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101 Weight Loss Quotes and Their Hidden Meaning

By Raw Andrew

Foreword

Quotes are little nuggets of wisdom that have survived the trial of time. The longer a quote has survived the more important the information it contains must be. Unfortunately, sometimes it is quite hard to grasp the hidden meaning behind a quote, or understand it fully.

In this book I collected the best weight loss quotes I could find and analyzed them. The information you will find here isn't something new, but it works and it will help you lose weight if you apply it in your own life.

This book isn't meant to be read sequentially. You should check out the table of contents and go and read what strikes a chord for you. The whole book is a mountain of gold nuggets, and you can pick up whatever piece of advice you feel you need the most.

The book is titled 101 Weight Loss Quotes and their Hidden Meaning but the truth is that in this book you will find 103 weight loss quotes and their hidden lessons. The 101 sounded better as a title but my heart wouldn't let me kick out any quote. I hope you will forgive me and enjoy the extra weight loss quotes just as much as the rest of them.

Zap the fat,
Raw Andrew

Special Thanks

I want to thank my mother, father and little dare devil brother for always being there for me and supporting me in all my crazy adventures. I don't know what I would do without them. I love you guys.

I also want to thank all my blog readers from ShedYourWeight.com for their support, feedback and for reading my constant ramblings about the best healthy weight loss methods. I truly hope I've made a difference in your life and helped you better your health.

What You Can Do With This Book

First of all you should read it. Then if you like it, please pass it along to as many friends and loved ones as you can. You have my permission to share this book with anyone you like as long as you don't alter it in any way or form.

You can send it in an email or post it on your blog or website. It is up to you. Keep the information moving and help more people improve their health and life.

Also you aren't allowed to sell the book but you can give it away as a free bonus.

Share the love and knowledge.

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Never Give Up On Losing Weight and Having a Hot Body

Our greatest weakness lies in giving up. The most certain way to succeed is always try just one more time.~Thomas A. Edison

If Thomas Edison had stopped after his first failure we wouldn't have the light bulb today. Could you imagine how life would be without the light bulb. All the great inventions that we take for granted today are a testimony of someone's ambition and drive to achieve their dreams. Some might have been impossible, but perseverance has the nasty habit of turning impossible dreams into reality.

Losing weight isn't an impossible dream. Millions of people have lost weight and millions will lose with from now on. So if you are struggling to lose weight, at least you have the certainty that it is doable. It's not a matter if you can lose weight, it's all about when will you lose weight.

If you failed once to lose weight, it doesn't mean that your fate is sealed. It just means that your approach to weight loss wasn't the best one suited for yourself. There are hundreds of reasons that can stop you from losing weight, but the most insidious one is the lack of determination. If you don't really want to lose weight you won't lose it.

Personal drive, a fiery desire to lose weigh no matter what, is what distinguished the successful dieter form the unsuccessful one. All the people that have lost weight and kept it off have one thing in common: they tried and tried again until they succeeded. They adapted their weight loss methods, refined them to the point they got the perfect weight loss system for themselves.

Crying about not being able to lose weight won't help you lose weight. You will have to find the [weight loss motivation](#) required to pick yourself up after each failure and to keep on giving your best in the fight against fat.

I am telling you: you are going to fail repeatedly at losing weight. I have done it and all weight loss success stories contain one or more points of failure. It is natural. What distinguishes the winners from the losers in the weight loss game, is the fact that the winner continued playing and pushing their boundaries until they achieved their goal.

Stopping half way never gets you anywhere. Once you've made up your mind to lose weight, keep going until you get the hot body you much desire and deserve.

- [How to stop being an all time couch potato](#)
- [How to Lose Weight Fast](#)
- [The Quick Weight Loss Center](#)
- [11 Relaxation Tips To Help You Enjoy Life More](#)
- [How to get a toned body](#)
- [How to set fitness goals to ensure your success](#)

Don't Lose Weight for Anyone Else but Yourself

Don't go out of your weight to please anyone but yourself.~Author Unknown

You should never lose weight because someone else told you had to, unless that someone is your doctor. Even if you only have to [lose 10 pounds](#). Weight loss is a personal choice that will impact you the most, not your friends. The truth is that some of your friendships won't be able to make it through the transition to a thinner healthier you.

