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The Things You've Been Led To Believe When Losing Weight

By Ismael D. Tabije

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So many techniques to lose weight have bombarded the market today. People's quest for a healthier, sexier and fitter body has unveiled more than a couple of ideas how to realize that quest. There are even explanations as to why a specific "technique" works. Many also claim that their techniques have no "bad effects" in a person's health. Let's check out some of the statements we were led to believe to achieve success in losing weight.

"You need supplements to lose fat.

"The only way to get really lean is to "starve" your self.

"You can believe everything you read in the magazines.

"Meal replacement products, powders and diet shakes help you "burn" fat.

"Thermogenic "fat burners" that containing ephedrine and caffeine are highly effective for permanent fat loss.

"Losing fat can be accomplished without hard work.

"Some people will never be able to lose weight and they should just give up and accept their genetics for what they are.

"Zero carbohydrate or very low carbohydrate diets are the best way to lose body fat permanently

"If you eat the right foods, you can lose fat permanently without exercise.

"You can lose 30 pounds of fat in 30 days

"If all else fails, then steroids, growth hormone, weight loss drugs or surgery will help me lose this stubborn fat for good and regain my youthful look"

"You Can Lose weight in just minutes each day (or week!)

Guess what? These techniques do not really guarantee the fast and satisfying results they promise. Do you really think you would lose weight by not doing anything, or by just taking those supplements, and starving yourself? According to Tom Venuto, author of the Big Fat Lies and Burn the Fat, Feed the Muscle (<http://hop.clickbank.net/?idtabije/burnthefat>), the twelve statements above are not the surefire ways to lose weight, keep a healthy and sexy body and still stay fit. In fact, some of them can cause more harm than good to your health.

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Take for example dieting. It should not necessarily come to the point that you have to starve yourself to make sure you do not gain weight. Tom stated that all you need is exercise, nutrition, and proper mental attitude to lose and eventually maintain your ideal weight.

The body needs all the nutrients it can get for its everyday functions. You must remember that losing weight is not the only task the body has. You go to work, go to school, you attend to your family, attend to other people even before you attend to yourself. Other than those, you have more extra activities. It is only proper that you give your body the nourishment it needs to gather all the strength needed to do all those activities. If you are not eating properly, what do you think will happen to yourself after doing all those things?

Most of the time, food supplements do not necessarily provide the nutrients your body needs. Did you know that it is necessary to have a medium to above-average intake of calories? Because calories are

then turned to energy that provides strength to accomplish all the tasks you need to do. In that way, you will be able to have the strength to spend for work, and all the other activities in your routine including exercising.

You do need to work out to shake off excess fat. Convert them into muscles instead. Remember the saying "every hard work pays off". You do not have to resort to steroids, ephedra and other growth hormone or weight loss drugs as they may cause side effects not only to your physical health but to your mental health as well if not taken properly.

Losing weight is a gradual process so, do not believe the "over-night" guarantee some weight-loss tips promise you. And, again, you do need to work it off and not wait because it won't shake off by itself.

Magazines are a form of advertising. You must have noticed that the figures shown seem too good to be true. Well, there may be proof of their reality, but again, they couldn't have happened overnight and without hard work. Yes, the figures in the magazines are great inspiration to follow. But it would only frustrate you if you wouldn't be able to achieve the figures in the prints. The tricks in pursuing your quest for a healthy and sexy body are patience in training, endurance in hard work, and of course, the contentment and confidence in yourself.

The writer, Ismael D. Tabije, runs the website <http://fitness.e-mart4all.com>, which caters to the different health and fitness needs of different people. It has a wide collection of health and fitness e-books written by world renowned fitness experts and authors. The website also features regularly updated health news, articles and other highly recommended fitness and health related links.

Why Do You Say You Want To Lose Weight?

By Yvonne Finn

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How many of your New Year's resolution start out with "I want to lose x amount of pounds" as if just saying it were some kind of magic mantra.

As if the weight would just fall off, in response to the spoken words!

Why do we not want to pay the price for anything? Gaining weight is not an overnight effect and it will NOT be reversed overnight.

The price for losing weight is choosing a proper diet plan and exercise routine.

And it takes discipline and, yes, WILLPOWER!

No matter what you do eat, you will always have to say "NO!" to something, sometime.

Choices, choices that's life!

Our society is becoming one of "it's not my fault" formerly known as "the devil made me do it".

Well, let me tell you this, unless you have a physical/medical condition that makes it impossible to lose weight, it is your fault and your responsibility to lose those unwanted, unhealthy, unsightly and inconvenient pounds.

The sooner you start to accept this fact the better you will feel, both physically and emotionally.

One of the greatest confidence building tool in our lives, is when we set a goal and achieve it.

Some things in our lives are more under our control than others.

Losing weight is one of those things that are within our control.

And while, not every diet is suitable for everyone, with the increasing plethora from which to choose, you should certainly be able to find one that fits your needs, lifestyle and personality.

So, without further excuses, let's get started taking the steps that will get "losing weight" crossed off next New Year's resolution list!

Yvonne offers some choices to help you gain your healthy weight. Visit her at: http://www.herbalhealthyskin.com/Weight_Loss_Center.html.html



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