

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How the Boy Scout Motto Can Help You Lose Weight**

**By Bill Herren**

**How the Boy Scout Motto Can Help You Lose Weight**

by: **Bill Herren**

Be Prepared. For the Boy Scouts it means you are always ready in body and mind to do your duty. How can you use this motto to help you in your weight loss efforts?

I am of the school of thought that starvation is not the way to lose weight and lead a healthy lifestyle. My thinking has always been to make the right choices in the foods we eat. For many people, it is not overeating that is their enemy—it is the wrong choices. This article is assuming you know the difference between good food choices and bad. There are many articles that can be found on making proper food choices.

For example; have you ever been trying to diet and found yourself out around town running errands and then suddenly so hungry you could not hardly stand it? Or have you ever been at work and your workmates want to go to the local Mexican restaurant and you did not pack your lunch that day? Normally what happens is you swing into the local fast food joint or go with your coworkers to the restaurant and end up making bad choices. How can this be prevented? Answer: Be prepared.

The above "bad choice" scenarios could have been avoided by being prepared. The first could have been prevented by carrying a meal replacement bar or shake in your vehicle with you. This could have curbed your hunger until you were home and in a position to prepare a nutritious snack or meal. The second could have been avoided by having a nutritious lunch packed and ready to eat at lunch time. You could have even carried it to the restaurant and enjoyed the company of your coworkers.

The number one enemy of being prepared is time. "I don't have time to pack my lunch in the evening!" or "I don't have time to cook in the evening!" I have good news and bad news. If you are going to be prepared - it is going to take time. The good news is that it does not have to be as time consuming as you may think.

## How the Boy Scout Motto Can Help You Lose Weight

One way to save time and be prepared is to use meal replacement shakes or meal replacement powders. These can be carried with you wherever you go and mixed and consumed in a matter of minutes. Another way is to do your cooking when you have time. I know of one person that prepares 7 chicken breasts on Sunday night and puts them in Tupperware serving dishes along with brown rice and steamed broccoli. They just simply take one per day to work and have a very nutritious, weight loss friendly lunch.

Some more ideas for being prepared in your weight loss journey: Have cans of tuna in your desk at work. Keep a bottle of water with you at all times. Do your cooking when you have time and cook enough for several meals. Keep meal replacement powders and meal replacement bars nearby. Purchase a Tupperware shaker Learn to like raw fruits and vegetables. These are very portable and hit the spot!

These are just some ideas to get you started. I am sure you can think of many more. The important thing is to have foods around you that are delicious and nutritious and will help you reach your weight

loss goals. If you can't stand to eat raw carrots then there is no sense in taking a bag to work - You simply will not eat them. You will more than likely make a bad choice when hunger hits. Experiment around and find nutritious choices that are portable and that you enjoy.

Do not let yourself reach the point of no return in your hunger. At this point most of us will eat about anything. Stay ahead of the game and be prepared. When hunger hits - make wise choices and your body will respond in a favorable way.

Remember; Be prepared and you will reach your weight loss goals.

Bill Herren is the webmaster of

bringing you top rated weight loss

supplements and e-books.

**"Trying" To Lose Weight? Don't!**

**By Mark Idzik**

**"Trying" To Lose Weight? Don't! by Mark Idzik**

Are you trying to lose weight?

If you are, STOP!

Funny thing to say coming from someone that wants to help you lose all the weight you want, right?

## How the Boy Scout Motto Can Help You Lose Weight

Actually, there's a good reason.

You see, you can't try to lose weight. Don't believe me?

OK, let's use an example. Look around where you are sitting right now and find a small object. Perhaps a pen, envelope or book. Got it?

Now, try to pick it up. Go ahead.

Is it in your hand? If it is, well, then you didn't try, you actually picked it up. If it's not in your hand, you didn't.

Simple, right?

There's no middle ground in doing. You can't "try" to do anything, it's a fallacy. You either do it, or don't do it.

The same applies to losing weight (or anything else for that matter). Saying that you'll try gives your mind fuzzy instructions, and it will return fuzzy results, results that aren't what you really want. It also gives you a "way out" if you don't achieve the goals you set out to reach.

You see, your subconscious mind doesn't interpret your directions, it just goes to work following them as complete truth. When you say you'll "try to lose weight", it will "try" to follow your instructions, which we now know is impossible.

What in fact you want, (if you really do) is to lose weight. To feel better. To have more energy. To overcome health challenges. To look great.

Now, if you say you want to lose weight and are not successful, or continue to use language that includes words like "try" or "we'll see" or "maybe", perhaps you're wired backwards.

What does that mean? Well, maybe you say that you want to lose weight, but your mind says it doesn't. Somewhere along the way you gave your mind instructions that it's too hard, or impossible, to lose the weight you want. Perhaps you're more comfortable where you are now, but know that it's the right thing to say that you want to lose weight.

If this is the case, ask yourself what beliefs you hold that are at odds with what you want. For example, "it's too hard to lose weight", "it's impossible to lose weight", "I can't lose weight because I'd have to exercise all the time", "I'll lose my friends if I lose weight", "I can't lose weight because I've always failed".

Ask yourself if in fact they are true. Are they making your life easier, or more difficult? Do these beliefs serve you or harm you?

Then, replace the old beliefs with new ones. Positive, confident statements about how you want to look

## How the Boy Scout Motto Can Help You Lose Weight

and feel.

The best way to lose weight is to avoid saying you'll "try" to lose weight, and say you "will" lose weight. See yourself at your ideal weight. Imagine how great you look and feel. Use positive language and give your mind specific instructions like "I'm now happily at my ideal weight of (number of pounds) weight" or "I now happily choose to wear a size (your ideal size)".

Watch your language and self talk closely and avoid using "try". It may take constant attention at the beginning, but after a short time, you'll get used to keeping your language positive, upbeat and confident.

Your weight loss results will follow immediately, depending on how confident, committed and persistent you are in applying these exercises. The more confident, committed and persistent, the faster your results will appear.

You CAN do it!

Mark Idzik is a health coach with a national clientele who helps his clients lose weight, feel better, overcome health challenges and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=try#tips>

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**