answer to obesity, especially when factors like cost are taken into account.

Should we be surprised? Not really. After all, even bariatric surgery is no guarantee of long term weight loss unless patients comply with the necessary postoperative dietary regimen. Indeed, some obesity experts claim that medical interventions like drugs and surgery are almost by definition doomed to failure, for the simple reason that they take control and responsibility away from patients. According to this view, it is only when patients accept full responsibility for their eating habits and lifestyle, that they have a real chance of achieving a normal weight in the long term.

Unfortunately, this view satisfies no one! It doesn't satisfy the pharmaceutical companies, who need to make money. It doesn't satisfy doctors, who need to give hope to their overweight patients, and it doesn't satisfy consumers who want instant weight loss without having to change their eating habits. In short, there is an overwhelming demand for an obesity pill, but a viable product has yet to emerge.

Pills For Cosmetic Weight Loss

Demand for diet pills is not limited to those suffering from clinical obesity. Millions of consumers with less than 40 pounds to lose take non-prescription pills to burn off body fat or increase their rate of weight loss. According to a study conducted by the University of Michigan, almost 25 percent of girl students turn to anorectic diet pills when they're trying to lose weight, including laxatives and diuretics.

These non-prescription pills are more difficult to evaluate, as they are not subject to the same high level of regulation as prescription-only drugs. Thus not all ingredients need to be tested, dosages and other labeling requirements are less stringent, and reporting of "adverse events" or health problems is not mandatory. Furthermore, few long term clinical trials are conducted on non-prescription pills, so hard evidence as to their safety and efficacy is scarce. Meantime, the huge profits to be made from these weight loss products means they can be supported by expensive advertising campaigns to increase consumer acceptance, making regulation and control even more of an uphill struggle. Indeed, the FDA has found it almost impossible to ban over-the-counter diet pills, even after reports of illness and injury.

Herbal Diet Pills For "Healthy Eating"

The past five years has seen a huge rise in sales of herbal diet pills, which are marketed as a form of "healthy eating". These herbal supplements typically include a variable combination of vitamins and other active ingredients which supposedly offer a healthier type of weight loss. Such claims are not generally supported by clinical evidence, and some suppliers are under investigation by both the FDA and FTC. Nevertheless, rising demand for these herbal weight loss pills is yet another confirmation of our huge appetite for what is essentially a non-dietary approach to weight control.

How Do Weight Loss Pills Work?

In simple terms, weight loss pills are designed either to alter body chemistry in order to reduce appetite, or to interfere with digestion in order to reduce calorie absorption. Appetite suppressants include amphetamine-like stimulants such as ephedra, or pills to increase serotonin or norepinephrine levels in the brain. Pills that interfere with the digestive system include fat-blockers (lipase inhibitors) like Xenical and chitosan, carb-blockers, and very high fiber bulking agents such as glucomannan.

Are Weight Loss Pills Safe?

Obesity drugs are generally safe when used correctly and under medical supervision. The trouble starts when users do not follow the manufacturer's instructions. Adverse health events for these pharmaceuticals include heart or blood pressure problems and strokes, as well a range of less serious complaints. The same applies to non-prescription diet pills, whose adverse health effects include high blood pressure, heart palpitations, irregular heartbeats, dizziness, blurred vision, headaches, insomnia, intestinal blockages, anxiety and depression. In extreme cases, both prescription-only and non-prescription pills can cause life-threatening conditions. Even so, safety remains a relative concept. Cigarettes, alcohol, cars and stress kill millions of people every year. By comparison with these things, diet pills cause far fewer "casualties", and if you consult your doctor before taking them, you can reduce the health risk to a minimum.

The Real Problem With Weight Loss Pills

The biggest problem about relying on drugs and supplements to lose weight is not health, it's reliability. In my 20-odd years of dealing with overweight individuals and their families, I have yet to hear of anyone who achieved and maintained any significant weight loss by using pills. But I have met a huge number of people whose weight and emotional state of mind had been significantly worsened through the use of pills. They were afraid of food, they had absolutely no confidence in their ability to make sensible food choices, and tended to rely on purging, laxatives and similar products to control their eating habits. One client - a former annual weight loss winner with one of the major dieting companies - had been fed deliberately with pills in order to achieve the weight reduction that the organization required. When she came to me for help, she had regained 70 pounds of her original weight loss. In short, relying on pills for weight control can mess up your body and your mind.

The Small Print Says It All

Advertisements and infomercials for diet pills are dominated by headlines like: "Effortless Weight Loss" or "Lose Weight While You Sleep!" and so on. But the small print often tells a different story - either that users should follow a calorie-controlled diet, or only eat at certain times of the day, or stop eating certain high-calorie foods, or some combination of all three. There may also be a reference to the need for exercise. In other words, if you want the truth about a weight loss pill, check the small print. Because, as all obesity experts and dietitians will tell you, no long term reduction in weight is possible without controlling energy intake and expenditure.

If You Must Take Pills

Whether you are a diet pill addict, or just an occasional user, here are two ways to make weight loss easier. Look for a healthy, gimmick-free diet, and follow it as carefully as you can. In the process, focus on healthy eating rather than calorie reduction. Aiming to eat healthily is much more positive than calorie control. Secondly, join an online dieting forum and get encouragement and advice from other people. Because all surveys show that losing weight is a lot easier when you have others to lean on. My own forum for instance includes a large number of former diet pill users who are now enjoying their food and losing significant amounts of weight in the process. Which proves that when it comes to weight control, people power is much more effective than popping pills.

Weight Loss Pills: Are They Safe?

In terms of diet pills, before asking about their effectiveness, it's better to ask: are they safe? Let's face it – a diet pill manufacturer is going to brag about how many pounds you'll lose by taking their product, not how many side effects you'll have. As a result, most customers are not given enough information about the safety of diet products and unfortunately might put their health at risk.

Phenylpropanolamine and caffeine

Most over-the-counter diet pills contain a combination of medications that have various benefits and harms. Usually they include phenylpropanolamine and caffeine, which suppress appetite. Phenylpropanolamine stimulates the central nervous system and has many effects on the body, in that it controls appetite. This is why it's a key ingredient in most diet pills. Caffeine acts in a similar way and also causes a person to be alert and awake.

There is proof that diet pills can effectively reduce a person's weight, but many health experts question the relevance of this. Recently, there have been findings that show phenylpropanolamine to cause serious side effects such as high blood pressure, nausea, restlessness, anxiety, insomnia, irritability and even hallucinations. Similarly, caffeine can affect a person's blood circulation and its effects on blood pressure are unpredictable. Obese individuals are especially in danger of hypertension – which is ironic, as the heavier a person is, the more likely he or she will be to take a diet pill.

Laxatives and Diuretics

Some diet pills on the market contain laxatives and diuretics. These merely force a person's body to eliminate vital body fluids. Specifically, a laxative stimulates a dieter's large bowel to empty, but only after food and calories have been absorbed via the small intestines. So fluids are lost in the process and thus the body reacts by retaining water and consequentially, bloating occurs. This simply causes a person to feel they need to lose more weight. Basically, laxatives not only don't work, but are counterproductive.

Prolonged use of laxatives also cause cramps, bloating, bulimia, anorexia, severe abdominal pain, dehydration, gas, nausea, vomiting, electrolyte disturbances, and chronic constipation and when laxative use finally ceases, a person can experience withdrawal symptoms. Laxatives should only be used to correct irregular bowel movement; otherwise they simply cause problems.

Likewise, diuretics are a very dangerous component of diet pills, since they cause heart arrhythmias and dizziness. They also lead to dehydration and ultimately, kidney and organ damage due to the subsequent imbalance of electrolytes within the body. In order to protect itself from further loss of water, the body will again, retain more water and cause an individual to feel even fatter than before.

Conclusion

So far, no pills or artificial diet supplements can adequately replace regular exercise and a nutritious diet. If you want to lose weight, your aim should be for a healthy body, not a damaged one. Don't fall prey to misleading diet commercials and bear in mind that there is no such thing as a "quick fix" to weight loss.

Weight Loss Products : A Great Alternative to Normal Diets

Fat has become a real problem these days. Now, when looks are almost everything, everyone wants to have an enviable body. There are a lot of methods and myths that can help in losing some extra pounds, so choosing the best could be very hard. One of the best weight loss methods is controlling your appetite. But this appetite control method is not so easy for everyone. And that's where the weight loss pills and fad diets come to ease up the weight loss process.

First of all when you try to control your appetite you will surely feel hungry almost all the time. There are numerous methods to reduce hunger like trying to avoid carbohydrates, exposing yourself to natural sunlight or drinking large quantities of water.

But i can tell you from my experience that you can do anything and you won't lose the hunger feeling. But you can try other weight loss alternatives like diet pills. Don't consider this diet pills like a substitute for a normal weight loss diet.

Weight loss pills are some kind of appetite suppressant that works well with a good weight loss diet and weight loss exercises. If you follow exactly the prescription and the indications, these weight loss products can do miracles to your body.

Another good alternative for weight loss are fad diets. Fad diets are some weight loss plans that are supposed to bring you really amazing results. There are many good fad diets like the Atkins Diet, the three phases programmed South Beach Diet, the Sugar Busters. The Atkins Diet it's based on avoiding any kind of carbohydrates. It is recommended in this weight loss diet to eat less than 20 grams of carbohydrates per day.

The South Beach Diet it's based on choosing the right carbohydrates, fats and proteins.

The Sugar Busters weight loss diet is some kind of nutritional lifestyle that will teach you what to eat and when to eat. Exercises are also recommended in this fad diet. It's based on avoiding sugar and grain products.

In conclusion, if you have a powerful will and you choose one of this great weight loss alternatives you will have the perfect body that you've always wanted.

Weight Loss Psychology - Tips For Easier Dieting

Introduction

Losing weight is 100 times easier if you are mentally prepared for it. This may sound elementary, but in my experience most dieters quit their weight loss plan not because they feel hungry or have difficulty with the menus, but because of psychological reasons. Either, they become bored, or dissatisfied with their rate of weight loss, or suffer a momentary lapse and become overwhelmed by guilt, or feel too "deprived" to continue. And then, in an attempt to explain their failure, many of them blame their diet-plan, their domestic situation, or their congenital inability to lose weight. This process often repeats itself, as a result, some dieters can spend years unsuccessfully trying to lose weight, without ever realizing the true cause of their difficulty. Here are three common psychological problems we encounter when trying to reduce weight, along with some tips for how to overcome them.

Problem 1. Not Knowing How Weight Loss Will Benefit You

Whether we want to lose 20 or 220 pounds, we need to change our eating habits and perhaps several other lifestyle habits as well. Making these changes may not be difficult on Day 1 or Week 1 of our weight loss diet, because our initial enthusiasm usually gives us sufficient motivation. But, typically within 2-3 weeks, our "new" eating pattern starts to interfere with our regular lifestyle and, unless we are prepared for this, our desire to continue dieting will start to fade. Instead of seeing our diet as a passport to a better weight and shape, we see it as an obstacle and a burden. It becomes something we are doing because we "must" rather than because we "want to". This is the first big emotional problem we encounter when dieting.

To overcome this problem, we need to know exactly why we are trying to lose weight. We need a clear idea of how it will benefit us. Because only if we have a clear benefit to look forward to, will we be able to resist the temptation to revert to our previous bad habits. General benefits from having a leaner, lighter shape aren't powerful enough. We need a selfish, specific benefit - something we can visualize - that commands our attention. Maybe a beach holiday, or a dream outfit to wear for a specific occasion, or a new shape to show off at Thanksgiving. Whatever we choose, it must make a noise inside our head! Remember, the moment we start to feel that we "have to" do something, it becomes the enemy - like paying taxes, or cleaning out the basement - and our motivation flies out the window. In order to achieve lasting weight loss, we need to "want it".

Problem 2. Trying To Be Perfect

During my 24 years or so as a weight loss consultant and nutritionist, I've met perhaps 10,000 dieters in person, and communicated personally with another 100,000 over the Internet. But so far I haven't met one single successful dieter who was perfect. On the contrary, most of my successful clients made tons of mistakes. They had bad days, bad weeks - even whole months - during which they went completely off the rails. But none of this stopped them from succeeding in the end. Why not? Because they learned from their mistakes. And let's not forget: most of our self-knowledge comes from the mistakes we make, not our successes.

Unfortunately, many dieters insist on trying to be perfect. As a result, when they do fall off the wagon (as they always do), they find it impossible to tolerate their "failure", and become overwhelmed by guilt. So even though their lapse might have been relatively trivial (a weekend binge), they go to pieces. Because, as usual, it's the guilt that does the real damage, not the bingeing.

The lesson is this. When dieting, don't waste time trying to be perfect. It only leads to increased guilt and failure. Instead, accept that you are going to make mistakes, and don't let them distract you when they happen. See them as a learning experience. For example, if you drink too much alcohol when dining out, and massively overeat as a result, don't wake up the next morning in a fit of depression. Instead, savor your experience, and appreciate that you have made an important discovery: that too much alcohol makes weight loss more difficult. By reacting like this, you will avoid guilt and find it much easier to return to your diet.

Problem 3. Treating Your Diet As Race

Another common problem concerns speed of weight reduction. Many dieters expect to lose weight very fast, and are psychologically unprepared when their body refuses to behave in this fashion. If a week passes without any weight reduction, they become dispirited and start to lose interest. Unfortunately, like it or not, the human body is designed for survival not "appearance". Therefore it has no interest in shedding body fat, which it sees as an important source of energy during times of famine. As a result, the maximum amount of fat we can lose in a week is about 3 pounds, while someone who is less than 30 pounds overweight may lose about 1 pound. Anything extra is likely to be a combination of water and muscle weight.

To overcome your impatience and maintain steady weight loss, stop thinking of your diet as a race. Instead, see it as a journey. This reduces anxiety and gives you more "breathing space" to settle into your new eating habits. I explain this in more detail on my wonderful weight loss forum, and most people find it a very beneficial approach. At the same time, avoid jumping on your bathroom scales every day - limit yourself to once a week. Checking your weight more often only encourages you to take a short-term view of things, which is not helpful.

I realize that "steady" weight loss may not sound terribly attractive, but in my experience the slower the weight loss, the longer it stays off. Furthermore, as stated above, if you lose more than 3 pounds a week it won't be fat - it will be muscle or water. And while losing water is only temporary - and thus pointless - losing muscle will slow your metabolism and increase the risk of future weight gain.

So when you start your next diet journey, just remember: there's no rush. Set yourself a realistic weight loss goal and let Nature take its course. For example, if you weigh 200 pounds and are aiming for 150 pounds, allow yourself 6 months to reach your destination. And if it takes a little longer, so what? I mean, what do you lose?

These three psychological problems account for a huge number of diet failures. Mastering them will definitely enhance your chances of losing weight. So before you embark with all your customary enthusiasm on yet another "new" diet, set aside some time to think through these issues and then watch the pounds disappear!

Weight Loss Secrets Revealed

When people lose weight, everyone wants to know their secret. Now, you too can have the secrets to safe, healthy weight loss without the hunger pains.

Here's the scenario. You run into Megan. She's an old college friend. You know the one. She was pudgy and wore loose shirts and blue jeans to camouflage the extra weight she often put on because of her fondness for Twinkies. You stop and do a double take. Is that really Megan? The face is basically the same, but the body definitely isn't. Gone are the baggy clothes. She's dressed in a form-fitting skirt and top that hug every curve. She looks fantastic. What's your first question going to be?

"Megan, what are your weight loss secrets?"

It's a question we ask of anyone who has undergone a total body transformation. We feel that little twinge of envy if we are wanting to lose weight too. There is nothing we'd rather know than weight loss secrets that could speed up the process, making it easier for us to lose weight and look and feel better about ourselves.

What if I told you that I could give you two weight loss secrets destined to change your life? If you're a realist, you'd probably tell me that I was full of hot air. You may even tell me you'd heard plenty of weight loss secrets and none of them had done a thing to help you in your quest. I'm here to tell you today that I have two points to make that could jumpstart your weight loss.

Probably the most important of the weight loss secrets is something you probably already know but may have forgotten. It's that to lose weight, you must cut calories. I know, this is common knowledge, but people seem to forget it sometimes. So many individuals worry about counting carbohydrates or fat grams, forgetting the whole scientific process behind losing weight. A calorie is a unit of the amount of energy in food. One calorie of grapefruit is burned off in the same way as one calorie of pizza. One of the best weight loss secrets is learning how to practice moderation. Overindulging means packing on more weight because your body takes in too many calories.

The second weight loss secret I want to disclose to you is the key to unlocking the first one. Sure, you know cutting calories is the most important of weight loss secrets, but the problem is that it's hard to do. When you're hungry, you want to eat! Sometimes, you don't want to munch on a celery stick or an apple. You want something that leaves you satisfied. Now, you're in luck. You don't have to pop a diet pill to feel "full" and curb hunger pains. The new discovery of an African cactus-style plant has totally changed the way you have to view weight loss. Hoodia Gordonii is one of the newest weight loss secrets available to aid you on your quest for the perfect figure.

While many companies claim to have weight loss secrets guaranteed to help you lose weight, these ideas often pose health risks. Hoodia Gordonii is 100% safe. This vegetable actually tricks your brain into thinking you've already eaten. You feel satisfied, you're not hungry, and you cut your calories easily as you watch the pounds melt away.

Combining Hoodia Gordonii with a low calorie diet will enable you to achieve the weight loss results you only dreamed of. Say goodbye to the extra weight and watch yourself evolve into the person you've always wanted to be!

Weight Loss Strategies

If you want any weight loss program to work you have to perform "Strength Training". It's absolutely imperative during the course of a lifetime not only for weight loss goals but also for general health and well-being.

For years we have been told to diet the excess fat from our bodies and throw in some fast walking to hasten the process. The trouble with this is that the low calorie restricted diet would throw the body into starvation mode, with the body

holding onto the fat and using precious lean muscle tissue for energy.

This would "Lower Your Metabolism" causing greater muscle loss and once the diet was broken the original fat returned, and you would have greater chance of gaining even more fat.

"A Vicious Cycle"

Eventually, your body would become used to the diet and then you will reach a point where nothing was happening.

So what do you do now?

Try weight loss supplements, creams, massage, toning tables, drugs. You should know by now that these don't work.

There is a better way, it's simply...

"Strength Training"

Many studies are showing that Strength Training is a superior method for weight loss.

(Ladies, you won't bulk up by using weights, you don't have the testosterone to get big and muscular, so don't worry).

If you don't incorporate Strength Training into your weight loss program then look forward to "disappointing results".

The days of strength training three to five days a week in the gym, an hour at a time are long gone. That just doesn't work. One short strength-training workout a week done at home or in the gym will melt away more fat than you would have ever thought possible.

Fats, Figures and Cardio Work

We've already found out that by increasing the functional muscle on your body, you increase your resting metabolic rate. Due to the HIGHER metabolic rate you can now eat MORE calories, which means that you won't need to starve anymore to lose weight.

In a sense, fewer calories have to be cut back from our daily intake of food and successful dieting (provided that you eat the right foods) will become more likely.

As far as Fats are concerned, they're burned from the body when cells oxidize to release energy in the form of exercise. When exercise is done slowly to moderately for 20 to 30 minutes, then the majority of energy is TAKEN from the fat stores.

It's important to understand that the loss of fat comes from fat cells ALL OVER the body, NOT just from one or more specific areas. Therefore, fat reduction of a certain area is not generally possible.

The best exercise for the purpose of fat loss is fast walking either indoors on the treadmill or outdoors. Walk until you are mildly puffing and hold that rate for the allotted time.

If your cardio activities leave you panting or breathless ~ you are going too hard. Your energy will be then coming from your carbohydrate reserves and not from your fat stores.

Nutrition For Weight Loss

Small frequent meals should be consumed during the day each containing a little protein to maintain muscle and energy levels. Foods with vital vitamin and mineral supplements should also be taken on a daily basis.

By decreasing the amount of calories you eat per day to the weight loss amount, you should start losing weight. Don't go any lower and check the mirror regularly to judge your progress.

If you don't have an accurate idea of how many calories you're consuming a day, how will you know whether you're overeating or not?

Another word about diets... They'll send the body into starvation mode; a survival mechanism from long ago when humans faced periods of famine. Cutting back on your calories too low will cause the body to lower its metabolic rate, which reduces

its ability to burn fat.

At the same time, hunger signals increase and we quickly start to crave high-energy foods loaded with fats and sugar. The same foods we are trying to do without.

Here are some great eating tips for you to consider:

- Reduce both obvious and hidden fats.
- Record food intake to identify problem areas.
- Be aware of times when you overeat.
- Avoid severe food restriction.
- Monitor body fat levels, not weight.
- Aim for moderate fat loss (one pound per week)

Weight Loss Supplements - Buying Tips

Americans spend \$50 billion every year on weight loss programs and diet pills. Unfortunately, 22% of this goes to fake weight loss products.

