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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!

Diets Don't Work – 4 Ways To Lose Weight Naturally and Effectively

By Mark Idzik

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Any doctor worth their salt will tell you diets don't work.
Plain and simple. Surprised?

Well you might be. You can't get away from all the talk about South Beach, Atkins, Low Carb, Zone ... you name it, they're talking about it. It's on TV, in magazines... everywhere you look.

And of course there are the pills, drugs and other expensive methods to lose weight. While they may be appropriate in certain cases, by and large they aren't necessary. Some can actually be dangerous to your health.

What does work, what's been proven to work time and time again is something very simple... a lifestyle change. You may not want to hear it, but it's true.

You can't eat thousands of calories, rich desserts, sugary snacks, excess fat and tons of carbs, get little or no activity and expect to lose weight with a pill!

You'll be surprised to know that you don't need to stop eating or have to exercise for hours every day to lose weight. Just a few simple lifestyle changes added daily can turn your life around quickly. You will start to lose weight within days and feel better as well.

Here are 4 tips you can use to get started today:

– Drink water.

Drinking lots of water is probably the single most important thing you can do for your health. You lose over 2.5 liters of water daily through normal body functions and since it can't be stored efficiently, needs to be replaced daily. Water nourishes your body, it is essential for digestion and flushes toxins out of your system – vital when you're working on losing weight. There is no replacement for water.

When you get up in the morning, drink a full glass of

water before you start your day. Add a lemon slice if you like. Then get an additional 10–12 glasses of water in throughout the day.

– Eat slowly.

Chew your food 10–12 times before swallowing. Your saliva starts the digestion process, and if you don't chew enough, your stomach has to work twice as hard and many times you don't get much out of the foods you eat — except maybe some indigestion :).

– Split your entree.

When eating out, split your entree with your dining companion. Most restaurants now serve portions that are up to 8 times the recommended serving size. Supplement with a salad, soup or vegetable to complete your meal.

– Avoid sodas.

Did you know that an average soda has 14 teaspoons of sugar? Not only are these empty calories and carbs that take you on a blood sugar roller coaster and add pounds, the sugar also can also cripple your immune system for up to 5 hours leaving your body working overtime and open to infections, viruses and the effects of stress. Drinking one soda a day can pack on an average of 16 lbs of unwanted weight! Cutting out soda alone will take off at least 16 lbs a year or more.

Additionally, recent studies have linked increased soda consumption with certain cancers and a loss of essential

minerals.

Mark Idzik is a health coach with a national clientele who helps his clients lose weight and make better health choices. His new report, *Permanent Weight Loss Now*, offers a principled and proven way to lose weight naturally, effectively and for life. You can get more information at: <http://www.Everyday-Weight-Loss.com>

Diets, Diets, Diets...Do They Work?

By Mike Yeager

Almost everyone has attempted to follow diets and weight loss programs at some time in their lives. The trouble with so many diets and low fat diets is that they are hard to follow. Some diets leave you hungry and craving food all the time. A healthy diet is one that you feel good about following and encourages you to eat in a healthy way while at the same time reducing the overall calorie content.

When choosing from among the many diets available, keep in mind what your reason is for altering your eating and exercise habits. Do you want to feel better and have some more energy? Are you tired of not fitting into your clothes and that has caused you to consider one of the weight loss diets? Experts agree that it's not good to try and lose excess weight in a quick manner. It's better to take your time and incorporate a package of exercise, proper nutrition and, in general, balance.

As with all new diets, weight loss and exercise plans, it's always best to consult with your physician and have a complete physical examination before starting.

There are many different diets products to choose from. Choose from only the best providers of coral calcium products that offer great prices. That way you'll be guaranteed quality and they can even be shipped right to your door.

Mike Yeager
Publisher

Diets, Diets, Diets...Do They Work?

Eight Weight Loss Tips

Why don't diets work?

Why Dieting Is The Absolute WORST Thing You Can Do To Lose Weight

Do Low Carbohydrate Diets Lead to Weight Loss Success?

101 tips to stay fit and live longer.

30-Day Low Carb Diet 'Ketosis Plan'

Obesity and Weight Loss

The Ultimate Guide To Acing ANY Job Interview

147 Killer Epublishing Strategies



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