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Eating for Health, Happiness and Successful Weight Control

By Dr. William Parsons

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by: **Dr. William Parsons**

Don't diet, just eat and lose weight!

First, the following "diet" is really not a diet, in the conventional sense, but a natural way of eating. It allows one to eat essentially anything one wishes, while attaining weight loss or weight control goals and consuming the necessary nutrients for a long and healthful life. The term "diet" implies restrictions by either eliminating or radically reducing the intake of certain foods or food groups. Most diets are inappropriate, unhealthful (some are even dangerous) and ultimately doomed to fail.

The most important objective of eating any food is to provide the body with all the essential nutrients for a long and healthful life. Almost every food provides some element needed by your body. If you do not care about being healthy, avoiding sickness and disease and living a long life, then this natural way of eating is not for you. The second most important reason for eating any food is because you enjoy it and it makes you happy. It is highly unlikely that you will consistently, and for long term, eat foods that you do not enjoy. Similarly, it is extremely unlikely that you will be able to completely eliminate foods that you do enjoy from your diet.

Many diets and dieticians expect a person to continually keep count of every calorie, carbohydrate and/or gram of fat that enters your mouth! Again, what is likelihood of being able to maintain this tedious ritual for any meaningful length of time? Nothing could be more depressing and stress-inducing as the constant monitoring of calories, carbs or fat. Therefore, if enjoying your meals is not important to you, then this natural way of eating is probably not for you.

Finally, you should eat food to maintain an appropriate weight for your height and frame. Being over-weight or under-weight is not conducive to a long, healthful life nor does it promote a positive self image. If being too heavy or too thin is not important to you, than this natural way of eating may not be for you.

Tips for Successful Weight Control

Lose or gain weight because you want to and not to please others. Otherwise, you will not be sufficiently motivated to change your bad eating habits. In fact, when the inevitable happens and you fail to achieve your goal, it will reinforce and, most probably, escalate the inappropriate behavior (i.e. over-eating, exclusively eating junk food, bulimia, etc.)

You must begin this natural way of eating with a positive outlook and the belief that you can achieve your goals with a minimal amount of effort. If you lack the self-confidence and motivation, or you do not believe that you can lose or gain weight, you will not!

It is extremely important for you to learn about the nutrients contained in the foods you eat. This is the only part of this natural way of eating that requires some effort on your part. The only way to accomplish this is to read. The internet is probably the best and easiest venue for obtaining this type

of information. The following are excellent sources of health and nutrition-related information:

Medline Plus –

Food and Nutrition Information Center –

McKinley Health Center –

USDA Nutrient Data Laboratory –

Remember, the key to weight control is to be healthy, happy and fit. You must understand which foods will provide these three, all-important elements. Believe it or not, there are foods which you enjoy that are actually good for you!

Incredibly, many overweight people actually do not eat enough! Listen to your body, not your mind. Your body knows when it has had the appropriate amount of food and, more importantly, the appropriate amount of nutrition. Because many people do not understand nutrition, they eat food that does not supply sufficient nutrients to the body. They will feel hungry even after a large meal because their bodies are "starving" for proper nutrition. For this reason, most diets do not work or the individual cannot stay with the diet because it is an unnatural way of eating. Your body literally believes it is starving; therefore, it will take actions to survive the famine. It is a self-preservation mechanism, if you will. The body begins drawing off your muscles and stores the fat for later use in the event that it does not receive the necessary nourishment for an extended period of time. When a person finally falls off the diet (which is inevitable), they gain back all the lost weight and, in many cases, even more! The reason is because it takes the body sometime to adjust from its self-preservation mode, so all the food that is consumed is stored as fat while your body continues to draw from muscle.

There is no such thing as losing weight fast. It will take 3 to 6 months (or more depending on the amount of weight loss needed), to lose a significant amount of weight. The good news is that once you

have lost the weight, you should not gain it back because you will have learned about the food you eat.

Yes, you have heard it before and you are now going to hear it again – exercise! Even a small amount of exercise (1/2 hour per day, 3 days per week) will greatly accelerate weight control.

If you feel like having a snack or something sweet, have it. Your body is telling you it needs something. Of course, it would be better to eat a piece of fruit rather than a candy bar. However, either is preferable to over-eating at your next meal or agonizing over the decision to indulge the urge.

Dr. Parsons reveals the keys to successful weight loss in the remainder of this article, which you can receive absolutely FREE, by visiting Health Products USA (<http://www.healthproductsusa.net>)

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Can You Attain Weight Loss While Fasting?

By Jason Barger

Fasting, when done properly, can be a basic part of a solid weight loss plan. If done correctly it can be a great start to your new way of living.

When I first started my weight loss program I began with a fast. I have fasted for 2–7 days on a few different occasions. The reason that fasting can be such a great way to start a weight loss program is because you can see results immediately.

It will also make it very easy to stick to your diet for the first week. After not eating for a few days, your food will taste better. This is a great time to go a few days eating only fruits and vegetables. This can easily turn your two day fast into a 7 day, full body cleanse.

Fasting can make you look much thinner in only a couple days. You may not lose a significant amount of weight, but it will look like you have. It can make your waist noticeably thinner and clear up blemishes or skin problems.

Although I do not think fasting is to be used specifically for weight loss, I think you can do it to get your body ready for a healthier way of living. Use it as a way to cleanse your body out and get rid of all the toxins clogging your system.

I suggest drinking fruit and vegetable juices while fasting. I have read that you should do a water fast, but it can be a miserable experience if you have never fasted before. So stick to natural juices.

One of the better results I saw from my fasting experience was that I have more self control over my eating habits. I have always been a binge type of eater. After my fast, I felt like I could restrain myself

easier. It is probably a mental attribute. I mean if I can go without eating for 7 days then I can sure keep myself from eating something I shouldn't.

So although I don't think you can use fasting as a diet or weight loss program, I do feel that it can be a great start to a proper weight loss diet and exercise program. I think it is definitely something that everybody should do at least once a year.

If you have any health problems you should consult a physician before starting any weight loss program. And, if you absolutely cannot go without food then simply try going a few days eating vegetables and fruits only. This will give you most of the same results as the fasting will. However, I recommend the fast over the fruits and vegetables because of the confidence and control you will begin to enjoy as a result.

This article was written by Jason Barger. Jason has been helping people lose weight with his breakthrough book, Primal Weight Loss. To learn more about his philosophy and programs you can visit

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