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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!

Why Is It So Difficult To Lose Weight After 30?

By Dov Oshri

Have you tried to lose weight after 30? Wasn't that more difficult than ever before? Guess what? It's even more difficult after 40! Have you ever wondered why your body reacts differently to the same regimes you apply in different stages of your life?

People that have never had a weight problem get flabbier after 30 without clear explanation. They start exercising and they don't see any improvement. They eat less, and they still don't achieve any significant change. What they don't take into consideration is the aging impact on their body.

Aging is a Reason for Gaining Weight and the Obstacle to Losing Weight

There are more than 20 theories about aging but the most researched one is the "Free Radicals" theory. Free radicals are atoms or molecules in which at least one electron is unpaired causing an instability (a stable atom contains a balance of paired electrons which encircle the nucleus).

This instability causes the electrons to be very reactive - they bond easily with healthy molecules and damage them. According to the free radicals theory, this damage is what causes you to age and to become vulnerable to certain diseases.

The most common free radical is an oxygen radical, which occurs in the mitochondria when an unpaired electron interacts with oxygen. Mitochondria are your cellular power plants, the tiny structures in your cells that provide energy in the chemical form of ATP. This is your "fuel" for all your life functions. It helps your heart to pump and your lungs to distribute oxygen when you breathe.

When free radicals are formed in the mitochondria, they reduce the power of your cellular power plants to produce energy efficiently. You are not running out of energy because you're aging. You are aging because you are running out of energy. Free radicals gradually shut down your power as if you are slowly turning off a light dimmer.

Free Radicals and Energy Reduction are the Roots of Most Aging Problems

Without energy your metabolic rate drops causing you to accumulate more body fat. You are losing muscle mass, bone mass, facial collagen and you are tired even when you have over-slept.

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Energy reduction at the cellular level also decreases the hormone secretion in your glands. The most abundant hormone in the body is DHEA. It is known as the "mother of all hormones" because it is involved in manufacturing of other hormones, especially the sexual hormones estrogen, progesterone, and testosterone.

DHEA peaks at the age of 20 but afterwards declines sharply so at age 45 you have 50% of your high peak DHEA, and at the age of 65 you have only 10–20% of what you had at age 20. As the mother of all hormones DHEA represents a decline in other hormones as Human Growth Hormone, (HGH), Testosterone (in men), estrogen and progesterone (in women).

Studies show that as lower your hormone level is, as higher your tendency to accumulate fat.

Weight gain after 30 is a result of a vicious cycle of aging. Aggressive free–radicals decrease energy

production which decreases hormone level and your metabolic rate to levels that most diets cannot help.

Anti–Aging Can Support Weight Loss by Neutralizing Free–Radicals

The most common way to fight free radicals is by increasing significantly antioxidants in your body. Your body produces antioxidants naturally or it gets it from food like fruit and vegetables.

Antioxidants are form of enzymes that attack free radicals by attaching to the unpaired electron and neutralize it. There are 2 kinds of antioxidants:

The first type patrols the body, blocking the formation of free radicals.

The second type disarms the already existing free radical before they bind with healthy molecules.

Studies show that today's fruit and vegetables are not rich in antioxidants as few decades ago. It is impossible to get the recommended level without supplements as multi–vitamin, vitamin C, and vitamin E in the right dosages. But this by itself doesn't make the difference. No one lose weight just by taking antioxidants.

Anti–Aging Can Support Weight Loss by Boosting Energy in Your Cells

You can increase your cells energy if you exercise regularly and supplement your food with energizers. Energizers are vitamins and minerals that increase the energy production in your cells. Well studied energizers are Lipoic Acid, Chromium Picolinate, Coenzyme Q–10, and others. Cardio training is the best exercise to boost your cellular energy. Cardio training is what you may know as aerobic exercise like jogging, cycling, rowing or other activities that ramp your heart rate.