More and more people are facing the problem of obesity and a lot of them are resorting to weight loss supplements. While some people have benefited from these supplements, there are still a lot of people who are clueless on what type to buy. In the end, they are left frustrated without losing a single pound.

Worry no more! Here are some proven tips to help out weight losers wannabes when buying diet pills in the market:

1. Before buying a diet supplement, consult a doctor. There are weight loss supplements that are available only by prescription. Do not forget to tell the doctor about allergies to certain medication and health history.
2. For over the counter supplements, decide what kind to buy. There are numerous types available in the market today. Some are appetite suppressants while some help the body to absorb fat. Also, do not forget to check the ingredients and carefully read the labels to avoid serious side effects like high blood and heart valve lesions. Also, make sure it will not react negatively to any other medications that are currently being taken. It would also help to have it checked by the doctor before taking it.
3. Keep in mind that all weight loss supplements, even those that are prescribed by doctors, carry risks. It is for this reason that all instructions must be followed carefully and religiously. Stop taking the supplements if unusual symptoms are being noticed.
4. Choose diet pills that are approved by the Food and Drug Administration agency of FDA. These products are monitored and carry minimum risks.
5. Beware of over the counter diet pills that contain Ma Huang. This is a strong stimulant that has been associated with death especially among professional athletes.
6. When purchasing online, make sure that all the weight loss supplements are sealed. Do not accept bottles that were tampered with.

7. Remember that dietary products that promise quick weight loss usually do not have the approval of the FDA. Most of these products have severe side effects that lead to drastic weight loss.

8. Research the internet for diet pills that are proven to have side effects. For example, a Brazilian diet pill was recently sold in the USA that contains drugs and chemicals like antidepressants, tranquilizers, and amphetamines. This pill was advertised as all natural but was proven dangerous to health.

9. Never buy Ephedra based supplements; they are deeply associated with strokes and death.

10. Look for supplements that contain essential nutrients like Omega fatty acids, B12, calcium, and liver oils which are very important especially to women.

11. Buy products that are endorsed or recommended by health professionals or body builders.

12. Do not depend on weight loss supplement alone. Eat healthy and exercise. Try working out in the gym for at least 3 times a week and get incredible results!

Weight loss supplements have been in the market for some time now but their effects in the long run have not yet been proven. People who are serious about losing weight must supplement supplements with exercise and a well balanced diet. This is the most effective way in shedding pounds the healthy way.

Weight Loss Surgery Risks And Benefits

There is an increasing focus on weight loss in North America in the modern age, and the focus goes beyond mere looks. More and more studies are proving that being overweight not only looks unpleasant, but can also lead to some serious health issues, including high blood pressure, heart disease, and other factors which can lead to an early death.

Many obese people, however, face a serious problem when they begin to consider weight loss; they have become so overweight that their bodies simply cannot handle diets, nor can they summon the ability to partake in regular exercise. In most cases, the weight problem has become so critical that they do not really even have the time it takes to bring their weight down to a healthy level as they are in immediate danger of serious health consequences.

Lately, many people in this situation have begun to turn to the option of gastric bypass surgery. Over 150,000 gastric bypass procedures- wherein calorie intake is reduced by causing food to bypass parts of the stomach and the small intestine- were performed in 2005, many on the recommendation by a doctor for people who were considered morbidly obese.

One of the benefits of this procedure is that it is 100% effective when successful. Patients frequently state that they do not get hungry as often as they did before the surgery, nor does the hunger last as long. Patients also claim that they do not suffer the same cravings for unhealthy food that they did before the surgery. These effects are due to two factors. The first is the decreased size of the stomach- patients simply cannot hold food in the same capacity as they did previously. In addition, the smaller size means that the stomach is empty less than before the surgery and therefore does not signal the brain that food is needed.

The second reason for the decrease in appetite and cravings is the change in the hormonal balance that occurs after the surgery.

Gastric bypass is certainly beneficial in both time passed in regards to pounds lost and in the ease of the weight loss itself. However, there are also several risks involved when a patient elects to undergo the surgery.

Almost ten percent of patients who undergo the surgery report symptoms that could prove fatal some of the time. The surgery has been highly invasive in the past, with a large incision required from the upper chest to the navel. Any procedure involves risk, and the greater the cut the greater the risk. In addition, this large incision meant that a patient's recovery time was greater, and also more painful.

Many of the risks of gastric bypass surgery are being eliminated with advancing research and procedures, such as the new laparoscopic bypass. Electing for this surgery will also entail a period of "dumping" time, in which a patient can expect to have recurring nausea, diarrhea, and an intolerance to sweets that may last for the rest of their lives.

The greatest risk in undergoing gastric bypass surgery is the same as any surgery, especially those that are gaining popular attention; the risk of undereducated operators. Some studies have shown that the risk of death after gastric bypass is much higher in patients who go to surgeons with less experience in and knowledge of the procedure. The popularity of the procedure means that there are more doctors trying to make a quick dollar off of a limited knowledge, so any patient considering the surgery needs to be aware of their surgeon's credentials and background.

Weight Loss Surgery, Is It A Safe Option?

For the growing number of obese individuals, weight loss surgery is a reality that must at some point become a real consideration and alternative. Today, in the United States, obesity is quickly becoming our nations' number one health issue. The staggering effect of obesity on the rest of our health is unequalled. This is due to the fact that when our bodies are obese, every part of the body is affected. Not just the limbs, not just the heart, but every organ, tissue and cell.

There are many advances being made in the treatment of obesity, and the option that most people look to solve the initial obesity dilemma is surgery. Once your body reaches a certain weight, you're no longer able to exercise; performing simple hygiene tasks often becomes impossible. Exercise and mobility are not options for bringing about weight loss. The only other alternative available is through surgical procedures that cause the body to take in less food. The procedures actually prohibit the ingestion of large quantities of food. You simply won't be able to eat. This causes the body to begin to feed on itself. Using up the stored fat, in order to keep body processes functioning. This is a drastic way to induce weight loss, but for many it has become the only option

But is this safe? Does this allow our bodies to safely lose weight and come back to normal levels of body mass? Sometimes it is safe, and sometimes a person's body just cannot adjust. The medical profession continues to work diligently to ensure that all weight loss surgery patients are safe from deathly side effects, but it does happen. No surgery is foolproof, every time you must submit to surgery, of any kind, there are risks. The risks associated with weight loss surgery are often less dangerous than the risk associated with continued obesity, especially for persons who have reached the morbid obesity levels (More than 100 pounds over the recommended body weight).

The traditional options available today are minimally invasive surgeries that directly restrict the body's ability to take in food or slow the food absorption rate. Both surgeries are minimally invasive, meaning there is no need for major incisions, and most of the surgery is completed using laparoscopic technique. If the United States continues to see obesity rates climb, these surgeries and other techniques under development will become more commonplace for our generation.

Weight Loss Surgery: What Are The Options?

To understand how surgical procedures aid the grossly overweight person to reduce their body fat, it helps to first understand the digestive process that is responsible for handling the food we take in.

Once food is chewed and swallowed, it's on its way through the digestive tract, where enzymes and digestive juices will break it down and allow our systems to absorb the nutrients and calories. In the stomach, which can hold up to three pints of material, the breakdown continues with the help of strong acids. From there it moves into the duodenum, and the digestive process speeds up through the addition of bile and pancreatic juices. It's here, that our body absorbs the majority of iron and calcium in the foods we eat. The final part of the digestive process takes place in the 20 feet of small intestine, the jejunum and the ileum, where calorie and nutrient absorption is completed, and any unused particles of food are then shunted into the large intestine for elimination.

Weight loss procedures involve bypassing, or in some way circumventing the full digestive process. They range from simple reduction of the amount you can eat, to major bypasses in the digestive tract. To qualify for many of these surgeries, a person must be termed "morbidly obese", that is, weighing at least 100 lbs. over the appropriate weight for their height and general body structure.

Gastric Bypass

In the mid 1960s, Dr. Edward E. Mason discovered that women who had undergone partial stomach removal as the result of peptic ulcers, failed to gain weight afterwards. From this observation, grew the trial use of stapling across the top of the stomach, to reduce its actual capacity to about three tablespoons. The stomach filled quickly, and eventually emptied into the lower portion, completing the digestive process in the normal way. Over the years, the surgery evolved into what is now known as the Roux-en-y Gastric Bypass. Instead of partitioning the stomach, it is divided and separated from the rest, with staples. The small intestine is then cut at approximately 18" below the stomach, and attached to the "new", small stomach. Smaller meals are then eaten, and the digested food moves directly into the lower part of the bowel. As weight loss surgeries are viewed overall, this is considered one of the safest, offering long-term management of obesity.

Gastric Banding

A procedure that produces basically the same results as the stomach stapling/bypass, and is also classed as a "restrictive" surgery. The first operations, involved a non-flexing band placed around the upper part of the stomach, below the esophagus, creating an hourglass shaped stomach, the upper portion being reduced to the same 3-6 ounce capacity. As technologies advanced, the band became more flexible, incorporating an inflatable balloon, which when triggered by a reservoir placed in the abdomen, was capable of inflating to cut down the size of the stoma, or deflating to enlarge it. Laparoscopic surgery means smaller scars, and less invasion of the digestive tract.

Biliopancreatic Diversion

A combination of the gastric bypass, and Roux-en-y restructuring, that bypasses a significant section of the small intestine, thereby creating the probability of malabsorption. The stomach is reduced in size, and an extended Roux-en-y anastomosis is attached to the smaller stomach, and lower down on the small intestine than is normal. This permits the patient to eat larger amounts, but still achieve weight loss through malabsorption. Professor Nicola Scopinaro, University of Genoa, Italy, developed the technique, and last year published the first long-term results. They showed an average 72% loss of excess body weight, maintained over 18 years, the best long-term results of any bariatric surgical procedure, to date. BPD patients require lifelong follow-ups to monitor calcium and vitamin intake. The advantages of being able to eat more and still lose weight, are countered by loose or foul smelling stools, flatus, stomal ulcers, and possible protein malnutrition.

Jejuno-Ileal Bypass

One of the first weight loss procedures for the grossly obese, was developed in the 1960s, a strictly malabsorptive method of reducing weight, and preventing gain. The jejunio-ileal bypass reduced the lower digestive tract to a mere 18" of small intestine, from the natural 20 feet, a critical difference when it came to absorption of calories and nutrients. In the end-to-end method, the upper intestine was severed below the stomach, and re-attached to the small intestine much lower down, which had also been severed, thereby "cutting out", the majority of the intestine. Malabsorption of carbohydrate, protein, lipids, minerals and vitamins, led to a variation, the end-to-side bypass, which took the end of the upper portion, and attached it to the side of the lower portion, without severing at that point. Reflux of bowel contents into the non-functioning upper portion of small bowel, resulted in more absorption of essential nutrients, but also less weight loss, and increased weight gain, post-surgery. As a result of the bypass, fatty acids are dumped in the colon, producing an irritation that causes water and electrolytes to flood the bowel, ending in chronic diarrhea. The bile salt pool necessary to keeping cholesterol in solution is reduced by malabsorption and loss through stool. As a consequence, cholesterol concentration in the gallbladder rises, increasing the risk of stones. Multiple vitamin losses are a major concern, and may result in bone thinning, pain and fractures. Approximately one third of patients experience an adjustment in the size and thickness of the remaining active small intestine, which increases the absorption of nutrients, and balances out the weight loss. However, over the long term, all patients undergoing this bypass are susceptible to hepatic cirrhosis. In the early 1980s, one study showed that approximately 20% of those who had undergone JIB, required conversion to another bypass alternative. The procedure has since been largely abandoned, as having too many risk factors.

While surgical methods of reducing weight are valuable to the morbidly obese, they are not without risks. Patients may require more bed rest post-surgery, resulting in an increased chance of blood clots. Pain may also cause reduced depth of breathing, and complications such as pneumonia.

Before undergoing any fat/weight reduction surgery, a severely overweight person needs to thoroughly understand the benefits and risks, and must make a commitment to their future health. Having a smaller stomach is not going to stop the chronic sugar-snacker from “grazing” on high calorie sweets. Nor does a steady supply of pop, concentrated sweet juices and milkshakes, reduce the calorie intake. With some bypass surgeries, certain foods can aggravate side-effects that need not be that severe, if common sense diets are adhered to. Surgery can be a “shortcut” to weight loss, but it can also reduce your enjoyment of life, if you are unable to adhere to the regimens that go with it.

Weight Loss Survey: Why Dieters Fail To Lose Weight

Current levels of overweight and obesity, together with weight-related disease, have made weight control a major health priority throughout America. Yet statistics indicate that average weight reduction on conventional diets adds up to a mere 5-8 pounds per year. So why do we find dieting so difficult? According to a new survey(1), the answer seems to be: because we make 3 crucial mistakes. We don't have a good enough incentive; we allow ourselves to go hungry; and we can't cope with "bad days".

The weight loss survey conducted by The University of Michigan's Susie Collins asked dieters to select the three biggest problems they faced when dieting. The most common problems reported were: "Inadequate incentive to lose weight" (76%); "Hunger" (72%); and "Bad days" (70%). Although these results will come as no surprise to most dieters, they highlight the importance of motivation in the dieting process. We examine how these problems occur, and what steps can be taken to overcome them.

Why Do We Need an Incentive?

We gain weight because we take in more energy than we use. Either because we eat too many calories, or burn too few, or both. So if we want to reduce weight, we need to improve our eating and exercise habits. And this is not easy, because let's face it - old habits are not easily discarded, especially if they involve cutting out our favorite treats. We need a powerful incentive to help us change. Specifically, we need an answer to the question: "How exactly will I benefit from losing weight?"

When faced with this question, many dieters have no answer. Those who do, typically reply: "I'll feel better" or "my health will improve". Others explain they are trying to lose weight to please their doctor, or their partner, or simply because they are "overweight". Unfortunately, none of these reasons are strong enough to help us succeed. So when temptation strikes, we are unable to resist.

What Type of Incentive is Best?

Our motivation to lose weight must be based on a selfish, specific benefit. A good example might be an upcoming beach holiday, or a family occasion, or the achievement of a specific mobility or fitness goal. It must be as specific as possible (general benefits are useless) and ideally related to a fixed date. In addition, it must be selfish. Losing weight to please others rarely works. The advice I give to my clients is very simple. Do not bother dieting unless you have a good incentive. Because no matter how good the diet, no matter how valuable the exercise plan, unless you have a powerful reason to change your habits you won't succeed.

Hunger Kills Diets

Most dieters are still convinced that calories are their enemy. So the less they eat, the faster they are likely to lose weight. This is not true. In reality, the less we eat, the more hungry we get and the easier it is to fall into temptation. The human body is trained to eat when hungry and no amount of willpower will neutralize this basic urge. This is why binge eating is such a common response to low calorie diets.

How to Avoid Hunger

No rocket science here. Avoiding hunger simply means eating regularly throughout the day, and keeping your calorie intake above 1000-1200 per day. This prevents hunger, thus reducing the urge to overeat, and in addition helps to maintain a regular high level of calorie-burning.

Eat Too Much Rather Than Too Little

We all have days when we feel extra hungry, even when we are dieting. This is no problem - simply eat more! It is always better to eat a little too much than not enough. Might this delay your weight loss? Yes. But so what? Taking a few extra days to achieve your goal is not a problem. The real danger is not eating enough and ending up hungry and depressed. This is a recipe for a binge.

Bad Days and The Problem of Perfection

No dieter is perfect. The truth is, all dieters experience "bad days" or fall into occasional temptation. Sadly, most dieters insist on "being perfect". They cannot tolerate these lapses. So if (say) they visit a friend and end up eating 2 containers of ice cream and a box of cookies, they go to pieces. "I'm useless!" they cry. "I'm a failure!" Overwhelmed by guilt at not being perfect, they then quit their diet in disgust.

It's the Guilt That Does the Damage

In this situation, the actual binge is typically fairly harmless. I mean, we need to eat a huge quantity of food (3500+ calories) to gain even one pound of weight. The real damage is caused by the ensuing guilt. And this is what we need to address.

Guilt Comes From Trying to Be Perfect

All dieters make mistakes and this is perfectly normal. Having an occasional binge is no cause for alarm, far less guilt. Even my most successful clients - those who have lost 100+ pounds - had regular lapses. The difference is, they didn't see themselves as "perfect" individuals. So they felt "entitled" to make occasional mistakes, and so should you. Once you accept this, you will find dieting a whole lot easier.

We Need Support to Make These Changes

In order to overcome the 3 problems described above, an essential first step is to find proper support. This is just as important as choosing the right diet plan, because no matter how good the diet, it can't motivate you to stay on track - only people can do this. Dieting is ten times easier when you receive encouragement from others. So when choosing an online weight loss program, choose one with an active forum. Because at the end of the day, it's all about people. When we are alone and isolated, the smallest obstacle can seem like a mountain. But when we have people behind us, anything is possible.

Notes:

1. Weight Loss Survey - A total of 17,403 subjects replied to the survey. They were asked to choose 3 from a list of 10 diet-problems. The results were as follows:

(1) Inadequate Incentive (76%).

(2) Hunger (72%).

(3) Bad Days (70%).

(4) Boredom (69%).

(5) Stress (60%).

(6) Interference From Others (51%).

(7) Too Much Eating Out (32%).

(8) Eating on The Run (28%).

(9) Ill-health (5%).

(10) Lack of Sleep (1%).

Weight Loss Techniques

People gain weight when the number of calories they eat is more than the number of calories their bodies use. Overweight people have an increased risk of high blood pressure, heart disease, and other illnesses. Your doctor can help you set rational goals based on a proper weight for your height, build and age. Usually, doctors will recommend that their overweight patients combine a reduction of the caloric content of the diet, with an increase in physical activity. Other methods of losing weight include use of drugs and supplements that decrease appetite, block fat absorption, or reduce stomach volume. Surgery is another method. Weight-loss programs should encourage healthy behaviors that help you lose weight and that you can stick with in your everyday activity. It is very desirable for you to gather as much information as you can before deciding to join a particular program.

You may start to benefit from regular physical activity. Even modest amounts of physical action can improve your health. Start with small, specific goals such as walking 10 minutes a day, 3 days a week. When you eat out and are on the go it's important to make smart food choices and watch portion sizes. When you prepare food at home read the nutrition label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little added sugars (caloric sweeteners). Variety in the diet helps you get all the vitamins and other nutrients you need. Look for a weight loss program that gives you some control, rather than imposing one rigid system, one that offers a variety of different eating plans, so you can choose the one that's best for you. Prescription diet pills may help some people. If you use them, follow the doctor's directions carefully. Another method of weight reduction technique is the use of diet patches.

Weight Loss Through Foods That Fight Fat

Some foods can magically melt pounds, and that train of thought has been around for a long time. While exercise and a variety of wholesome foods will help you lose weight, there are foods that burn calories and suppress hunger. Listed below are a variety of foods that will help speed your metabolism and therefore burn fat.

Foods such as raw spinach contain bulk. Therefore, the space they leave in your stomach - partly because of their high water content -leaves less room for pastries and ice cream. They are also jammed with iron, foliate, calcium and vitamins A., B, C, and E that helps you to lose weight.

Grapefruits help you lose weight fast. They are not magic, but they are powerful fat fighters due to their fiber content. In addition, without added sugar, a grapefruit has fewer calories than an orange of the same weight.

Apples keep the doctors away and fat. Eating several apples a day is a great way to lose weight. Hard fruits like apples take time to chew and fill you up.

You burn more calories chewing and digesting celery than it actually contains. Celery has vitamins E and C. It is a diet food that also helps you lose weight and should be on everyone's plate.

Protein packed legumes such as black beans, chickpeas, lentils are not just low in fat and rich in soluble fiber, they digest slowly and keep blood sugar levels steady. You will not feel like eating for a while.

Calcium rich foods and drinks such as low fat milk can boost metabolism. It has been found that women and girls who consume dairy products regularly tend to lose weight easily and have less body fat than those who do not.

The omega-3 in fatty fish, such as mackerel can curb overeating. The protein mixed with the fat in fish is also known to curb your eating.

You can eat all the strawberries you want and can never gain a pound. Strawberries, peaches, plums, and grapes come with cancer fighting carotenoids and appetite-suppressing fiber. Eating these types of fruits daily will help you lose weight fast.

Above are just some examples of foods that burn fat. Disciplining yourself to eat a proper diet and the right exercise program will help you reach your ideal weight in no time.

Weight Loss Tips - Live a Healthy Lifestyle

Obesity is one of the biggest problems faced by millions of people in America. This has resulted in a big weight loss corporate industry in the country like Weight watchers, Jenny Carig and many others. Although there are good programs, I feel people can themselves do quite a bit to reduce their weight. The two major factors in weight loss are exercise and controlled diet. I have put together several points which will be useful to individuals looking to reduce their weight.

