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**Take The "Die" out Of Dieting – Tips For Stress Free Weight Loss**

**By Dianne Villano**

**Take The "Die" out Of Dieting – Tips For Stress Free Weight Loss**

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Not so resolved on that "New Year's Resolution" to be in shape this year? Not quite in the body that you wanted to spend this summer in? Are you sick of counting carb grams and worrying about all of the foods that you "can't eat" ? If You are tired of losing the same weight over and over, and feeling like a failure because your last "diet" didn't work, try these tips to not only lose weight, but lose it for good. I have watched hundreds of clients over the years and almost without exception, those that lose their weight once and for all have mastered these tips and made their weight loss Stress Free

· Be Responsible for What You Eat –Studies show that people who are 20 or more pounds overweight underestimate their caloric intake by up to 1000 calories per day, while people of a normal weight under estimate by only several hundred, There are 2 main culprits for this. First, many people are unaccustomed to "true" serving sized of most foods. For a start, begin paying attention to the Serving size information on the foods that you eat. Also, it helps to use a measuring cup and food scale to acclimate yourself to what 1/2 c or 1 tbs. of something actually looks like. Second – Start paying attention to your unconscious eating habits — at the television or the computer, in the car, while you're cooking or cleaning up — and focus on consciously enjoying the foods you eat, while being aware of the calories you consume.

· Don't Try To Change everything at once – Focus on making small. moderate changes in your lifestyle each week. Click here to learn more about lifestyle coaching & weight management programs. Each time you make a positive choice it will add up and bring you closer to your goals. If you eat just 100 less calories per day you can lose 10 pounds in a year!! 100 calories is equal to 1/2 cup less of pasta, 1 less tablespoon of butter, or 1/2 cup less of ice cream.

· Just say "NO" to excuses – The difference between fit and unfit people is their habits. There are the same amount of hours and stress in each week for every one of us – those who fit exercise and healthy eating into their lifestyles don't have more time or less stress, they just have healthier habits. The next time that you are unable to follow through on one of your weight management goals – Identify the

challenge and prepare a plan for the next time. Don't dwell on it or make excuses for why you can't do it. Be prepared.

· Close Your eyes and visualize – to keep you going even when you don't feel like it or when the going gets rough. You know the drill, the schedule is hectic, the french fries or candy is calling your name and it's just easier to slip back into your old unhealthy habits. Take a moment and visualize the slimmer, healthy more energetic person that you want to be. Remember the reason why you started your fitness or nutrition program in the first place!!

Create a clear mental picture and use it next time you feel like you are losing site of your fitness goals.

· Don't let weight loss dominate your life – Recognize and design a plan for your trigger times – those times that you eat from habit not hunger. Be it stress, anger boredom, or family events create a plan for

those times that you have a challenge following your food plan. Also, planning in advance what you will eat for the day will allow you to fit snacks and treats into you day without having exceeding you daily caloric allotment. Having both a food plan and a "food trigger" plan will allow you to focus on other things throughout the day aside from food.

Article written by Dianne Villano, President of Custom Bodies Personal Training and Weight Loss Programs. Dianne is a personal fitness instructor certified through the National Academy of Sports Medicine with over 16 years of experience who specializes in weight loss programs and programs for beginners. For more articles or free fitness tools visit

## **Fourteen Reasons Why Dieting Is Bad For Your Health**

**By Paul Wilson**

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

1. The lower the calories eaten per day, the harder it is for you to get your daily requirements of proteins and vitamins.
2. Dieting makes your body believe it is starving so it starts to save fat, as this is its best way to store energy.
3. Losing weight means digesting your own body tissues instead of food and unfortunately, dieting does not tell your body what parts it needs to digest or which parts to save.

4. Severe dieting causes muscle loss and if you are unlucky the loss may be from your heart with severe consequences.
5. Dieting will make you difficult to live with and your family may want to kill you.
6. Dieting changes your body chemistry and one effect may be bad breath.
7. If you're a smoker you may smoke even more to dull the hunger pangs.
8. Binge eating, generally with very unsuitable foods often follows dieting.
9. Dieting makes you food obsessed.
10. Breaking a diet often results in guilt, poor self esteem and despair often followed by comfort eating.
11. Dieting emphasises food as a reward or compensation – so called 'comfort eating' where food is used to cheer us up or because it's raining we are somehow entitled to eat lots of sweets or cakes.
12. Dieting lowers the base metabolic rate which means you can live on less food, so when you return to your normal food intake which was already too high, you put on weight even faster than before and will probably end up heavier than before the diet.
13. Dieting does nothing to teach you to eat healthily. Healthy eating does not mean going hungry.
14. Dieting often causes constipation and this concentrates toxins and carcinogens within the bowels and they are present for a longer period. Fruit and vegetables have a positively beneficial effect on the smooth running of your digestive system.

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