

You don't need to go on a diet to lose weight

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By Julie Tucker

You are reading this article probably for one of two reasons.

1. You want a weight loss program that works
2. You are a serial dieter, because you can never lose weight and then keep it off. In fact you seem to end up heavier and more depressed than before

Possibly a third reason would be that you have become very cynical about all the new diets promoted by the 'stars' of television and the movies!! Perhaps like me, you just see it as a means for fading stars making money by endorsements.

Most female stars are thin, and if you knew how much they starved themselves because they believe thin is beautiful, you might, or might not be surprised!!

Perhaps I'm just an old cynic too!!

There are a number of excuses we make for ourselves so we program in defeat before we begin a weight loss program.

The first thing to note is, that we are all on a diet all the time, so why go on a diet to lose weight!!

Our diet is what we are eating now, and all we really need to know is that if we eat 3000 calories per day, but only expend 2800 calories per day, then we will get heavier, until our increased weight means we need to expend 3000 calories just to lumber around!!

This may be simplistic, but it is a very simple principle.

Taking the whole thing in reverse, it should therefore be possible to lose weight by reducing the calorie intake on a daily basis.

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Unfortunately this doesn't work for long. Supposing you decrease your calories from 3000 per day to 2000, then logically you will lose weight, and for a while you do. Two things happen, and the first is that you need less calories for your daily energy requirements because you weigh less, but secondly and more importantly the internal computer we all have detects that starvation is on the way, and it automatically reduces our energy use, so we only expend 2000 calories a day. In addition it lays down fat deposits, as a 'rainy day' store anticipating a future without enough food.

Low calorie diets just don't work for this reason.

In fact 'diets' don't work because of the association the word 'diet' has. Diet means pain and torture, and it is interesting to discover what springs into your mind when you hear the 'D' word. Excuses, and reasons pour out, and phrases like

1. You just put all the weight back on again
2. I'm too busy to eat healthily
3. I can't keep track of my eating
4. It takes too long to see results
5. The food on a diet is boring!!

The main comment seems to use the words 'willpower' – as in I don't have any!!

So let us examine some simple principles.

Suppose you are 28 pounds overweight, how happy would you be, if it took you a year to lose it, and then it stayed off permanently?

You would be less than sensible to say that is too long a time span, because it almost certainly went on slowly, a pound at a time, at first unnoticed!!

Forget the word `diet'.

Just do the following:

1. Write down everything you eat and drink over a seven day period.
2. Let a close friend see it, and ask them to circle your `vices'. We all have them, whether it is cookies, or chocolate, or wine. It may be biscuits, or two pints of milk a day - whatever.

All you need to do is find an easy way to eat less of them!!

Do this now.

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Think of something that really makes you feel sick. In my case it would be finding a cigarette end in a can I was drinking at a party. It would be imagining all the hairs that stick in the plug in the wash hand basin being in a glass of milk. It might be finding a fly in your mouth when you drink cola.

Then do the following.

Take your thumb, and rub it against your four finger in small circular motions, whilst thinking of the thing that makes you nauseous, and you will feel really sick.

All you have to do, is to associate that with the item of food, be it milk, chocolate, cookies, wine or whatever. Every time you are tempted just rub your thumb and forefinger together, and temptation will vanish!!

Just by doing that you will begin the process of slow weight loss.

You are not on a diet - never forget, all you want is weight control, and that simple step will go a long way towards helping you to achieve your ideal weight, whilst painlessly cutting out your `vices'.

This article has been written by Julie Tucker, a nurse, who contributes to nutritional websites including

<http://www.medifast-diet-solutions.info>

Fast Way To Lose Weight

By Susan Sweet

Fast Way To Lose Weight

Fast weight loss programs can lead to loss of your health while losing fat. It can cause some irreparable changes in the body making it weak. You must have heard stories of diet pill failures but not all diet pills are alike. The best situation to be in is when you don't need any weight loss but in case you need one follow simply weight loss herbal diet pills.

Diet pills are often advertised as `Fast Way to Lose Weight'. But remember, all that glitters is not gold! Weight loss drug advertisements can be quite misleading at times. False promises have resulted in serious side effects and stories of diet pill failures. Hence don't get carried away by such cheap market gimmicks and make an informed choice when buying diet pills. From prescription diet pills to over-the-counter diet pills the markets these days are flooded with weight loss products. Each one claims to be a fast way to lose weight and seem as an attractive option as compared to conventional methods of weight control.

Diet pills are often looked upon as a great food supplement to lose weight and retain energy. Fast weight loss diet pills have seen an insurgence within a last few years. Thousands of people in US spend millions of dollars every year on the diet pills. Undoubtedly, these pills offer a fast way to lose

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weight but while making a decision to use them take medical consultation.

What is the best diet pill to lose weight?

Several fast weight loss diet pills have flooded marketplace. Finding the best one out of them may give you a headache. But now you don't have to worry! We provide the best proven weight loss pills to our customers. You can buy the following major weight loss diet pills from us:

- Phenazen diet pill
- Zantrex-3 diet pills
- Slimming tablet xenadrine
- Cortislim diet pill
- Meta Gen Diet Pills
- Desert Burn
- Carb blocker diet pill
- Leptoprin-sd
- Zilacetin Diet Pills
- Nueslim Diet Pills

Herbal Diet Pills : Herbal diet pills are effective diet pills that help you lose unwanted fat naturally. Safe diet pills are those diet pills that help you lose weight without any serious side effects. Before trying any herbal diet pills , safety of diet pills should be ensured. We recommend you to take prescription diet pills to lose those extra pounds. This is because we all have different body structures and systems and a diet pill that works for one may not necessarily work for all. Get the right diet pill prescription to attain best results. Also, Check out:

- Effective Diet Pills
- Herbal Diet Pills

- Safety Of Diet Pills
- Diet Pill Prescription

Carb blockers : Carb blockers prevents glucose or sugar from being converted into fat. The unique formulation of Carb Blocker products helps you to lose weight without much change in your diet. Low carb diet pills work by inhibiting the absorption of carbohydrates and sugar by your body. Extreme carb blockers are also available for maximum Carb Blockers effectiveness. Carb Blocker diet pills are a really a fast way to lose weight and have no serious carb blocker side effects . Find out more about Carb blocker diet pills. Also, Check out:

- Low carb diet pills
- Extreme carb blockers
- Maximum Carb Blockers effectiveness
- Carb Blocker diet pills
- Carb blocker side effects

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