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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!

Live To Eat And Still Lose Weight, It Can Be Done

By Carl Hampton

What really goes down well with wine? Cheese and bread, that's the typical French diet so how is it that the French are not overweight?

Our American diet has become very largely based on processed foods. We tend to eat snacks with fake fats like olestra and phony carbohydrates like aspartame and we eat a lot of it. Consuming food in France is about quality, not quantity. Their daily intake consists of butter and cheese, sometimes twice a day as well as natural unsaturated fats like olives and nuts. Here's the (big) secret, they eat in much smaller portions, little but often.

Another major factor as to why the French are not as overweight as Americans is that they do not drive everywhere. The average American is so dependent on their car. We tend to drive as much as we can. The average French person indirectly gets half an hour to an hour of exercise on a daily basis, instead of driving everywhere, the French walk, it's a way of life. They love to meet people and talk, hard to do that at 60 miles an hour on the freeway.

We Americans love to follow diet trends, the grapefruit diet, the brown rice diet, the cabbage diet, the master cleanse diet. Diet trends in France are almost non-existent. They eat well because it is customary and traditional. When they shop at the market, they pay no attention to carbohydrates or fats, they think fresh.

It goes without saying that the French love wine (which really is part of their culture). They don't shy off of it because it could be bad for your health. They drink a glass of wine with their lunch and dinner. In all reality most doctors now agree that light drinking is really good for your heart because of the natural antioxidants.

As Americans we get so caught up in multitasking, we eat while we watch the television. We eat while we're running out the door, late for work or an appointment. The French take a more traditional approach because they take their time to eat, and they even eat at the dinner table with the television off. It's a time to talk with other members of the family or friends. They relax when they eat which helps them feel full and content.

Live To Eat And Still Lose Weight, It Can Be Done

Here are some tips on how to have a French inspired eating lifestyle. Take smaller bites, a bite of food should be the size of your thumb, not as much as you can fit into your mouth. Slow down your eating if you have food in your mouth, put your fork down. Last but not least, savor your food and think about the way it tastes.

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<http://www.fcdtcm.com>

The Secret Key To Permanent Weight Loss!

By Dr. Jeff Banas

With this key, I GUARANTEE YOU WILL LOSE ALL THE WEIGHT YOUR EVER WANTED TOO!

Imagine yourself at your ideal weight. After all those years of trying to lose weight, you finally did it! You lost the weight! How would losing the weight change your life? Imagine it?

How would you feel? Would you have more energy? Would you be healthier? Would you live longer? Would you act differently? How would it affect your job? Would you make more money? What would your family think? How would you look? What would your social life be like? Would you feel better about yourself? Would you be happier?

Bottom line, how would losing weight change your life?

Believe me you can do it if you use this secret key. The secret key for anyone wanting to lose weight is...Never Give Up, Never, Never Give Up, Never Ever Give Up, Never Give UP! That's right, the secret key to losing weight is not a new fad diet, it's not a new medication, it's not a gimmick supplements, it is A STATE OF MIND!

Lets face it. You tried to lost weight in the past, and you failed. So what! The key is what do you do now. Do you give up, or do you start again. Anyone and everyone who has successfully lost weight and kept it off, had failed in the past. However, the reason they were finally able to lose the weight, was because they never gave up.

I know how hard and frustrating it can be, but never give up. If you have a bad day and eat a bunch fattening junk, so what, forget about it.

Forget past mistakes. Forget failures. Forget everything except what you're going to do now and do it. Just start a new day and never give up. If you tried to lose weight, and did not work, try something different.

"Have you ever considered the cost of quitting? For real eye opener...ask Thomas Edison...Steve Jobs...Michael Jordan...or Jim Carrey. Ask them how much it would have cost them if they had quit. What about you?"

JUST NEVER GIVE UP!

Dr. Jeffrey Banas is a Chiropractic Sports Physician, practicing in Mesa, AZ. Dr. Banas personally lost 60 pounds in 2003 and now uses his experience to help others struggling with their weight problems.

Dr. Banas can be reached at his office at 480-633-6837, or by visiting his web site at

www.personal-weight-loss-help.com

The Secret Key To Permanent Weight Loss!

Advalean for Weight Loss

How You Can Eat Carbs and Still Lose Weight

Why Do You Say You Want To Lose Weight?

What's Wrong With Dr. Phil's Food Plan?

Obesity and Weight Loss

101 tips to stay fit and live longer.

30-Day Low Carb Diet 'Ketosis Plan'

Beat that Fat

Webcam Watcher



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