

Hang In There Dieters, Help Is At Hand!!

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By Gordon Black

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I was thinking about diets and such and it occurred to me that dieting is kind of like sports, but one way in which dieting differs from sports competition is that in dieting there seems to be a lack of gradualization in the preparation.

What I'm getting at is that if you want to run the 100 metres pretty fast, even competitively, you don't just go out to the track and put in a full practice right off the bat. I mean it's just not do-able really, is it? You've got to prepare and train in a systematic way which allows you to get stronger and faster throughout the training, and that can takes months if not, more realistically, years.

Well we all know that, we've all seen the "up close and personal" sports profiles, we all know that it's a long road to the podium, BUT somehow we have all got this belief that the "thirty day diet" will work! And why not, all we have to do is stop eating or at least reduce our intake to about twenty five percent and we're home free. "That sounds like fun! Why didn't I think of that?" But how long will it last?

Now let me clarify, I'm not dumping on the many diets out there that will produce a result, what I am getting at is the fact that you need to combine your diet with thoughtful preparation, you need a plan, you need a horizon greater than obtaining a transitory result in thirty days. It's a bit like the folks strapped to the bike machine in the gym, they put their heart and soul into working those legs in an effort to shed the pounds and then they get off with thighs pumped like an Olympic ice-skate racer. I mean you've got to question any slimming exercise that starts with the phrase "pump", oh yes, that's sure to mean "slimming"!

So enough, you want some answers, not questions or me casting doubt and undermining your "diet plan". OK, fair enough. You've got to treat your weight loss, diet, fitness or whatever plan as an Olympic sport; you've got to lay out a plan and I can guarantee you, it's not going to happen in thirty days or anything like it. Oh, you may see results but it's the sustainability that is the key feature here and you want something that is not going to be an imposition or restriction that you have to fret over

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every day, so really you need to get into training for your optimum fitness, optimum health and optimum weight, and that's a real program that will endure. And the good news is, you can eat lots of stuff that's "off limits" as long as you put in the requisite workout balance.

I can't give you my whole program here but I can tell you that if it's to be a plan that will work and continue to work in your weight management, you've got to take it gradually, and get comfortable with each level that you attain before trying for the next. You can't just go on the "deprive" premise and trust that if you cross that thirty-day diet target that the results will hold. You know they won't and then it's on to the next hot diet and more deprivation.

That doesn't sound too much like fun to me and I certainly want to help, so in my next article I'm going to give you some concrete advice on foods that I incorporate (and those that are definitely "out") in my program, and some simple but effective advice on the kind of exercise that will slim you, not "pump" you, and how this whole issue of diet is no thirty-day wonder, but a bit more like that Olympic athlete

training systematically and gradually with a plan and a schedule to reach peak fitness for the big day.

Somebody once coined a phrase that I am very fond of and it is, "It's easy to make it difficult, it's difficult to make it easy!" I'm going to try to make it easy.

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Gordon Black is a world-ranked Master swimmer and Canadian national record holder. A member of the British swim team in the late '60s, after thirty years out of the pool, last year Gordon returned to competitive swimming in the Masters forum. He offers an online weight loss, fitness and motivational coaching service through his web site

where his competitive comeback is

chronicled. Gordon is currently working on a book based on his own weight management and fitness system – publisher's enquiries welcome!

Safely Transitioning Off Meal Replacement Plans

By Protica Research

Safely Transitioning Off Meal Replacement Plans by Protica Research

Meal replacements have been part of the diet landscape for decades. They have helped numerous people lose weight, and more importantly, they have helped people learn the difference between healthy and unhealthy eating choices. Both quantity and quality of life improvements can be credited to the concept of meal replacement solutions.

Those that have successfully relied upon a meal replacement plan can reflect fondly on how the plan

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helped address a fundamental diet obstacle: choosing what to eat.

One of the greatest challenges that a dieter faces - if not the greatest - is discovering what to eat, and what to avoid. Answering the latter is usually easier, since most experienced dieters are rather well aware of what they should not be eating. Yet they are often left wondering: what should I eat? Dieters who are fortunate enough to be able to answer this with a simple: I'll eat my meal replacement foods often see their diets succeed beyond its vulnerable infancy [i].

Dieters who rely on willpower alone, or follow a poorly designed "fad" diet, often do not lose weight. The most that these dieters usually experience is maintenance of current weight, or perhaps a few pounds lost, likely through water loss.

As with most weight loss solutions, there are some potential pitfalls that can undermine dieters. And perhaps the most ironic of these pitfalls exists for those dieters who have chosen a meal replacement route to achieve their weight loss goals. This difficulty is explained, and solved, below.

Diets supported by meal replacement plans are often successful; and herein exists the potential problem. Once a dieter has lost his or her desired weight, there is a transition period from meal replacement food to "normal" food. Without the proper nutritional supplements in place to ensure that this transition is both smooth and long-term, a high number of dieters revert back to their pre-diet unhealthy eating habits. The result, regrettably, is the regaining of weight; and for many dieters, yet one more failed attempt to shed pounds and inches [ii].

The blame for this regained weight is typically, and incorrectly, assigned to two sources. The first target for this misplaced blame is the meal replacement plan itself, which promised long-term weight loss yet apparently failed to deliver. The second misplaced blame, and the one that can do the most damage, is directed towards the dieter him/herself. It is just "another failure", and a crushing blow to self-esteem.

However, as noted above, this blame is misdirected. The cause of the problem is neither the meal replacement plan, nor the dieter's lack of willpower. The culprit here was that once the meal replacement plan had done its job, there was no strategy in place to maintain that accomplishment over the long term.

Fortunately, there exist some very well designed nutritional supplements and plans that support this transition strategy. These nutritional supplements are not candy bars posing as "energy bars", or

protein powders laden with calories and fat grams [iii].

Rather, these authentic nutritional supplements are scientifically designed, low-calorie, complete eating solutions. That is, they can be used to supplement a meal that is not fortified with vitamins or complete protein, or they can be used -- without health risk -- to replace a meal when healthy eating choices are not available.

Meal replacements have proven their value in the "battle of the bulge"; especially since they provide dieters with an easy answer to the question: what do I eat today? However, it is just as clear that the

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period just after weight loss, when the meal replacements program ceases, is critical.

Far too many dieters are left without a transition plan that enables them to safely return to a diet of non meal-replacement items. Fortunately for these individuals, and for future dieters as well, there exist authentic and medically engineered nutritional supplement solutions that bridge this gap, and help ensure that a hard won weight loss battle is a long-term victory.

ABOUT PROTICA

Founded in 2001, Protica, Inc. is a nutritional research firm with offices in Lafayette Hill and Conshohocken, Pennsylvania. Protica manufactures capsulized foods, including Profect, a compact, hypoallergenic, ready-to-drink protein beverage containing zero carbohydrates and zero fat. Information on Protica is available at <http://www.protica.com>

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