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Losing Weight is Like Eating Ice Cream

By Will Clower, Ph.D.

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"Life is like a box of chocolates," drawled Forrest Gump.

Metaphors are great. Writers use them all the time because, simply put, they get your attention and really drive a point home.

That's because life and a box of chocolates have as much in common as French Toast for breakfast and a French Toast to your health.

But you know a punch line is coming to connect the dots and relate two ridiculously unrelated things. So you wait, listening sharply to catch the thread that makes it make sense.

"You never know what you are going to get." Aaahhh, riiigghhtt!

The mismatch, mental twisting, and surprise resolution slam the point home. There. That's the micro-anatomy of our most common literary tool. So how about a metaphor for eating healthy?

Losing weight is like eating a single scoop death-by-chocolate ice cream cone. Okay, that nailed the "man, this strains reason" part. But now let me explain.

First of all, real connoisseurs know that you must linger over your ice cream: chasing runners, keeping it off the pavement, and pushing it right to the bottom of the cone without bathing in it. These are all vital factors. It's a process.

And that's the point. It just takes time, and when you're finished with that ball, you think ... perfect!

Now imagine that same single scoop of ice cream, but this time placed in the deep empty hollow of a cereal bowl. We see it down there, sad and lonely, and invariably decide that it needs 3 more scoop

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buddies.

That's because we believe we are getting gypped somehow if our food doesn't fill the space.

Now. What does this have to do your dinner tonight? Well, the space you serve your food in matters. If you put dinner on a gigantic platter, you'll end up with helpings 2, 3, and 4 on the plate all at the same time. And if it's in front of you ... you're going to eat it.

So a basic message you can take home and try tonight is simply to begin on smaller plates. This trick exploits one of the bedrock laws of the Universe.

There's four of them in all: E=MC2, Finder's Keeper's, The Conservation of Matter and Energy, and the big one - Your Eyes Are Bigger Than Your Stomach.

Simply handling this last law prevents the drastic overeating so typical of American buffet trough-feeders. And, repealing this law of nature doesn't require any higher math or even a physics degree.

Take the first step to solving your portion problems by beginning with a smaller space for your food. Next, eat your food like you eat your ice cream - a little at a time. Enjoy it by making it last.

Small bites increase the length and pleasure of the meal. When your focus is more on enjoyment than consumption, that smaller amount becomes ... perfect!

Your calories drop with your portion sizes and you love your food more - just like lingering over your single scoop death-by-chocolate ice cream cone!

Aaahhh, riiigghht!

Dr. Will Clower is the award-winning author of The Fat Fallacy and founder of The PATH Curriculum, The PATH Online, and Newsletter.

The PATH: America's weight solution.
Dr. Clower can be reached on his website

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Low Carb Ice Cream

By Joan Winthorp

As the low carb diet continues to create a booming impact to its dieters, the low carb diet arena then began to produce after the exciting six-part series of frozen desserts, and included in this food trend is the making of the reduced sugar and low carb ice creams.

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Speaking of low carb ice cream, there are some low carb ice creams that can not be technically called "low carb ice cream" due to their cream contents, however, they are still low carb ice cream alike. Fortunately, the ice cream companies are now working hard to provide the ice cream consumers with frozen desserts that have reduced sugar contents, which ultimately reduce the products' calorie and carbohydrate contents.

And one of the good news that accompanied the production of the low carb ice cream is that most of the reduced sugar desserts really taste yummy. However, there are some studies which noted that reduced sugar does not eventually mean the treat is low in fat. But despite that possibility for the low carb ice cream, there are still some frozen desserts that are both low in fat and carbohydrates.

It is as well interesting to know that many studies about the low carb ice cream have considered that only half a cup of the low carb ice cream is a reasonable serving. However, it is still considerable that even if an ice cream carton trumpets that has low sugar or calorie levels, or has no added sugar, or even has low carbohydrates, they might have probably fat contents that would contribute a bad effect.

So if you are one of those who love low carb ice creams, following are several low carb ice creams that are best recommended for family preference.

One of the noted best recommended low carb ice cream is the Edy's No Sugar Added Triple Chocolate low carb ice cream. Many who have tasted this low carb frozen dessert have considered it as low in fat, low in sugar, and tastes so yummy. And in fact, there are fudge sauce swirls in this chocolate ice cream.

And also of great interest is the Vanilla Ice Cream that can really be considered as a low carb ice cream for the fact that it contains a lower carbohydrates count for two carbohydrates per serving. This particular low carb frozen dessert is made by these ingredients: five egg yolks, a cup of Splenda, 1 and ¼ cups of heavy cream that is whipped.

All of these mentioned low carb ice creams are really considered as nice favorite treats. So you can keep yourself and slim down with these low carb frozen desserts.

Joan Winthorp is a fitness and nutrition expert. If you ever wanted to know if the Low-Carb-Diet works or does not – than the website at

was written just for you.

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