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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!

7 Pillars of Weight Loss: Get up and do something about your body weight

By Bette L. Hall CMA, NHC

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7 PILLARS OF WEIGHT LOSS

Get Up And Do Something About Your Weight

by Bette L. Hall CMA, NHC

Spring is here alas! It's a time when everything is fresh and new. Flowers begin to bloom, love is in the air, and our thoughts turn toward shedding those unwanted winter pounds.

Short dark days have led to inactivity and the pounds have piled on. Hoards of beautiful bodies will be heading to Waikiki, Newport, Malibu, Santa Monica, Padre Island, and Pompano Beach. Will you be one of those headed for fun in the sun or will that winter fat keep you too embarrassed to show yourself in a bikini?

These words of wisdom are meant to encourage and help those who want to reduce ten or fifteen pounds and that little tummy pooch that was gained during the winter blahs.

Pay close attention and follow this advice and you will see results. The things I'm about to share with you aren't just empty words. They are words of wisdom that require action on your part. Don't just read these words and think "it's good advice" and then forget about them. Get up and do something about it.

1. Lighten up on your salt intake. That doesn't just mean to limit your use of the salt shaker at the table. It also means not to eat food with high salt content such as bacon, ham, cheese, chips, popcorn, corn nuts, etc.
2. Add yogurt, whey, or the dietary supplement Conjugated Linoleic Acid (CLA) to your daily intake.
3. Drink water—lots of water!

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4. Exercise—start walking and using that ab–doer you have stashed away in the closet. Do any exercise you want. The important point here is to start moving.

5. Limit your calories at snack time to no more than 200–250.

6. Don't eat for four hours prior to going to bed. If you go to bed at midnight, then don't eat after 8pm. Never go to bed feeling full!

7. Keep a journal. This isn't the "write–down–everything–you–eat–journal." It should be a journal where you write your thoughts and feelings, successes and failures, weights and measurements. It's your "everything–journal." You can record the foods you eat if you want, but that is not the sole purpose of

this journal.

Look for future articles where there will be more detail about the aforementioned subjects. Salt intake, yogurt, water, calories, and journaling will be the topics of discussion.

Bette has been writing articles in the weight loss, diet, and nutrition arena for over twenty years. Her degree is in applied science with a major in Medical Assistant. She is a member in good standing of the (AAMA) American Association of Medical Assistants.

Weight Loss Supplement

By Rolf Rasmusson

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Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

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Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting contentat www.nutritional-supplement-4u.com



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