1. Eat at least 5 servings of fruits and vegetables every day. Most fruits are low in calories and make you full sooner. Not to mention the other vitamins and fibers they also contain.
2. Read those nutrition fact labels: It is a good idea to know how many calories you are consuming. Some food combo's can be deceptive, for example if you are having a plate of salad topped with a lot of high calorie dressing and a soda, then you have just had more calories than you might get from a combination of grilled chicken sandwich (with no cheese and dressing) plus diet soda. So be smart with what you eat. Prefer home cooked food as much as possible.
3. Eating smaller frequent meals will also help you cut down the total intake of calories compared to 3 big meals a day.

4. Give yourself a break: Being too restrictive can anyway demotivate you, so to give yourself regular breaks. But do not overeat at the same time, be conservative and try to make up for it in other meals.
5. Drinks: Soda, juice, cream are all loaded with sugars which we usually do not account for in our diet plan. Drink water instead.
6. Exercise: Do not always depend on your car for everything, walk wherever you can. Go hiking and those backpacks help to burn extra calories. Make friends who have an active lifestyle, join a gym or get a treadmill in your home. Remember to increase your exercise in a progressive manner day by day instead of doing strenuous exercise from day one. Be practical on what your body can take and avoid overexertion.
7. Get motivation: Talk to people who have had success in weight loss and they will give you a lot of inspiration.
8. Get enough sleep, reduce stress and live happy.
9. Reward yourself when you reach your monthly weight loss milestones.
10. Never give up, even if you have failed a few times previously.

11. Eating slowly can lead to weight loss: Did you ever notice that thin people take an awfully long time to eat their food? Eating slowly is one method that can help take off pounds. That's because from the time you begin eating it takes the brain 20 minutes to start signaling feelings of fullness. Fast eaters often eat beyond their true level of fullness before the 20 minute signal has had a chance to set in. The amount of calories consumed before you begin to feel full can vary significantly depending on how quickly you eat. So slow down, take smaller bites and enjoy and savor every tasty morsel.

Weight Loss Tips and Diet Information

Even the most seasoned weight loss expert can use some weight loss tips every so often. Our eating habits are tied very closely with our behavior and using a behavioral approach to dieting can be beneficial to certain types of people who have bad eating habits that can be overcome with a little behavioral intervention.

Many times an individual eats without thinking. This means that the person's habitual behavior has overrun his cognitive functioning. In a nutshell, we basically shove food into our mouths just because it is there. Among the many weight loss tips offered, thinking before snacking is the prime tip as far as the behavioral approach goes. When we act on impulse, we rarely make good choices.

The behaviorist will look at the problem in a number of ways. The best approach would be to get into the habit of slowing down a little bit. Some good weight loss tips include waiting ten minutes before grabbing that snack that is calling you from the pantry. You may discover that you are not really hungry. If you wait ten minutes the craving will most likely go away on its own.

You can also opt to go for a brisk walk when the urge to cheat on your diet arises. This is a great way to get much needed exercise along with self-control. You will be less likely to run to the pantry upon entering the home after a jaunt around the neighborhood. You will be more likely to go for a big glass of cold water instead.

Some people laugh at these two weight loss tips but they do work if you take a behavioral approach. You have to focus on your actions. The best way to look at it is making priorities. Do you want the chocolate cake or do you want to fit into those jeans tucked away in your closet? There are times that the chocolate cake will win but not often if you focus on your behavior.

Weight Loss tips that involve a behavioral approach also include portions. We often need to train ourselves to understand how much is enough. Getting into the habit of buying single-sized servings or taking the time to measure will increase your chances of success.

You also may find that there are certain “triggers” that cause you to eat. This is a simple stimulus-response cycle that the behaviorists claim can be broken with a little effort. Weight Loss tips in the trigger realm include avoiding the kitchen right after a stressful situation, eating only at the dinner table and keeping a diary of what happens right before you get a craving.

Weight Loss Tips for Women: 5 Solutions to Staying Slim

So congratulations! You’ve lost some weight! Now, how do you keep it off?

When you've spent weeks or even months striving and sacrificing, you don't want to have your spirits sink as you see the scale start to go up. For most of us, regardless of our weight loss method, weight regain is a real possibility. But is it inevitable?

Follow these five sure tricks, and your scale will stay put:

1. If you gain a pound, lose it! People who are successful at maintaining weight loss weigh themselves at least twice a week. Pick regular times of day, and regular days of the week, to weigh and keep a chart. If you find you're up a pound or two, follow a healthy and structured food plan until the extra weight comes off again.
2. Have planned snacks instead of grazing. To combat rampant, spontaneous snacking, plan a couple of balanced snacks every day that you can measure out and enjoy. Be sure to include some protein and complex carbohydrates in your snack. If you feed yourself a bit more frequently, you will be less likely to graze mindlessly.
3. Balance your treats with healthy choices. You can have an occasional treat, but you can also have an occasional healthy choice. Keep the treat small so that you don't get a big sugar or unrefined carb rush. And if you must eat sugar or an unrefined carb, eat a little protein with it so that your blood sugar doesn't crash and cause cravings for more of the same.
4. Admit your trigger foods and avoid them. All you have to do is look at certain foods and you know you'll eat them. Don't keep any snack foods on the plain site around your house. Put them away. If you find yourself going to the cupboard or refrigerator to peruse the snack items, you'll need to keep the trigger foods out of your house altogether.
5. Experiment and use the tools that work for you. Many dieters hate the act of writing down what they eat. Some dislike exercise. Others abhor weighing and measuring their food. Still others will not give up sugar and unrefined carbs. You need to be honest with yourself, though. These tools are proven to work. So, experiment with all the tools available to you and use the ones that work.

Weight regain is not inevitable, but you need to take action to avoid it. Apply these solutions to your life and you will find weight maintenance to be simple and satisfying.

Weight Loss vs. Fat Loss - Yes There Is a Difference!

In order to lose weight, your body must burn more calories than it takes in, but keep in mind that your body needs calories for energy and when you exercise; your body needs even more calories. Before I talk about energy, the first thing you must understand is that losing weight and losing fat is not the same thing. Just because you lose weight, does not mean you lose fat, and just because you lose fat, does not mean you lose weight. When people talk about losing weight, what they really want to do is lose the excess fat on their body and obtain an attractive figure.

When you eat, the body uses most of the calories for energy. If you eat more calories than the body uses, it will get stored as fat. If you do not consume enough calories per day you will lose weight, but you will also lose energy. When you do not consume enough energy (calories) for your body, it will start using up your energy stores to make up for the energy deficiency. Unfortunately, the energy stores used is not your stored fat, but instead it's protein and carbohydrates (carbs) that will supply most of the energy (stored fat makes up a very small percentage). Your body will take the protein and carbohydrates from your muscle cells; causing your muscle mass to reduce (say goodbye to that toned attractive look) which forces your metabolism to decrease (a low metabolism = slow or no fat burning). When this happens your body requires less energy to maintain its new lower body weight (remember the body weight is lower because you lose muscle), which is why your body conserves energy by slowing down the metabolism. In other words, the body has adapted to the new lower energy (calorie) intake which means that you will no longer continue to lose weight.

Keep in mind that the weight you had lost in the first place was mostly water weight and you will eventually gain it back in the form of fat, not muscle (in order to get your muscle mass back to the way it was before, you have to work on rebuilding it). When carbohydrates and protein that are already in your body are used as the energy source, your body will lose water weight because both carbohydrates and protein hold water in the cells. In essence, you are dehydrating yourself to lose weight. So yes the scale will go down, but approximately 75% (if not more) of it is water instead of fat. And just so you know, exercising while consuming a small calorie intake just makes the situation worse. This is because when you exercise, you start burning off more energy and the more you workout, the more energy your body needs. I already told you above where the energy comes from, and if you do not give your body the energy it needs, it will just feed on your muscles even quicker now that you are exercising. So eat more food! In addition to this, when you cut down too much on your calorie intake, your body will start storing calories because it doesn't know when you will eat again. The calories that are stored will be stored as fat. So in other words, when your body is storing energy, it's basically storing more fat.

To summarize my point: Not eating enough calories results in muscle loss, dehydration, slower fat burning, and your body will always adapt to a lower calorie intake.

Bottom Line: if you can't maintain that lower calorie intake for the rest of your life, you will gain your weight back when you get tired of starving yourself!

To lose weight properly (burning fat) you must increase your metabolism (weight training) and your need for oxygen (aerobics) while eating enough calories each day (nutritious diet) to give you energy and maintain the protein in your muscles because protein helps build muscles, which indirectly burns fat. This brings up another good point: When you build muscle your weight will increase because your muscles are made up of mostly water, but your body fat percentage will decrease because building muscles increase your metabolism (in other words, muscles way more than fat, but take up less space than fat). So keep in mind that losing body fat can't be measured by a scale; use a measuring tape and also look at yourself in the mirror, and then you will see the true results. One of the best ways to know if you are losing more body fat than water is by using a body fat analyzer.

Make sure that you focus on fat loss not weight loss. Your goal should be to lose weight by burning fat, not losing water from your muscles. Remember this when you choose your weight loss program.

Weight Loss vs. Fat Loss: Why Your Scale May Be Your Worst Enemy

In your pursuit of a leaner body, you know you have utilized a bathroom scale to chronicle your progress. However, you may have been doing yourself a grave disservice. As you know, a scale measures how much weight you have lost, but it will never tell you where this weight was lost from. This is where the problem lies. When dieting, your combined weight loss could potentially come from fat loss, water loss, or muscle loss. Obviously, the former is what we all want to achieve, and the latter two are what we need to try and avoid whenever dieting. Unfortunately, many of the fad diets claiming rapid weight loss are often achieving this at the expense of water loss and/or muscle loss. Generally speaking, if you are losing greater than two pounds per week you are likely losing muscle as well.

The best way to monitor your progress when embarking on a new diet is to measure your body fat percentage and your lean body mass. Lean body mass is your weight excluding fat. Lean body mass includes bone, muscle, and other fat free tissues with the majority of this being muscle. By measuring these two items, you will be able to determine how much fat you are losing and whether or not you are losing any muscle. The simplest way to measure your body fat percentage is through skinfold testing. If you know a personal trainer or other fitness professional in your area, they will likely be able to take these measurements for you. However, self skinfold testing is available with the use of the “Accu-Measure”, which can be found easily online.

Once you have determined your body fat percentage, you are ready to calculate your fat weight and lean body mass. To calculate your fat weight, multiply your total weight by your body fat percentage. Remember to convert your body fat percentage to decimal form before multiplying. I.e. 11% body fat would be converted to .11 Once you have calculated your pounds of fat, subtract your pounds of fat from your total weight in pounds, which will give you your lean body mass.

Armed with these simple equations, you will be able to track your weight loss much more accurately than by simply using a scale alone. You will know exactly where your weight loss is coming from, so you can quickly make adjustments to your caloric intake to maximize your results. For example, if your lean body mass decreases and your body fat decreases, this should tell you there is too much of a calorie deficit and you should increase your daily calorie intake slightly to prevent the loss in lean body mass. Whenever you're on a calorie restricted diet, some loss in lean body mass and therefore muscle is hard to avoid. However, this loss in lean body mass should be limited to a few tenths of a pound per week. Initially, when first starting a diet program, you will likely notice a larger drop in lean body mass due to water loss. Don't get alarmed by this. An obvious downward trend in your lean body mass over time is definitely a concern.

It is beyond the scope of this article to discuss proper nutrition and how to calculate daily caloric needs for weight loss; however, I will mention a simple formula that can be utilized to get you in the ballpark if you have average or better body fat percentages. To calculate your total daily calories needed for fat loss, multiply your total weight by 12-13. This will give you a good starting point. I will also mention that spreading your calories out over 5-6 meals per day with each meal consisting of approximately 55% complex carbohydrate, 30% lean protein, and 15% fat will give you the best chance of permanent fat loss. Obviously, these percentages may not work for everyone, but they are a great place to start. If you want to maintain your hard earned muscle, it is also imperative you maintain a weight lifting routine, while dieting.

I hope this information will help you achieve all your weight loss goals and help you understand exactly how your nutrition and diet program is affecting your body. There is certainly still a place for the bathroom scale, but unless you're also measuring the items above, you will never fully realize the effect of your diet program and reaching your full potential may be difficult. I wish you the best of luck.

Can Acupuncture Help You Lose Weight?

In recent years, more and more people are trying out acupuncture to lose weight. Just what is acupuncture? How can acupuncture treatment help you lose weight?

Acupuncture is a branch of traditional Chinese medicine (TCM) and has been around for about 5,000 years. It is the practice of inserting very thin needles to stimulate pathways or meridians in the body to treat many illnesses and diseases especially to relieve pain from chronic disorders.

Traditional Chinese Medicine practitioners or TCM physicians claim that acupuncture can help you to lose body fat by making you feel full and so will eat less. This curbs excess caloric consumption in the patient treated with acupuncture and is a great help in the patient's weight loss program.

Acupuncture treatment can also be used to raise your metabolic rate and help you to burn more calories to speed up weight loss. Some Chinese medicine practitioners say that acupuncture stimulates the production of a hormone called endorphins and this hormone helps to lower body fat, insulin and lipid levels in the bloodstream thus less insulin is converted into body fat.

Acupuncture is not a miracle cure for obesity. TCM physicians often stress that to achieve good weight loss results from your program and maintaining your weight, acupuncture treatment alone is not enough. To lose weight effectively and keep the fats off permanently, acupuncture treatment must be combined with healthy eating habits and regular exercises.

Before you begin your acupuncture treatment, your Chinese physician will conduct a medical examination on you by checking your pulse and examination of your tongue to ensure that you are suitable for acupuncture weight loss treatment. This is because TCM is a holistic branch of health care and does not just specifically target ailment or medical complaint. So an investigation into other reasons why a patient is obese is necessary to solve the problem holistically.

If you want to lose weight naturally and without drugs, why not try TCM acupuncture for your weight loss program?

Weight Loss with Alternative Medicine

Weight loss is one of the big topics-no pun intended-on the late night television circuit. While flipping through the channels after 11p.m., you are apt to come across several advertisements for weight loss pills and diet supplements, each promising to help you drop those unwanted pounds and remove stubborn belly fat once and for all.

Let's face it, if these pills really worked, America wouldn't be the top overweight country in the world.

There are types of alternative medicine which can help with weight loss, however, and with great results. While no alternative medicine is a magic solution, practicing these principles can help you become more limber, feel more energetic, and the end result-or side effect if you will- is weight loss.

Take yoga for example. The low impact stretching involved with yoga will help you feel less stressed, and as a result less likely to overeat as a result of depression or anger. Acupuncture has exact pressure points in the ear which help reduce cravings, and detoxifying teas and herbs can help you feel healthier, and the side effect would be thinking twice before deciding that you want to "pollute" yourself again with oily and fatty foods. In this respect, alternative medicine is wonderful for weight loss.

Most alternative medicines for weight loss come in the form of detoxifying teas, energy supplements, and vitamins. The exercise and diet plans are the basis-as they should be- for safe and effective long term weight loss. There is no magic potion to lose weight. Truly dropping pounds and keeping them off requires regular daily exercise and a change in eating habits, period.

However, to get you ready for weight loss, here are some alternative medicine detoxifying teas and interesting supplements;

Take turmeric, ginger, and lemon-about a half teaspoon each and the juice of half a lemon, and boil it all in 2 cups of water. Drink every morning as a detoxifier before you start your diet.

All diets should consist of fresh fruits and vegetables, and buying a juicer is a great way to make a habit out of eating healthy. Please see your doctor before starting any kind of diet plan.

Omega three is a fine source of nutrient, and can be added to any smoothie or juice that you're drinking.

Visit your local food co-op or herbalist, they can get you set up with all sorts of alternative teas and nutrition advice, and can refer you to a good homeopathic doctor who will evaluate you as to what your individual nutrition needs are.

Bovine and shark cartilage are two dietary supplements to hit the alternative market. Both have been used for years outside of the United States and Britain, but now are big business in the health food stores.

The most popular form of alternative medicine for weight loss isn't really medicine at all, rather behavior modification through hypnosis. Hypnosis doesn't make you rely on will power, that's one of the reasons it's so popular.

How hypnosis works is that it investigates what is subconsciously holding you to the thinking and eating habits that keep you overweight. Hypnotists believe that if the root cause of obesity can be alleviated, the patient will naturally begin to lose weight. It is actually a very effective form of alternative medicine, and overall can cost much less than trips to day spas and expensive over the counter weight loss pills. Through hypnosis you can let go of fears that keep you from eating healthy, and begin to allow a positive energy flow through you, causing you to want to stick to the new way of eating and exercising.

Weight Loss With Hoodia

No one knows for sure, but it's believed the San People of South Africa used Hoodia for most or all of the 27,000-plus years they lived in the Kalahari. It was not until 1937 when a Dutch anthropologist observed them munching on the cactus to stifle fierce hunger pangs during long hunting trips that Hoodia first came to the attention of the outside world. Then, for inexplicable reasons what was then and remains today the most powerful natural appetite-suppressant known to man sat on the back shelves for decades to follow.

The new diet pill that kills your appetite, ups your mood, and gives you waves upon waves of energy. When western drug companies learned the San people of South Africa have been using the Hoodia plant to successfully stave off the worst hunger pangs imaginable for days at a time without unwanted side effects, the push was on to bring this product to market.

- Only the gordonii variation of hoodia has appetite suppressant abilities.
- Hoodia tricks the brain into thinking you've eaten, and makes you feel full.

- Hoodia may work right away, or may take several weeks.
- Key results of hoodia reported include a reduced interest in food, delay in the time after eating before hunger sets in again, feeling full more quickly, and a general feeling of well-being.
- Hoodia gordonii is not a stimulant, and has no known side effects.
- Hoodia appears to be safe for most people.

Weight Loss With Hypnosis?

Now that the New Year has come in like a lion, it is time to finally, take charge of the excess weight, getting your body in the best shape ever. While eating right and hitting the gym are two options for losing weight and keeping in shape, you can also turn to the power of hypnosis. Many people have good intentions when it comes to weight loss but getting started is the hardest part. With hypnosis, you get that push in the right direction needed to reach and maintain your goal.

The interesting thing about hypnosis and weight loss is that losing the extra pounds is actually much easier than expected. You have probably heard about the failures and dangers of crash diets. Sure, people will lose weight initially but then within a few months, put it right back on. Therefore, the top doctors in the country tell people to lose weight slowly for the ultimate and longest lasting results. With hypnosis, you can lose weight healthy and slowly, learning how to eat properly so you get the weight off permanently but in a good way.

The interesting thing about weight loss with hypnosis is that you are retraining the subconscious mind. That means you are learning and changing past behaviors; accepting new behaviors that will help you eat healthier and have an interest in working out in the gym. In other words, through repetitive and positive suggestions given by a professional hypnotist or hypnotherapist or even through self-hypnosis, you begin to learn new habits. Therefore, the formula for success with weight loss is actually easy. In addition, the formula you use that proves success never changes.

If you are tired of going round and round with your weight problem and want to make this New Year different, really want to change, permanently, you can. Hypnosis is a powerful tool that works exceptionally well for people just like you, people interested in losing weight while having the opportunity to build healthy habits. This natural weight loss plan is something you can use any time and best of all, hypnosis is 100% safe.

Through positive suggestions, exercise can become a part of your weight loss plan. If you dread spending time in the gym before, you will now find yourself eager to work out. The change you see with hypnosis is gradual, which ensures the weight loss is natural and more importantly, lasting. As mentioned earlier, the most common problem with weight loss is that weight comes back because the loss is so fast. However, by using hypnosis to change behaviors or habits, the changes come over time and the results stay.

Keep in mind that hypnotherapy can help you lose weight and then keep it off in a number of different ways:

- You will develop a new self image, seeing yourself as a thinner, more healthier person that makes you want to achieve the goal of weight loss
- You will learn how to relax about weight loss and weight management, stressing less, which can have better results. Often when a person becomes stressed, they use food as a crutch.
- You will become positive about the process of weight loss and weight management whereas before, you might have seen the process as something negative. Hypnosis will retrain the mind to view the entire process much differently.
- You will be creating your future as a new person. You will feel better about yourself, and that confidence lets you work toward other goals pertaining to family, friends, work, hobbies, and so on.

Typically, when a person uses hypnosis to lose weight, they find themselves moving in a positive circle, being happier, stronger, and healthier individuals. The things that can do to the mind are incredible. Suddenly, the weight loss and exercise all makes sense and as the weight begins to drop off, life takes on an entirely different look, all for the better!

Weight Loss With The Help Of Green Tea

Weight Loss - Green Tea Benefit

Over the past few years, green tea and its connection with weight loss has long been the center of various clinical studies. Positive effects of green tea on weight loss have been discovered in recent years.