If the desire to lose weight isn't yours, you won't be able to lose weight. You will fail because you won't give it your best shot. All our friends give us advice but we seldom use that advice, even if it's great advice.

Your friends might care and be worried about your excess fat, but if you are happy being fat, it's not their choice that matters. If your fat lifestyle suits you then going on a diet and exercising 3 times a week will seem like hell. You will lack the required motivation to successfully lose weight.

To lose weight you first have to become fed up with being fat. The more you start hating your fat lifestyle, with its all inconveniences, the more you will gain the required [weight loss motivation](#) to finally get rid of fat.

It is your life and you are responsible for your choices. You know what you want and what your dreams are. Anybody else can only speculate, and their guidance may fall on a deaf year if you aren't interested in what they are telling you. It all starts with you and ends with you, remember that.

- [How to get a toned body](#)
- [Speed Up Metabolism Tricks](#)
- [The Best Way to Lose Weight Fast and Keep It Off](#)
- [I Want to Lose Weight Fast- Are You Sure?](#)
- [Change Your Environment to Lose Weight Easier](#)

Eat Slowly If You Want To Lose Weight and Avoid Overeating

Take twice as long to eat half as much. ~Anonymous

Weight loss and eating slowly are very good friends. When you eat slowly you avoid overeating which is always good for losing weight. The slower you eat the less food you eat, which means less excess calories for your body to burn. But what makes eating slowly such a great weight loss tip.

When you eat food slowly your brain has all the time it needs to get the message from your belly: *I am full. You can stop eating now.* It takes at least 15 minutes for you to feel the sensation of having gotten rid of hunger and being full. If you eat really fast you will eat a lot more food than you actually needed to eat, because by the time your brain receives the message “Stop eating now” you will have had already eaten twice as much food than what you actually needed.

Eating slowly also has a big psychological impact on you. It help break the spell some foods place on you, making you crave them. Have you ever tried eating a much craved food slowly. After a couple of bites your desire for that food perishes into the void form where it came from. I don't know exactly why this happens but it works every time.

The most simple way to make sure you eat slowly is to chew your food better. By chewing your food well you also help your digestive system do its job easier and get more nutrients, not only fats from your food. This in turn will make you healthier.

Another trick you can use to make sure you eat slowly is to place your fork and knife down after each bite of food you take. Place them down and chew your food well. Feel the tastes as they blend together. Learn to truly enjoy the food you eat and eat less food at the same time. By eating slowly you will discover tastes long forgotten, and eating will become a rich sensory experience not only a belly stuffing one. For this to happen you have to take your time while eating. No rush.

- [Why Are We Eating More Food: overeating shocking study results](#)
- [The Dangers of Any Quick Weight Loss Diet and How to avoid them](#)
- [Causes of Overeating: 5 causes of compulsive overeating](#)
- [Dieting tricks to help you lose weight and get healthy eating habits](#)
- [How You Can Get Your Daily Necessary Energy](#)

A Simple to Follow Healthy Eating Plan

In eating, a third of the stomach should be filled with food, a third with drink and the rest left empty.~Talmud

The Talmud contains a very simple yet effective healthy eating plan that everybody should follow. It is timeless and a source of health and well being. You never overeat and you get plenty of water to keep your body hydrated at all times.

In our hectic modern times healthy eating is a must if you want to avoid various health problems. Not eating junk food is a big step, but an easy step to take that is also super healthy is eating less food and drinking more water. It doesn't matter what kind of food you eat, healthy or unhealthy, by eating less you only stand to gain more health and a slimmer waistline.

