

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Weight Loss – The Natural Way

By Paddy Landau

Weight loss is such a BIG issue with so many people. We have hundreds of thousands of

companies vying to sell you weight loss products, and doctors all over the place telling people to lose weight. So, you'd think after all this time and effort that weight loss would be easy!

Wouldn't you?

Why isn't weight loss easy with all this effort that's gone into it?

The Yo-yo Diet

This report is dedicated to all those of you who feel the pressure to lose weight. On the one side are all the doctors and the magazines telling you to lose weight. On the other side, all the diet companies are selling magic cures with diets that, somehow, just don't seem to work. You try diet after diet after diet, and always end up with just as much weight, if not more, than before.

Remember the Atkins diet? Sure, it got you to lose weight. And with it, your health. After the Atkins diet was over, what happened? That's right, all the weight came back on again, only this time your health was damaged. Not one nutritionist that I've spoken to had anything good to say about this diet.

The Reality

The reality is... Diets don't work.

If you don't believe that, consider this. Depending on whom you ask, up to 97% of diets don't work. If diets did work, would people be struggling to lose weight? No! They'd take a diet, the weight would come off, and that would be the end of the story.

Instead, around two-thirds of people in the UK are overweight. About a quarter of people are obese. At any one time, a half of all women and a quarter of all men are trying to lose weight.

Weight Loss – The Natural Way

How many people do you know have tried more than once to lose weight?

Did you know that people in the UK spend around £335 million on diet products after their New Year's resolutions? Then, they spend more during the rest of the year. That's a whole lot of money spent on something that doesn't work!

Hmm...

Now, I won't say that diet companies make their money by selling products that keep you overweight. But it does make me wonder...

What else?

Health. Overweight problems cost the UK around 30,000 deaths each year — at an average of nine

years off your life. It'll soon overtake smoking as the UK's biggest killer. The NHS spends £500 million each year just on weight-related health problems. That's a lot of tax money!

Our children. More children than ever before suffer weight-related health problems such as cancer. So many children are overweight that some people say today's children will die before their parents!

The emotional toil. Depression, lack of sleep, tiredness, lack of self-esteem and confidence, feelings of failure... The list is endless.

The cost. How much money do you spend on diets that don't work, gyms that you don't go to (or that don't help), and on food you didn't want to eat? If you've finally given up on trying to lose weight, how much does it cost you in happiness?

The gym myth

How many people do you know are trying to lose weight through going to gym? Well, gyms have an 80% dropout rate. That means they make most of their money from people that don't go! I'll bet most of those people wanted to lose weight...

Do you know, most people I know that don't have a weight problem also don't go to gym.

Hmm...

This leads me on to the next point...

The willpower problem

Willpower is probably the worst possible way to try to lose weight. In fact, it's probably the worst possible way to change anything. Very few people give up smoking, change their drinking habits, stop biting their nails, or lose weight, through willpower. In almost all cases, it simply doesn't work. And

Weight Loss – The Natural Way

that's one of the problems with diets. Diets usually require willpower.

So...

To summarise, then:

Diets don't work. After a diet, you usually put on as much, or more, than you lost.

Being overweight is unhealthy. The problem is, dieting is also unhealthy.

Being overweight is costly not only in health, but also emotionally and financially.

You may not lose much weight by going to gym -- if you manage to keep going, that is.

Willpower doesn't work. Otherwise, you wouldn't be reading this!

Well, then, what does work?

The answer, of course, is to look at people who find it easy to keep to their correct weight. And then to

copy what they do! The rest of this report will be about what does work. Specifically, it will tell you about:

Losing weight and then keeping it off for good.

Making the changes pleasant, so you don't use loads of willpower.

Why these changes are healthy for you, and how they keep getting better.

Why the changes work naturally, the way nature intended, so it becomes easier and easier...not harder and harder!

How these changes naturally increase your metabolic rate, helping you to lose weight and keep it off.

In short, it's about changing your relationship to food.

Eat!