Studies show that the relation between green tea and weight loss are substantially linked together through the plant's thermogenic properties. Thermogenesis is the process by which the body produces heat by speeding up metabolism, burning calories, and breaking down fat. Certain substances in green tea are believed to help in the body's thermogenesis, thus contributing to weight loss.

Weight Loss in Other Herbs

Other than green tea, there are other natural herbs that contribute to weight loss. Gugulipid for instance has been shown to augment the metabolic rate of the body and help with thermogenesis, thus leading to weight loss. Gugulipid has also been reported as a catalyst for lowering down cholesterol levels.

Another herb that aids in weight loss is Maitaki. Derived from a Japanese plant, Maitaki helps promote weight loss by targeting the liver, which is a major digestive part of the body.

Maximizing Weight Loss Benefits in Green Tea

A standardized weight loss herbal extract of pure green tea is needed in order to maximize the weight loss benefits of green tea. The market offers several green tea weight loss products that do not use standardized extract. These non-standardized green tea weight loss products are cheaper but do not contain enough active green tea substances to have any significant weight loss benefits.

Scientists and traditional herbalists believe that better weight loss results are achieved when green tea is used in conjunction with other weight loss herbs and with other nutrients. So before buying a green tea weight loss product, it is advisable that you choose a product that contains a rich blend of green tea herbs, minerals and nutrient that aid in weight loss.

Green tea when combined with ginger and olive leaf helps lower cholesterol and promotes weight loss. Green tea helps stop blood vessel constriction while CoQ 10 protects the heart and ensures blood pressure levels. By mixing green tea with CoQ 10, you will not only achieve maximum weight loss but you will also be able maintain the health of several body systems at one time.

The Ideal Green Tea Weight Loss Product

The first thing to make sure of when buying green tea products is to see if the manufacturer of the green tea extract follows strict GMP compliance, the manufacturing standard used throughout the world. Having GMP approval in green tea products assures you that you are getting a product of the highest quality.

Under the Dietary Supplement Health and Education Act of 1994, herbal products such as green tea are considered dietary supplements. This means that the success or effectiveness of these products do not have any guarantees. Companies or manufacturers that claim 100% success in their green tea products are doing false advertising and should not be patronized.

For assurance that you're getting your money's worth when you buy a green tea product, find a product that is using standardized green tea extract. Look for strict GMP compliance and make sure that the manufacturer of the green tea product has all the proper credentials in product formulation.

Weight Loss, Body Detox And Anti Aging Are All Connected

The majority of people that try various diets and exercise to lose weight fail. Why? Because they are missing out on the most important reason that they can't lose the weight or how to prevent the diet yoyo. The standard line you get is that you need to diet and exercise to get results, and for some people, especially the younger generation, this works. But for a huge number of the population this is just not going to work, try as they may.

The missing factor in a successful weight loss program is the cleansing of your colon. If you are not familiar with colon cleansing then this may sound like an odd statement to make. But, consider this; a backed up colon will not only prevent weight loss, but will also cause a whole host of other symptoms such as:

- Always tired and sluggish
- Interrupted sleep
- Weight gain
- Aches and pains
- Premature wrinkling of the skin
- Unexplained skin rashes
- Constipation or diarrhea

- Bloating and gas

- Menstrual cramping

- Headaches

These are only some of the symptoms of a clogged toxic colon. What does this have to do with weight loss?

In a normally functioning colon, the food we ingest gets broken down, nutrients are absorbed in the small and large intestine, the friendly flora produce b-vitamins and nutrients are sent to the rest of the body where all the cells are fed. This normal function produces the hormones we need and keeps the metabolism high and allows for weight management. The problem with today's environment is that it is toxic from all the chemicals, pesticides and pollutants we are bombarded with on a constant basis.

Another huge factor is man's craving to change things all the time and that includes food. In the name of profit, the food industry is reinventing food and changing them from their natural wholesome form and adding preservatives, dyes and coloring which dramatically alter the foods we eat. It creates great profit, and the shareholders are happy, but this is at the expense of our health.

All you need to do is look around you at Americans and the answer is there for all to see. We are an obese, tired nation. Foods such as white flour, rice, pastas, dairy products, hormone filled meats and sliced meats full of sodium nitrates and processed food wreak havoc with our digestive system.

The food we eat should be digested and eliminated in 2 to 3 days, but with processed food it can take 5 to 6 days.

Undigested food starts clogging in your large intestine making it difficult for it to absorb the nutrients you need. As you get further backed up this material becomes toxic and hard making it very difficult to eliminate. You could literally have 4 to 20 pounds of old fecal matter and a narrowing of the passage so that future eliminations become difficult and constipation sets in.

When you eat the typical American diet you may feel full but may be starving for real nutrients. If the diet remains poor, the intestines remain clogged and the body becomes desperate to eliminate toxic buildup. It puts tremendous stress on the liver and kidneys and can even manifest itself by trying to get rid of toxins through the skin and odd unexplained rashes appear. Premature wrinkling can occur and metabolism slows making it difficult to lose weight.

If you want to lose weight, get healthy, look and feel better, then do a good colon cleanse first. Take care of the toxic build up and you may feel like a million bucks. You'll then lose weight, and if you eat the right foods, drink a lot of water and exercise; you should be able to reach your goal. (It would not hurt to follow with a liver and kidney cleanse)!

Disclaimer: The above is offered as information only and is not meant to diagnose or treat any disease. Always consult a qualified health care practitioner before attempting any detox program.

Weight Loss `Clarity` Still Confusing

With all the profound, prolific, often professional and proven facts you can find in this world to clearly help you lose weight, countless individuals still suffer from lack of knowledgeable solutions. It's no small wonder why the saga continues.

Three Challenging Reasons

There are three main reasons why burning fat and getting rid of excess or unwanted pounds remains such a large challenge. Would you like to know what they are?

1. Lack of A "YOU-Centered" Approach in Business.
2. Basic Misunderstanding or Misconception of Human Anatomy and It's "True" Operational Ability and Function...
3. Motivation -- That Is, Having Individual Possession of An Absolutely Compelling Reason To Get It Done, and In The Right Way, Too.

1. You - Centered Approach

Let's look at Number One: Lack of A "YOU-Centered" Approach in Business.

Lack of a "you-centered" approach in business simply means this... within numerous industries (an, diet-exercise-fitness-health-nutrition-weight management isn't much of an exception to the rule), sales primary production focus lies in "features." These are: What the weight loss product or service can do; how it's structured, or why it's supposed to be so great.

Quite often business, industry, and media seem to forget that "people" or "real" customers pay the salaries and make the businesses run. With that in mind, YOU and YOUR ideas, your comments, needs, feelings, circumstances and suggestions need to become first in the forecast of business and corporate venture.

Until this happens, YOU must seek your weight loss outcome with even more persistence, determination, and care.

1. Formal Anatomy Misconceptions

Now, let's look at Number Two: Basic Misunderstanding or Misconception of Human Anatomy and It's "True" Operational Ability and Function.

In today's society, the hard cold fact is this... unless you've dedicated your life to, and /or spent/invested thousands of dollars into an accredited nationally or internationally recognized and formal program of biomechanics, anatomy, reflexology, physiology, athletic training, or exercise science and dietetics... you are bound to lack the most firm grasp on the "inner workings" of the human body.

In other words, the only way to master a thing is to practice it. Yet, how can you rehearse your routine with correct and clear understanding when you have not broken it down, piece by piece, reassembled it again, and documented your findings and outcomes over and again, plus noted differentiations, subtleties, and idiosyncrasies?

Without such knowledge (either your very own, or the assistance, guidance and availability of a caring and reliable resource person or organization), you may be stuck with antiquated ideas like: 1) weight lifting makes me too bulky, so I won't add the resistance training component to my weight loss workouts; 2) I'm doing my abdominal crunches every day, so why am I still so fat or overweight around the middle?... and 3) I already cut back on my food intake, so why aren't I losing weight?

In a nutshell, gaining genuine comprehension of human anatomy and its true operational ability and function provides answers to all of the above questions, very accurately, AND this solution empowers your command to DEMAND timely and guaranteed weight loss results for your own life.

1. Compelling Motivation Consequence

Finally, let's consider Number Three: Motivation -- That Is, Having Individual Possession of An Absolutely Compelling Reason To Get It Done, And In The Right Way, Too.

Your motivational trigger can be a pleasant one, or a painful one. Yet, you can turn even a painful experience into a positive weight management cause. For the word "motivation," allow me to offer you the "renewed" and much more highly useful definition...

Motivation centers around being absolutely convinced regarding the consequences of your adequacy or inadequacy at improving your performance. Put simply, you've got to find the strongest reasons that make you stick to at least the minimum daily requirements for weight loss progress. Without necessary motivation, your effort succumbs to the "half-baked" style for getting things done.

More often than not, individuals remain just a few mere points away from reaching their threshold breaking potential on a consistent basis. And, motivation (that is, the kind we just talked about) in such cases gives you the added intellectual "spark" that ignites the flame for more intense activity almost "exactly" when you need it.

Such an advantage can literally make the difference between, let's say, pumping out a 50-minute aerobic session at 125 heart beats per minute, or only performing a 25-minute session at only a mere 115 heart beats per minute. That's a gain or loss of about 325 extra calories in your per-day workout.

When adopting the first example above, your "motivated" session style gets you the added advantage of losing about 300 "extra" calories per day. That gives you a total of approximately 500 calories lost on each workout day.

This eventually translates to 22 pounds of extra body fat lost per year!

Thorough aerobic targeted training workouts can offer you up to 10 or more calories per minute of fat burning potential. Yet, the average person usually only reaches 5 or 6 calories per minute during a normal workout.

Therefore, implement motivation to take you farther. Use your intentionally focused and direct weight loss clarity to achieve markedly improved fat-burning results.

In Summary

Are you clear now? There's a lot of information out there. But the hidden secret is to become aware of those "other" factors (like the ones we've mentioned here) that contribute equally, if not more, to the way you approach losing weight through healthy lifestyle changes.

You can see that clarity is about knowledge... wisdom is a process involving awareness, accountability, and action. Make every reasonable attempt to see your way CLEARLY through to weight loss success.

Weight Loss: Don't Eat More Than You Can Lift

When I determined that I would write this weight loss article, I figured I wouldn't turn to "experts", doctors or classical philosophers. So, I turned to that veritable sage of expert insight and real-life savvy...Miss Piggy. Her "weight loss" counsel? "Never Eat More Than You Can Lift."

I am not a weight loss therapist. Granted. But, as a Cardiac and Thoracic Surgeon for over three decades, I've done my share of weight loss "counseling."

Actually, by the time they needed to come to see me, my "counseling" was very simple: "If you want to live, you better start some sort of weight loss plan... immediately."

They usually didn't like my counsel. I assured them, they would like my surgeon's knife even less.

It got worse. I would then tell them: "The plain fact is this: If you are overweight, you are in danger."

People can only take so much comfort.

Why so direct, you ask? Hum...In case you didn't get it before, I'll say it again slowly... "If... you... are ...overweight, then ...YOU... are...IN...DANGER." That is the first of four principles about weight loss you must learn.

If the conviction in your soul doesn't have "stopping power" - no "pause" in eating beyond safety - then you are not convinced about the danger sufficiently to save your own life. I know. I've seen it a thousand times in the patients of colleagues as well as my own, in hospitals all over Illinois.

Every weightlifter, for example, knows lifting weights, whether for fun, sports training, or competitive advantage, can cause serious injury or death. Every weightlifter knows that the only, really healthy part of the weight-lifting regimen is the part when you rest. That is when the body repairs itself.

If you are overweight, you are almost never resting your body from the weight you are lifting...the weight attached to you.

That is the second point to learn about "weight loss." If you are overweight, then you are always lifting weight (yours)... and your heart is always working to carry that weight. And your bones, muscles and ligaments are always carrying more than they were designed to lift or carry. And there is little rest for your body. The only solution for you is weight loss...or worse.

What can I say to make you understand how dire this issue really is?

The weight loss plan that always works...ask any doctor.

Go ahead...ask any doctor. See if I am mistaken. There is a weight loss plan that always works. Ask your doctor about it.

I can tell you are curious to know what it is. Don't be. No one is ever really interested in it. So, why bring it up? Because it is the only way you will lose weight. No matter what you do to lose weight, this is what you must do to get results.

Weight loss plan: Take into your body less energy than you use. That's it. If you use more energy than you take in, your body must burn off the weight to create the energy you need.

Hum...It's called basic mathematics. Take in less, use up more. Subtract weight. Works every time. No exceptions. But, that's not the third lesson to learn. No. The Third lesson is this. Taking into your body less energy than you use is the only solution given to us. No matter what you do, fail in this, no loss of weight will occur.

I'll just bet you're having a charismatic experience over that one.

Yet, people would prefer to spend lots of money and exasperation on any of the following:

- weight loss pills...including rapid weight loss pills...
- weight loss diets of all sorts...
- weight loss programs - often ingenious but taxing upon the body...
- weight loss products so diverse it's unimaginable...

- weight loss supplements promising wonders...
- weight loss spas...
- weight loss with acupuncture...
- weight loss exercises ...
- weight loss nutrition...
- weight loss counseling...
- weight loss clinics...
- weight loss medications...
- weight loss recipes ...
- Weight loss walking...
- weight loss patches...
- weight loss drugs...
- weight loss surgery, for those who just can't endure the problem much longer...

There's even "weight loss hypnosis."

Another solution?

No. But, there is a Lesson Four here. There is something you should take to protect yourself since you are not going to take the simple weight loss plan given above.

Indeed, we should all be taking a new nutrient which, for two decades, scientists suspected did exist but took three Nobel Prizes in the nineties to prove. Glyconutrition.

Weight loss is often undertaken in a compromised manner. For example, some of us exercise heavily. Did you know that free radicals are multiplied heavily as a direct result of your workouts? Glyconutrition is designed to absorb the free radicals while limiting their scope and damaging effects.

So, if you are working out heavily so as to lose weight, get on a glyconutrition regimen immediately.

Are you cutting back on meals or other dietary restraints? Glyconutrition must be present for your body to utilize the nutrients you do ingest, make necessary tissue repairs, and eliminate the toxins you need to be rid of.

If that doesn't happen, you may be weakening yourself unknowingly. If so, you may be losing weight, but incurring danger to your tissues or organs elsewhere inside you.

Like I said, if you are overweight, you are in danger...in more ways than one.

Glyconutrition, incidentally, helps the body lose weight through proper cellular communication ...but that is for another article.

So... if you're overweight...Listen to Miss Piggy.

“Never eat more than you can lift.”

Weight Loss, Fitness Motivation & Your Subconscious Pictures

I will explain how to replace your negative subconscious images into positive images through the practice of controlled visualization. According to the New England Journal of Medicine, visualizing is the fourth most frequently used form of alternative healing. You are now about to learn how to change your existing subconscious pictures that keep you anchored to your poor eating behavior.

Several studies have shown that the body makes little distinction between a vivid mental experience and an actual physical one. Your subconscious images are simply corresponding pictures of your self talk. Choosing to think in pictures may seem strange at first, but it is a powerful way to cut through the chatter in your head and a realistic source for communicating with your subconscious mind. It is surprisingly easy to develop your own weight-goal imagery. Through regular practice you will become more and more comfortable in delving into your imagination. Just think of it as creative constructive daydreaming.

Most people are not aware that there is always a corresponding picture for their thoughts or self-talk; the fact is they take place so fast you are not aware of them. If you did not use pictures, you would not be able to answer the simplest question. Think about it. If I were to ask you: “What did you have for breakfast this morning?” You immediately repeat my question to yourself which in turn triggers a picture in your subconscious mind of what you had for breakfast. It is only after you have triggered this picture that you are capable of answering my question.

You will find that your subconscious more clearly defines its pictures from questions than from statements. As an example, say to yourself relax. You can see this has little or no effect. Now turn this statement into a question: What do I need to do to relax? The subconscious mind will now produce an active picture. For example, you might see yourself relaxing in your favorite chair or taking a warm soothing bath or possibly getting a massage. You are able to see the masseuse's expert hands gently soothe the tension from your body. You can feel the wonderful sensation as your body begins to relax and you feel as if you are floating on air. Now I am sure you understand the power of visualization and how you can use your self-questions to bring it about.

The most important picture you will ever change in your subconscious mind is the picture you now have of your body or how you perceive your self-image. All people with a weight problem have accepted a picture of themselves as being overweight. Until you change this picture, your subconscious mind will use this existing body picture as a guideline for how you should look. This is why it is imperative that you change the image you have of yourself before you begin a weight loss program.

Regardless of whether your health goal is a change in diet for weight loss, an increase in your fitness program or to take control of an eating disorder such as anorexia or bulimia. In the end the question you need to ask yourself is...Am I completely happy with the mind running itself or do I need to take control of it?.

The health of your body is dependent on your mental health and taking control of the subconscious is the key to lasting permanent change of any behavior.

Weight Loss, It May be More Healthy Than You Think

So you want to lose weight because you hate that you look fat and can walk up a flight of stairs without breaking into a major sweat and losing your breath for 5 minutes. You think that weight loss is the ticket to reenergizing your long lost love life. But let me tell you about a few other things that might persuade you to lose that 24 pack for a reason other than vanity.

Let's start by listing all of the other diseases that can be associated with obesity. Heart disease is probably the major one and shares associations with many of the others in the list. These include hypertension, diabetes, atherosclerosis, congestive heart failure, and sleep apnea. Other things not necessarily related to heart are colon cancer, fatty liver, gynecomastia, irregular menstruation, breast cancer, uterine cancer, depression, joint pain and destruction, and heartburn. With each of these diseases carries with them a host of other complications, many of them that are life threatening or seriously debilitating conditions This is all not to mention the social stigmatism that hinders life in all arenas including personal life and career.

The great thing about weight is that it is not a permanent disability that has to be accepted. On the contrary it is very within the realm of possibility to lose weight and maintain a healthy weight. Weight is not the only thing that goes either. With weight loss goes the increased risk of developing diabetes, high blood pressure, dyslipidemia, increased risk of cancer, depression, sleep apnea, and on and on. You also gain stamina, productivity, self-esteem, confidence, respect, and on and on.

So the question is why wouldn't you go out this minute and get your hands on the latest and greatest weight loss information that money has to buy. Or I have an even better way--that is to go to your family physician (who has the best information that money can buy at his/her beckon call) and have him come up with a comprehensive plan to help you safely and effectively lose the weight in a very controlled environment with the best support money can buy. And the best part is that it is not your money that is doing the buying, it's your insurance company's bank roll. They are glad to do it too and this should tell you that this is important. You see insurance companies know that it is in their best interest for you to lose weight and to keep it off--because it keeps you healthier and out of the doctor's office and the hospital.

Weight Loss: Setting Reasonable Long Term Goals

We see a lot of people struggling with weight issues and their body image. With the available resources and materials for weight loss spilled all over the place, those, who are overweight, are a bit confused about which method to follow to shed those extra lbs. Although the basics of weight loss do not change, they depend on setting realistic goals, cutting the calorie intake and exercising a little bit. Many presume that a weight loss program is all about a restricted diet, or fad diets, or diet pills and involving strenuous physical exercises. But, actually the basics of weight loss programs are rational, flexible and healthy to which any one can adhere to while they work well on the person aiming to lose weight.

The first basic step towards weight loss is to set a reachable goal. When setting a goal to reduce weight, it is good to know the reason for doing so, benefits you may get at the end of the weight reduction program and the changes you are willing to make in your diet. This kind of analysis of the self helps understand the problem the better way and helps in setting realistic goals for weight loss. The weight loss efforts should be a reasonable one and should be gradual.

Once the goal is set to reduce say two pounds a week, then comes the step of creating a food journal to analyze and monitor what you eat for the particular week. This food journal helps keep track of what you eat, or drink. Sometimes the feeling towards the food you eat is also jotted down. This is very important as it throws light on the food pattern and habits of the person. The weight loss is also recorded. By reviewing the food pattern, the foods that needed to be avoided can be seen clearly and can be substituted with healthy foods. The secret is to be very consistent with this and surely you will see positive results. Water is a very good natural hunger suppressant and can be taken in good quantities, if you note that you are drinking less amounts of water. It too can contribute to weight loss efforts.

When the diet is combined with good exercise say walking or swimming or aerobics, it too aids in burning calories. The exercise should be in such a way that when it is done, it should be enjoyable, choose the kind of activity which interests you a lot than slogging. Exercise too needs to be tracked in the journal to see its effects with your own eyes.

Weight Loss: The All Natural way without Gimmicks

If you type up Weight Loss in a keyword tracker tool or in a search engine like Google, you will be alarmed to see how many searches in a day are being done on this subject alone. Take www.google.com for example, put 'weight loss' in their word tracking device; you will see that on a daily basis, more than 50,000 searches are being done on how to lose weight.