Before each meal drink one glass of water. This will quench your thirst and make you eat less food. At each meal make it a point to stop eating as soon as you stop feeling hungry. You should never feel like you are about to explode because of all the food you ate. Eat enough food to keep your stomach busy until the next meal, but no more than that.

[Compulsive overeating](#) is a really bad eating habit that you should strive to eliminate from your life. If you can't do it at least find healthy foods to replace the unhealthy ones you crave. By eating low calorie foods you will at least minimize the bad health effects of compulsive overeating.

- [Alcohol and weight loss: does alcohol and dieting mix?](#)
- [Wellness is a lifestyle](#)
- [How to lose weight and keep it off forever: the basic principles](#)
- [Eating raw living food for a healthy and long life](#)
- [The ultimate guide to smart snacking during a weight loss diet](#)
- [Secrets for a better health and more youth](#)

Eat Less Food to Be Healthier and Happier

Feed sparingly and defy the physician. ~James Howell

You need to eat to survive, but you don't have to eat excessive amounts of food. Like anything else, too much food is bad for you. Especially for your health. If you aren't a serial dieter, I bet you are overeating at each and every meal you have during the day. Nothing to be ashamed of, I do it too.

A long time ago I was an eating machine. Any food in a 10 foot radius around me was in severe danger of getting eaten in a very barbaric manner. Eating was my hobby, my life. I know now that was a bad choice for a hobby, but hey I was young and naïve.

Eventually I realized how much food was hurting me. My health was getting worse and worse with each passing year, even if I was very young. At the time I was 16. I should have been at a peak physical condition with an iron health. Instead I hated going up a flight of stairs because it made me sweat and I had to catch my breath at the end. Walking too much was painful, my knees and feet hurting because of all the weight they had to carry.

All the health problems plus the desire to have a hot girlfriend got me [motivated to lose weight](#). The first thing I did was to eat a lot less food. I won't lie to you, I did exercise but nothing impressive like doing hundreds of push-ups or something like that. Walking was my exercise at first.

Amazingly enough the less food I ate the better I felt. My energy level increased, which was a surprise and the fat started to come off. By losing weight I finally became a normal teenager. Still a little overweight, but in great physical shape and very healthy.

The amount of food that I eat to this day is just a fraction of what I used to eat. Me and my brother still joke from time to time about how much food we used to eat. Nowadays we have to struggle to fit into our stomachs just half of the food we used to eat while eating out. Going to our favorite restaurants is always funny because we tease each other about finishing the huge stake we get or the extra large pizza . Just as we used to.

From my personal experience it is possible to live happily and thrive on a lot less food. Try cutting down your serving size each week and see how much less food you can eat each day without feeling hungry. You will be surprised and your health will be improved. Plus you get to spend a lot less money on food and doctors.

- [The Importance of Managing the Emotions Behind Your Eating Sprees](#)
- [Don't Dig Your Grave By Eating Unhealthy Food](#)
- [Quick Weight Loss Tips For the Perfect Body](#)
- [Best Diets for Quick Weight Loss](#)

Excess Fat Will Shorten Your Life

Your body is the baggage you must carry through life. The more excess the baggage, the shorter the trip. ~Arnold H. Glasgow

Excess fat is a silent killer. It takes its time, builds momentum and when it strikes it deals massive damage. It doesn't always kill, as it likes to torture its victims for long periods of time. Excess fat is truly a vicious enemy that has no mercy for you or your family.

The top 3 natural causes of death are linked to some degree to excess fat. The more fat you have the more likely you are of suffering from cardiovascular diseases, cancer and strokes. All of them are nasty disease to have, especially cancer.

But excess fat doesn't only increase the risk and efficiency of the top 3 causes of death amongst human beings. It increases the likeliness of dying from lots and lots more health problems that are generated or aggravated by excess fat.

To enjoy a long healthy life you must lose weight and maintain a healthy weight for the rest of your life. A thing easier said than done considering that fast food is everywhere and it is so delicious. But for the sake of your health and life, lose weight if you are [overweight](#).

