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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!

The Fail-Safe Weight Loss Formula

By Valerie Mills

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Yes Virginia, the fail-safe weight loss formula exists.

It's so simple, we overlook it. Instead, we focus on the latest fad diet or the newest exercise video.

The fail-safe weight loss formula appears in an audio program authored by the self-help guru Brian Tracey. Here's his version of this formula . . .

Eat LESS, Exercise MORE.

Guaranteed Every Time

Disappointed? After all, we are familiar with this message.

But, if we pay attention to our daily habits, this formula will work EVERY TIME. Guaranteed.

How can this formula succeed 100% of the time? It's simple math. And math always works. ALWAYS.

Okay, so you have a trust issue when it comes to weight loss. Let's PROVE that it works.

It's a Numbers Game

Suppose you've been gaining about 10 pounds a year for the past 3 years.

If your daily caloric requirement is 2000, you have been on average 100 calories over your requirement every day for the past 3 years.

If your goal is to simply reverse the 30-pound weight gain, you need to reduce your daily caloric intake by 200 calories.

Do ONE of the following:

1. Eat 200 calories LESS a day.
2. Burn 200 calories MORE a day.
3. Combine eating less and increasing your activity level for a total of 200 calories, for example, eat 100 less and burn 100 more.

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You could lose the 30 pounds by changing a few habits. First, eat half the usual muffin a day. Then, climb the stairs in your apartment building every day instead of pushing elevator buttons.

The next month, you could lose the entire muffin and park your car a little further away from the building where you work as well as climbing the stairs.

Over time, you will lose all the weight. You have to. It's in the numbers. And you haven't starved yourself or gotten into the dreaded "I have to go to the health club" routine.

5 Steps to Weight Loss

If your eyes glaze over when you read numbers, here's the easy part: all the information you need is online at www.caloriecontrol.org

The steps are as follows:

1. Decide how many pounds you want to lose. EXAMPLE: 20 pounds
2. Decide how long in days you want it to take. Be realistic about the length of time. EXAMPLE: 365 days
3. Multiply the pounds identified in number 1 by 3500. EXAMPLE: 20 pounds X 3500 = 70,000 calories
4. Divide the result in step 3 by the number of days to get the number of daily calories. EXAMPLE: 70,000 calories divided by 365 days = 192 calories per day.
5. Decide if you will eat less, increase your activity level, or both to get to the number in step 4. Use the web site calorie and exercise calculator (www.caloriecontrol.org) to figure out how you can eat less and exercise more.

So, are you going to be fat forever? Or will you use the fail-safe formula: Eat LESS, Exercise MORE.

ALWAYS REMEMBER (and NEVER forget) - Take it one day at a time.

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Valerie Mills is a sales copywriter specializing in direct mail and web advertising. Valerie has also written several articles and an ebook for parents titled "Practical Ways To Develop Your Child's Financial Intelligence" at <http://teachyourkidsaboutmoney.com>

Weight Loss Supplement

By Rolf Rasmusson

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The Fail-Safe Weight Loss Formula

Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You should be sure that the weight loss supplement is safe. Consult your doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to lose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting content at www.nutritional-supplement-4u.com



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