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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!

Lose Weight the Healthy Way

By Marlene Mathis

Lose Weight the Healthy Way

by: **Marlene Mathis**

It's definitely no fun to lose weight -- put it back on, lose weight, put it back on, and so on. Just as you learn the rules of a new diet, you find yourself trying to get around them. What if all you had to do to lose weight was to eat less?

You may think it can't be done. However, experts say it can. Of course it sounds simpler than it is, but it's no more difficult to commit to healthy eating habits than it is to follow the diets most of us have tried.

In the end, it will actually be easier because you will feel less restricted as you begin to learn how to eat right instead of how to follow the rules of the newest popular diet. Here are a few tips to help you started:

Eat smaller portions, including items with protein, fat, and fiber in each meal. This combination is the one that researchers have found effective in helping to keep hunger pangs away.

Drink two full glasses of water with each meal. It will help you feel full and keep your body hydrated.

Eat breakfast. This critical meal jump--starts your metabolism for the day. But avoid empty calories like those found in doughnuts, many cereals, and sugar-laden pastries. They will only leave you feeling tired and hungry by mid-morning. For best results, eat items with plenty of protein and fiber.

Don't count calories or weigh food. Simply use the palm of your hand as a portion control guide. Most of us are fully aware of what a 'too large' portion looks like. We also know how it makes us feel. You should never feel bloated or stuffed--eat only until you are not hungry. You really aren't giving up anything if you save the rest for later. If it helps, think of it as taking a break when you set food aside for another time.

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Give up something. It might be your nightly glass of wine, chocolate bars, or regular soft drinks. Then, commit to doing without the item for one full year. You'll find that you'll feel better without the sugar, caffeine, or alcohol. You certainly won't miss the calories as your waistline begins to shrink.

Identify your comfort food. What is it that you reach for in times of stress? Pizza, fried chicken, or a burger with fries all seem to top the list of foods people reach for when feeling down, anxious, and tired. Instead of reaching for food to comfort you, engage in a favorite activity. Go golfing, take a walk through your neighborhood, or hop on your bicycle for a quick spin.

Be aware that food is often used as substitute for other types of satisfaction. Take a look at your job, your family life, and your spiritual connections. Work to improve areas that are causing you discomfort and you will see the desire for unhealthy food fade away. Maybe it's time to start looking for a new job, go back to college, or find a church.

Taking control of your weight is more about taking control of your life than anything else. Don't allow yourself to make decisions based on food. Why be chained to someone else's diet rules when you know yourself better than anyone else. Put that knowledge to work, and watch your weight disappear.

If you want to make weight disappear faster, and to help keep those pounds off, be sure to exercise regularly. Walking 30 minutes daily is something most people can achieve and keep it up right into the senior years.

Marlene Mathis is webmaster at Ana Health, the comprehensive health information resource. Subscribe to her ezine Health Vista at

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The Two Words That Guarantee Success (or failure) When Losing Weight

By Mark Idzik

The Two Words That Guarantee Success (or failure) When Losing Weight by Mark Idzik

Did you know that being successful with losing weight starts with just two words?

Two words will either guarantee you'll lose weight, or guarantee the you WON'T lose weight.

You see, words are very powerful. Especially the words that we say to ourselves... our self-talk.

Whatever we say to ourselves goes directly to our subconscious and is accepted as complete truth.

Did you catch that?

Whatever you say to yourself or others is accepted as a complete truth to your subconscious mind.

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How do you describe yourself?

Do you see yourself as healthy, slim and energetic?

Or do you see yourself as heavy and overweight?

Do you tell yourself (or complain to others) that "you can't" lose weight?

If you say to yourself....

"I am fat" ... your mind says OK, you're fat and gets to work in the background on taking actions that make (and keep) you fat.

or

"I am healthy and slim"... your mind says, OK, and gets to work in the background on taking actions that make (and keep) you healthy and slim.

[Note: You literally can't lose weight if you see yourself as overweight... your mind won't let you. This is one reason so many struggle with losing weight... and keeping it off.]

Your subconscious doesn't argue with you, or reason with your statement. It just goes to work following your instructions.

This one, small lifestyle change can make a difference between being successful in reaching your weight loss goals, and continual struggle to lose weight.

It's simple, just replace your current thoughts and words with ones that support your "new" you starting with those two most important words, "I am":

"I am healthy"

"I am slim"

"I am fit"

"I am healthy and trim"

"I am at my goal weight of (your goal) pounds"

Saying "I am" gives your mind a statement and command in the affirmative... as if it were already true.

Do this regularly, every day, and watch your thoughts and self talk closely. If you catch yourself slipping, immediately stop your negative thoughts and replace them with those above, or your own "I am" statements.

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Before you know it, your actions and results will start taking shape (literally :)). It's a proven fact, your mind acts on what you tell it, just tell it what you want!

You CAN do it!

Mark Idzik is a health coach with a national clientele who helps his clients feel better, get more energy, lose weight and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=2w#tips>

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