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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**5 Little Tips that can Help You Lose Weight**

**By Renee Kennedy**

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In order to lose weight and become healthier, you will need to plan a diet that you can stick to. Your diet plan is not a crash diet that you will give up after two weeks; it should be a LIFESTYLE change. Your diet changes must be reasonable or you will not be able to stick to them. That's why making a few subtle changes to your eating and exercise habits may help you develop a healthy diet plan. Sometimes, the littlest things make the biggest difference.

Look at your diet patterns and decide if there are some nasty patterns that you can break. For instance, are there certain times of day when you just have to have a candy bar? Or are there certain times of day when you can't go without that bag of chips? Think about what you can reasonably give up or even better what can you replace with healthier food choices.

Here are some little habits that you might consider changing. The key is, you are breaking a BAD habit and instilling a GOOD habit in its place. This should be a PERMANENT change. Ask yourself, "Can I maintain this change for the rest of my life?"

1. Fast Food. Do you eat out everyday for lunch? Start to bring your lunch to work at least 4 days a week Even stopping by McDonald's twice a week can have a big impact on your diet. When you cook at home, you know what's going into your food.

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2. Drinks. When you're thirsty, choose drinks that don't have any calories (water, tea, or diet soft drinks). If your drink choices do have calories, they should have nutrients. Alcohol and soda both contain useless calories.

3. Snacks. Do you have a certain time of day that you just HAVE to snack? Fill your cupboard and refrigerator with low calorie snacks. Get rid of those high carbohydrate and sugary snacks.

4. Dinner. Maybe your hardest time of day is when you sit down to have a big meal. While you're cooking, eat a healthy snack – like a piece of fruit or a few low calorie crackers. Cook only what you will eat (no leftovers). If you

make more than you're supposed to eat, serve from the stove, and put leftovers away before you sit down to eat. In other words, do not have extra food sitting in front of you on the table. Do you know that a meat serving should be only as big as a deck of cards?

5. Exercise. Exercise MUST be a part of your daily routines: When you're shopping, park your car far away from the store. Plan for this and do it EVERY time – especially in the cold weather! (The colder it is, the more calories you will burn.) Take the stairs instead of the elevator. Play a game of hide-and-seek with your kids. When you take the dog for a walk, make it a brisk walk. Can you find some way to sneak in some exercise everyday? Look carefully at your routines and plan something that you don't mind doing. If you like it, chances are you will continue to do it.

Chek out this article by Wendy Hearn:  
<http://www.nutricounter.com/articles/hearn3.htm>  
She talks about how to break the habit of eating when you're not hungry.

Come and visit the NutriCounter web site for more information on how nutrition influences weight loss, diabetes, pregnancy, heart disease and more!  
<http://www.nutricounter.com>

Please send an email to [renee@napuda.com](mailto:renee@napuda.com) if you use this article.

**"Trying" To Lose Weight? Don't!**

**By Mark Idzik**

**"Trying" To Lose Weight? Don't! by Mark Idzik**

Are you trying to lose weight?

If you are, STOP!

Funny thing to say coming from someone that wants to help you lose all the weight you want, right?

Actually, there's a good reason.

You see, you can't try to lose weight. Don't believe me?

OK, let's use an example. Look around where you are sitting right now and find a small object. Perhaps a pen, envelope or book. Got it?

Now, try to pick it up. Go ahead.

Is it in your hand? If it is, well, then you didn't try, you actually picked it up. If it's not in your hand, you didn't.

Simple, right?

There's no middle ground in doing. You can't "try" to do anything, it's a fallacy. You either do it, or don't do it.

The same applies to losing weight (or anything else for that matter). Saying that you'll try gives your mind fuzzy instructions, and it will return fuzzy results, results that aren't what you really want. It also gives you a "way out" if you don't achieve the goals you set out to reach.

You see, your subconscious mind doesn't interpret your directions, it just goes to work following them as complete truth. When you say you'll "try to lose weight", it will "try" to follow your instructions, which we now know is impossible.

What in fact you want, (if you really do) is to lose weight. To feel better. To have more energy. To overcome health challenges. To look great.

Now, if you say you want to lose weight and are not successful, or continue to use language that includes words like "try" or "we'll see" or "maybe", perhaps you're wired backwards.

What does that mean? Well, maybe you say that you want to lose weight, but your mind says it doesn't. Somewhere along the way you gave your mind instructions that it's too hard, or impossible, to lose the weight you want. Perhaps you're more comfortable where you are now, but know that it's the right thing to say that you want to lose weight.

## 5 Little Tips that can Help You Lose Weight

If this is the case, ask yourself what beliefs you hold that are at odds with what you want. For example, "it's too hard to lose weight", "it's impossible to lose weight", "I can't lose weight because I'd have to exercise all the time", "I'll lose my friends if I lose weight", "I can't lose weight because I've always failed".

Ask yourself if in fact they are true. Are they making your life easier, or more difficult? Do these beliefs serve you or harm you?

Then, replace the old beliefs with new ones. Positive, confident statements about how you want to look and feel.

The best way to lose weight is to avoid saying you'll "try" to lose weight, and say you "will" lose weight. See yourself at your ideal weight. Imagine how great you look and feel. Use positive language and give your mind specific instructions like "I'm now happily at my ideal weight of (number of pounds) weight" or "I now happily choose to wear a size (your ideal size)".

Watch your language and self talk closely and avoid using "try". It may take constant attention at the beginning, but after a short time, you'll get used to keeping your language positive, upbeat and confident.

Your weight loss results will follow immediately, depending on how confident, committed and persistent you are in applying these exercises. The more confident, committed and persistent, the faster your results will appear.

You CAN do it!

Mark Idzik is a health coach with a national clientele who helps his clients lose weight, feel better, overcome health challenges and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=try#tips>



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