Life is a precious gift that your parents struggled to offer you. Don't squander it away in a blinding tornado of food. I'm not saying that you shouldn't enjoy eating food. I am saying that you should enjoy more healthy food in smaller quantities so that you might enjoy a more plentiful life.

Some say you can experience life in all its glory even if you are very fat, even obese. I don't believe this. An obese person can't hike up a mountain or take long trips in the wilderness. You can't get involved into intensive physical activities like playing with your children or playing a game of football with your friends. Your life as an obese person is crippled in so many ways, taking away much of the beauty of life. Don't let this happen. Lose all the excess fat from your body and have a blast living your life.

- [Resveratrol Supplements Might Help You Live Longer and Be Slimmer](#)
- [How to Maintain a Healthy Diet: Make your own diet](#)
- [Low Calorie Diet Plan: the low calorie low carb raw food diet](#)
- [Change your lifestyle and get a healthier life](#)
- [7 reasons to have an active lifestyle](#)
- [3 ways to get regular workout in your lifestyle](#)
- [Your Lifestyle Affects Your Energy Level](#)

Deep Fried Foods: The Fatty Foods to Avoid At All Cost

I bought a talking refrigerator that said “Oink” every time I opened the door. It made me hungry for pork chops.~Marie Mott

Fatty foods have cast a magic spell over us. We crave fatty foods and we take extreme pleasure from eating fatty food. But from among all the fatty foods you can eat, there are some fatty foods you should avoid at all costs.

Deep fried foods are the worst kind of fatty foods that you can eat. In fact you should avoid all fried foods, regardless if they are deep fried or just fried. They are filled with unhealthy substances and lots and lots of unhealthy fats.

Most of the fried foods you eat are cooked using vegetable oil which is renowned for its high contents of [trans fats](#). In repeated studies done by research institutes from around the world, trans fats have been discovered as causing cardiovascular diseases, type II diabetes and even cancer.

During the frying process the fat molecules get transformed because of the intense heat. Your body isn't used to receiving these kind of fat molecules, and doesn't know how to handle them. This is the source of all the health problems related to eating deep fried foods.

Deep fried foods are also very fattening. Why frying the food, the intense heat doesn't only alter the fat molecules, it also destroys most of the nutrients your body needs. This makes deep fried foods the ultimate junk food. All you get is lots and lots of unhealthy fats that only make you fatter.

A great way to simulate the taste of deep fried food without actually deep frying them is to bake the food. Baked food is light years more healthy than deep fried food and more nutritious. Still the best way to cook healthy food is by steaming or boiling it.

- [What Are Trans Fats: the health effects of trans fatty acids](#)
- [What are lipids and the health benefits of fats](#)
- [The Hidden Fats from Foods](#)

Eat Little and Often To Lose Weight Faster

My wife is a light eater. As soon as it's light, she starts eating.~Henny Youngman

To lose weight you don't have to starve yourself. You have to eat little and often if you want to lose weight. This way you will never be hungry. But this method has a flaw. It is too darn easy to fall overboard and overindulge all day long. This will make you fatter of course.

Being a light eater isn't easy at all at first. As time passes and you get used to eating little food and often you won't have any more problems with it. But getting there is the tricky part.

The first thing you have to do is learn the difference between physical hunger and emotional hunger. It is quite easy to distinguish between the two. The main difference is that when you feel emotional hunger you crave a certain food. When you feel physical hunger you don't care what you eat, as long as you get to eat something.

Another difference is that physical hunger builds up gradually. At first you feel it light and as time passes it gets heavier and heavier until you have to eat something to make it stop. Emotional hunger on the other hand appears suddenly and it maintains almost the same intensity all the time.

The best giveaway for physical hunger is the fact that it is located in your belly. If the source of your hunger doesn't start in the belly area, you are most likely feeling emotional hunger.

Now that you have the basic means to [distinguish between emotional hunger and physical hunger](#) you are ready to make the next step towards easier weight loss. Each time you feel physical hunger eat a small amount of food. Eat enough food to make the hunger go away, but not enough to make you feel full or stuffed. If you eat little and often you will lose weight without ever feeling hungry again.

