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**Lose Weight Fast with Common Sense Diet**

**By Kathryn Martyn, M.NLP**

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Common Sense Diet: Eating for Weight Loss

Curiously most people will stick religiously to the servings guidelines when eating something like oatmeal, rice, or their half cup of broccoli, yet when they eat chips, crackers, cookies and ice cream they have as much as they want. It makes more sense to eat all you want of the vegetables and fruit snacks and limit the processed food treats though. If you want permanent weight loss try the Common Sense Diet.

Eat As Much As you Want of Real Foods

Consider having as much "real" food as it takes to satisfy, then limit the processed foods. Eating double the ingredients in your sandwich is still better than having half a sandwich and a whole bag of greasy chips. If you look at the box for hot cereal, it suggests a pretty small serving size. Just ignore it. Fix as many "servings" as you want, then eat a nice big bowl of hot cereal. I usually cook enough for four and split it between two of us. Am I as big as a barn? Hardly. But half that amount of cereal would not satisfy me and I'd be looking for something else to eat pretty quickly. Eating plenty in the first place makes much more sense and I'm generally satisfied for several hours.

So what if I eat more than the recommended serving size? The suggested servings have nothing to do with you and everything to do with what the manufacturer wanted to list as "calories per serving," or to be able to make a claim of "less than 2 net carbs," both of which are essentially meaningless. What matters is how much food will you need to be satisfied? It makes little sense for a 130 pound woman to be served and to eat the same amount as a 200 pound man.

I eat as much as it takes to satisfy my hunger, and then no more. That doesn't mean I eat until I'm stuffed so full I'll be ill, or I have to lie down, it means I'm satisfied. I get busy and forget all about eating when I'm well fed.

## Lose Weight Fast with Common Sense Diet

If you're following a pre-prescribed eating plan and you still want more to eat, it's unlikely you'll stay with that plan for long. Everyone of us is unique in our food requirements, so following a prescribed diet plan may just need to be modified to better suit you. It's okay to add another half cup of vegetables and it could make the difference between success and failure in your dieting efforts.

Add an apple or other piece of fruit a couple times during the day to get you over those hungry times. Most fruit has less than 100 calories in a piece. You can get 100 calories eating a piece of candy, but of the two which is going to satisfy you the longest? I'd suspect real food would.

I like a certain brand of sandwich from the health food store. At first I would eat a whole sandwich, then one day it struck me that maybe half would be enough, so I tried and what do you know, half a sandwich was plenty. Now I always eat a half and save the rest for the next day. Is this a breakthrough? For me it was because before I would use my eye to judge what I needed to eat (Mom

used to tell me, "Your eyes are bigger than your stomach," and I guess she was right!). These sandwiches I'm referring to are big, and they are filling. They contain healthy but oddball ingredients you may not have thought would be good in a sandwich like shredded carrots and cabbage. They require substantial chewing, and they are very nourishing and satisfying. That's what you want from a sandwich, right?

When eating good, wholesome foods I don't crave chips and cookies, but if I eat a regular grilled cheese or tuna sandwich, I'm off looking for the chips and ice cream for later. The association when you eat one food with another food is strong. Consider, french fries with ketchup, apple pie with ice cream (some eat it with cheddar cheese), peanut butter and jelly, ham and eggs. Some things just seem right paired together, or so we think, but what if you could shake up those associations? If you've got a real habit of eating chips for instance, what else is going on at the same time? Is it the TV show you're watching, the time of day, the other foods? Try switching things up, moving to another room to eat, changing the channel or try a completely different type of chips.

For me, french fries without ketchup just isn't the same so when I broke my addiction to them I started by eating them without the sauce. They weren't half as good, but the point was, it's not the fries, it's the ketchup (tomato candy to me). Sometimes trying something new can help break those associations. Try baked chips for instance, or just cut back how many chips you have at a time if that works better for you.

Speaking of pickles; yes they have high sodium. So what? If we would stop and think for just one minute that they stop themselves from eating perfectly fine foods like a pickle (great for an appetizer), but do eat all the junk they want, it simply makes no sense. Start to limit the snacks and junk foods, and go ahead and have the pickles and fruit snacks. Double up on the amount of vegetables, even triple up. Eat hearty! Food is a good thing. Watch the sauces though because other than enhancing the flavor of the food they aren't exactly nutrient powerhouse foods. Have an extra bite of chicken and a bit less sauce.

### Limit Processed Foods for Faster Weight Loss

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If you grew up never eating anything but processed foods it may be more difficult to try new things, but be brave. I suggested having some sliced tomato with dinner and the kids (teenagers) looked at me like I was crazy, but when I was growing up slices of tomato from our garden were often on our plates. I love tomatoes. I'll eat a whole tomato for a snack (just like an apple).