The biggest myth of weight loss is that you have to starve yourself. Now, tell me: Is it natural to starve yourself? Of course not! Your body has powerful ways to make that hard. When you starve yourself, your body goes into shock. It slows your metabolic rate, and it makes you feel really bad, to try to persuade you to eat again. Whenever you do eat, your body sends out masses of endorphins -- those are hormones that make you feel great -- so that you find it hard to stop eating. And, when your diet is over, your body remembers the starvation and does everything it can to keep your metabolic slow, and store as much fat as it can -- "just in case it happens again!"

Weight Loss – The Natural Way

Notice how everything is the exact opposite of what you want!

So, am I telling you to eat? Yes, I am! But, be careful...

There are good ways to eat and bad ways to eat.

Before I tell you about the good ways to eat, let me tell you two things that are even more important to weight loss.

Breathing

Yes, breathing! If you want to lose weight, you've got to learn to breathe properly. You see, the primary purpose of food is energy. And, you get most of your energy from oxygen. If you breathe badly, your body may ask for more energy; and you can confuse this with a request for food.

Good breathing will also lift your spirits, which is good if you often feel down, and it will improve your health.

Breathing is simple once you know how. Perhaps you want to check out my breathing tips & exercises.

Water

You know you get most of your energy from breathing. Believe it or not, you get most of the rest of your energy from water. Ensure you drink plenty of water every day. If you don't like water, try getting a good water filter and notice the difference.

Here are three important tips about drinking.

Fruit juice is excellent for you, but processed juice (such as you get from the shops) often doesn't contain enough water and can contain excess sugar.

How do you know when you've had enough water? Simply put, check the colour when you pass water. It should look clear (or very pale yellow). If it's yellow, drink more water. You should drink water before you feel thirsty.

Anything with caffeine (coffee, tea, certain soft drinks, chocolate, slimming tablets) or alcohol forces your body to dehydrate itself. If you have these, be sure to take extra water. Better still, stay off the caffeine and reduce your alcohol.

If you feel hungry, have a glass of water. This will always reduce your hunger, although perhaps at first only by a little.

Adding water to your daily diet will have many other health bonuses, such as a better skin.

Before making sudden changes to your drinking and eating habits, please consult a physician or

nutritionist first, in case of undiagnosed illnesses.

How to eat

Well, you already know that to eat properly, you first have to have a good breathing habit and a good water habit.

You also know that you should never starve yourself. Instead, you need to eat in a way that will increase your metabolic rate and decrease the amount of fat that your body stores.

So, here it is, direct from the nutritionists:

Eat when you're hungry

This means that you may eat several times a day — at least six times! Instead of eating two or three big meals a day, eat six or seven small portions a day. This has two important effects. Your body remembers those starvation diets, right? Eating every time you're hungry sends your body the opposite message — there's too much food. After a while:

Your body will relax — it will stop trying to store all the food it can.

Your body will slowly start to increase its metabolic rate — permanently.

I never used to understand why I stayed so thin. I always ate many times throughout the day. Now you know the answer, of course: My body believes there's too much food, and so instead of storing fat, it throws it all out.

Concentrate on your eating.

I have a friend. She eats a full plate of food. But she's as skinny as a rake. The thing is, she never eats while talking or listening or watching TV or anything. When she eats, that's all she does. My friend stops whatever she's doing; takes a mouthful; puts her knife and fork down; and concentrates on her food. After she's chewed and swallowed, if she's not doing anything else (like listening), then she picks up her knife and fork and takes another bite.

My friend always remembers what she ate and what it tasted like. She loves her food. Because she thinks about what she's eating.

So, here are the tips:

When you eat, do nothing else.

Don't eat in front of the TV, in the cinema, or while reading.

If you're chatting with people, wait for a lull in the conversation (or ignore the conversation for a short

while) while you eat the next mouthful.

Concentrate on what's in your mouth: Put down your knife and fork. Enjoy the taste, the texture, the temperature, the smell. When you swallow, feel the food going down your throat. After you've swallowed, wait for another lull in the conversation before you pick up the knife and fork.