You should eat at least 4-5 times during the day, if not more. Have 3 healthy meals and 2 healthy snacks each day and you will start losing weight. Your body will receive the message that there is enough food around you and that it doesn't need to hang on to your excess fat like a desperate man hanging off a cliff. Your body will actually start burning the excess fat on its own.

Eating little and often is in fact a healthy eating habit that you should keep for the rest of your life. It shouldn't just be used to lose weight. It is a great way to make sure you will maintain your weight, no matter what. Become a light eater, melt the fat from your body and never be bothered by it again.

- [How to Lose Weight by Eating Healthy Food](#)
- [The Quick Weight Loss Center](#)
- [11 Fast and Safe Weight Loss Tips You Can Use Starting Today](#)
- [What do Effective Weight Loss Programs Have in Common?](#)

Dieting Should Be a Cause for Joy

Eat, drink and be merry, for tomorrow ye diet. ~Lewis C. Henry

Many perceive dieting as a necessary evil if they want to lose weight. It is this kind of mentality that keeps them fat and miserable for all their life. You can excel at anything, you can't achieve your goals if you don't enjoy the process. That is a basic fact of life.

Sure you can force yourself to do something you don't like. But for how long? Eventually you will stop and all the results you got will go away, eroded by the passing of time. That is why the only way to diet and lose weight forever is by embracing the process.

Use your brain to make your diets more fun and engaging. Turn dieting into a party and losing weight will be super easy.

I am a firm believer of customizable diets. We are all different and expecting the same diet to work as well on all of us is just unrealistic in my opinion. There are fruits and vegetables that you might not stand, and a diet plan that heavily relies on them is destined to fail.

To make sure you will follow through with your dieting plan, pick a dieting plan that contains as many foods that you like to eat as possible. You should also try and make new diet food recipes using the ingredients allowed by your diet.

Turn your diet into an adventure and you will lose weight without even knowing when it happened. Celebrate each day the fact that you are becoming a lot healthier and fitter with each passing day. Use your imagination to have fun dieting.

For example challenge yourself to create one now [healthy snack](#) to take at work with you each day. Try and amaze your coworkers with your creative snacks. Maybe even start a healthy snack competition. There are plenty of things you can do to make dieting fun. The big trick is to do them and get fully involved in the weight loss process.

- [The Best Healthy Snacks for Weight Loss](#)
- [Healthy Snacks That Don't Fatten You Up](#)

How to Look Good If You Are Overweight

She looked as if she had been poured into her clothes and had forgotten to say “when.” ~P.G. Wodehouse

The simplest thing you can do to look good if you are overweight is wear looser clothes. Clothes that are too tight make the fat take odd forms that never make you look good. This is the quick fix that will take most of the judging eyes off your back.

The next thing you must do is lose weight. If you are overweight and you wish to look smoking hot you must lose weight. How many sex symbols can you enumerate that were or are fat. I can't think of any. If you want to be hot you have to lose the fat.

To get you motivated to lose weight and look good, go and buy some hot clothes. Don't buy just clothes that will fit you when you are thin. Buy clothes that you can wear along the way. Each time you will get to wear a skinnier piece of clothing celebrate. You are on your way to becoming sizzling hot.

To lose weight find a healthy weight loss diet that best suits your personality. A diet that includes at least some food you enjoy eating is a must if you don't want to be ravaged by food cravings.

To look good you don't only have to lose weight. You also have to tone your muscles. A skinny flabby ass is a serious turn off and a huge blow to your looks. Go hit the gym and start exercising those muscles. This will also help you lose weight. So you get to hit two birds with one stone.

To look good you also have to take care of your skin. If you have cellulite, go and get some anti-cellulite massages as soon as possible. The anti-cellulite massage combined with you losing weight should help you [get rid of cellulite fast](#).

As you can see losing weight is the secret to looking great. If you lose weight, it is impossible not to look good. That is what drives most people to lose weight after all.