However, this shouldn't be alarming, I mean the average person does have the desire to be liked, sought after and popular. This might explain why we are so captivated with celebrities and perhaps why we at times blindly follow whatever fad or trend they might propagate in the quest to lose weight and be slimmer, sometimes at the cost of our own health.

An observation of Nature will show that no animal free of captivity is upholstered with excess weight and are oft times very fit, agile and sharp. This is because unlike man, all animals adhere to the simple laws of nature to maintain health which include eating the right foods for your type and getting adequate exercise. Well these are the basic laws, others might include getting sufficient rest, getting sunshine, interacting with others.

There are so many myths and fads that promise to aid you in losing weight that when they are intelligently dissected will make you wonder whatever made you think to give them a shot, which is part of the reasons why I am writing this to inform you that as the slogan of my site on drugless healing says: "if one way is true, it is the way of nature".

Moreover, Nature bows at no alter, seeks neither praise nor applause, she only asks for a hearing, my friends.

For weight loss, your best bet will be to embrace the three limbs of Naturopathy:

-Proper Exercise

-Proper Diet

-Positive Thinking.

Now I will explain each one in brief detail:

PROPER EXERCISE:

Now, there was a time, like almost everyone, that I assumed big and inflated muscles meant fitness and health. Wrong. Maybe it might depict strength-to a degree and that, for only a while, but you ask anybody about one of the greatest martial artists of all time, Bruce Lee, here was a guy who was said to do a thousand (1000) push-ups and other feats of strength and any picture of him shows he was not a blown up mass of muscle waiting to atrophy and deflate as is the case with most fitness experts and body-builders using artificial supplements, I mean look at the agedness depicted across their faces most of the time.

This leads one to conclude that for exercise, basic Aerobic-with oxygen-exercises (such as walking, jogging, and dancing) and Anaerobic-without oxygen-exercises (such as push ups, pull-ups, dips, using the ab-wheel and weight lifting for body builders) can be sufficient without the use of synthetic products. For those who want an exercise for the mind as well as the body, Yoga definitely is unmatched.

From my experience, if you were to do the Sun Salutations (hailed in Yoga, Martial Arts and African Wrestling as the 'best exercise for humans') which have been passed down from centuries with a proper and sensible diet, which I will be explaining soon, you are well on your way to weight loss and strength.

Some Indians perform about a 100 plus rounds of this marvelous exercise on a daily basis and have immense fitness, strength, agility and virility. Add some other poses like the inversions (Shoulder-Stand), Forward Bends (Head to Knee Pose), Backward bends, Balancing Poses (arguably the best exercises to tone the arms, abdomen and restore a sense of balance and self confidence in humans who practice them) and you are bound to see the immense results. Speaking of emulating celebrities, well did you know Sting, Madonna, Russell Simmons, Beyonce and Prince all practice some form of Yoga and need I mention how fit and good they look?

I could go on and on about Abdominal exercises and Breathing Exercises of the Yoga genre (which in the case of the latter is also EXTREMELY effective for weight loss) but that will be another subject in itself, the bottom line is: in my opinion, exercises that use the body's weight for resistance such as Yoga, Calisthenics and Pilates are arguably the best for the human body.

Have you ever seen a chimpanzee lifting rocks repeatedly? Yet that distant cousin of humans can rip a door off a car and is easily 8 times stronger than an average modern day human. Still, if we share about 98% DNA with this primate (as well as other apes), its evidence to make one wonder how much healthier and fit we would be by adhering and living as close as possible to Nature's laws of diet and exercise.

PROPER DIET

-“You are what you eat” (Anonymous)

-“Let your foods be your medicine and your medicine your food” (Hippocrates, the father of medicine)

-“Every herb bearing seed and every tree bearing fruit with seed in it shall be yours for food” (Gen 1:29)

From these radical quotes above, it should be plain to see that most modern day meals and mixtures are totally against Nature’s intent for us as humans for fitness, agility and strength. It will be safe to say that if you want to lose weight, re-read these three quotes and the proper diet will stare you right in the face: Fruits and Vegetables.

Admittedly, and you can take this from a guy who was a raw vegan for several months, (Now, I mostly fast and eat mono meals of fruit and raw or cooked vegetables every other day) that might be kind of hard to accomplish or adhere to. Well, if you approach it the wrong way, being radical in nature and as with all things that don’t have a strong foundation, you may be bound to fail.

The good news is there are several books on the subject of this kind of a diet and you can type up Vegan Diets, Raw Vegan Diets, Vegetarianism in any search engine to be educated-to a degree- on the subject. I have experimented with each of the three kinds of diets and have been on the Standard American diet and am now of the firm belief that the first two and maybe the third if done sensibly and wisely are the best for humans, period!

I'll leave you with this factor to consider though on the subject of proper diet, based on the anthropological approach of several authors of Naturopathy, and from simple observations, we as primates, just like our distant cousins, the great apes, are frugivores, eaters of mainly fruits and green leaves and it cannot be a coincidence that these substances make up the mucus-less or alkaline forming foods that even science has proven to be the best for human life and of course, weight loss.

POSITIVE THINKING:

Some quotes from perhaps the most rugged book ever put together, that being the Bible, bring to mind just how important it is to think positively-and wisely so-in any endeavor one is undertaking. "As a man thinks in his heart; so is he..." and "Guard your heart for it is the wellspring of life". That stated, what you constantly think over and over is eventually what comes to pass.

The mind has such powers that are beyond human comprehension at times, but according to the author of the "Power of Positive Thinking", Dr. Norman Vincent Peale, "You are what you are now based on your thoughts five years ago and will be in five years what you constantly think of yourself now."

Although one's thoughts are very important, without taking the steps to act on them (of course when they are constructive and positive) they do end up being a waste, but your reading this article does depict a desire to want to improve yourself be it through weight loss or any other factor.

Like with any journey in life, of course, you will have times when you may want to give up, lose faith or focus and consequently get off the path to success, which may explain why most people fail at diets and fads in the quest of losing weight, well, my friend, you will have to literally tune your thinking to be positive so as to overcome the doubts and fears as you go about accomplishing your goals. It honestly will be easier applying the two other limbs of drugless healing above for weight loss as they do go hand-in-hand.

In conclusion, forget the fads and hypes. For a healing program to be successful at anything, especially weight loss, it must cover the three limbs of health: diet, exercise and positive thinking. It is my hope that this article will show you how to choose the best methods of attaining not only weight loss, but fitness and health on the inside and out.

Weight Loss: Tweaking Your Lifestyle

Despite our national propensity to overeat, under-exercise, and grow steadily heavier and more out of shape, we all yearn to be slender, fit, and attractive. Our culture rewards the thin and the beautiful; look at how we devour celebrity gossip, mesmerized by the looks and energy of our current favorites.

Why the discrepancy between our aspirations and our reality? There are a plethora of reasons, most of which can be traced to the simple fact that life gets in the way.

“I’d love to cut back on my food intake,” we think, “But I have to attend all these work functions and have little control over the meals that are served.” “I would really like to get in shape,” we complain, “But there’s no free time and I can’t afford a personal trainer like the movie stars I see.” “I really want to take care of my skin and my body,” we wail, “But I’m so busy that a quick shower and a slap of moisturizer is all I can fit into my schedule.”

It would be so wonderful to have loads of free time: to plan our days; to cook low calorie, healthy meals; to exercise without time constraints; to be able to pamper ourselves without the pressure of deadlines. Unfortunately, our lives are too hectic for that to happen in the foreseeable future. We can throw up our hands in frustration and join the legions of the overweight and the unfit, or we can work out a personal plan that fits within our lifestyle, taking us where we want to go, albeit not quite as quickly or completely as we would prefer.

Your life, your time, the demands and responsibilities you face, vary on an individual basis. You will need to calculate what works for you, and what cannot be realistically accommodated. Here are some ideas to consider:

1. Diet

Eating on the run, at your desk, or on the rubber chicken circuit, wreaks havoc with even the best-laid diet plans. If you weigh even a pound more than you’d like, try to identify where you are going astray.

If fast food on your way to an appointment is your downfall, look at what you order. Almost all drive-thrus these days offer salads. The problems with those salads can be minimized by throwing away the little bag of croutons (fried) and omitting the packaged dressings (loaded with fat). Carry your own individual container of low calorie dressing, opt for (unsweetened) ice tea, black coffee, or a diet soda, and avoid those sugar-laden colas like the plagues they are.

If you lunch at your desk, ask yourself what are you eating? If it's takeout, by all means have a cheeseburger or a sandwich. Just discard the bread or bun and eat with a plastic knife and fork, cut into raisin-sized pieces that will fill you up fast. French fries and onion rings? You just don't want to go there.

Is your office always filled with snacks and treats (as most of them seem to be these days)? When the snacks come by, go to the bathroom or, better yet, take a brisk walk around the building to beef up your "won't" power and clear the vision of goodies from your head.

If business lunches, dinners, or those awful meeting banquets are your obstacles, plan ahead. Lunch is relatively easy: salad (with your own dressing, of course) or fish and cottage cheese are available almost anywhere. For dinner, try two low calorie appetizers instead of an entrée. Best of all is something that you have to work at – crab legs, unpeeled shrimp, an artichoke (hold the hollandaise) – it will take a lot of time and no one will notice how little you are actually eating.

Banquets are particularly difficult because a plate is plunked in front of you, filled with food you would never order by choice. Cut whatever protein and vegetables there are into little pieces and chew slowly. Spread the rest out over your plate and play with it to delay the onset of a syrupy dessert. Get a cup of black coffee and place it squarely in front of you to thwart that eager-beaver waiter who keeps trying to slide a plate of pie onto your table.

Entertaining in the home creates a different set of problems because usually you know the hostess and want to avoid creating any bad feelings. Fall back on allergies as no one wants to see you break out in hives in the middle of their party. Carry a club soda or mineral water with you and no one will notice that you're not drinking.

Over a period of time, these little changes can have a significant impact on your weight. If you're hungry when you get home, make sure that you have some liquid protein or a health shake available to complete your daily nutritional needs.

2. Exercise.

With the best of intentions, millions of us purchase gym memberships. If we all actually used them on a regular basis, as we promise ourselves we will, there would be waiting lines spilling into the streets. Health clubs can keep signing up more and more members because they know that the number of regulars will stay about the same as the new enrollees will show up in a burst of initial enthusiasm but within a few short weeks will gradually fade away.

Unless you have a job with very regular hours, something few of us enjoy these days, it's difficult to commit to going somewhere on a regular basis. We mean to go but then an important meeting comes up, our significant other asks us to do something, or the kids pester us to drive them somewhere.

Our high demand lives almost force us to obtain our exercise at home. Television is replete with home equipment that promises to flatten out abs, define our pects, and re-sculpt our entire bodies. Despite their assurances that the equipment easily folds away, we know our apartments can never accommodate a Bowflex or a Nordic Track. Where do those buyers live? In the suburbs, we suspect, where the expensive equipment is soon relegated to the basement or the garage to gather dust until some future yard sale comes along. Equipment, except for minimal contraptions such as elastic bands and hand weights, are just too much trouble, and setting them up takes too much time.

Slipping exercise into your schedule is most easily handled (and therefore more likely to be regularly repeated) by pursuing activities that can be initiated without any preparation time, special clothes, or long periods free of interruption. The old standbys of pushups, situps, stretches with weights, yoga, and calisthenics have stood the test of time for a reason. They can be inserted into your crowded schedule at odd moments of the day and require no preparation except a short warm-up. Some of the newer programs: callanetics, pilates (some), killer exercises, and video workouts also fit these requirements.

When you unexpectedly find a secret half hour free, take a walk and, if you can, magnify its benefits with an occasional bout of sprinting.

Such a plan may not make you into a Mr. or Ms. Universe but it will keep you limber and semi-fit while avoiding that energy-devouring guilt you develop when you set your sights too high and then fail to follow through.

3. Taking care of yourself.

We have all read the accounts of Cleopatra bathing in asses' milk to bleach and smooth her skin. But she was a Queen, for heaven's sake! She didn't have to get up at the crack of dawn to fight the traffic into the office. She didn't have to take care of a husband, a house, or a child. You'd have the time to leisurely bathe if it weren't for cleaning the house, washing the clothes, finishing that report for the office, helping the kids with their homework, cooking dinner, and picking up Aunt Mildred at the airport.

We know we need to take care of ourselves. We want to perform the routines that will stave off the signs of age that wait just around the corner. We would love to take a long daily bath or shower, polish our skin to perfection with a loofah and scrubbing powders, envelop ourselves in skin softeners and lotions, and pamper our face and hair with special cleansers, masques, and skin brighteners.

Again, our lives get in the way. We work out a minimal routine of makeup remover, toner, and moisturizer. We shampoo our hair when we can and occasionally find the time for a special oil treatment or facial. It is hard to be fully motivated when the signs of age are brief and fleeting. When I have more time, we tell ourselves, I'll work on it. Twenty years later, the wrinkles have set in, the jowls have puffed out, and our skin carries the scars of sun, wind, and gravity. Then we bemoan our lack of care through the years and try to minimize the ravages of time already indelibly imprinted on our looks.

By all means, stick to your rapid daily routine. Sure, you could get up earlier in the morning and have time for more self-care but you're already, like most working-age Americans, sleep-deprived.

One solution is to identify one period a week when you can steal a couple of hours for yourself. Women, especially, shortchange themselves, too busy taking care of everyone else and ignoring themselves. Stake out your claim to that two hour window as if your life depended on it. Use it only for you. Use it to take deep treatments for your face or your hair. Use it to practice relaxation, listen to music, or walk in the rain. Use it to pamper every part of your body and spirit. Use it to think about yourself, and your goals, and your dreams. Use it to appreciate yourself and the good things life has brought you. Use it to lay plans for future self-development and use it to become your own best friend and confidant.

Our lives are so filled up with what we have to do that our wants and internal needs are often unmet. In even the busiest and most demanding schedule, there are moments we can carve out for ourselves, but only if we absolutely insist on it. Right now is the time to become assertive about your own self. You too deserve a brief moment in the sun.

Weight Management Advice For All Star Signs

Take a break from the serious side of dieting and see how the planets affect your weight. Of course, astrology cannot offer a scientific answer to obesity, but you may be surprised at how closely you fit the description for your star sign. Who knows, maybe the stars do have an influence over your eating habits and your general approach to dieting. Check out the advice for your star sign below, and see how closely you fit the profile.

AQUARIUS (20 Jan - 18 Feb)

Advice: Look for maximum support and avoid over-strict diets.

Overweight Aquarians are typically drawn to the mysterious. So initially they may be tempted by fad diets, supplements and food combining. Usually however, they end up choosing a more healthy diet, and because they tend to be optimistic and independent, they don't quit easily. Even so, they need flexibility in their diet, as they do not like being pinned down. Also, the unpredictable nature of many Aquarians means they can flip from being a perfect dieter one day to a binge eater the next! Lastly, being private people, they tend not to join support groups - which can be a disadvantage. For best results, they should choose a flexible eating plan combined with an online support group where they can share their ups and downs without losing their privacy.

PISCES (19 Feb - 20 Mar)

Advice: If you're overweight, don't ignore the problem. Find a good incentive.

It's not uncommon for Pisces dieters to say one thing, but then do the opposite! So their eating habits don't always match their good intentions! That said, they are good organizers and once they start a diet they plan it well. Since they enjoy their food, they should choose a diet plan with plenty of variety. And for best effect, they should use their wonderful imagination to visualize how they will look when they reach their goal. Alas, Pisceans don't find it easy to start dieting. Often they depend on someone else to suggest it to them. Support is crucial for them as they are easily distracted. One critical comment can destroy their motivation, while even a minor amount of stress can drive them to bingeing. Despite this, young Pisceans tend to lose weight quite easily once they develop a rhythm. However, older Pisces tend to gain weight easily. To minimize this, they should take action as soon as they start gaining in order to prevent obesity in later years.

ARIES (21 March - 19 April)

Advice: Be patient when dieting. Find a buddy or others to keep you on track.

Ariens are often very interested in their health and appearance, so they hate being overweight. But although they tend to start a diet with enormous enthusiasm, unless they achieve rapid success they are tempted to give up and move on to something new - maybe another diet. Their dislike of restrictions as well as their impulsive nature can make it difficult for them to stick to a diet for very long. Yet if they apply their many positive qualities, and get support, they can be very successful. Not least because Ariens love a challenge and have a great desire to succeed. To summarize, providing they accept their dieting weaknesses and take steps to overcome them - for example, by getting plenty of support - Arien dieters can achieve great success.

TAURUS (20 April-20 May)

Advice: Don't go too long without food. Make exercise fun.

Taureans are too realistic to be attracted to fad diets or other weight loss gimmicks. And their methodical nature means that dieting comes easier to them. Furthermore, their normal patience ensures that they stay on track even if their weight loss is slow. However, typical Taureans tend to lose weight quite slowly, often because they have a slow metabolism and don't really enjoy exercise. Also, a minority of Taureans can become very "set" in their ways, and may not find it easy to change their lifestyle. Where it occurs, Taurean obesity tends to be the result of a sweet tooth, a love of rich food and occasionally a self-indulgent streak. So eating regularly throughout the day will prove especially beneficial for them. Due to their dislike of exercise, they should join a fitness group for optimum support.

GEMINI (21 May - 20 June)

Advice: Set yourself realistic goals. Join a weight loss support group.

Despite the fact that Geminis tend to have a fast metabolism and burn calories quite quickly, this does not always guarantee success. This is due to their fickle nature, their impatience and occasionally their unrealistic expectations. Ideally, they should choose a Taurean diet buddy to help keep them on track. Even so, Geminis have many positive qualities that help them to lose weight. Their optimism and love of change can inspire them to embrace the necessary lifestyle changes. For best results, they should seek support to help them stay cool if and when weight loss slows down, and try to curb their natural tendency to weigh themselves every day!

CANCER (21 June -22 July)

Advice: It's vital you have a powerful incentive to lose weight.

Overweight Cancerians can spend years worrying about their size and shape without taking remedial action. One reason for this is that they LOVE to feed themselves and others! So the idea of following a rigid calorie-controlled diet is not attractive to them, especially for more moody Cancerians with a tendency to eat for comfort. That said, patience is the greatest Cancerian asset. So once they commit to a diet and exercise program, Cancerians are very tenacious and tend to persevere until they reach their goals. But they must have a good incentive to lose weight, and they must choose a diet plan which suits their lifestyle and offers a wide variety of foods.

LEO (23 July - 22 August)

Advice: Don't be distracted by fad diets.

When it comes to losing weight, Leo's greatest strengths can be their greatest weaknesses. For example, if things go well, their enthusiasm and desire to succeed can make weight loss quite easy for them. But if they encounter difficulties and fail to meet their high standards, they often become despondent and quit. This is aggravated by the Leo desire for excitement, which increases their weakness for fad diets or other plans that promise "instant weight loss." To combat this, it is particularly important for Leos to choose a healthy diet program that offers reliable weight loss, plus enough support to help them bounce back if they experience "bad days" or "bad weeks".

VIRGO (23 August - 22 Sept)

Advice: Be realistic! Don't expect to lose weight too fast.

Similar to Leos, Virgo dieters can struggle to lose weight despite their positive qualities. On the one hand they are gifted with great practicality, attention to detail and high standards, which leads them to choose sensible diets and which may give them great strength of purpose. On the other, they expect too much of themselves, which can be their downfall. If they don't lose weight fast enough, either they feel too miserable and quit, or else they cut corners, eat too little and end up bingeing. To overcome this, Virgos should join a diet forum or support group which might help them to channel their energy and cope with occasional disappointments.

LIBRA (23 Sept - 22 Oct)

Advice: Boost your self-discipline by joining diet and exercise groups.

Librans tend to have a slower metabolism and may gain weight relatively easily. This is aggravated by their laid-back attitude, dislike of exercise and the Libran sweet tooth! On the other hand, Librans are very aware of their appearance and appreciate that in order to maintain their looks they need to eat healthily and take regular exercise. Once motivated they adapt well to new routines. For best results, Librans should avoid being tempted by any plan that promises "effortless" or "ultra-fast" weight loss, and choose a more realistic program. In addition, they should join an exercise group or gym to help them get a regular workout.

SCORPIO (23 Oct - 21 Nov)

Advice: Ease up. Don't worry so much. You're a natural winner.

Weight reduction tends to be easier for Scorpios than any other star sign. This is because Scorpios are positive, well-organized, determined and willing to follow a new diet regimen. If they have a weakness, it is their need to completely immerse themselves in their weight loss program. So if sudden obstacles appear, which prevent them from giving their utmost, some Scorpios can quickly become restless and dissatisfied. Also, in an attempt to lose weight as fast as possible, they can overdo things. They may reduce calories too far, or take too much exercise. If they avoid these traps, Scorpios typically achieve great success.

