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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!

Safely Transitioning Off Meal Replacement Plans

By Protica Research

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Meal replacements have been part of the diet landscape for decades. They have helped numerous people lose weight, and more importantly, they have helped people learn the difference between healthy and unhealthy eating choices. Both quantity and quality of life improvements can be credited to the concept of meal replacement solutions.

Those that have successfully relied upon a meal replacement plan can reflect fondly on how the plan helped address a fundamental diet obstacle: choosing what to eat.

One of the greatest challenges that a dieter faces - if not the greatest - is discovering what to eat, and what to avoid. Answering the latter is usually easier, since most experienced dieters are rather well aware of what they should not be eating. Yet they are often left wondering: what should I eat? Dieters who are fortunate enough to be able to answer this with a simple: I'll eat my meal replacement foods often see their diets succeed beyond its vulnerable infancy [i].

Dieters who rely on willpower alone, or follow a poorly designed "fad" diet, often do not lose weight. The most that these dieters usually experience is maintenance of current weight, or perhaps a few pounds lost, likely through water loss.

As with most weight loss solutions, there are some potential pitfalls that can undermine dieters. And perhaps the most ironic of these pitfalls exists for those dieters who have chosen a meal replacement route to achieve their weight loss goals. This difficulty is explained, and solved, below.

Diets supported by meal replacement plans are often successful; and herein exists the potential problem. Once a dieter has lost his or her desired weight, there is a transition period from meal replacement food to "normal" food. Without the proper nutritional supplements in place to ensure that this transition is both smooth and long-term, a high number of dieters revert back to their pre-diet unhealthy eating habits. The result, regrettably, is the regaining of weight; and for many dieters, yet one more failed attempt to shed pounds and inches [ii].

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The blame for this regained weight is typically, and incorrectly, assigned to two sources. The first target for this misplaced blame is the meal replacement plan itself, which promised long-term weight loss yet apparently failed to deliver. The second misplaced blame, and the one that can do the most damage, is directed towards the dieter him/herself. It is just "another failure", and a crushing blow to self-esteem.

However, as noted above, this blame is misdirected. The cause of the problem is neither the meal replacement plan, nor the dieter's lack of willpower. The culprit here was that once the meal replacement plan had done its job, there was no strategy in place to maintain that accomplishment over the long term.

Fortunately, there exist some very well designed nutritional supplements and plans that support this transition strategy. These nutritional supplements are not candy bars posing as "energy bars", or

protein powders laden with calories and fat grams [iii].

Rather, these authentic nutritional supplements are scientifically designed, low-calorie, complete eating solutions. That is, they can be used to supplement a meal that is not fortified with vitamins or complete protein, or they can be used — without health risk — to replace a meal when healthy eating choices are not available.

Meal replacements have proven their value in the "battle of the bulge"; especially since they provide dieters with an easy answer to the question: what do I eat today? However, it is just as clear that the period just after weight loss, when the meal replacements program ceases, is critical.

Far too many dieters are left without a transition plan that enables them to safely return to a diet of non meal-replacement items. Fortunately for these individuals, and for future dieters as well, there exist authentic and medically engineered nutritional supplement solutions that bridge this gap, and help ensure that a hard won weight loss battle is a long-term victory.

ABOUT PROTICA

Founded in 2001, Protica, Inc. is a nutritional research firm with offices in Lafayette Hill and Conshohocken, Pennsylvania. Protica manufactures capsulized foods, including Profect, a compact, hypoallergenic, ready-to-drink protein beverage containing zero carbohydrates and zero fat. Information on Protica is available at <http://www.protica.com>

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[i] Source: "Are you Sabotaging your Diet?". Prevention.com.

<http://www.prevention.com/article/0,5778,s1-4-57-190-4559-3,00.html>

[ii] Source: "Meal Replacement Diets". All About Info Ltd.
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Hair Replacement - 10 Things You Need To Know When Considering A Hair Replacement

By Paton Jackson

Hair replacement is becoming more and more popular in the recent years among people who suffer from hair loss. Due to the advance of medical technology, hair replacement became more common - its prices got more reasonable and its outcome got better.

If you consider having a hair replacement, read the following first:

1. Permanent hair transplant surgery is not new. Actually, the first hair transplant surgery was held over 30 years ago.
2. Hair replacement transplant uses only your existing hair. That's why in order to get a hair replacement transplant you must have hair in good condition at the sides and at the back of your head ("The donor areas")
3. If you have almost no hair left over your head, hair replacement could not help you. There are different techniques of hair replacement transplant according to the ratio of hair fullness required.
4. Hair replacement is not only for men - It could be a good solution for female hair loss in some cases.
5. Hair replacement surgery is usually safe and has no side effects. However, in some cases there could be infections like any surgery.
6. Hair replacement surgery is normally performed using a local anesthesia; you should little or no pain at all.
7. Hair replacement process requires several sessions with an interval of a couple of months between them. All the process can take up to two years.

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8. You will be asked to refrain of any sport activity after each hair replacement session.
9. Make sure that your physician has performed a lot of hair replacement processes and that he knows and has an experience using all the different techniques.
10. Hair replacement is a completely individual process. You must ask the physician how your hair will look after the process.

Hair replacement is a legitimate hair loss solution. However, it is an extreme one. We strongly advice you try other hair loss solution before trying this one.

911 Corp. executed an independent research to find the best hairloss solutions. Find out all about the results and other hair loss information on

- All about hair loss



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