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

What You Need to Succeed in Loosing Weight

By Jackie Stanley

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What You Need to Succeed at Losing Weight

Consider this scenario. On July 1, Jane and Jill both resolve to eat well and exercise more. Jane makes her resolution with excitement, eagerness and wholehearted anticipation of reaching her goal. Jill's resolution, on the other hand, is made with halfhearted commitment and detachment.

When she talks about the possibility of losing weight and living a healthier life, Jane is passionate and exuberant, while Jill responds to questions about her weight management goals with only lukewarm interest.

On December 31, 2004, assuming their attitudes don't change during the year, which of these two women is most likely to reach the weight loss and management goals with only lukewarm interest.

Enthusiasm is critical to the success of any endeavor, but this is especially true in the area of weight loss and management. Think about it. When we are feeling down and out, that is when we are most likely to overeat and least likely to exercise. Our passionate desire to achieve a goal is what will drive us to get up at 5:00 am and exercise before going to work or to pass on a second helping of scalloped potatoes.

Need help jumpstarting your enthusiasm? The following is a list of things you can do to act enthusiastic until you feel enthusiastic:

Call the most enthusiastic person you know.

Rent an inspirational video like "Rocky" or "Working Girl."

Do something that makes you break a sweat.

Stand in the mirror and shout the word "yes" as loudly and passionately as you can.

Buy a motivational tape or cd to play in the car while driving.

Make a list of the benefits of reaching your goals.

Organize a pep rally with people on a mission similar to your own.

What You Need to Succeed in Loosing Weight

Spend time doing something you absolutely love to do.
Talk the talk. Eliminate negative speak from your vocabulary.

Get plenty of rest. It's hard to feel enthused, eager or exhilarated when you're tired.

Jackie Stanley is the creator of a series of personal wellness and weight loss journals titled "Lettuce Is Not Enough." She can be reached at 336.854.8667 or at jackie@lettuceisnotenough.com

Cannot Lose Those Extra Pounds Of Weight??

By AyurvedicCure.com

Intake of fats and carbohydrates in excess results in obesity. Lack of exercise, physical work also helps in accumulation of fat in the body. In Ayurveda this condition is called medoroga. The fat in the body is primarily drawn from the oils, ghees, and other fatty substances consumed through food and drink. Chocolates, wafers, sweets, remember excessive fat may also impair the function of the vital organs like heart, liver, joints and the kidneys. Obesity may also cause diabetes, asthma, arthritis, high blood pressure.

Walking is the best exercise to begin with.

Honey is an excellent home remedy for obesity.

Make a mixture of two teaspoon of lime juice, one teaspoon of honey , in a glass of water, add some pepper to it & have it regularly.

Drink a glass of boiled water daily after every meal.

Spices like ginger, cinnamon, black pepper etc. are good for loosing weight. Drink ginger tea 2–3 times a day.

Shudh Guggulu is very beneficial for curing this ailment. It helps to regulate the lipid metabolism. Take a teaspoon of guggul with ginger and honey, twice a day.

Two teaspoon of lime juice added to water also helps in loosing weight. Have it frequently.

Mint is very beneficial in losing weight. Have some salads, vegetables with it.

Trifla , a herbal combination of amalaki, bibbitaki, and haritaki is good for loosing weight.

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, the portal on ayurveda provides natural remedies to all your health–related

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ailments. The portal has exhaustive sections devoted to ayurveda, massage, herbs, diet, home remedies, books on ayurveda, online consultation, online shop for ayurvedic products and a lot more.

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Cannot Lose Those Extra Pounds Of Weight??
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Natural Weight Loss Products, Can You Believe?
Life Lessons, A Three Step Process

Help Your Child Succeed In School
Obesity and Weight Loss
Gag Gifting.
The Ultimate Guide To Acing ANY Job Interview
101 tips to stay fit and live longer.



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