- [How to Look Thinner by Dressing Correctly](#)
- [Weight Loss Motivation Tips](#)
- [Workout clothing: How to choose the best workout wear for you](#)

Obesity is Taking Over the World

Obesity is really widespread. ~Joseph O. Kern II

According to a recent report, in more than half of the United States the obesity rate is over 25%. This is an all time high and a bad indicator for what is about to come. If 10 years ago the highest obesity rate was under 20%, today it is soaring higher and higher.

The widespread eating of unhealthy foods coupled with an unhealthy lifestyle is the power engine that is propelling obesity to world domination. I hope this will never happen because of the global health implications and the drama that will spring out of it.

If you watch the news you can see how the rising obesity levels are crippling the healthcare system. Almost all the countries around the world are scrambling to reform their healthcare systems. They just can't measure up to the relentless surge of health problems generated by obesity.

Studies are predicting a lowering of the average life expectancy of the future generation, an unprecedented phenomenon in the human history. Usually the future generations lived a lot longer and better than the past generations.

Obesity is taking over the world and changing it forever. For the better or for the worst, who know what the effects will be. It is up to you to rise up and fight against obesity by adopting a healthy lifestyle and eating mainly healthy food. The war against obesity can only be won at an individual level. Join the obesity fighting army, lose weight and become fit. That is the only way of stopping the relentless advancement of obesity.

- [Obesity Epidemic Confirmed by Growing Obesity Rates](#)
- [Study Show that Obesity Health Risks are Cancer Causes](#)
- [Is Soft Drinks Consumption What Causes Obesity](#)

Why is Setting Realistic Weight Loss Goals so Important

Probably nothing in the world arouses more false hopes than the first four hours of a diet.~Dan Bennett

Setting realistic weight loss goals is very important if you want to lose weight. Unrealistic [weight loss goals](#), like losing 30 pounds in 2 weeks, will only make you depressed and upset with weight loss when you don't achieve them. How could you achieve such a fairy tale weight loss goal. Impossible!

If you set yourself up to fail you will erode your weight loss motivation and drive. Trying to achieve anything and failing over and over again is a psychologically scaring experience that will mark you for life. Many have failed to lose weight using many diets and now believe that losing weight is impossible. This truly makes it impossible, because what you believe has the nasty tendency to come true. Self-sabotage will be at a all time high while dieting after a few failed diets.

What truly amazes me is the fact that the diets worked. Most diets help you lose weight. But if you expected to [lose 30 pounds](#) in one week, and you only lose 4 pounds, you will toss that diet out as a failure. Most often than not your unrealistic weight loss goals and expectancies are the ones that make the weight loss diets you use to lose weight fail.

The truth is that a healthy normal rate of weight loss is of about 1-2 pounds per week. This means that you can expect to lose about 4-8 pounds per month. If you pull it off and lose 10 pounds each month, you should consider yourself a [weight loss](#) rock star.

Now that you know what the healthy weight loss rate is, you can set more realistic weight loss goals, thus improving your chances of sticking with the diet of your choice.

- [Get Good Eating Habits and Set Good Weight Loss Goals](#)

How to Stop Diet Cravings Dead In Their Tracks

There is a charm about the forbidden that makes it unspeakably desirable. ~Mark Twain

We are all hardwired to seek out fatty or sugary foods. It seems that from an evolutionary standpoint, the person who ate the most sweet or fatty foods had the best chance of survival. Today, in an ironic situation reversal, the person that eats the most fatty sweet foods is more likely to die young.

In a sea of fatty or sweet foods it is really hard to diet. I know and you know how important it is to lose weight and maintain a normal weight. But our inborn craving for unhealthy food is strong, sometimes too strong. Some scientists even believe that it is a lot easier to ditch a drug or smoking addiction than it is to [stop food cravings](#).

