

Weight Loss Made Easy



By

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Disclaimer

This guide has been created to give you advice and tips to help you lose weight and feel healthier. Nothing in this guide is intended to replace advice from a qualified physician. Before embarking on any diet you should speak to your doctor, particularly if you suffer from any health complaints.

Introduction

Obesity is hitting epidemic proportions and more and more people are suffering from weight gain. With rushed lifestyles leaving little time for food or exercise, far too many people are dying from obesity related illnesses which are, in most cases, preventable.

Because of our lifestyles we are becoming more sedentary. We sit at a desk all day, sit in the car to go anywhere and sit in front of the TV, games console or computer. This lack of movement is contributing to weight gain and slowly killing us – it won't be long before an entire generation un-evolves their legs!

But it's not just a lack of exercise, it's an increased reliance on processed, high fat and unhealthy foods. With many families having both parents working long hours to make ends meet there is no longer the time to prepare healthy meals and this reliance on pre-prepared food obesity is starting in childhood.

This guide has been written with the express purpose of helping you to not only lose weight but to keep it off.

Weight loss doesn't happen from dieting. Diets are short term solutions to shed extra weight. Diets do not work in the long term because people hate being on a diet (it's ok, you can admit that here). The only long term solution for permanent weight loss is to create new eating habits. This doesn't mean that chocolate will never pass your lips again, but it does mean looking after yourself and watching what you eat.

You can lose weight when you have the right reasons and motivation, and a part of this guide is to help you to find the motivation you need to change your weight.

With the right support and motivation you can shed those pounds and look the way you want and best of all, you can ENJOY THE ENTIRE PROCESS!

Yes, dieting can be fun and in this report you'll find out some of the best ways for you to lose weight, keep it off and enjoy the whole thing.

Watch Your Mouth

When it comes to dieting you need to watch your mouth in two ways ...

- 1) What goes in to it
- 2) What comes out of it

These are very important for you if you are going to succeed with your weight loss program and achieve your ideal weight.

Firstly, let's talk about what goes in to your mouth.

Do you realise that you probably don't have much of an idea about what is going in to your mouth every day? I mean, can you tell me what you had for breakfast? What snacks you've had? What you ate after your dinner?

Often people eat food without really being consciously aware of it. They have a few glasses of wine or beers without really being aware of it and thinking about it. For a lot of people eating is an unconscious activity and is done out of habit rather than by choice, which contributes significantly to your weight gain.

So firstly, go out and buy yourself a small pocket notebook and pen. Carry these around with you all the time everywhere you go. Whenever anything goes in your mouth from juice to beer to candy to burgers write it down in your book.

Do this for a week.

At the end of the week look through your book and see what you have eaten. How much of it has been healthy, and how much of it has been not so healthy? How many portions of fruit and vegetables have you eaten each day? Have you eaten at least five or less?

This sounds like a dumb thing to do but it is actually very helpful because it makes you consciously aware of your eating habits and patterns. You may find that you regularly skip breakfast but eat later at night, which contributes to weight gain. You may find that your downfall is the cake shop you pass on your way to work every day (time to change your route to work maybe?).

After you have done this for a week you are ready to start your diet and start a healthy eating program. You can then keep track of what you eat and see the difference. It helps you to remain conscious of what you are eating and can, at the start, help to keep you on track and eating well.

Now, let's talk about what comes out of your mouth!

By this I mean words. How do you talk to yourself and how do you talk about your diet? Are you enthusiastic or are you miserable when you talk about it?

What sort of language do you use when you talk about your weight loss program? Do you tell people you are trying to lose weight?

Most people do and they are setting themselves up for failure just by saying those 4 words, "trying to lose weight".

So what do these words really mean?

Let's look at the first word, "trying".

When you try to do something, what are you really doing? You are giving it a go but are quite happy to fail! Let's put this another way. If someone says, "I'll try to come around tomorrow to fix your TV" do you think they are going to be there or do you think there is a fair chance they won't?

It's the latter because try implies failure. As Yoda once said, "Do or do not ... there is no try". He's right - do it or don't do it, but don't try because failure is an option if you try!

Let's look at another word in that fateful sentence, "lose".

What do you do if you lose your car keys?

You try to find them don't you?

What about if you lose the remote control?

You try to find it.

So if you are losing weight, doesn't that imply that you are will be looking to find it again?

