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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!

How to Really Lose weight, Permanently

By malcolm pugh

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how to really, permanently, lose weight!!

I am a reformed alcoholic. I am a reformed chain smoker.
I am an ex-fat person. I am also not selling anything.
My only wish now is to help people by passing on my
knowledge; I guess this sounds too good to be true.
When you have really nearly died a few times, money
takes on a sort of reduced role in your thinking.
Make no mistake about it, we are all going to die,
even you will die one day. When you are young this
seems a long long way away, I'm fifty now, and it
sure seems a little closer to hand than it did.

You may think I have superhuman will-power to
quit drinking and smoking (and gambling and all
other excesses). To a certain extent that is true;
I have a great deal of will power, but I also have
a method, a way of thinking, which helps.

For some reason, and it may have been a good
one at the time, you have what is pretty well an
addiction. You love something more than you
love yourself at the present time.

Think "myself or my health."

In this "New Labour" "Tony Blair" type world,
certainly in Britain, everything is explainable in terms
of something else more convenient. It doesn't detract

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from the plain fact that the Emperor really hasn't got any clothes on at all. In short, it's not stretching the truth, it's really a very big lie(s).

This is what you are currently doing to yourself, you are living out a lie in order to placate yourself, in order to make what you are doing palatable. What you are really doing is killing yourself a lot quicker, and a lot more painfully than is really necessary; and by and large no-one gives

a damn whether you do or you don't; they are too busy with themselves to really and truly bother about you. By and large this is correct. The few people that possibly do care either haven't a clue how to help, or are simply hampered by the realisation that it is only YOU who can cure it.

There are really no excuses:

If you are drinking too much you are a pain of a drunk.
If you are smoking too much you are a pain of a smoker.
If you are gambling too much you are a liability,
just as you are if you are on drugs.

You probably nodded to all these, and felt agreement, so why don't you realise that in the current Western society, being fat is not in vogue, and in many cases actually anti-social and a nuisance to other people.

You are putting a strain on your heart, a strain on your lungs, a strain on your joints, and a strain on the people around

you,; to say nothing of the strain on the Health Professionals.
Why?

Because you are too self-indulgent to stop for a minute enjoying yourselves to see if you are bothering other people.

There is no magic formula to weight loss.

You take in less than you burn up in daily life.

To break that down further, you take in less than your daily ROUTINE. For in order to do this you will need to change

your whole way of life, permanently. Make no mistake, if you are really and truly HAPPY when you are fat, then fine, go ahead and be fat, but acknowledge that most things you really enjoy kill you quickly, and painfully, and most things done to excess bring attendant guilt.

Stop reading now if you don't want to lose weight or else you are wasting someone else's bandwidth who

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has what it takes when you have not got the moral fibre.

What it takes is a modicum of will–power combined with a hell of a lot of common sense. I have had a lot of addictions, I am an excessive natured person. I find the first step in losing any of them is to look at them as a phase I have grown out of. I have matured to such an extent I no longer need their crutch to carry me onwards.

Much as we look at kids and feel, "that's wrong, but they'll grow out of it in time". And they usually do, don't they, because they see that long–term they are better off without doing what they are doing. Why don't we tell them at the time? Because we know they'll tend to do the opposite!

Thus it is with ourselves.

We have established that we can expect **NO HELP FROM OTHERS**. Why should anyone else help us anyway, it's our problem. If someone came to you with "I've got a terrible problem with my lawyer, and my cat isn't eating, my mother–in–law is being funny and I've got the results of my x–rays tomorrow" you might well be a little concerned, but I bet your first thought would really and truly be "how can I get away quickly?". So why the hell should others be expected to listen to you bleating on about helping you to lose weight. **IT'S YOUR PROBLEM.**

Also you will never stop doing anything you really **LIKE DOING**. You have to really want to stop for good and ever, not just when you attain a certain weight, because you will put it all back on.

If you hear an alcoholic say after a year off the booze "i'm ok for a pint now" what do you **REALLY** think will happen if he/she has a pint/short?? You know as well as I do.

So really you have to :

- a) Realise it is just you that matters and does anything
- b) realise you have to really **WANT** to lose weight
- c) Realise no–one else is going to do it for you magically.
- d) realise that it was a phase you had to live through

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- e) realise that it is going to kill you, very very painfully
- f) realise that slim people often have more people around

There are many diets/methods to lose weight.
If you are reading this they have probably all failed.

Wrong.

YOU HAVE FAILED.

