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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Truth About Losing Fat On Your Stomach

By Melanie Mendelson

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Do you know anybody who does not wish to get rid of the fat on one particular area of their body? I have not met anybody like that!

"If I could only get rid of my big belly"! "Oh, I wish my thighs were slimmer"! Does it sound familiar?

Even skinny people are often unhappy with the excess fat in some areas of their body. We've all seen those skinny men with huge bellies!

This common problem is accompanied by a widespread belief that you can lose the fat on a "problem area" by exercising that particular area. Some people do hundreds of crunches in attempts to flatten their stomachs, others buy the "miracle" ab gadgets and bulky "hip slimming" machines from TV.

Were you about to call the 800 number to buy the "latest and greatest" ab roller?

Hold on to your hard-earned money!

The belief that you can lose fat on a specific part of your body by exercising that area is a myth! Targeting the "spots" of your body for fat loss is called "spot reducing", and it simply does not work.

Exercising certain areas of your body will strengthen the muscles there, but it will not remove the fat from them. Your newly developed muscles will be hidden under the layer of fat.

What about those heavily pitched creams, wraps and rubber belts that supposedly "melt the fat away"? Those are just plainly scams.

The creams and body wraps can temporarily give your skin smoother appearance, but they will do absolutely nothing for fat loss. All kinds of weight loss belts, pants and other clothing will make you

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sweat, thereby causing some loss of water weight which is mistaken by most people for fat loss. But they will not help you lose even one gram of the actual fat!

There is no way to tell your body where exactly it should lose its fat.

Each person's body has its own unique shape and fat distribution pattern. The places where the fat goes first are, unfortunately, where it comes off last. So the only way to lose that fat is by losing weight in general.

The only healthy permanent way to lose weight is by making lifestyle changes to incorporate healthy eating and increased activity. When you do that, the fat will come off everywhere on your body, including those "trouble spots". And yes, you will then have that body that you always dreamed of!

Melanie Mendelson

Author of "Practical Weight Loss"

A Guaranteed Way To Lose Fat For Good

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Melanie Mendelson is one of those select few people who succeeded in losing weight and keeping it off. She lost 23 lbs and got down to her ideal weight, and she reveals all her weight loss secrets in her special guide. Visit Melanie's site at

The Two Words That Guarantee Success (or failure) When Losing Weight

By Mark Idzik

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Did you know that being successful with losing weight starts with just two words?

Two words will either guarantee you'll lose weight, or guarantee the you WON'T lose weight.

You see, words are very powerful. Especially the words that we say to ourselves... our self-talk.

Whatever we say to ourselves goes directly to our subconscious and is accepted as complete truth.

Did you catch that?

Whatever you say to yourself or others is accepted as a complete truth to your subconscious mind.

How do you describe yourself?

Do you see yourself as healthy, slim and energetic?

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Or do you see yourself as heavy and overweight?

Do you tell yourself (or complain to others) that "you can't" lose weight?

If you say to yourself....

"I am fat" ... your mind says OK, you're fat and gets to work in the background on taking actions that make (and keep) you fat.

or

"I am healthy and slim"... your mind says, OK, and gets to work in the background on taking actions that make (and keep) you healthy and slim.

[Note: You literally can't lose weight if you see yourself as overweight... your mind won't let you. This is one reason so many struggle with losing weight... and keeping it off.]

Your subconscious doesn't argue with you, or reason with your statement. It just goes to work following your instructions.

This one, small lifestyle change can make a difference between being successful in reaching your weight loss goals, and continual struggle to lose weight.

It's simple, just replace your current thoughts and words with ones that support your "new" you starting with those two most important words, "I am":

"I am healthy"

"I am slim"

"I am fit"

"I am healthy and trim"

"I am at my goal weight of (your goal) pounds"

Saying "I am" gives your mind a statement and command in the affirmative... as if it were already true.

Do this regularly, every day, and watch your thoughts and self talk closely. If you catch yourself slipping, immediately stop your negative thoughts and replace them with those above, or your own "I am" statements.

Before you know it, your actions and results will start taking shape (literally :)). It's a proven fact, your mind acts on what you tell it, just tell it what you want!

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You CAN do it!

Mark Idzik is a health coach with a national clientele who helps his clients feel better, get more energy, lose weight and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=2w#tips>

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