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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!**

**Dangers of the Scale**

**By HSF Vitamins**

**Dangers of the Scale by HSF Vitamins**

A Full Scale War

"The scale can be like a lousy personal trainer. It can be giving you bad information. In other words, do not become too dependent on this devilish, little device sitting on your bathroom floor. "

It happens every morning when you mosey out of bed, somewhere between the time you take off that robe and the instant you step into the shower. For others, it happens immediately after a workout, as soon as you peel off those sweaty clothes and stand aimlessly in your birthday suit.

Then, the big moment arrives. The excitement, the tension, it all forms a giant knot in your throat. This experience is a lot like playing the roulette wheel and you know you have plenty riding on this one. Hence, the numbers that come up can spree a variety of reactions.

You step onto the scale in your bathroom and peek through your fingers at the fate staring back at you.

To some, you jump up and down like you just hit the jackpot. Others shriek as if they'd just crapped out.

Well, the scale is indeed a useful tool to monitor your weight-loss developments. What other method is there to track specifically how much you've progressed in your endeavors to lose weight?

Yet, the scale can be like a lousy personal trainer. It can be giving you bad information. In other words, do not become too dependent on this devilish, little device sitting on your bathroom floor. Here are two reasons why:

\* Scales are not perfect. At any given moment, it can go from being your best friend to your worst enemy. If the scale isn't tipping your way, it can throw your entire mental state off the mark. Scales can

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often deceive you into thinking you're heavier - or lighter - than you actually are. In more case, it's the latter. And by thinking that you're that far ahead of the game, the only one you'll be fooling is yourself. Instead, try going by how your clothes fit on your body or how you feel internally than relying on some imperfect machine. Take a picture of yourself at the beginning of the month and then at the end of the month to evaluate the progress. Obsession with the scale is not unlike other fixations - it's certainly not healthy.

\* Scales tend to dictate. Too many people are consumed with the numbers on the scale. It's not unlike the scenario of a baseball player who is completely engrossed in his batters' average. The average is just a number. He should be more concerned with winning the game. The same goes with the battle against weight loss. The goal should never be a number. If you become too concerned with reaching a specific number, by a certain time, it can lead to starvation, bulimia, malnutrition, many conditions that

are not beneficial to your body or you're health. \* Remember, the best scale you can have is your mind. If it's telling you that the unwanted fat is disappearing from your figure like a dress on prom night, chances are that you're right.

At [www.hsfvitamins.com](http://www.hsfvitamins.com) you will save money on the vitamins and fitness products you need to be your best everyday! Learn what to use and when to use it. We have great prices on vitamins, minerals, muscle products, weight loss – everything you need!

### **Kitesurfing dangers**

**By Jakob Jelling**

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Kitesurfing is a very dangerous (or, as some people call it, extreme) sport. Before you try kitesurfing, you should definitely try to find out about all the potential kitesurfing dangers. The kitesurfing dangers may result from many different things: from equipment failure to human mistake to problematic weather conditions. Learning about the potential kitesurfing dangers will help you to prevent yourself from getting into dangerous situations and making dangerous mistakes.

Of course, there are very good safety systems available to prevent many kitesurfing dangers but these safety systems cannot protect you from every single danger. You will need to make sure that your equipment has a very good and reliable safety system and that you know how to use it and are comfortable with it. Practice using your safety system as much as you can. Also, make sure to study the safety systems guidelines provided by the manufacturer. If money is not an issue, try to purchase the best safety system available of the market.

Bad weather is probably one of the most important kitesurfing dangers, so try to make sure that you kitesurf only when the weather is good and there are no apparent dangers present. Also make sure that you know the weather forecast, since a sudden weather change can be very problematic. The kitesurfing dangers, including the bad weather danger, and present both when you are in the water and

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when you are on the surface. According to West Australian newspaper, the most dangerous time for a kitesurfer is when you are on the land because the equipment is designed for the water.

You should also be able to get the detailed operating instructions from your kite's manufacturer. To prevent the potential kitesurfing dangers, make sure that these instructions describe in details the specific techniques for launching and landing your kite and other techniques.

Jakob Jelling is the founder of <http://www.kitesurfingnow.com>. Visit his kitesite for the latest on kitesurfing equipment, kiteboarding lessons, places to surf and much more!



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