Most of the methods work if you WANT them to work.
I suggest that you treat it as a phase of your life, and you have learned from this phase and wish to move on and prove to everyone that you aren't stupid. Because anyone who knows that something is killing them and alienating people, and still does it, is stupid; has not learned one iota from what they have done have not progressed one jot in their mindset.

I find that just cutting down to low-fat foods,

not only settled down my gall-bladder, but gradually lost me a lot of weight, over a long period which now has stabilised.

Any supermarket lists the low-fat products.
Also water, pure little tap water, fills you up and is needed more than you think. Eighty per cent of the human body is water, so it makes sense to drink it.

I now stick to this eating regime.

I am now not fat.

Remember, I make zero money out of this article, but it is probably the best common sense you'll ever read; not only for obesity, (which is what you are at present, obese) but for most addictions.

Most articles you will read have a hidden agenda, **TO MAKE MONEY OUT OF FAT PEOPLE.**
If you lost weight forever, they'd lose your money in the future, wouldn't they?
They plan on you losing weight **EVERY YEAR.**
Why not just do it **ONCE**; I sure as hell would not want to quit smoking and drinking on a yearly basis!!

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I just get to have a few more people visiting my website, if you stop for a second or two to read this article, as i get a kick out of getting visitors from all over the world, and seeing my site visitor numbers rise. I guess you could think of it as an obsession, or a phase I'll probably grow out of in time!

But it is also very nice if you can help people, and I've been places you really do not want to go, and had things done to me you really and truly **WOULD NOT LIKE**.

Take it from me, the only way to lose weight is to eat less than you are burning up on a daily basis, for ever. We all **KNOW** what we should and shouldn't be doing by and large, and no-one can make a difference but ourselves.

It is a sad fact of modern life that everyone expects to be able to do what the hell they like and then someone will bail them out at the last minute.

Fact is, if you don't lose weight, you'll die young and fat. **YOUR CHOICE, YOUR LIFE.**

<http://www.stiffsteiffs.pwp.blueyonder.co.uk>

Now I know why people **PAY** for domain names!!

Isitebuild – professional site building info

This man's site will teach you how to set up your website whilst slimming!!

I was a civil engineer after i left school, until I became a systems programmer(for 25 years). Now I write the odd thing and try to help people.

Making Lifestyle Changes For Permanent Weight Loss

By Abbas Abedi

So you want to lose some weight. Almost all of us have felt this way at some time or another. Maybe it's some holiday weight you want to work off, or maybe you've just decided that you would feel and look better with a little less bulk. Whatever the reason, losing weight can sometimes be difficult. It's often the case that you find yourself dealing with a very restrictive diet that is difficult to stick to, or other inconveniences. You can avoid much of this, however, by making some lifestyle changes that

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incorporate more healthy activities into your daily routine.

Although everyone will likely be tempted to try and lose weight as quickly as possible, unless you feel for some reason that this is absolutely necessary, it's better to take a long term approach. If you want to lose weight quickly, it's likely that you're going to have to make a restrictive and drastic diet change that will be hard to implement. This also means there's a good chance you will simply put the weight back on when your diet is over, or when you (inevitably) lapse from it.

A far better long term solution is making some lifestyle changes. Not only will this be an easier way to lose weight, but those pounds you lose will stay lost. The reason that lifestyle changes are an effective way to lose weight is that you don't have to alter your daily routine too much. Many people find the exercise regimens and diet changes involved in quick weight loss unrealistic – you never have enough hours in the day as it is, so it's hard to make more for exercise.

The best place to start in your attempt to lose weight is to look at things you do every day. First and foremost for most people is going to work. Many people live close enough to their employers to bike, but choose instead to drive. By biking to work you will not only be getting exercise and working towards your goal of losing weight, you will be saving money and doing a good thing for the environment. Try and think of other small changes in a similar vein: take the stairs instead of the elevator, go for a walk on your lunch break instead of sitting at your desk. Although these changes may seem small and suspiciously convenient, they will go a long way towards losing weight.

The other more pro-active way to lose weight through a lifestyle change is to engage in more athletic activities. Take up a sport, or go hiking on weekends. The beauty of this is that these things are entirely recreational: you're having fun at the same time that you're losing weight. It's much easier and more enjoyable to commit to going on a hike every weekend or playing tennis with a friend than it is to sit alone in gym: after all, there's a reason they call it "work"ing out.

Lifestyle changes go a long way towards losing weight, and anyone who incorporates some of the changes listed above should find themselves able to lose weight permanently.

By Abbas Abedi—To make weight loss easy visit my blog



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