SAGITTARIUS (22 Nov - 21 Dec)

Advice: Focus on your diet and get plenty of exercise support.

When it comes to losing weight, Sagittarians have one major handicap: they try to take on too much. They are quite capable of starting a new diet and a new job at the same time. As a result, despite great enthusiasm and a genuine desire to finish what they start, they can't give their diet the attention it requires. Result? The wheels come off. This situation is aggravated by Sagittarian impatience and an undomesticated nature. For best results, Sagittarians should limit their commitments, choose a diet which offers simple recipes and enough online support to help them overcome their periodic restlessness. A fun exercise program, such as an aerobic dance class, is especially beneficial for Sagittarians.

CAPRICORN (22 Dec - 19 Jan)

Advice: Go with the flow and learn to accept help.

Capricorns have a number of wonderful qualities. Extremely single-minded, well-organized and able to sacrifice everything to achieve their goals, Capricorns rarely have problems losing weight, provided they are motivated. However, they do not take advice easily, nor do they look for help, so if they experience problems - like a weight loss plateau, a sudden loss of motivation, or a weekend binge - they can find it difficult to recover. So for best results, Capricorns should be more prepared to take advice and seek support. As far as specific plans are concerned, a practical diet with strict rules is ideal.

How a Linda Over-Hauled Her Health

I was smiling to myself when I read the story of Linda (name changed but the story is true and factual).

One day, a photograph of a big oversized girl in her early twenties was splashed throughout the newspapers in Malaysia. The photograph showed a plain looking oversized girl who was sitting on top of a hapless man, pinning him down by her sheer weight.

When I read the news story, it told of how Linda was the victim of a snatch thief who went for her handbag, but this gusty oversized pounder of a girl was not going to take it lightly. She pounced on the snatch thief and pinned him down, and yelled for help.

Oversized, and unflattering in looks, she spoke of having to walk alone back from work at a photo studio where she worked as a clerk, as she had no boyfriend.

Three months down the road, I was again surprised by another photograph.

This time the photograph showed the same Linda - but as a dashing, slim and attractive girl. Gone was the fat, the flabby thighs, and what remained was a vastly improved Linda with new attractive looks, and a new wardrobe.

How did Linda make that transition from oversized and shunned lady to a desirable siren?

What transpired was that when her photograph was published in newspapers nationwide, there was a boss from a Weight Loss and Slimming Centre who knew Linda would benefit from a course on dieting and weight loss and control. This owner sponsored her for this course, and so 3 months later, he had transformed Linda to a dashing beauty.

The crux of this story is simply this : You can undergo a course of dieting and weight loss, and emerge a physically better person. Going for a course means discipline, and stems an air of finality that you are taking the initiative to get yourself back into shape and better health.

For those who are in need, you can pick up a lot of pointers, tips and techniques for natural weight loss methods for free by reading testimonials and reports by others who have been through it all...and have gotten their shapes and sizes back. What remains is a self imposed discipline to take action. The battle of weight control starts in the mind, and that is where you need to start if you wish to have the best size, shape and weight. Once that is done, you are well on the road to an improved weight and better health.

What Are You Doing To Control Your Weight?

Doesn't it seem like there's so much pressure now days to be thin? I mean, it's all over the television and magazine covers every day. The media has made the weight issue inescapable. What are you doing to control your weight?

Have you conformed to one of the rage diets? Or possibly you 've adopted a strenuous new workout regime at the local gym. Regardless of what you do to keep those pounds off, at least you 're giving it your all. Too many Americans present up on their figure, and from there it just all goes down barrow. At top you 're a size 9. You recall you 've gained a little, but no big treaty. Then you 're a size 12, then a size 16. This process can go on and on if you smartly dodge the issue. In this day and age it 's foolish to disregard your figure. Especially when it 's so easy to acquire weight loss tips. Have you tried the World - Wide - Web yet?

Back in the day it was difficult to come by descent weight loss tips. So many gurus didn 't actually know what they were babbling about. It was more of a scheme than anything. Remember those machines people would stand on with the enormous belt? I 'll never forget the first time I saw that concoction on some old ad. It basically giggled the person 's mid - section all over the place. Now what in the world is that going to accomplish? Did folks back then actually believe that you could simply shake the weight off? Fortunately nowadays we understand a little more about how things work. We know that certain weight loss tips are valid, while others are bogus. Diet pills that pull the water weight from your figure aren 't helping anything. What you want to get rid of is fat. If you are searching for decent weight loss tips regarding dietary supplements, then I suggest you do some online research.

Are you in need of some useful weight loss tips? Don't get down on yourself if you've yet to find that ideal weight loss regime. There are loads of solutions out there if you do some browsing. A couple weight loss tips to live by are; always maintain a balanced, healthy diet rich with fresh vegetables, organic meats, and plenty of water. The key is eating reasonable portions and not going overboard. It's also mandatory to exercise on a regular basis in order to keep your metabolism up.

What Are You Willing To Do To Achieve Your Weight Loss Goals

I'm approached quite regularly about which diet is best, which book would I recommend and what exercise program should a people follow. People think they can just purchase a book to read and then some sort of magic occurs whereby reading it will cause their fat to magically disappear. Well, I'm here to break the news to you, the \$40 investment in your weight loss book is just the start, there's a lot of hard work and other expenses involved.

Time Investment

There's time invested in your education (reading, watching

videos etc), time you'll spend exercising doing both cardio and weight training. There's time spent creating your new meal plans as well as preparation of those meals the day before or days in advance. There's time involved in doing extra laundry because you're suddenly doing more exercising now on your weight loss journey.

Let me ask you this: What's your favorite television show?

How much television are you watching in a given week? 1 Hour?

Six? Are you willing to eliminate television to allow yourself time to go to the gym and prepare foods for the next day? If not, then don't bother buying books that recommend food and exercise programs? It takes time to prepare food for 5 or 6 meals in a day and to go to the gym once or twice a day. Weight loss requires a time investment.

Food Investment

The quality of the food you put in your body is directly proportional to the quality of your cells. It's your cells that create energy and make your various bodily systems run, and if they're given the best quality food, then they're able to regenerate and be healthy.

Conversely, low quality food creates a low quality cell. A low quality cell is not up to the demand of generating energy nor the proper removal of wastes which then results in sickness and disease.

In conversation with a fellow regarding his food program and how he could make corrections to his diet to improve his health, burn fat, improve his workouts and achieve his weight loss goal, I suggested a few "new" products. Oatmeal, some whole grain wraps, spring mix salad, and Essential Fatty Acid, Almond butter and whole grain basmati rice were a few places

to begin.

“You didn’t tell me how expensive it was going to be!” was his response.

Well, I don’t consider it expensive, so I would not have said that it was.

Our cells are our power plants in our body. Our body is constantly rebuilding itself daily and hourly. Our skeleton replaces itself once a year and the muscular lining of our stomach and our intestines is replaced every 3 to 4 days so it only makes sense to give it the highest quality food. Doesn’t it?

You’re probably going to come to the same conclusion that most other people do. The food I put in my body creates a healthy body and I must take care in my food choices.

Whole grain oatmeal costs more money than cocoa puffs. Raw

almonds cost more than hickory smoked almonds and you probably never knew what Essential Fats or Pro Biotics were. Weight loss requires an investment in food.

Cutting Expenses To Reach Your Goal

If you're not able to increase the amount of food you eat financially or the quality of the food you eat (organic), then what are you willing to do to get it. Are you willing to cut some other costs? Are you willing to increase your sales at your job or home business to be able to afford this new change? The first reasonable step is to make some switches or replacements. Take note of non nutritional foods in your day - consider snacks, junk foods, coffee, pop, cigarettes (I hope you're not still smoking), milk or dairy products, alcohol, vitamins, tums, Roloids, pepto bismol etc and see how much you're spending on a daily or monthly basis. Are you willing

to replace these for higher quality nutritional foods that will support you in your weight loss goals? It can be a scary thought for some people. Others accept the challenge readily because they've truly committed to their weight loss goals and are willing to do Whatever It Takes! Switching and replacing is the easiest thing to do. Weight Loss requires sacrifice.

Invest in Yourself

Your body, your mind, your soul and becoming the best you can be is the single best investment you can make. Make the decision to eat the cleanest food you can, make the healthiest choices you can, begin to switch from non nutritional foods to nutritional foods and let go of negativity in your life. Weight loss is easy, but requires some investment.

What Are Side Effects Of Hoodia Gordonii?

Current research has found no known immediate or long term side effects of using hoodia gordonii. There are no known negative side effects by taking Hoodia Gordonii, although there are some reports of a mild aphrodisiac and mood elevation effect. There are no known side effects with Hoodia Gordonii although it is said to possess a mild aphrodisiac effect. A certain molecule known as P.57 is apparently what's responsible for a reduction in hunger when taking some fat burners that contain hoodia gordonii.

This brings up another issue on long term safety of hoodia gordonii. Xhobitol's key ingredient is Hoodia gordonii, which for centuries has controlled hunger and thirst during hunting expeditions in the Kalahari Desert. For generations bushmen have used Hoodia gordonii while on long hunting trips to help increase stamina and stave off hunger and thirst. Whenever they traveled on long hunting expeditions, they consumed the Hoodia Gordonii cactus to help stave off hunger on their long trips. Customers are looking for a clean, potent Hoodia gordonii product and there are only a handful of companies that have it right now. I firmly believe that Hoodia Gordonii is a stand-alone product and is the most effective appetite suppressant currently on the world market.

Animal studies using rats have shown a significant decrease in calorie consumption in those rats given hoodia gordonii. Half the group was given real pure Hoodia Gordonii and the other half was given a placebo. These same studies also showed that participants taking Hoodia Gordonii had a higher level of energy from the participants given the placebo. Half the group was given Hoodia gordonii and half was given a placebo. Recent studies have shown that Hoodia gordonii can reduce caloric intake up to 50% and help reduce blood pressure without unwanted side effects. talks about the marketing scams surrounding Hoodia Gordonii, a cactus that drug makers claim has the power to reduce appetite. Some claim that Hoodia Gordonii can curb your appetite and make you more alert, without making you jittery. We cannot, and do not, guarantee that Hoodia Gordonii will help you to lose weight or curb obesity.

Research shows that Hoodia Gordonii safely reduces your appetite so you can limit your caloric intake up to 1,000 calories per day. Now assuming that by taking gordonii hoodia extract, you need 1000 fewer calories per day. has shown that, on average, the test subjects taking Hoodia Gordonii safely reduced their calorie intake by 1,000 calories per day within 14 days. It's also been reported that not all fat burners that claim to contain Hoodia Gordonii are prepared the same. The Microscopy test The microscopy test shows the sample has no physical resemblance to hoodia gordonii. Key Ingredients Hoodia gordonii curbs your appetite while boosting energy, helping you feel satisfied and full. Designed to help you feel full and satisfied, ChocoLeans contains Hoodia Gordonii and wolfberries, a unique blend of ingredients that combines for powerful results. Some do not feel the effects of Hoodia Gordonii for a few weeks of regular doses of the weight loss supplement. Half the group was given real pure Hoodia Gordonii and the other half was given a placebo. These same studies also showed that participants taking Hoodia Gordonii had a higher level of energy from the participants given the placebo. Half the group was given Hoodia gordonii and half was given a placebo. Pure hoodia gordonii diet pills balanced diet plan weight loss goals diet pills with ephedrine x 112 diet pills snorting diet pills.

It is clear that Hoodia gordonii cannot be taken in this fresh form by many consumers. The efficacy of Hoodia Gordonii has been established with a profound weight loss and a good emergent safety profile. A lot more testing on the effectiveness and safety of hoodia gordonii and fat burners that contain it, are needed.

We have yet to see any long term research done on people who use Hoodia gordonii on a regular basis. However, current research has found no known immediate or long term side effects of using hoodia gordonii. But unlike many other appetite suppressants and diet pills on the market, Hoodia Gordonii has no known side effects.

What Is A Balanced Diet?

A good diet is important for good health. A healthy and varied diet can help to maintain a healthy body weight, enhance general wellbeing and reduce the risk of a number of diseases including heart disease, stroke, cancer, diabetes and osteoporosis.

A healthy diet consists of four main categories of foods - of course there are some other minor groups. But these four main food groups will provide a healthy diet the bulk of its nutrition. They are: vegetables and fruits, grain products, milk products, and meats and alternatives.

A healthy diet will serve a good balance of each of the food groups listed. Of course, different individuals will need different amounts of food. Other factors such as age, body size, activity level, gender will also affect the amount of food you eat. Below is a guide to provide you with a general idea of how much from each group you should serve for a healthy diet.

Please note that meat is NOT a necessary part of a healthy diet. Contrary to what many say, you can get enough proteins from vegetables, beans and soy products.

A healthy diet is a diet based on breads, potatoes, and other cereals and is rich in fruits and vegetables. A healthy diet will include moderate amounts of milk and dairy products, meat, fish or meat/milk alternatives, and limited amounts of foods containing fat or sugar.

You must have carbohydrate, protein, fat, vitamins, minerals, salts and fibre in the correct proportions. If there is not enough protein, you will not be able to grow properly and you will not be able to repair yourself i.e. wounds will not heal properly. If you do not have enough energy containing foods you will feel very tired, you will not have enough energy. If you have too much energy containing foods you will become overweight.

If you think that you are overweight you might try taking more exercise to "burn off" some of the excess food which you ate at your last meal.

What is in a Weight Loss Diet Pill and Can it Help?

With all the strenuous activities and sweat-generating regimens that most weight loss programs have, more and more people are enticed to opt for a better alternative, without the trouble of exerting too much effort.

With the advent of diet pills that promote weight loss, people go mad over the appealing advertisements of most manufacturers claiming that their product can easily "melt away" those fats and cellulites.

With these pills dominating the market today, who needs to tone those abs and biceps and do some dieting if there is an easier way to lose weight?

With an estimated 60% of the American population that are now considered as obese, these “wonder” drugs are definitely reaping millions of dollars in the United States alone.

Now, the questions are: is there any truth regarding the manufacturers' claims that these diet pills can ultimately promote weight loss? Are they really effective in helping people lose weight? And if that is the case, do these pills also help those people maintain their ideal weight and curb any fat accumulation in the body?

In reality, there are diet pills that can really make a person shed off those extra pounds. These diet pills contain certain substances that were already clinically and scientifically proven to be very effective.

These diet pills are effective in increasing the metabolism of the body, thereby initiating weight loss. Plus, these diet pills contain certain substances that suppress one's appetite.

However, with so many diet pills saturating the market today, trying to find the best and most effective diet pill can be very tedious. Chances are, you may end up choosing the wrong diet pill when your energy to find diet pills wanes down.

Actually, there are only five factors to consider when choosing diet pills that are effective at the same time safe to use. Here is a list of the factors that you need to consider in order to come up with a diet pill that is right and appropriate.

1. The metabolism-boosting ability

In choosing diet pills that will effectively promote weight loss, it is best to look for pills that have the ingredients that will enhance your body's metabolism, or the ability of the body to burn excess fats.

Choose those diet pills that contain alpha lipoic acid, green tea extracts, and "L-Carnitine" because these ingredients had been clinically proven to be effective in promoting weight loss through increased metabolic rate.

2. The appetite suppressants

Find diet pills that effectively suppress your appetite. It does not necessarily mean that you will skip meals but you will not just feel hungry every now and then. This is because obesity usually happens to people who are fond of in-between meals, which actually initiates excessive calorie intake.

3. The calorie stopper

Because obesity is usually due to excess intake of calories in the body, which is more than the recommended amount, it is best to choose diet pills that have the special ingredients that will curb the entry of calories into the body.

These substances are known as "phaseolus vulgaris." This is known to create an enzyme that will efficiently control any excess calories in the body. The enzyme responsible for this wonderful job is known as "alpha-amylase."

4. The metabolic enhancers

It is best to choose diet pills that have the so-called “lipotropic elements” that are effective in eliminating fats from the body. It functions like a sweeper that effectively sweeps excess fats outside the body.

These lipotropic elements are found in vitamin C, chitosan, alpha lipoic acid, and green tea extracts.

5. The water-retention breaker

Effective diet pills are those that contain diuretics. These are elements that avert the retention of water in the body during the weight loss regimen.

All of these factors are, indeed, clinically proven and effective in losing weight. Though, it must be kept in mind that diet pills alone are not sufficient to provide optimum weight loss. Hence, it is still important to do some exercises.

Therefore, with exercise and the right diet pills, you are definitely on your way to a healthier, slimmer you.

What Is The Atkins Diet?

The Atkins weight loss diet is based on one simple principle: Your body burns both carbohydrates and fat for calories. If you reduce the amounts of carbohydrates available, it will burn more fat and you will lose weight.

According to Atkins, calories are unimportant. The key to losing weight is to restrict the carbohydrates that you eat and force the body to turn to its stored fat as an energy source. As proof of this, proponents of the Atkins Diet point to the following facts derived from research:

* When the body doesn't have enough carbohydrate, it will use ketones derived from fat as energy.

* You can eat more food and lose more weight on a low carbohydrate diet than you can on a low fat diet.

* You crave less food when you eat fewer carbohydrates.

* By eating fewer carbohydrates, people tend to eat fewer calories without counting them.

* The greater the difference between fat and carbohydrate, the greater the weight loss.

In short, if you restrict your intake of carbohydrates, you will most likely also restrict your intake of calories. By lowering your carbohydrate intake, you will encourage your body to turn to fat for energy.

The Atkins diet has provoked storms of controversy since it was first published. The recommendation to eat a high-protein, low-carbohydrate diet flew in the face of all the dietary recommendations by established medical institutions. The diet was denounced as unsafe, particularly if used as a life-long weight maintenance plan. Over the past five to ten years, there have been numerous studies that come down on both sides of the equation, and Atkins last version of the diet included the admission that calories do matter, and the advice to 'eat only enough to satisfy hunger'.

A typical menu for a meal on the Atkins Diet might include:

Portobello and Ricotta Crostini

Chicken Milanese over Spring Salad

Lemon Vinaigrette dressing

Warm Lentils and Celery

Raspberry Cheesecake in a Cup

The eating plan recommended by the Atkins diet contains very low portions of carbohydrates, deriving the majority of carbohydrates from vegetables high in fiber and low in carbs, and unrestricted portions of proteins, including high fat proteins like beef, pork and cheese.

Follow up research on people who have used the Atkins Diet to lose weight show a fast initial weight loss that eventually levels off. The Atkins Diet has four phases to account for it:

1. The Induction Phase, which restricts carbohydrates severely.
2. The OWL (Ongoing Weight Loss) Phase, in which you add in limited carbs and tailor the eating plan to your tastes
3. Pre-maintenance, with ten pounds or less to the target goal, deliberately slows weight loss to begin adjusting the body to after-weight-loss diet.
4. Lifetime Maintenance, a long-term eating plan that emphasizes low carbohydrates and healthy, long-term eating

Who should use the Atkins Diet?

While the Atkins Diet seems on the surface to be directly counter to what is recommended by most medical institutions, many of the principles are actually the same. Unless you are under the care of a physician for a chronic medical condition like diabetes, high blood pressure or coronary problems, you can use the Atkins Diet. Do pay attention to the portions recommended in the menus and plans at <http://www.atkins.com>, despite the reassurances that you can 'eat all you want and still lose weight.'

Green Tea & Your Diet Plan?

Eating and dieting these days do not usually involve your favorite beverages like green tea and coffee. But this is not always necessarily the case. With some bit of planning and a lot of discipline, your diet plan and weight regime can include your morning cups of coffee or green tea.

South Beach Diet Plan

An idea formulated by Dr. Agatston, the South Beach Diet plan is not low-carb, nor low-fat. According to its originator, the South Beach Diet plan “teaches you to rely on the right carbs and the right fats.”

This diet plan comprises three phases – Banishing your Cravings, Reintroducing Carbs, and A Diet for Life. Using artificial sweetener and low-fat milk in your coffee or green tea during all three phases is one way to go on losing weight without having to give up your brewed cup. Going decaf with your coffee might also be a good idea since the objective of this diet is maintaining even insulin levels. If you're a green tea drinker, then there is less worries for you. Green tea contains only very few amounts of caffeine.

The Zone Diet Plan

The Zone Diet plan was developed by Barry Sears, a former biotechnology researcher at the Massachusetts Institute of Technology. This diet plan is based on the maintenance and consistency of insulin levels. Because this diet plan also concerns itself with insulin control, the issues that arise are handled similarly as that with the South Beach Diet plan. Taking decaffeinated coffee and green tea is all right as long as these beverages don't spike up your insulin. The eating program of the Zone Diet plan requires you to use artificial sweetener and low-fat milk in your coffee or green tea.