### I Hate Vegetables

If you hate vegetables it's probably because you were forced to eat them as a child when they were over cooked, mushy, awful. Try them again but this time lightly steamed so there is still some give to the bite but never mushy or overly soft (unless you have no teeth). I toss frozen vegetables in water, bring it to a boil, then turn off the heat and by the time I get my plate they're ready. It takes no time at all to get them right, but they're easy to over cook, so don't let them boil for 10 minutes. Frankly, directions for cooking vegetables are always wrong, so cut back on the time to cook and taste them sooner.

This week go ahead and eat two slices of bread if that's what it takes to feel satisfied. Have two (or more) servings of oatmeal. Eat enough to be satisfied. Have a full sandwich if half isn't enough, or if a whole is a bit much, cut back to half. Find the quantity that works for you by adjusting here and there.

Don't be afraid to try new things, vegetables and fruits are inexpensive and a healthy addition to your diet! Above all, work to modify what you prefer to eat now, and slowly make changes so the changes will become permanent.

Even if you add a few hundred calories to your daily total, it's far better to be satisfied with what you've eaten than to feel still hungry when you push away from the table. It's always worked for me. I don't take whimpy portions, but I'm not a glutton either. Find a balance and you'll find your weight will come off more easily.

~~ Kathryn Martyn, M.NLP, EFT coach and author of *Changing Beliefs, Your First Step to Permanent Weight Loss* lost 80 pounds over 17 years ago. Learn how she lost the weight and maintains that weight loss at <http://www.OneMoreBite-Weightloss.com> The "The Daily Bites" <http://www.onemorebite-weightloss.com/getnews.html> for motivating mini-lessons and tips using EFT and NLP to end the weight loss struggle.

### **Fast Way To Lose Weight**

**By Susan Sweet**

#### Fast Way To Lose Weight

Fast weight loss programs can lead to loss of your health while losing fat. It can cause some irreparable changes into the body making it weak. You must have heard stories of diet pill failures but not all diet pills are alike. The best situation to be in is when you don't need any weight loss but in case you need one follow simply weight loss herbal diet pills.

## Lose Weight Fast with Common Sense Diet

Diet pills are often advertised as 'Fast Way to Lose Weight'. But remember, all that glitters is not gold! Weight loss drugs advertisements can be quite misleading at times. False promises have resulted in serious side effects and stories of diet pill failures. Hence don't get carried away by such cheap market gimmicks and make an informed choice when buying diet pills. From prescription diet pills to over-the-counter diet pills the markets these days are flooded with weight loss products. Each one claims to be a fast way to lose weight and seem as an attractive option as compared to conventional methods of weight control.

Diet pills are often looked upon as a great food supplement to lose weight and retain energy. Fast weight loss diet pills have seen an insurgence within a last few years. Thousands of people in US spend millions of dollars every year on the diet pills. Undoubtedly, these pills offer a fast way to lose weight but while making a decision to use them take medical consultation.

What is the best diet pill to lose weight?

Several fast weight loss diet pills have flooded marketplace. Finding the best one out of them may give you a headache. But now you don't have to worry! We provide the best proven weight loss pills to our customers. You can buy the following major weight loss diet pills from us:

- Phenazen diet pill
- Zantrex-3 diet pills
- Slimming tablet xenadrine
- Cortislim diet pill
- Meta Gen Diet Pills
- Desert Burn
- Carb blocker diet pill
- Leptoprin-sd
- Zilacetin Diet Pills
- Nueslim Diet Pills

**Herbal Diet Pills :** Herbal diet pills are effective diet pills that help you lose unwanted fat naturally. Safe diet pills are those diet pills that help you lose weight without any serious side effects. Before trying any herbal diet pills , safety of diet pills should be ensured. We recommend you to take prescription diet pills to lose those extra pounds. This is because we all have different body structures and systems and a diet pill that works for one may not necessarily work for all. Get the right diet pill prescription to attain best results. Also, Check out:

- Effective Diet Pills
- Herbal Diet Pills

- Safety Of Diet Pills
- Diet Pill Prescription

**Carb blockers :** Carb blockers prevents glucose or sugar from being converted into fat. The unique formulation of Carb Blocker products helps you to lose weight without much change in your diet. Low carb diet pills work by inhibiting the absorption of carbohydrates and sugar by your body. Extreme carb

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blockers are also available for maximum Carb Blockers effectiveness. Carb Blocker diet pills are a really a fast way to lose weight and have no serious carb blocker side effects . Find out more about Carb blocker diet pills. Also, Check out:

- Low carb diet pills
- Extreme carb blockers
- Maximum Carb Blockers effectiveness
- Carb Blocker diet pills
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