These language patterns may sound very trivial to you but they are vitally important if you want to permanently lose weight. These words speak to your sub-conscious mind and give it hidden instructions that you may not be aware of. No successful dieter has "tried to lose weight" because the whole sentence is setting you up for failure.

What's the alternative?

Say to yourself "I'm trying to lose weight" and notice how you feel. Do you feel enthusiastic, empowered and ready to become lighter? No, you won't.

But what if you say to yourself, "I'm getting rid of weight", how does that make you feel instead? I'm willing to bet this makes you feel much better, particularly internally in a way the first sentence did not.

Your language patterns are vital for your success in weight loss and a simple change like this will

make big changes to your weight. Instead of "trying to lose weight" start "getting rid of weight" and notice the difference ... its life changing!

Now you know how to watch what comes in to your mouth and what goes out of it and this makes a big, big difference in your weight loss campaign and is setting yourself up for success!

Cut the Junk Food

We all love junk food - burgers and fries, candy, chocolate, cakes, cookies and more such as fatty foods. Junk food is designed to taste nice, be addictive and have little or no nutritional value! In fact for many a dieter junk food has been their downfall in their quest to get rid of weight.

The difficulty people have is stopping eating it because it tastes so good and is, in many cases, literally addictive. The rush you get from eating candy is similar to the rush someone gets from hard drugs!

Don't worry, you don't need to check yourself into rehab to get over this addiction, a few simple changes will make it relatively easy for you to kick this habit!

Your first step is to remove temptation. Temptation is a tough one and it is very easy to give in to temptation. Mae West famously said "I generally avoid temptation unless I can't resist it" and Oscar Wilde said "I can resist everything except temptation".

The best way to resist temptation is to remove it completely. So go through your cupboards and find everything that you will not be eating during your healthy eating program and beyond and get rid of it. Now, this doesn't mean eating it all yourself because this is going to make getting rid of weight even harder. Give it away, through it away, remove it so your cupboards are full of good stuff that support you in your desire to get rid of weight.

Where else in your day do you encounter temptation?

Is it whilst you are at work? Is it the cake shop you pass on your way to work? Is it at lunch time?

Think about the times where you give in to temptation and avoid them. If it is a shop you pass on your route to work then change your route. If it is at lunch time then bring a lunch with you so you have control over what you are eating.

In many cases you don't need to resist temptation, you simply have to not be in the same room as it! Avoidance is as good as resistance, if not better.

One of the biggest mistakes anyone on a diet makes is they decide they "should not" have junk or unhealthy food. The trouble is as soon as you start shoulding all over yourself you've got a problem! When you should (or should not) do something you are creating an internal conflict. A should implies you don't really want to and one of the end results is a feeling of guilt.

Think about it, "I should visit my parents" or "I should get fitter" or "I should spend more time with my children". All of these state that you feel obligated to do the task at hand but don't really want it, resulting in the guilt and inner conflict.

Stop saying "I shouldn't have that cake" or "I shouldn't have that huge pile of candy" because you what you are really saying is "I really want to have that cake but I don't feel I ought to because if I do

I'll then feel terribly guilty about being naughty whilst on my diet".

What do you say instead?

It's simple, choose to have it or choose not to. Then you are accepting responsibility and making a decision. Choose to have the cake and live with the consequences. Choose not to and enjoy the conscious decision to move forward on your plan to get rid of weight.

This denial from people on diets causes more conflict than it does help. The moment you are told you can't have something you want it even more! That's what you have to choose not to have it. Think about it ... if you walk into a room and there's a big red button and you are told "Whatever you do you must not press that button", how much do you want to press that button?

And it's the same when you tell yourself you can't have that cake or that candy or that fat dripping burger. The moment you "can't" have it you want it even more and then temptation grows until it is virtually impossible to resist.

Tell yourself, "I choose not to ..." and you will find this creates a feeling of internal harmony and you will feel much better about your decision and be happy to not have it.

Again, very simple language patterns but the change they have is fundamental.

Ditch the Scales

Another big downfall of anyone who is getting rid of weight is the scales. The constant need to weigh yourself and see how much weight you have lost in the last hour since you weighed yourself last.

Every time you stand on the scales and see a pound has gone on and off, how does it make you feel? Do you feel elated when you realised a pound has come off and depressed and in need of chocolate when it has been put on again?

