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Impair Healthy Healing In People Over The Age Of 30!

The Secret To Permanent Weight Loss

By Kathy Thompson

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by: **Kathy Thompson**

AND SAVE MONEY IN THE PROCESS. The secret is simple and basic. Just three little words ---- DON'T BUY IT! If you don't buy it, you won't eat it. If you don't eat it, you won't get fat. So your problem starts at the store or restaurant.

Since your diet starts at the store, were you ever taught how to shop for food? Probably not. The grocery store can destroy your diet and get into your pocketbook . First you need to check the layout of the store, ----where everything is. Leave the produce for last, so it will be as fresh as you can get it.

REMEMBER: 70% of the products are there just to take your money. Notice how many rows they have of soda, cereal, and snacks. Look what they've done to the potato---instant potatoes, mashed potatoes, french fries, tater tots, shoe string, chips, twice baked. Notice the shelves along the aisles. Everything is conveniently displayed close to your reach---a ploy by the store to buy those products. On the lower shelves are products aimed at kids. Look lower or higher, and you will find the same products---for less. If nature didn't make it, you don't need it. Stay away from processed and imitation foods. Try to stay away from canned food (you never know what's in the can). Stick with the fresh & frozen foods.

Check out the PACKAGES carefully. That box or package may not be full. 1 -Solids are measured by weight--- ounces, pounds. . 2 -Liquids are measured by volume--- gallon, quart, pint. 3- Price -5% of the price for the product is for the product it itself. 95% of the price is for; packaging, manufacturing, transportation, middlemen, salaries, insurance, utilities, etc. Let's say a gallon of milk cost \$2.00. The milk is 10 cents, the rest is \$1.90.

According to the FDA, LABELS must be specific and truthful. If the label says "Kraft Pasteurized Processed Cheese Food," it is not cheese. If it says "Breakfast Orange Drink"---it is not juice. Check out the nutritional values, particularly fat---stay away from saturated fat. INGREDIENTS must be listed in dominance order. If sugar or water is listed first, it is mostly sugar or water. The last ingredient is least significant. Anything after salt is of little use. Do you know what those ingredients are? Can you

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pronounce them? And you want to feed this to your family?

COUPONS are a gimmick to get you to buy something you don't need in the first place. Save 50 cents on chips, when you can save \$3 if you didn't buy it. Do you ever find coupons for REAL food? Marketers know you need the basics. Nature didn't make snickers, it made nuts. Nature didn't make chips, it made potatoes. Nature didn't make soda pop, it made water and juice. Nature didn't make wieners, it made fish. Nature didn't make Snickers, it made raisins. Nature didn't make fritos, it made corn. Our society is food oriented. On every corner there is a restaurant, fast food, and everything in between. You are bombarded with ads from the media. Your body knows what it needs. It knows when to stop eating apples, not candy. Once you start eating Mother Nature's diet you can lose weight, and feel much better about yourself Listen to your body.

Add exercise to your lifestyle, and you can add years to your life. Do something every day, even if its walking, climbing stairs, playing with the kids. A good exercise program should include aerobics

(running, swimming, jump rope, fast dancing), endurance (working with weights), and flexibility (calisthenics, yoga). Your body was meant to be used, not abused. You deserve it.

Kathy Thompson, Writer, Speaker, Coach with 25 years of researching health and fitness. "The Secret to Permanent Weight Loss" Program is now available to help you live a happier, healthier, and longer life.

To Contact Kathy:

The Secret Key To Permanent Weight Loss!

By Dr. Jeff Banas

With this key, I GUARANTEE YOU WILL LOSE ALL THE WEIGHT YOUR EVER WANTED TOO!

Imagine yourself at your ideal weight. After all those years of trying to lose weight, you finally did it! You lost the weight! How would losing the weight change your life? Imagine it?

How would you feel? Would you have more energy? Would you be healthier? Would you live longer? Would you act differently? How would it affect your job? Would you make more money? What would your family think? How would you look? What would your social life be like? Would you feel better about yourself? Would you be happier?

Bottom line, how would losing weight change your life?

Believe me you can do it if you use this secret key. The secret key for anyone wanting to lose weight is...Never Give Up, Never, Never Give Up, Never Ever Give Up, Never Give UP! That's right, the secret key to losing weight is not a new fad diet, it's not a new medication, it's not a gimmick supplements, it is A STATE OF MIND!

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Lets face it. You tried to lost weight in the past, and you failed. So what! The key is what do you do now. Do you give up, or do you start again. Anyone and everyone who has successfully lost weight and kept it off, had failed in the past. However, the reason they were finally able to lose the weight, was because they never gave up.

I know how hard and frustrating it can be, but never give up. If you have a bad day and eat a bunch fattening junk, so what, forget about it.

Forget past mistakes. Forget failures. Forget everything except what you're going to do now and do it. Just start a new day and never give up. If you tried to lose weight, and did not work, try something different.

"Have you ever considered the cost of quitting? For real eye opener...ask Thomas Edison...Steve Jobs...Michael Jordan...or Jim Carrey. Ask them how much it would have cost them if they had quit. What about you?"

JUST NEVER GIVE UP!

Dr. Jeffrey Banas is a Chiropractic Sports Physician, practicing in Mesa; AZ. Dr. Banas personally lost 60 pounds in 2003 and now uses his experience to help others struggling with their weight problems.

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