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Beating the Weight Loss Bandits

By Janice Elizabeth Small

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by: **Janice Elizabeth Small**

If you're on a weight loss program you're under constant attack – attack from the food bandits all around you.

There is food waiting to ambush your weight loss efforts at every turn. It's there on every street corner: available, fast, in huge portions and full of fat. It's there at every checkout: convenient, brightly-packaged and calling "Eat me! Eat me!" It's there at work for every occasion: birthdays, promotions, leaving parties, "because it's Friday". It's there at home brought to you larger than life on every TV set, seductively advertised, calling from the fridge and pantry "I'm here! Come and get me! You know you want to!"

Given that the food bandits are out there, what can you do about them?

Be ready to defend yourself!

Know your weak spots - those food temptations you find hard to resist, and plan to

1. Avoid Them

Keep away from fattening food as much as you can. Don't drive past fast food outlets even if it means a detour. Keep tempting high-fat snacks out of your home. Give TV ads a wide berth - in fact give TV a miss altogether and get out and do something. Walk away from offers of food, declining as politely and firmly as possible. "No thanks, I'm not hungry just now" should be enough.

2. Use humour

Treat your encounter with food bandits with a sense of fun. Make a note in your mind that you've spotted one "Alert! Food bandit on left flank. Eyes right! Defeat!"

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3. Don't let them upset you

If you succumb once in a while to the food bandits, don't let it get you down. Brush yourself down and be ready to come out fighting against the next lot.

4. Celebrate your successes no matter how small

Be delighted each time you spot and overcome a food bandit. Feel proud that you were able to show who's in charge. You're the boss!

Once you recognise the food bandits for what they are, they lose their power. Each time you take them on and defeat them, you'll notice their influence over you diminish.

Gradually you get into the habit of ignoring the bandits. Long term result? - a slimmer, healthier, beautiful you, in total control of the food you eat.

Janice is the publisher of a monthly newsletter "Think Slim" full of information on losing weight and keeping it off. See her website

for details and more

resources for diet, fitness and weight loss.

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.

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.

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