Your weight fluctuates all the time depending on where you are in your monthly cycle, how you are feeling, what you have eaten and what you have drunk. Not only that, but in many instances, dieters don't actually see a difference in their weight some weeks but see a big difference in their shape.

Stop getting on those scales every day and instead weigh yourself once a week at the most. Record this in a log and track your weight loss. You may find that at some times in the month your weight is higher than at others and it is cyclical.

You need to invest in a tape measure and start to measure yourself because you will often find the inches shift faster than the weight in many cases. You may find one week you aren't any lighter but you lose two inches -it's common when dieting and because people focus on the weight they get demotivated when they realise they haven't dropped as many pounds as they wanted to.

You want to measure yourself in a few places ...

Chest

Upper arm (bicep)

Waist

Upper thigh

Once a month take your measurements and record them in your log book. This will help you to keep track of how many inches you have lost. You may be surprised in the difference in your shape in just a couple of months of eating healthy.

Whilst the advice here may sound simplistic it is highly effective and will help you to successfully get rid of the weight you want to. The tips you've learned here will help you to feel better about eating healthily and stop the yo-yoing moods every time you step on those scales.

Exercise Sheds Pounds

We all know that we "should" exercise and you now know what happens when you start shoulding.

Changing your diet and eliminating unhealthy food is a start but to really get rid of that excess weight you are going to have to start exercising. The exercise forces your body to burn extra calories and kick starts your metabolism.

Understandably, this can be very difficult, particularly if you have led a very sedentary life style. Don't worry though, you don't have to go all "Biggest Loser" and be tortured in a gym, you can kick start your weight loss just by starting to do some simple exercise.

Before you start exercising, particularly if you are seriously overweight you need to consult with a qualified physician because excessive exercise or the wrong type of exercise could cause you some serious harm. Follow their recommendations and work with them and you will be ok though.

Any form of exercise that raises your heart beat is good way to burn some extra calories. This could be vacuuming the house, going for a walk, visiting the gym, exercising within your house or any other form of exercise. If you are unfit then you are going to have to take it easy and build yourself up, but you don't need to go out and spend a lot of money on exercise equipment to get fitter.

A walk in your neighborhood is a great way to get some exercise. Or you could use the bottom step of your stairs as a step to step up and down on. What about running up and down the stairs?

Or maybe get an exercise bike or treadmill and use those in the comfort of your home to get yourself fit? Recumbent bicycles are particularly good because they reduce the pressure on your back and knees and are easier to use.

Don't allow yourself to get in to the mindset of "I have to go to the gym" a lot of people just don't like gym's, which is fine, there are plenty of other ways for you to exercise. The key is for you to find a form of exercise that you enjoy and find fun. If you enjoy it then you are much more likely to keep it up than if you don't.

Remember to shake up your exercise a bit, don't always do the same sort of exercise, do different forms of exercise and work different muscle groups - it all helps to tone you up, shed those inches and make you feel fantastic.

Plan Your Meals

When you are on a diet you need to eat healthily and cut out the junk food. We've already talked about cutting out the junk food, but one thing you can do is to plan your meals.

The benefit to you of this is that you know what you are eating and when you are meant to be eating it. This allows you to buy in the food you need so that you don't find yourself caught short and snacking on food you will regret later on.

There are thousands of websites and recipe books that will give you great ideas for healthy meals, but remember to include snacks in your planning too. This is one point people forget. On most diets fruit and vegetables are free (no points or syns) so they make great snacks. Find some fruits and vegetables that you like and make sure you have plenty of them in. That way when you are hungry for a snack instead of reaching for the unhealthy alternative (which you will have already got rid of) you can pick up something that is good for you and helps your diet!

You will want a meal plan based on a 2 to 4 week cycle, depending on your personality type. If you are someone who gets bored with routine then the longer (4 week) meal plan is better than a shorter one. For most people a 2 week plan is suitable.

It takes out a lot of the indecision and temptation for you when you are eating healthily and you will find this will help you more than anything to stick to your diet and make it successful. Avoid the temptation of fast food (trash those pizza delivery menus) and

There are plenty of websites that will help you plan your meals which you could use or there are any number of recipe books which you can borrow from a library or buy for yourself. Make sure there is some good variety in your meal plan and that you include everything you are meant to in your chosen diet plan.