Blood Type Diet Plan

The Blood Type Diet plan is a weight loss regimen where the foods you eat are based on your blood type. The eating program of the Blood Type Diet plan is more restricted compared to the South Beach Diet plan, the Zone Diet plan, and the Atkins Diet plan. For instance, for people with blood types A and AB, coffee is highly advised. But for those with blood types O, adding coffee to the Blood Type Diet plan should be avoided. Green teas on the other hand are acceptable for any blood types. However, adding natural sweeteners like sugar, honey, stevia, or maple syrup in green tea should be avoided in this diet plan.

Sugar Busters Diet Plan

The name of the diet plan says it all. Subscribers to this diet plan are highly cautioned against sugars. Coffee and green teas are perfectly fine but only use artificial sweeteners.

Atkins Diet Plan

Another low-carb diet plan variety, the Atkins Diet plan works best with caffeine-free coffee and green tea. For best results, artificial sweeteners in your green tea and coffee are advised to keep your carbs down.

Paleolithic Diet Plan

Also called the Stone Age Diet plan, this diet plan is based on the consumption of simple, unprocessed foods that our Neanderthal ancestors would have eaten. This diet plan is perfect for green tea drinkers. Green tea is simple and 100% natural steamed dried leaves from the *Camellia sinensis* plant. If you're a coffee drinker, you might be in for a tougher choice since you might have to give up coffee all together with this diet plan. Sugars in green teas are still a big no-no, especially the refined kind.

As you can see, there are plenty of options available to help you with your diet plan, and enjoying the benefits of green tea is a great place to start.

What Is The Mediterranean Diet?

In 1993, the Harvard Medical School released the results of research that studied the diets of those countries bordering on the Mediterranean. Their findings suggested that fat and carbohydrates were NOT the main culprit in obesity and heart disease, but rather that the RIGHT fats and carbohydrates should be the base for a healthy diet. The study pointed to low rates of obesity, diabetes and heart disease throughout the region as proof of their contention.

Exactly what is the Mediterranean diet and can it help you lose weight? There actually is no 'Mediterranean' diet - it's a compilation of the way that people in the countries surrounding the Mediterranean Sea eat. Despite the differences in actual specifics, all of those studied based their diets on the same proportions of food groups and calories, and all included olive oil as their main source of fat. In fact, their diets contained far more than the recommendations made by the USDA - 40% rather than the 30% recommended for most healthy Americans. Still, the evidence was irrefutable. Therefore, it must have been the KIND of carbohydrates and fats that made the difference.

The Mediterranean diet consists of the following guidelines:

60% Of Total Carbohydrates From Grains, Fruits And Vegetables

Those include whole rice, fresh vegetables and fruits, whole grain breads and cereals, polenta, pasta (made with whole grain, not refined white flour)

Sparing Use of Red Meat, Fish And Poultry

The typical adult Mediterranean consumes about 15 ounces of red meat and poultry per week. Another 5-15 ounces of fish per week account for the bulk of their meat protein intake. Compare that to the typical American diet which might include a 1 pound steak for dinner one night, a 1/2 pound chicken breast the next, and on and on.

Olive Oil

Olive oil is not a miracle oil. It is, however, mono-unsaturated - a good fat. Mono-unsaturated fats help lower cholesterol rather than raising it, and are healthy ways to add fats to your diet (and yes, even though we think of fat as a dirty word, your body does need some, or it can't use many of the vitamins you feed it!)

The other important component of the Mediterranean lifestyle was activity. The typical Mediterranean day includes walking rather than driving, physical activity in the fields or the home and recreation. Physical activity is vital in helping the body to lose weight, and to maintain your new weight once you reach it.

The secret to losing weight with the Mediterranean diet is to base your meals on healthy carbohydrates - leafy green vegetables, brightly colored vegetables, whole grains and meals. Use meat sparingly - no more than 3-6 ounces per day. Derive dietary fat from vegetable sources - or from fish oil. Exercise regularly to rev up your metabolism. The Mediterranean diet isn't a weight loss regimen. It's a new way of eating that will help you reach your goal weight and stay there when you get there.

What Is The South Beach Diet?

The South Beach Diet was developed by cardiologist Arthur Agatston to help his patients lose weight and maintain a healthy diet for a lifetime. It is designed in phases, like the Atkins Diet, with different eating recommendations in each phase. All phases have the same underlying philosophy, though. Weight loss and maintenance depends on establishing a balanced diet that avoids 'bad' fats and carbohydrates.

The proponents of the South Beach diet claim that you can lose weight and maintain the weight loss without counting calories, weighing portions or depriving yourself of good-tasting, satisfying foods. This is accomplished by cutting out empty, high-carbohydrate foods like sugars, potatoes, rice and white bread. Each phase is specially designed to accomplish a particular goal.

Phase I: Adjusting your Metabolism

In Phase I, you eat three meals and two snacks daily, eating until you are no longer hungry. The phase lasts two weeks, during which time your body will shed 8-13 pounds.

These items are not allowed during Phase I: bread, rice, potatoes, pasta, baked goods, fruit, candy, cake, cookies, ice cream, sugar or alcohol

Phase II: Weight Loss

The aim during Phase II is to lose weight, with loss averaging 1-2 pounds per week. During this phase, you will gradually add the restricted foods from Phase I back into your diet, but you will eat less of them. The daily diet on Phase II should consist of:

All the protein you want

Minimum of 4 1/2 cups of vegetables

Up to 3 servings of fruit

Up to 3 portions of starch

1 1/2 cups of milk/dairy (including yogurt)

3 tbs. fat

In real terms, a typical menu for a meal on the South Beach Diet might include something like this:

½ grapefruit

2 scrambled eggs mixed with Monterey Jack cheese and salsa

1 slice of whole grain toast

Decaffeinated coffee or tea, fat-free milk and sugar substitute if desired

The eating plan recommended by the South Beach Diet emphasizes low carbohydrate foods, restriction of sweets, processed starches, white sugar and 'unhealthy fats', and all the protein you want. It specifies minimum amounts of low carb vegetables to be eaten daily that are remarkably close to the recommendations made by the USDA and the American Diabetes Association.

A key concept in the South Beach diet is the Glycemic Index. Foods are ranked on a scale of 1-100 according to their Glycemic index - the amount by which they raise blood sugar levels after meals. The focus of your diet should be on foods low on the GI level, such as yogurt, cucumbers and broccoli and whole grain cereal, while avoiding those high on the GI scale such as white bread, potatoes and pretzels.

In addition to the above, the South Beach Diet offers the following guidelines:

- * Drink a minimum of 8 glasses of water and other decaffeinated beverages per day (excluding fruit juices)
- * Limit your intake of caffeine-containing beverages to 1 cup each day
- * Take one multivitamin and mineral supplement daily
- * Take between 500 and 1,000 mg of calcium daily

Phase III:

The lifetime maintenance plan is nearly identical to the weight loss phase, with more portions of foods allowed.

Dr. Agatston cautions that patients being treated for diabetes, impaired kidney function, pregnancy or other chronic illness should consult their physician before embarking on any weight loss regimen.

What Is The Truth About Hoodia?

If you want to lose weight you have likely already heard the praise being given to the latest in natural cures - Hoodia Gordonii. So, is it as good as they say? How does it work? And most importantly - will it help you lose weight?

STUDY SHOWED HUNGER PAINS TURNED OFF

The most frequently reported study to promote Hoodia Gordonii as a weight loss supplement was conducted with obese individuals who were given Hoodia Gordonii and left in a room with little to distract them except TV, reading and eating. This group consumed on average 1000 less calories a day than the control group given a placebo. The active ingredient in Hoodia Gordonii appears to tell the brain that the stomach is full. No hunger pains could mean less eating, which would naturally cause a loss of weight.

AFRICAN BUSHMAN USED HOODIA TO STAVE OFF HUNGER FOR LONG TRIPS

Hoodia Gordonii is an African cactus that grows naturally only in the Kalahari desert. For thousands of years the bushman of this region have eaten Hoodia Gordonii with no apparent ill side effects, like the racing heart experience of Ephedra or other supplements. In fact, the only known side effect seems to be an overall good feeling. However, the bushman used the Hoodia Gordonii sparingly and further studies are required to examine the possible side effects of regular doses over a long period of time.

WILL THE HOODIA GORDONII HELP YOU LOSE WEIGHT?

The molecule that has been linked to the appetite suppressing abilities of Hoodia Gordonii, now called P.57, appears to affect both humans and animals. One study showed a decrease in appetite by 30-40%. There are documented personal experiences showing the immediate effects of eating Hoodia Gordonii. It is important to note that the molecule isolated in Hoodia Gordonii does not necessarily affect the appetite when eating high carbohydrate or sugar diets or when hunger is caused by physical exercise. While P.57 can signal to the brain that the body is full, the sugar drops and physical requirement for nourishment can counteract these effects. As with any weight loss program it is necessary to adapt diet and lifestyle to experience the most profound changes. Suppressing the appetite should not be a replacement for good nutrition and healthy living.

What Is Your Healthy Body Weight?

Everywhere we look in the western world we are inundated with pictures, images, icons and inferences of the 'perfect' female shape! The truth is that many of these images are altered or enhanced in some way and do not depict the typical female form. The pressure to lose weight is immense when we are bombarded every day with media selling products based on slimness, sex appeal and fashion. The constant message is that slimness will make you desirable.

With the current demographic trends in western countries, and faced with a sea of high fat, high sugar combined with physical inactivity; it is time to pay attention to our weight but not for any reasons of desirability. The most important reason for wanting to be a healthy body weight is for health rather than for how your body looks.

Overweight and obesity are major public health problems in western countries. Since the 1980s both adult men and women have become heavier, with obesity rates more than doubling in the last 20 years! Children are also becoming heavier. There is a growing concern that we are inadvertently training our overweight children to become obese adults. It has been said, we are digging our graves without teeth! So how can we determine what is a healthy body weight for each individual?

How you tell if you are overweight

As we are all different shapes and sizes, there is not one recommended weight for your height. Instead there is a range of weights that are healthy for your height. One way to check your weight is to calculate your Body Mass Index or BMI.

Your BMI is a ratio or comparison of your height and weight expressed in a number. To find out your BMI you need to divide your weight (measured in kg) by your height (measured in m) squared. If you do not know your measurements in the metric system you can find any number of BMI calculators online that will do the conversion for you into empirical measures. One such calculator is at the website listed below.

The accepted definitions of weight categories by BMI are:

Underweight - BMI less than 18.5

Healthy weight - BMI between 18.5 and 24.9

Overweight - BMI equal to or greater than 25 and up to 29.9

Obese - BMI equal to or greater than 30

These BMI values only apply to adults aged 18 years and over and are based on studies of Caucasian populations. Therefore, they are not applicable to children and adolescents and they may not be appropriate for people of other cultural backgrounds.

Another way to check your weight is to measure your waist circumference, using a tape measure. This gives you an idea of whether you have a lot of fat stored around your middle. Waist circumferences associated with increased health risk are:

For men Waist circumference greater than 94cm

For women Waist circumference greater than 80cm

Being a healthy weight can help:

- improve blood cholesterol levels, blood pressure and blood glucose levels
- reduce your risk of other health related problems
- improve self confidence and self esteem
- make it easier to be physically active.

If you are obese or overweight...try not to gain additional weight. This will help you in years to come as people tend to increase weight with age. Better still look after your body and follow a healthy lifestyle incorporating a nutritious, delicious, health enhancing weight loss program. Just by losing 10 pounds you can significantly improve your overall health.

What Is Your Weight Loss Motivation Level?

Have you ever wondered why there are so many diets out there on the marketplace these days? With new diets popping up on the Internet and in health and wellness journals all of the time, the phrase 'yo-yo dieting' says it all. If the South Beach Diet doesn't work, there is always the Beverly Hills Diet, or the Cabbage Soup Diet...or...the list seems endless! If you are a serial dieter then you literally have no end to the options you can pick and choose from.

What you really need to know though, is that it is not the diet that controls the weight loss, it is the person behind the diet. If you have not yet come to understand what, if any, importance food weighs in your life, and you are bouncing from one diet plan to the next diet pill, to the next gym membership then you need to realize that it isn't the diet that is failing you, but rather it is you failing the diet.

So what are some of the key things you can do to stay on track for a healthy lifestyle that involves a long term weight loss plan? Try these options:

1. Don't follow a diet plan, but instead count your calories - You can buy a calorie chart at any bookstore and keep track for yourself how many calories you are consuming daily.
2. Stay away from fatty fast foods - Fast food restaurants may be fast and easy, but they serve up high calorie food that isn't nutritious in the long run.
3. Make water your best friend - Water is an essential part of life. Everyone needs water because it helps to lubricate our joints. There are minerals in water that our body needs and our metabolism needs water in order to help us break down the protein in our body to supply energy. A person needs to drink at least 2 liters of water daily!
4. Stay away from alcohol - Alcohol dehydrates you. If you want some proof, remember your last hangover? After you came away with the sluggish, headachy feeling, were you craving a big glass of water?

5. Don't skip meals - People mistakenly believe that if they skip meals they will lose weight? Skipping meals will just make you hungrier in the long-run and you will eat MORE food.

6. Stay active - Discipline yourself to be physically active. Don't overdo it (and check with your doctor first). Create a program that you can work with. Set realistic goals and look around your environment for ways that will increase your physical activity without interrupting your day. Take advantage of any stairs you might have at home or in the office. Don't take the elevator or escalator, take the stairs!

7. Gather support - Talk to your family members and loved ones. Involve them in your new healthy lifestyle. Plan family outings where there is a good amount of walking. Plan vacations with activities in mind that will involve the entire family. The commitment to lose weight is within yourself.

Strengthen your resolve and keep your goals small and attainable.

Why Most of Your Diets Always Fail

Over the years, there has been millions and millions of people who have tried countless numbers of different diets to try and lose weight. Equally, there have been millions and millions of people who failed at these diets. If all of these diets are supposed to be designed to make you lose weight, then why do most of them fail to do that? Why is it that no matter what diet you try, it never seems to work? Perhaps the diet itself was no good. Maybe it was too expensive to stick with. It could be that there was no support. Possibly, it just seemed to take too long to lose weight.

The fact is, not one of those reasons is why most diets don't work. Surprised? Don't be. In reality, it all boils down to one simple yet complex reason. Yes, there is really only one thing that stands between you and your weight loss and that one thing is; your desire to eat was stronger than your desire to lose weight.

It may sound too simple and may be a little hard to swallow, the truth often is, but that, my friend, is the plain and simple truth.

The only real reason diets fail is because people decide to let themselves go back to their former eating habits rather than making the changes necessary to lose the weight and keep it off and maintaining those changes.

Dieting is a long and oftentimes difficult journey that must be done step by step, little by little. There can be and often are all kinds of setbacks and pitfalls that can trap you, particularly during an endeavor that takes so much time and effort. Just one slip, one temptation given in to, and your whole struggle for weight loss can be sabotaged.

In order for any diet to be successful, it must have a strong foundation. With a strong foundation, it will be a bit easier to hold your ground when those little pitfalls come along to tempt you. There also must be a solid plan. Without a good, solid plan, you will just be grasping at straws and going in all different directions. You need a plan to help guide you in the right direction at all times.

One thing that has helped many people who were successful with their diets was having the support of family members and friends. This can be a major asset that can help you stay with it.

Probably the most important thing to remember is, never starve yourself, make sure you make room to eat the foods you like from time to time and make a little time for some moderate exercise. Your diet does not have to fail, and with a little help from you, it can succeed and that means, you can succeed.

Wipe Out Those Extra Pounds Through Weight Loss Tips

Do you feel embarrassed due to the extra pounds on your body? Are you not able to lose weight? Every person is working hard to lose that extra weight from their body, but there is a need for proper guidance to achieve this goal. Gaining weight is very easy but once you have gained weight it's even harder to lose the weight. Proper consultation is required to lose weight, as in the race of losing weight you may harm yourself. Controlling weight is as important as losing weight.

Here are few dieting tips with which you can control weight: -

- Consumption of more fruits, salads, and vegetables
- Avoid use of butter and other fat enriched food
- Fried food should be avoided

We all know that no two human bodies are the same. Similarly, the fat burning process of everybody is different and a planned methodology is required to earn the lost slim body. The metabolic rate of few people is higher than others. It's now possible to change the metabolic rate of the body to lose extra pounds.

Exercise is an efficient way to lose weight. Exercise burns fat in our body. Regularly exercising can significantly change your metabolic rate. It increases your heart rate and allows more blood circulation in the body. It allows you to burn more fats than consumed fats. After a few days you can experience a remarkable change in your body. Morning walk is best to make your extra weight disappear.

You can make use of the underlying weight loss tips to lose weight: -

Drink as much water as you can. Water is the best remedy to stay away from being overweight. Replace your soda with water. Say no to junk food. Junk food prevents proper digestion process to work and in turn increases weight. Add boiled food to your diet. Most of the fats can be removed by grilling the food. This makes the grilled food a healthy one to eat. A small portion of breakfast can prevent the temptation of eating more food between breakfast and lunch time. Eat less to prevent overweight. Try to have small portions of meal with some sort of gaps between them.

If still you are not getting any results then you can consume diet pills. Diet pills are short term treatment for obesity and it limits your hunger to an extent. A number of diet pills are available in the market as: -

- Phentermine
- Adipex
- Bontril
- Didrex

- Ionamin
- Diethylpropion
- Meridia
- Phendimetrazine
- Tenuate
- Xenical

Phentermine is the most popular diet pill among these pills. These diet pills can easily wipe out your excess weight and make you stay healthier. Before the start of the treatment you should consult your doctor regarding each and every aspect of these diet pills.

Reducing Cortisol Levels Can Help You To Lose Weight

It is now known that stress can actually stop you losing weight especially around your middle. Stress can cause your body to secrete high levels of cortisol hormone into your bloodstream, because of your body's "flight or fight" response to stress. Stress can be either psychological (mental and emotional) or physical.

Cortisol is secreted by the adrenal glands and is actually important for the regulation of blood pressure, the immune system and many other functions. Cortisol can be good in small amounts but high levels can lead to an increase of abdominal fat, which can lead to heart attacks, strokes and can also increase your bad cholesterol levels and decrease your good cholesterol levels.

High levels of cortisol can also decrease your bone density, leading to osteoporosis and loss of muscle tissue, which will also slow down your metabolic rate, and it can also increase your blood pressure along with other problems.

Each of you will react differently to stress; some of you will produce more cortisol to a particular stress while others will produce less. It has been found that those of you that produce more cortisol will actually eat more food as well, in particular carbohydrates.

What you need to do to combat producing too much cortisol is to learn ways to relax and also to maybe change your lifestyle.

Relaxation can be achieved in a number of ways either by exercising, mediation, yoga or breathing to start with.

Maybe one of the easiest and simplest ways is breathing. This is done by gently breathing in through the nose, gently expanding your abdomen and then gently expelling the air through your nose pulling in your abdomen at the same time. Whilst breathing out the air you need to focus on that breath. After several breaths in and out you should start to feel yourself relax. You need to practice doing this exercise a few minutes a day to start with building up to five minutes in the end. You can also practice this when you are feeling stressed or when things are getting on top of you. Just a few minutes can slow your body down and help it to feel relaxed.

Lifestyle changes can be like changing your eating habits for a healthier diet, getting enough sleep, or even organizing your time more efficiently so that you do not feel so stressed. Also looking after your body will help your body to cope with stresses that you come across during your day.

So if you are exercising frequently and eating properly but still not losing any weight especially from around the middle then maybe you are suffering from high levels of cortisol caused by stress. Look at ways to solve the problem and hopefully then you should see a difference in your weight and around your middle.

Women's Health and Fitness - Weight Training To Lose Weight

Weight gain is a lot easier as you grow older particularly as the motivation to exercise also wanes, but you can turn it around it does not matter how old you are. You should start to weave some sort of exercise into your daily life.

One type of exercise that you should consider to do is weight training, also known as strength training or resistance training. Weight training will not only help with losing weight but will also trim and tone your body. Age does not matter. It has been shown that women as old as 70 who have started to weight train and have improved their body strength within a very short time.

Weight training is an important element in fighting flab; maybe it is the most important. If you do aerobic exercise you only burn fat during the exercise but with weight training you burn fat even when you have finished. The body is still burning fat for up to as much as twelve hours after finishing the exercise whilst it is building the muscles worked, so you can still be burning fat while you are resting. But that is not the end of the story.

A body full of muscle uses far more calories than a body full of fat, so you will find that you will need to eat more to maintain your weight and your muscle. You do not need to worry that you will bulk up like a bodybuilder, as you do not have the right makeup to do this, as a woman you will only elongate and define your muscles, and build lean muscles.

When you first start to weight train you might find that your weight will actually increase. This is because muscle is heavier than fat but as muscle is smaller so you should notice the body getting smaller even if the scales do not show an decrease in weight.

The additional benefits from weight training are:-

1. It helps to strengthen and increase the density of your bones because the act of the muscles pulling and flexing the bones helps to lay down more bone fibre.