Anti–Aging Can Support Weight Loss by Increasing Hormone Level and Accelerating Metabolic Rate

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An expensive and still questionable way to increase your hormones is Hormone Replacement Therapy (HRT). Hormone replacement therapy must be recommended and supervised by a doctor. But critics recommend staying away and not messing with the side effect risks of hormones.

You can boost your hormone level significantly without a doctor and for free if you engage in resistance training like free weights, weight machines, bands, cables or even body weight.

Studies show without a doubt that resistance training stimulates secretion of HGH and testosterone. But that's not all. Resistance training has many other benefits. It helps to gain muscle and reverses the aging damage of losing muscle. The more muscles you have, the more fat you burn because muscle growth accelerates your metabolic rate.

Aging is Not an Obstacle Anymore to Weight Loss

You reverse your aging damages backward and slow your aging forward when you burn fat and gain muscle. You can accelerate this process by reducing free-radicals and increase energy production using supplements. But there is no way to achieve it without special exercises that boost hormone level and nutrition that decreases blood sugar.

Dov Oshri is the editor of Body for Mind - a Wellness Lifestyle for Successful People. His cutting edge

Anti-Aging Fitness Program can be downloaded for FREE at

"Trying" To Lose Weight? Don't!

By Mark Idzik

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Are you trying to lose weight?

If you are, STOP!

Funny thing to say coming from someone that wants to help you lose all the weight you want, right?

Actually, there's a good reason.

You see, you can't try to lose weight. Don't believe me?

OK, let's use an example. Look around where you are sitting right now and find a small object. Perhaps a pen, envelope or book. Got it?

Now, try to pick it up. Go ahead.

Is it in your hand? If it is, well, then you didn't try, you actually picked it up. If it's not in your hand, you

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didn't.

Simple, right?

There's no middle ground in doing. You can't "try" to do anything, it's a fallacy. You either do it, or don't do it.

The same applies to losing weight (or anything else for that matter). Saying that you'll try gives your mind fuzzy instructions, and it will return fuzzy results, results that aren't what you really want. It also gives you a "way out" if you don't achieve the goals you set out to reach.

You see, your subconscious mind doesn't interpret your directions, it just goes to work following them as complete truth. When you say you'll "try to lose weight", it will "try" to follow your instructions, which we now know is impossible.

What in fact you want, (if you really do) is to lose weight. To feel better. To have more energy. To overcome health challenges. To look great.

Now, if you say you want to lose weight and are not successful, or continue to use language that includes words like "try" or "we'll see" or "maybe", perhaps you're wired backwards.

What does that mean? Well, maybe you say that you want to lose weight, but your mind says it doesn't. Somewhere along the way you gave your mind instructions that it's too hard, or impossible, to lose the weight you want. Perhaps you're more comfortable where you are now, but know that it's the right thing to say that you want to lose weight.

If this is the case, ask yourself what beliefs you hold that are at odds with what you want. For example, "it's too hard to lose weight", "it's impossible to lose weight", "I can't lose weight because I'd have to exercise all the time", "I'll lose my friends if I lose weight", "I can't lose weight because I've always failed".

Ask yourself if in fact they are true. Are they making your life easier, or more difficult? Do these beliefs serve you or harm you?

Then, replace the old beliefs with new ones. Positive, confident statements about how you want to look and feel.

The best way to lose weight is to avoid saying you'll "try" to lose weight, and say you "will" lose weight. See yourself at your ideal weight. Imagine how great you look and feel. Use positive language and give your mind specific instructions like "I'm now happily at my ideal weight of (number of pounds) weight" or "I now happily choose to wear a size (your ideal size)".

Watch your language and self talk closely and avoid using "try". It may take constant attention at the beginning, but after a short time, you'll get used to keeping your language positive, upbeat and confident.

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Your weight loss results will follow immediately, depending on how confident, committed and persistent you are in applying these exercises. The more confident, committed and persistent, the faster your results will appear.

You CAN do it!

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



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