One thing to remember is that many of the well-known diets allow for a certain number of syns or points to be spent on "bad" food. Whilst these systems recommend you use them up a lot of people actually find it better not to do so because it increases the temptation for them. Which option you choose will depend on your personality type, but if you feel that giving into temptation a little bit every day is a slippery slope you'd rather not go down then best avoid the extra syns!

Getting Rid Of Toxins

Detoxing your body is an important part of any diet. It helps you to clear your body of all the rubbish that processed, high fat, high sugar foods has put into your body.

There are plenty of expensive (and disgusting) detox products you can buy if you really want to, though there is an alternative that is incredibly cheap, tastes nice and is easy to do!

All you need to do is fill a flask with hot water in the morning and add lemon juice to taste. Drink about an inch of it every 30 to 45 minutes throughout the day until it is all gone.

The lemon juice can be either fresh lemons or bottled pure juice, but the fresh lemons are much better for you if you can get them. Eat your normal diet during the day, this is meant to compliment your eating program.

You will notice that after the first day your tongue starts to feel a bit furry and funny, which will be the toxins leaving your system. Stick with it for a few days and you will feel much better.

This is all you need to do to detox your body and it'll have a really good effect on your and make you feel fantastic!

Ok now we should point out here that depending on how bad your eating habits are before you start a healthy eating plan, will depend on how your body reacts to your new eating regime. Here's why diets can actually be painful and I'm definitely talking from personal experience.

The muscles in your body work with a substance called glucose. It is the glucose that helps them to stay supple and move. As you may or may not be aware, glucose is derived from the sugars in food and if your body is deprived of sugar then it has to find something else to use to keep your muscles moving. This means that when you first start a diet and you lower your sugar intake, your body will react by aching because it no longer knows what to use to keep muscles supple and so they stiffen.

Many people don't realise what is happening as they can suffer stiffness, aches, pains and even headaches. This is purely your body readjusting to a more natural way of functioning. It's no longer using artificial sugars to produce glucose but has to work a bit harder. I can promise that after a couple of days it does wear off and the really good news is that when the body works correctly it goes to the fat reserves to convert glucose and it's another good way to start shedding those pounds and inches.

Another one to watch out for is a reduction in caffeine when you start to diet. Caffeine is a toxin and when you reduce or remove it from your diet, your body will react. This can mean headaches and tiredness because the caffeine has gone. It's also a temporary effect and is much healthier for you in the long run as caffeine is also know to inhibit the body's ability to burn fat and increase appetite!

Here's a quick action plan to help you detox your body. This is a surprisingly effect method of detoxing and is far cheaper than the expensive programs on the market!

- 1) Fill a flask with hot water and lemon juice to taste each morning and drink about an inch of it every 30-45 minutes throughout the day

2) Be prepared for some muscular aches and pains as you change your diet and detox, but be relaxed knowing they will only last for a couple of days whilst your body re-adjusts

Sticking To Your Healthy Eating Program

Sticking to a diet can be the biggest problem for a lot of dieters. We're not only talking about temptation in the form of high calorie food, but temptation from the media and well-meaning friends who tell you about the latest miracle diet and how great it is.

If you want to stick to a diet, then you need to have motivation. See the section on Lack of Motivation to see how to be more motivated. Having powerful reasons why you need to lose weight will motivate you to stick to the diet. A wedding, new dress or other important event is a very good motivator to hit your weight loss targets.

If you want to ensure you stick to your diet and guarantee your success, then you need to do a little bit of goal setting. Don't panic, this isn't complex or difficult. Let us explain it step by step to you.

Firstly, determine what your target weight is. Make sure this is realistic and that you can actually hit that weight. Knowing you can achieve your target weight is a good motivator to keep you sticking to your diet.

Next, decide when you want to achieve this target weight by. Again, make sure it is realistic and achievable as there is only so much weight you can lose in any period of time.

Then finally, divide the number of weeks to your target date by how many pounds you need to lose and you have how many pounds you need to lose per week. For example, if you want to lose 20 pounds in 20 weeks, then that leaves you having to lose just 1 pound a week.

Again, it is vitally important that this is a realistic and achievable target. If you are trying to lose ten pounds a week, unless you plan on removing limbs you may well struggle to achieve it.

Giving yourself rewards and forfeits for hitting and missing your targets really helps you to stick to your diet because it both motivates you and gives you something to look forward to. It's an excellent way of ensuring you stick to your diet and get success.

In fact, everything in this report is aimed to make sure you can stick to your diet and make it the success you desire!

