

The No Diet Way to Lose Weight and Keep it off!

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**The No Diet Way to Lose Weight and Keep it off!**

**By Meri Raffetto RD**

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Yes, you read it right...no diets!

The first step in this weight management program is to gather all of your old fad diets, quick weight loss remedies, and "magic cures". Once you have them all together in a nice, neat pile- throw them into the trash! One thing we have learned in the last 20-30 years is diets don't work and actually can make things worse. Fad diets may provide short term weight loss but they are generally too difficult to stick with for a lifetime. The majority of people who lose weight on fad diets regain that weight within 3 to 5 years. Over time this yo-yo dieting effect can slow your metabolism, the way our bodies burn the calories from the food that we eat. Most fad diets require you to significantly restrict your caloric intake by limiting or even eliminating specific foods from your diet. They lead you to believe that it is these specific foods that are causing you to gain weight. The fact is; a cookie or a slice of French bread is not responsible for weight gain. It is the total number of calories that you consume in a day compared to the amount of calories you use as energy. The calories you don't use as energy turn into stored fat and over time this translates into more body weight.

Yes, its true consuming excess carbohydrates can result in large insulin spikes and cause you to store fat more readily and stimulate your appetite. However, does this mean that everyone in America is eating too many carbohydrates? Not necessarily. Does this mean we need to completely eliminate all carbohydrates from our diet? Absolutely not. It means we need to learn how to eat the right kind of carbohydrates and the right amount.

It's also true that eating excess fat can make us gain weight because fat carries more calories than protein and carbohydrates, but does this mean that everyone's issue is too much fat? Once again, no. Therefore, we must approach weight management on an individual basis because not everyone is eating too many calories from bread. Just the same, not everyone is consuming too many calories from cookies. We are all individuals and our eating habits are all unique which is why the one size fits all diet plans don't work. The ultimate key to success is BALANCE.

Balance is providing the appropriate amount of calories, nutrients, and (don't forget) enjoyment from our meals. In a balanced diet, there are no perfect days, no foods are omitted, and you don't have to

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starve yourself. It may simply be that you've been eating too many starchy foods and too little fat. This may have stimulated your appetite and caused you to consume more than your body needs. Or vice versa, it may be that you are consuming too many fats and too little fruits and vegetables which can cause you to have a high calorie level with a fairly small intake of food. Perhaps you've been eating the right balance but with too large of portion sizes. These are the kinds of things that throw us off balance and cause us to consume more calories than we utilize for energy.

Let's take an example

### Unbalanced Day

Breakfast: skip (too busy)

Large latte

Snack: chips from vending machine

Lunch: (restaurant) hamburger and large French fries

Dinner: 8 oz steak and 2 cups mashed potatoes

Dessert: large bowl of ice-cream (1-2 cups)

### Meal Makeover

Breakfast: bowl of oatmeal with blueberries, 1 cup low fat milk

Snack: apple, 1 oz peanuts

Lunch: (restaurant) turkey sandwich on whole grain bread with a bowl vegetable soup

Dinner: 3 oz steak (size of a deck of cards), 1 cup mashed potatoes, and a large salad w/1 TB vinaigrette dressing

Dessert: small bowl of frozen yogurt or sorbet (1/2- 1 cup)

The original meals were heavy in high fat foods, large in portion sizes, (beef, French fries, chips, and ice-cream) and low in fiber. The balance was off. By making these changes we saved approximately 800 calories while still enjoying steak, mashed potatoes, and dessert! Not to mention you get to eat more when you incorporate more plant based foods since they are much lower in calories. We also improved the nutrient content by adding more fiber/vitamins/minerals/and antioxidants with increased fruits, vegetables, and whole grains.

So, stop fad diets and start balancing your meals for lifelong weight loss!

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Meri Raffetto is a Registered Dietitian and a recognized professional in the area of nutrition and wellness. She has developed online weight management programs to help people get off of diets and get into way of life. For more information or to sign up for our free newsletter, visit [www.reallivingnutrition.com](http://www.reallivingnutrition.com).

## Fast Way To Lose Weight

**By Susan Sweet**

## Fast Way To Lose Weight

Fast weight loss programs can lead to loss of your health while losing fat. It can cause some irreparable changes into the body making it weak. You must have heard stories of diet pill failures but not all diet pills are alike. The best situation to be in is when you don't need any weight loss but in case you need one follow simply weight loss herbal diet pills.

Diet pills are often advertised as 'Fast Way to Lose Weight'. But remember, all that glitters is not gold! Weight loss drugs advertisements can be quite misleading at times. False promises have resulted in serious side effects and stories of diet pill failures. Hence don't get carried away by such cheap market gimmicks and make an informed choice when buying diet pills. From prescription diet pills to over-the-counter diet pills the markets these days are flooded with weight loss products. Each one claims to be a fast way to lose weight and seem as an attractive option as compared to conventional methods of weight control.

Diet pills are often looked upon as a great food supplement to lose weight and retain energy. Fast weight loss diet pills have seen an insurgence within a last few years. Thousands of people in US spend millions of dollars every year on the diet pills. Undoubtedly, these pills offer a fast way to lose weight but while making a decision to use them take medical consultation.

What is the best diet pill to lose weight?

Several fast weight loss diet pills have flooded marketplace. Finding the best one out of them may give you a headache. But now you don't have to worry! We provide the best proven weight loss pills to our customers. You can buy the following major weight loss diet pills from us:

- Phenazen diet pill
- Zantrex-3 diet pills
- Slimming tablet xenadrine
- Cortislim diet pill
- Meta Gen Diet Pills
- Desert Burn
- Carb blocker diet pill
- Leptoprin-sd
- Zilacetin Diet Pills
- Nueslim Diet Pills

**Herbal Diet Pills :** Herbal diet pills are effective diet pills that help you lose unwanted fat naturally. Safe diet pills are those diet pills that help you lose weight without any serious side effects. Before trying any herbal diet pills , safety of diet pills should be ensured. We recommend you to take prescription diet pills to lose those extra pounds. This is because we all have different body structures and systems and a diet pill that works for one may not necessarily work for all. Get the right diet pill prescription to attain best results. Also, Check out:

- Effective Diet Pills
- Herbal Diet Pills

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- Safety Of Diet Pills
- Diet Pill Prescription

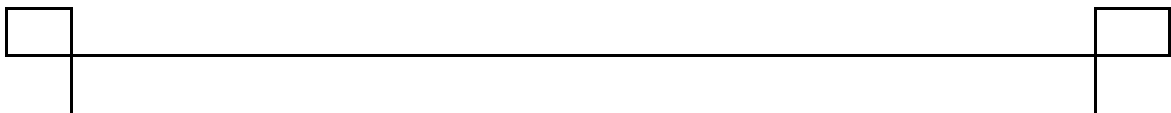
Carb blockers : Carb blockers prevents glucose or sugar from being converted into fat. The unique formulation of Carb Blocker products helps you to lose weight without much change in your diet. Low carb diet pills work by inhibiting the absorption of carbohydrates and sugar by your body. Extreme carb blockers are also available for maximum Carb Blockers effectiveness. Carb Blocker diet pills are a really a fast way to lose weight and have no serious carb blocker side effects . Find out more about Carb blocker diet pills. Also, Check out:

- Low carb diet pills
- Extreme carb blockers
- Maximum Carb Blockers effectiveness
- Carb Blocker diet pills
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