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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!**

**Serious Dieting Tips, Humorous Explanations**

**By David Leonhardt**

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A few months ago, I set out to lose 22.6 pounds, then to put back on at least half of it.

Will it work?

<http://www.thehappyguy.com/aging-gracefully.html>

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Tip #1: Never eat before bed. This is just common sense. It is so much more fun to eat IN bed.

David Leonhardt writes about happy thoughts at

<http://www.TheHappyGuy.com>

, positive thinking at

<http://www.TheHappyGuy.com/positive-thinking-free-ezine.html>

and tearing down your house at

<http://www.thehappyguy.com/home-improvement-project.html>

... so why not write about dieting?

[Info@thehappyguy.com](mailto:Info@thehappyguy.com)

## Fourteen Reasons Why Dieting Is Bad For Your Health

By Paul Wilson

### Fourteen Reasons Why Dieting Is Bad For Your Health by Paul Wilson

9. Dieting makes you food obsessed.

than before the diet.

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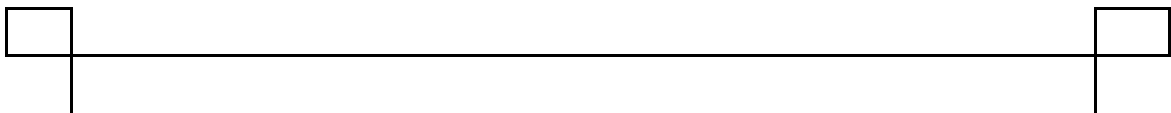
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