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**7 strategies to stop eating junk food !**

**By Jenny Mathers**

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FACT: Obesity accounts for 300,000 deaths a year in the U.S. alone.

Research into how junk food and fast food restaurants affect obesity, have found that there may be a relationship between the number of people per fast food restaurant and how many square miles there are between fast food restaurants located within your local area and obesity rates.

The way in which we eat, and what we eat, is of vital importance to our state of health. The convenience and habitual nature of the problem mean that fast food consumption is so in-grained, that healthy eating is near impossible.

There are no easy ways to fix junk food habits and make them into healthy habits, but I do have 7 quick strategies that you can easily put into place to start into motion your new lifestyle without junk food. I recommend implementing these one at a time, to ensure that you don't overload and burn yourself out.

1. Do your shopping every week. Make it a regular habit to do your groceries every single week on the same day.
2. Make a shopping list on the computer with all the regular foods that you buy, to ensure that you aren't going to run out of food at the end of the week, tempting you to reach for the fast food pamphlet, running out for take-away or buying unnecessary food items.
3. Don't starve yourself !!!!!!! Eat 6 small meals instead of 3 large ones, snacking on healthy foods such as a fat burning apple, protein packed, metabolism raising light salad with boiled eggs and flaxseed oil dressing.
4. Make food your hobby. Join a cookery class. There are often many community classes that you can enrol in inexpensively to learn how to prepare interesting food.

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5. Unplug the TV at the point. You will be less likely to sit there and watch it aimlessly if you have to make a conscious effort to turn it on. Particularly around 6–8 pm, the junk food restaurants will advertise, watch a DVD during these times. A recent review of childhood obesity research, has, not surprisingly found that the amount of time you spend watching TV has a direct affect on being overweight.

6. Try this recipe when you are feeling peckish to curb your need to buy junk food, or feeling the urge to have a smoke.

2 eggs beaten

1 Chopped lean bacon rasher – no fat.

1 chopped canned tomato

1/4 cup soy milk/low fat milk

1 finely chopped leaf spinach/frozen spinach

Sprinkling of low fat cheese

Mix ingredients together in mixing bowl. Transfer into a microwave safe bowl and cook on high for 2 minutes or until eggs have solidified. Eat with a low GI bread. You'll find that depending on the quantity eaten, it can be a filling snack or light dinner.

7. When eating out. Avoid the restaurants with the all-you-can-eat option. These restaurants unfortunately encourage people to eat until they are bloated. Researchers found that 20% of weight gain among freshman University students could be attributed to their eating in the all-you-can-eat student dining halls.

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Jenny Mathers writes for

and has created a research resource to educate

and inform about what REALLY is fat burning food.

## **The Cheapest Way To Stop Eating Junk Food And Start Finding Your Ideal Weight Again**

**By Emmanuel SEGUI**

Your health is your responsibility. As a human being, you have the choice to put in your stomach whatever you want. It is YOU and only you that can choose what you want or not to eat. In other words, it is YOU who chooses to be slim and fit or not. That is your choice. You need to take 100% responsibility of the way you eat. That's the beginning of your success.

Now, you'll say: "I can't, it is stronger than me" or "look at this cake, I can't leave it alone. It needs to be eaten." or "It is so good, another one please!". The question is: "Why do you eat?" Is it for pleasure or for fuel? After all, food is just food, but the emotion we attach to food is so strong that we tend to eat for pleasure or for an emotional reward.

When you eat junk food, subconsciously you say YES! to it. Let's learn another word: NO! Most of us said, "No!" quite well when we were two and we have grown up to be people pleasers and say "YES!" all the time. Most of us believe that saying "No" can cost us a lot in our adult life.

NO! is a powerful word when said at appropriate moments. One of the best moments to say that powerful NO is when you want to eat junk food. Dr. Bob Bodenhamer, co-developer of neuro-semantic said, "All change in essence boils down to saying 'No' to what you don't want and 'Yes' to what you do want."

If this statement is correct, each time that you say YES to junk food, you say, subconsciously of course "I want to be fat and don't want to be slim and fit" even if consciously you really want to be healthy and full of energy.

Words are power and your language is a representation of your map. Let's add some choice to your map. The more choices you have, the more success you will have.

Therefore, let's learn or re-learn to say this powerful NO! The results of saying NO to certain foods are: you will have a sense of control over your own body (you don't want to be controlled by it, don't you?), you will feel more confident, more self-esteem and eventually you will feel at peace. It will reinforce your belief that you need to take 100% responsibility for your own health and nobody will do it for you

First, get a good strong representation of saying "No!" to something. It doesn't need to be related to food. You will want to make sure that your No looks, sounds, and feels congruent and that it truly fits with your beliefs and values.

Second, to reinforce this powerful NO, find 4 other situations where you said NO!. It can be as simple "NO, it's too late to go out now". The most important is that it needs to be congruent. If you are a 100% people pleasers and can't find any NO! situations, think of what it would be, how you would feel and what you would hear if you had the courage to say NO! to something or someone. This is this kind of NO! that you need.

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Third, Say No! to the junk food. Re-access the "it's stronger than me" feeling and once you have it, say No! Do it congruently, intensely, and repeatedly. And you can keep on saying No! until you begin to feel that it no longer has any power to run your programs. Notice how the feeling diminish and how the desire for the food is far and disappearing. To finish, picture yourself already slim and fit. You already know it's not hard to do it. Now, say a big "YES! That's what I want!"

As you know, you have the power of saying NO! Everybody does. But we are trapped with some limited old thinking that eating is for a reward or for pleasure. We are conditioned to eat for false reasons. When you keep repeating this pattern, you break some old belief and it comforts you: you can change, you can do it, can't you?

Emmanuel SEGUI

YES! It is possible to change, to get slim and fit and to live more at peace. In fact, much easier than you could ever imagine. Discover now how you can do it in the #1 personal development plan on the net. Click =>

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