2. Stronger muscles help your body to be more steady and so helps to prevent falls.

3. It has also been found that it can fight the build up of abdominal fat by lifting weights at least twice a week.

Finally when weight training make sure that you change your routine around so that the body can not get used to the routine. It only takes the body about six weeks for it to learn how to work efficiently if keeping to the same routine and therefore you will stop seeing any weight or body changes.

So have fun and start weight training to lose weight and tone your body.

Yoga for Weight Loss (part 1)

Using yoga for weight loss might not look effective to most people. I bet you they'll go: "Naw, it's just stretching...what can it possibly do to burn calories?"

Well, a lot my friend. Yoga can work for weight loss if you use it right and I'll tell you what to do in due course.

"But how exactly can yoga work for weight loss Foras? (That's my name by the way), y'all just stretch that's it...!"

Boy, I can't tell you how many times I've heard that comment.

Well for interested parties, yoga as an option for weight loss is wise, safe and effective.

Remember, it is the oldest physical culture known to man and not only does this exercise work the body, it works the mind and soul as well. Hey, have you seen Madonna, Sting or Russell Simmons lately? (I can just see you go: “Foras...they were never overweight so don’t go there! Well...they never gained weight either and they actually all still look good for their ages right?)

Okay, here are the poses I recommend you use when using Yoga for weight loss.

Now my friend, I will go over what I believe is the CORE of Yoga Poses.

Trust me, there have been times when I did this alone and still got the benefits that yoga gives from daily practice.

Let’s take notes:

The Sun Salutations When using Yoga for Weight Loss:

These exercises are a combination of Yoga Poses, Breathing Exercises, Sun Bathing and Prayer. They have been practiced for centuries by Yoga Practitioners in India, Martial Artists and African Wrestlers and as a system to rejuvenate the body and soul are beyond compare. It’s been said in the Drugless Healing circles that one round of the Sun Salutations is much better than a week of exercises at the gym!

They are very simple to learn and just about anyone, regardless of their fitness or flexibility levels can learn these simple exercises. In actuality, if you are familiar with “burpees” (the calisthenics exercise), they do derive their origin from the Sun Salutations.

Here are some of their benefits:

- They alleviate disorders of the skin and waist.
- Flexibility increases and breathing is corrected, moreover, they mildly exercise the legs and arms, thus increasing the circulation.
- They are the best way to burn calories and reduce weight and are often recommended for obesity and depression.
- They are an effective way of loosening up, stretching and massaging all joints and internal organs of the body.
- They stimulate and balance all the systems of the body including the endocrine, circulatory, reproductive and digestive system.

Technique:

1. Stand straight with the palms together as in a prayer position.
2. Inhale and stretch the arms above the head.
3. Exhale and bend forward while touching the toes.
4. Inhale and stretch the right leg away from the body in a big backward step and keep the hands and left foot firmly on the ground. Bending the head backward the left knee should be between the hands.

5. Inhale and hold the breath. Move the left leg from the body and, keeping both feet together and the knees of the floor, rest on the hands (arms straight) and keep the body in a straight line from head to foot.
6. Exhale and lower the body to the floor. In this position, only 8 portions of the body come in contact with the floor: the two feet, two knees, two hands, chest and forehead.
7. Inhale and bend back as much as possible bending the spine to the maximum.
8. Exhale and lift the body off the floor. Keep the feet and heels on the floor.
9. Inhale and bring the right foot along the level of the hands; left foot and knee should touch the ground. Look up, bending the spine slightly (same position as #4)
10. Exhale and bring the left leg forward. Keep the knees straight and bring the head down to the knees as in the third position.
11. Raise the arms overhead and bend backward inhaling. As in Position 2.
12. Exhale and drop the arms and relax.

You have now completed one round.

Perform as many rounds as possible in multiples of 3. Ideally you want to aim for 6 rounds minimum and up to a maximum of 30. It only takes about 5-10 minutes, depending on your speed and intensity and is best practiced with as little clothing as possible before an open air window first thing in the morning.

Okay, we've gone over the core pose or combination thereof when using Yoga for weight loss in this part of the series of this article. I'll go over SPECIFIC poses (asanas) that will target the trouble spots and some breathing exercises that would speed up burning up of calories. But my friends, note, when I say use yoga for weight loss; I mean ALL its limbs: the poses, the prescribed diet for practice and mind-set. If you were doing conventional exercise for weight loss, you'd know to eat a healthier diet right...?

Well the same applies to yoga for weight loss as well friends.

Yoga for Weight Loss (part 2)

Welcome back folks.

Okay, let's cut right to the chase for how Yoga for weight loss works.

We've gone over the sun salutations and if you are anything like me, you probably tried them out and are sold on Yoga 'the stretching' exercise actually burning calories.

Now let's target the trouble spots.

Poses for Trouble Spots when Using Yoga for Weight Loss:

1. Abdominal Region: The Forward Bending Pose, the Bow Pose, the Peacock Pose, the spinal twist and the Triangle Pose.
2. The Arms: Definitely the Peacock Pose! the Wheel Pose, the Crow Pose, the Side plank Pose and the 4-limb Staff Pose.

3. The Thighs: The Bow Pose, The Shoulder-Stand, the Hero Pose, the triangle and wheel poses.

4. Love Handles: The spinal twist, the triangle pose, (with practice) the Side Crow Poses, (for ease) The Side plank pose.

I realize the spots above are the ones most of us seem to target when trying to lose weight, so I have made sure to go over them first.

I'm under the impression that if you had searched in google or done some research on Yoga for weight loss, you must have gotten some degree of information on the poses above, or signed up for a class, bought a Yoga DVD, something to learn some more about it, which is why I did not go over each pose in detail. But trust me, they are indeed very easy. I will emphasize though, performing the Sun Salutations (upwards of 24 rounds) should be your main focus in using Yoga for a weight loss regimen, even before the other poses.

This too will help: One pose that some Yogis and Yoginis state to be a versatile enough pose for the whole body will be the Shoulder-Stand. It is best practiced with its counter poses, in fact, since these poses have effects on the meta-physical and spiritual aspects of our lives, it will be safe to say never execute a yoga pose without counter posing it. You may throw some things out of normalcy.

Here's a brief overview on the Shoulder-stand as a yoga pose for weight loss:

Spread a thick blanket on the floor and place your yoga mat on it. Lie on the back. Slowly raise the legs. Lift the trunk, hips and legs to a vertical position. Rest the elbows firmly on the floor and support the back with both hands. (See the Illustration for Proper Execution). Raise the legs till they become vertical. Press the chin against the chest. This is the chin lock. While performing this pose, the back of the neck, the posterior part of the head and the shoulders should touch the floor. Breathe in counts of 5-5-5 (inhalation, retention and exhalation). Don't allow the body to shake. Its counter poses are the bridge and fish poses which will target your forearms/thighs and chest/neck respectively.

As I promised; here is the Breath of Fire breathing exercise that you can add to your yoga practice to speed up the burning of calories. (Doesn't the name alone tell you something...?)

Breath of Fire Exercise (aka Kapalabathi or Bellows Breath)

-Take a few breaths and see that the diaphragm is moving properly. Now with the eyes closed (as they should be when performing all breathing exercises) make a sudden contraction of the abdomen with a backward push. This leads to a sudden yet firm expulsion of stagnant air from the lungs.

-Now follow this with a sudden relaxation (which naturally makes the new air rush in) now perform the exercise in this manner: passive inhalation and active expulsions at a rate of sudden abdominal push per second one after the other. A round should have 15-20 expulsions. Do not exceed 3 rounds

-You may gradually increase to 120 expulsions per round and then perform only 2 rounds. (As soon as you are doing 50 expulsions per round, do not exceed 2 rounds!) Between each round take a pause for about 30 seconds of normal breathing.

Now, there you have it, the information needed to get you started on the use of Yoga for weight loss: The poses for the trouble spots, the bellows breath, the shoulder-stand and the almighty Sun Salutations.

Remember, for the same reasons Hippocrates-the father of Medicine stated: “Let your foods be your medicine and your medicine your foods”, you’ve got to include a proper diet when seeking to lose weight with yoga. Keep in mind this is an all too important limb of this exercise so, there’s no way around it friends. (But I’m sure you know that already)

So strike a pose, and see for yourself how Yoga for weight loss can be an effective and safe choice.

How Clean Are You Where It Counts?

In today's age and world, being slim, shapely, possessing ripped abdominal muscles and toned arms seems to be the aim of a vast majority of the people you see spending tons of hours working out at gyms.

These same people spend loads of money on the new weight-loss pill or supplement guaranteed to 'make you eat less and increase your metabolism...' and in spite of whatever side effects the product may contain, the average Joe, still thinks this quick fix will be worth the risk.

In truth, some of these people have luck with these efforts, and yes they possess the ever so ripped and toned muscles we as a society admire so much. However, the fact that needs to be accepted and pondered upon thoroughly is: 'Whatever is not built on a proper foundation will eventually crumble!'

Most fitness experts and bodybuilders atrophy and wear down prematurely as sooner or later, these muscles 'blown up' with unnatural substances have a tendency to pretty much deflate. Moreover, 'ripped' muscles and supposed 'feats' of strength DO NOT depict proper and optimal health.

There is a saying that is known to every culture which goes: "you are what you eat..." What you eat plays arguably the most important role on your overall health and fitness, thus PROPER DIET should be the most important factor of any and every health seeker.

What then should one eat? In a nut-shell: yes as boring as it may sound- Fruits and Vegetables.

These substances possess the abilities to not only provide the necessary fuel needed for day to day activities, but play important and vital roles in

1. Providing the alkaline reserves in the body for balancing chemical metabolism within.
2. Cleansing the digestive and excretory tract as they act as the much needed intestinal broom to sweep these 'pipes' (as you may call them) clean to function properly in their duties of nourishing and cleansing the body.
3. Keeping the body fit, trim and in shape WITHOUT the unwanted side effects of toxic and artificial substances such as pills and supplements.

Sure, it is a great feeling to be able to see the awesome cuts in your 'abs' and arms when you look in the mirror, but feeling good on the inside as well and knowing that you are thoroughly cleansed internally should be of just as much importance as 'getting ripped'.

As I stated in one of my previous articles, a quick and sure-fire method of attaining internal cleanliness and the added bonus of healthy weight-loss will be to undergo a fast.

There are several methods of this tried and true method of healing and although it is covered to a degree in the free resources section of my website, you can always do some research on this radical; yet extremely effective method of internal purification and weight loss.

In conclusion, the cleaner you are on the inside and the freer you are of toxicity the quicker you can and will attain your goal of being in shape.

Your Metabolism And Fat Loss

If you know someone that has been trying to lose weight and get into shape, you have probably heard words such as, "I just eat one meal a day to lose weight" or "I'm afraid if I eat, I'll gain weight" but sadly, this misnomer is why so many people are in the "battle of the bulge". People all over the world still believe that eating breakfast, or even three meals a day will cause them to gain weight. In truth, as long as they are eating the right types of foods and exercising, then three normal meals or six small meals a day will actually work better with their metabolism than eating the wrong quantities or not eating often enough.

With more than half of Americans over the age of 20 now being considered "overweight", now more than ever, we need to understand how metabolism works in relation to losing weight. Why risk having a heart attack, a stroke, developing cancer, or diabetes when all you have to do is make a few minor changes and live a healthy life? First, a person's metabolic rate is determined by the number and size of respiring cells that compromise the body's tissue, and the intensity of the metabolism in these cells. These two factors combined are what makeup the physiological foundation of the amount of energy (calories) in which a body uses.

Keep in mind that energy cannot be created or destroyed, just changed. As we know, potential energy comes from the foods we eat. When talking about weight loss, there are three components of balanced energy, which include calorie intake, calories stored, and calories expended. The way it works is that if the amount of calories taken in equals the amount of calories being expended (burned), then there is balance and the body's weight is stable.

On the other hand, if the balance becomes positive, caused by more food being eaten than is burned, energy is destroyed or in better terms, stored as body fat. It is important to remember that you can be eating a diet considered low-fat and still gain weight. The reason is that most dietary fat is stored while the body is burning carbohydrates and proteins for energy. The problem is that when a person gains weight, the increased level of fat becomes stored energy until the calorie balance is negative. For that to happen, the amount of calories burned needs to exceed the number of calories being consumed, no matter what the macronutrient content.

Metabolism is the rate at which the body uses energy to support the basic functions essential to sustain life. This metabolism is composed of three parts, which include physical activity (20%), Thermic Effect of Food, also called TEF (10%), and Resting Metabolism Rate or REM (70%). Physical activity is the amount of energy your body burns up during normal, daily activities to include housework, recreation, work, exercise, and so on. Obviously, someone that is physically active will burn more energy than a sedentary person will. TEF accounts for the energy used in digesting and absorbing nutrients, which would vary depending on the meal's composition. When a person overeats, TEF is increased because more food must be digested. Here is where metabolism becomes very interesting and what causes so much confusion.

One pound is equal to 3,500 calories, so let us say a person consumes 3,500 more calories than normal. That individual would not gain one pound because the TED is accounted for but if 3,500 calories were cut trying to lose weight, then TEF decreases since there would be fewer nutrients to process. The result is that energy expenditure would decrease, meaning that the individual would lose less than one pound in weight. In other words, by cutting out too much food, TEF cannot work as it was designed to do. Now keep in mind that you cannot go around eating a bunch of junk food. After all, the calories you do consume need to be healthy foods but what this does mean is that when you do not eat, you are actually working against your body in fighting weight gain, not the other way around.

Finally, the RMR refers to the number of calories the body needs to run its essential functions, as well as chemical reactions while in a rested state. This aspect of metabolism accounts for the greatest number of calories burned every day. What happens is that if lean weight should be lost because of increased protein metabolism, then RMR decreases. Typically, you would see this happen when a person goes on a very strict diet. In this situation, the body is forced into a negative nitrogen balance, which means a greater amount of protein is lost than what is replaced because of less protein/energy intake. When this imbalance occurs, there is a gradual loss of lean weight, which then lowers RMR.

What happens many times is that dieters will limit the amount of lean weight loss with intense exercise for the muscles to develop a need to maintain more protein. When this happens, the body is forced to use more energy from stored fats. If you want to put your metabolism to work for you, some simple steps can be taken:

* By adding a few extra pounds of lean muscle, the metabolic rate can be increased by up to 200% each day * Remember that lean weight can burn as much as 20 times more calories than fat weight * Regular exercise is one of the best ways to boost metabolism * By eating smaller meals and more often, you can boost your metabolism rate

While you need to eat healthy foods, studies prove that what matters most is how much of a person's body weight is attributed to fat. Remember, excess fat is what links to major health problems. Therefore, it is important that you maintain a healthy weight but more crucial that you monitor the fat-to-muscle ratio.

For example, a woman standing 5'5" might weigh only 125 pounds but have a 27% body fat ratio, which is not good. This individual worked hard to diet, while staying involved with aerobics. However, much of what she lost was not fat, but muscle. Even though this weight would be considered ideal for her height, her body fat to muscle ratio is too high.

An excellent way to optimize your fat-to-muscle ratio is by getting involved with weight training in addition to nutrition and cardio.

Remember, you are in control and need to make the decision to do something good for yourself. Therefore, now is the time to take that control and fight to live a lean and healthy lifestyle.

Your Tummy Fat Could Be Killing You!

Tummy fat. Some of us have it, others don't. Is there anything special about a big belly compared to a large bottom? Well, surprisingly, not all body fat is created equal! According to a study carried out by researchers from MacMaster University, Hamilton, Ontario it seems that gauging your heart attack risk depends on where your fat is, rather than how much fat you have.

These types of findings are not unique to MacMasters. Dr David Heber, Ph.D., from UCLA's Centre for Human Nutrition reports that distribution of body fat is a more important predictor of heart attack risk than the traditional measurement of Body Mass Index (BMI), which is a measurement based on the ratio between your height and weight.

It appears that a more accurate predictor of the impact body fat has on your health, is your overall body shape. You may be more like an apple or a pear, or evenly shaped top and bottom. You may have large thighs, fat hips and a huge bum and have a lower heart attack risk than someone with skinny legs and a big belly.

A more accurate and telling predictor of heart attack risk, is the waist-to-hip ratio.

What is your waist-to-hip ratio?

Divide your waist measurement by your hip measurement. For example, if your hips measurement is 40 inches and your waist is 34 inches your hip-to-waist ratio is 0.85. If you are a man, that's great, if you are a woman, that's OK (but you are right on the limit of healthy).

- A man's ratio should not be over 0.90

- A woman's ratio should not be over 0.85

Don't fight nature

If you were born an apple you will stay an apple and if you were born a pear you will continue to appear. Accepting your natural body shape is the first step in losing weight. In a study led by Glasgow, Scotland, psychologist Dorothy Hefferman, Ph.D., researchers concluded that women whose actual body shape differs from their desired one may find losing weight frustrating and have more trouble sticking to a weight-loss program as a result.

If this sounds like you, accept your overall shape as nature intended, but pay attention to reducing fat around your middle and tummy areas. Circumference is much more important to your health than how you look in relation to your bust and bottom.

Zone Diet - Criticism

One diet may not work or suit everyone. The Zone Diet Plan is a moderate plan to be followed.

The Zone Diet does not only calculate fat and protein match but relates calorie burn as well. It considers the significance of other ingredients as well to maintain a balanced diet. The Zone Diet will highlight the use and side effects of fats proteins, and unlike others, of carbohydrates as well. Carbohydrates affect the hormonal activities and the level of insulin in a human body. A disturbance in these internal systems leads to heart diseases and cancers. This is what the Zone Diet takes concern of.

A Zone Diet will suit every being as it keeps a balance between fats, proteins, carbohydrates and all other healthy ingredients. This balancing gives a healthy development of hormonal activities along with a loss in weight.

Despite the fact that The Zone Diet stresses on the consequence of carbohydrates for affective hormonal activities involving the hormones like Eicosanoids that relates to different metabolic courses but its shortage is also related to chubbiness and many other diseases. Nevertheless, there is no scientific confirmation for the remarks suggested by the Zone Diet plan.

Zone Diet - A New Weight Loss System

The Zone Diet works on the principle that 100,000 years ago, we were meat eaters, and our metabolism is designed to handle the demands of a meat-based diet.

Madonna, Demi Moore, and Jennifer Aniston swear by the results of the Zone Diet, which was created by Barry Sears, PhD. The Zone Diet contains 40% carbohydrate, 30% protein, and 30% fat and is known as the 40-30-30 plan.

As the food industry evolved, more carbohydrates have been introduced into our daily diet, thus causing an imbalance in our metabolism to burn fat. The reason for our extra weight can also be attributed to the many grains and starches in our diet (pasta, rice, breads, and potatoes). The Zone Diet's approach calls for a return to the diets of our ancestors where meat, fruits, and vegetables are the main dietary foods.

The Zone Diet suggests that you need the right ratio of carbohydrates to proteins and fats in order to control the insulin in the bloodstream. Too much of the hormone (insulin) can increase fat storage and inflammation in the body (conditions that are associated with obesity, type 2 diabetes and heart disease). Sears asserts that by using the Zone Diet, you are actually optimizing the body's metabolic function. Through the regulation of blood sugar, you allow your body to burn excess body fat.

Although you are not prohibited from any particular food group, it is best to avoid food with high fat and carbohydrates such as grains, starches, and pastas. The ideal sources of carbs are fruits and vegetables and for monounsaturated fats olive oil, almonds, and avocados are recommended. The Zone Diet claims to use food as a drug for overall good health, weight loss and prevention or management of heart disease and diabetes.

Sears says that you can test to see whether you are 'hormonally' correct by eating following the Zone diet and see how you feel four hours later. To simplify the Zone Diet, fill one-third of a plate with low-fat protein, and then two-thirds with fruits and vegetables.

Celebrities and some health experts say that the Zone's recommendations do not stray far from the USDA's (United States Dietary Association) dietary guidelines and therefore are advocates of the Zone Diet. Others argue that the Zone Diet has flawed ratios but Sears argues that the Zone diet is a low-glycemic-load diet that has adequate protein. .

A critic of the Zone diet such as the AHA (American Heart Association) classifies the Zone Diet as high protein and does not recommend the Zone Diet for weight loss. They contend that the Zone Diet has not been proven effective in the long term for weight loss. The AHA issued an official recommendation warning against diets like the Zone Diet. They believe that the Zone Diet is hazardous as it restricts the intake of essential vitamins and minerals present in certain foods. The AHA also contends that the protein ratio in the Zone diet is too high even if the minimal fat ratio is good. Robert H. Ecker M.D of the A.H.A. finds the Zone Diet's theory on insulin flawed and argues that there is no scientific proof that the hormone insulin plays a big role in weight regulation.

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DISCLAIMER:

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

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