If you're eating a sandwich — at work, for example — stop working. Each time you take a bite, put down the sandwich. Enjoy your sandwich, every single bite, every single chew, every single swallow!

Remember: There's no rush!

What about your diet?

This is only a short report, so there's plenty I haven't told you yet. However, these few things will make a big difference. Of course, you should eat healthy food; but for now, unless your doctor, nutritionist or other health expert has told you otherwise, just eat what you'd normally eat.

You'll find some interesting changes start to happen all by themselves. As your body starts to adjust, it will gradually start to send you different messages. As you get more oxygen, more water, less fat, and a faster metabolic rate, your tastes will start to change. To start with, you may find oily food (chips, hamburger) becomes less tasty. You may find wholegrain foods (wholewheat bread, wholegrain rice, wholegrain pasta) becomes tastier than the refined versions. And so on. It takes time, but it will happen.

What else?

These are just some of the things that I work with when I deal with people's weight problems. It's amazing how much your appetite can diminish when you feel good about yourself!

As I said, there's plenty that I haven't included in this report, but the point is: You don't need willpower, you don't need diets, you don't need to starve yourself. You just need to know what it is that you need

to know, and a little help to get there!

Paddy Landau, Hypnotherapist and Life Coach based in Oxford UK Change Fast — with Hypnotherapy, NLP, EFT and Life Coaching

<http://www.landau.ws>

Natural Weight Loss Products, Can You Believe?

By Casey McCarthy

Experts estimate that millions of Americans are either overweight or obese. There is simply too much

Weight Loss – The Natural Way

temptation wherever you turn. There are bakeries that offer luscious treats in every city and town across America.

For people who are trying to lose weight these establishments are torture, losing weight is not only good for their self-esteem, it will also help with many health issues.

People who have tried the weight loss programs and failed, are now turning to Natural weight loss products for relief.

Natural weight loss is the process of losing weight without any diet pills, or any other chemical aid.

As with any other diet program, consulting a physician before starting is absolutely necessary. Not only will a physician clear you of any possible health problems, but also he or she can create a Natural weight loss routine of diet and exercise routine that will best suit your needs.

Another option that you have is to consult with a nutrition and fitness expert for your Natural weight loss needs. They are specially trained in the field of Natural weight loss and can design a plan that is right for you.

With a Natural weight loss plan, it will take longer for the weight to come off. This is because you are not only changing your dietary habits, but also making lifestyle changes.

Weight loss products are designed for quick weight reduction. When you have achieved the weight goal, you stop taking the product. Most of the time, the weight returns and then some.

With a Natural weight loss plan, the weight comes off slowly and stays off. This is because with a Natural weight loss diet plan, you are not only controlling your diet, but you are using an exercise routine as well.

When you choose to use a Natural weight loss diet plan, you are choosing to effect lifestyle changes and modifications that will assist you in achieving the goals that you set for yourself. The Natural weight loss is permanent. The weight loss will stay with you as long as you follow the Natural weight loss plan.

An exercise routine is also a very important part of Natural weight loss, going to the gym or fitness center has become an everyday routine for millions of Americans. With Natural weight loss, exercise will be the key factor in how much weight you lose.

Because you are on a Natural weight loss plan, you have to exercise. Going for a walk after dinner is cardiovascular exercise and is great for burning the calories and fat from dinner.

Natural weight loss takes into consideration everything you do during the day and can incorporate it into a healthier lifestyle.

Weight Loss – The Natural Way

Dieting is a short-term solution to weight loss.

Natural weight loss is the most recommended form of weight loss. It is a healthier more stable form of weight loss and it is permanent. It is agreed that it takes longer, but some feel that it is worth sticking with a Natural weight loss because the results will not disappoint you.

If you looking for the right weight loss product to help you in your natural weight loss program, please visit numovil.net, they have a large selection of the top nutritional products on the market.

<http://www.numovil.net>

Casey McCarthy. Please visit this site for more useful information.

<http://www.numovil.net>



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Weight Loss – The Natural Way