Here's a quick action plan to help you stick to your diet.

- 1) Have the right motivation for your weight loss program
- 2) Set realistic and achievable targets for your diet.
- 3) Give yourself rewards and forfeits for hitting and missing your targets

Kick Starting Your Weight Loss

When you start a diet you may experience one of two things. Either you suddenly lose a lot of weight and then it stops or you find you don't lose any weight for ages and then it suddenly starts to shift.

Whichever is the case, you will want to kickstart your weight loss so that you remain motivated and see some results. Seeing results from your efforts is a fabulous way to keep yourself motivated (try tracking your weight loss results and see how well that motivates you when you see yourself succeeding every week).

As you start to reduce your calorie intake, so your body reacts by storing fat. This is an evolutionary response based on the premise that because you are eating less there's a famine on, so your body needs to store resources to ensure you survive the famine. You may not be experiencing famine and just dieting, but your body doesn't know any different.

One way to kickstart your weight loss is to start exercising more. We'll talk more about this later on, but when you exercise you burn calories, which offsets the body's desire to store fat so you can survive the "famine".

You can also eat foods that boost your metabolism. By increasing your metabolism you burn more calories, and hence give your weight loss program a swift kickstart. There are some very simple ways to do this. Firstly, eat some of the negative calorie foods we discussed in the Eat speed foods section, particularly strawberries, watermelon and celery.

Another very simple trick is to put mustard or horseradish sauce on your food. If you do this, it makes you sweat, and when you sweat you burn more calories. It does sound a little bit simplistic, I will agree, but it actually works and is a very neat trick to add a bit of spice to your healthy food whilst encouraging your body to lose weight.

Note: You must remember that exercising can cause fat to convert into muscle and as muscle weighs more than fat, your weight will actually increase when you first start exercising. Don't let this discourage you as you can check your measurements at this point and will find that you have lost inches rather than pounds. Eventually with continued dieting and exercise, both the inches and the pounds will come off.

Which Is The Best Diet?

The simple answer to this question is “any”.

Yep, this bucks the trends of celebrities and experts hawking their own diets to you, but it’s perfectly true. Literally any diet that involves reducing calorie intake and increasing exercise will work providing you stick to it.

And there’s the catch ... “providing you stick to it”.

With all the diets being thrust in your face and latest fads claiming to work miracles being praised by the media, it can be very hard to stick to one particular diet.

However, sticking to a diet is the key to successful weight loss.

In fact, you don’t even need to follow a particular diet plan, just reduce your calorie intake, increase your exercise and you will find yourself losing weight – and all without expensive diet plans or books. Diet books are great because they can provide you with some interesting, low calorie recipes as often what to eat is a big challenge for a dieter.

A diet such as the Atkins diet is great for rapid weight loss in a short period, but is fundamentally unhealthy and so should not be followed for a long period of time. It’s also one of those diets where you put weight back on very quickly when you finish it. I am sure you are aware of the hundreds of different diets out there. Pick any one that you feel comfortable with and just stick to it. You will be really surprised just how effective this is for your weight loss.

Weight gain can also be triggered by allergies, food intolerances or Candida too. It is worth getting tested for the first two if you can as it will help you decide which diet to follow and what to eat. For example, some people suffer an intolerance to wheat, which causes bloating and the feeling of being overweight.

Candida is a yeast infection which lives inside your body and can add a significant amount of weight to you. It is not unknown for Candida to account for ten or more pounds of excess weight. Curing Candida is beyond the remit of this report, but there is plenty of free information available.

Rather than buying plenty of diet books, check out your local library, or the Internet as there are some wonderful free resources there which will help you to eat healthily and decide which diet to do. Dieting does not need to be expensive, and with a little bit of research you can find all the tools and resources to help ensure you succeed.

Summary

This report contains the information you need to ensure that your diet is a success. Read it as many times as you need to in order for it to sink in and for you to apply it to your life.

You can successfully diet and it is much easier than you may think with the right mindset and motivation.

Remember that a diet is for short term weight loss whereas a healthy eating program changes your life. With the right motivation and action you can finally shed that extra weight and live your life at your ideal weight.

Before you start any diet or exercise program you need to check with your physician, particularly if you are seriously overweight. Your physician will be able to give you a check-up and advise you on what is best for you.

Good luck on getting rid of your weight, I know you can do it!