The ugly part about cravings is that the more you diet the more intense the little buggers become, until they take over and make you binge. Diet cravings are responsible for the failure of most weight loss plans. Maybe you can relate to this. You set out to lose weight, all excited and determined. After a couple of days, walking around town becomes pure torture. Unhealthy, fatty food is begging you to eat it at each corner. Eventually you give in and start [binge eating](#). Diet cravings are hard to overcome, but not impossible.

There is a simple way to drastically reduce the influence of diet cravings on your [weight loss plan](#). According to a study done at the University of Toronto, any forbidden food becomes a lot more appealing. The women who volunteered for the study were forbidden to eat any chocolate for 1 whole week. Once the week was over, the scientists recorded their consumption of chocolate. On average every woman ate almost double the amount of chocolate they used to eat before going on the week long chocolate fasting.

This means that any food you consciously exclude from your diet will have a magnetic pull on you. Once you finish the diet, if you get that far, you will binge on all the foods you craved while dieting. This will make you fat again in no time.

The solution for stopping diet cravings is to not have any forbidden food while dieting. Use a permissive diet plan to achieve this. All you have to do to get rid of diet cravings is to indulge them in a very special way. Estimate how much unhealthy food you are eating now (a food journal will help you pinpoint the exact amount). Once you know how much unhealthy food you eat, reduce your intake to just 25% and fill in the rest of 75% with healthy food.

By indulging your diet cravings, while at the same time eating a lot less unhealthy food, you will stop your diet craving for good, or at least minimize their impact on your diet.

- [How to eat healthy and indulge your cravings at the same time](#)
- [How to Stop Food Cravings and Resist Food Temptations](#)

- [How to Stop Food Cravings that Struck You at Night](#)
- [How To Stop Binge Eating: regain control over your eating habits](#)
- [How to stop food cravings and still enjoy eating](#)

Get Rid of Boredom to Lose Weight

Obesity is a mental state, a disease brought on by boredom and disappointment. ~Cyril Connolly, The Unquiet Grave

Feeling bored? The quick fix to that is eating something. And that is the problem generating fatter and fatter people. Eating to get rid of boredom isn't a smart choice. It doesn't even work. What can be thrilling about eating a hamburger? Absolutely nothing! Still many are doing it.

Boredom is fattening. It is amazing how fattening it can be. During one whole day I recorded each time I ate something because I was bored. At the end of the day I was shocked. 6 times I snacked on something just out of boredom. No hunger at all, just incredible boredom.

Do the same simple experiment to find out exactly how much you snack because of boredom. You might be surprised by your findings. I know I was.

If you want to [lose weight quick](#), fighting boredom should be one of your top concerns. Get involved in things that you are enthusiastic about. Find stuff to do that is so captivating that you forget to eat. I bet you will lose a couple of pounds because of it.

The best thing you could do is start practicing a sport that involves lots of people. That way you are guaranteed to have a blast and lose weight. Think about what sport you would like to practice and go do it.

In case you suffer from extreme boredom, go practice some extreme sports. Find something adequate for your physical condition that will get your blood pumping fast. A good rush of adrenaline from time to time is all you need to kill boredom instantly.

Living life to its fullest is the best weight loss solution out there. It's fun to do and it works each and every time. The best part is that once old age catches up with you, you will have no regrets, just lots and lots of captivating stories.

7 Easy to Do Portion Control Tips

If you wish to grow thinner, diminish your dinner.~H.S. Leigh

Mastering the art of portion control is a must if you want to lose weight and improve your health. The following 7 portion control tips will help you tame your wild eating habits, making them more healthy:

Portion control tip #1: **Meat should always be a side dish.** At each meal make it a point to eat lots and lots of vegetables and just a small quantity of meat. Actually the recommended serving size for meat is roughly equal to a deck of cards. Eating more than that during your meals will slow down your weight loss results.

Portion control tip #2: **Before each meal drink 1 glass of water.** By doing so you will quench your thirst and avoid [compulsive overeating](#) also. The feeling of thirst and hunger are quite similar and distinguishing amongst the two is quite hard. If needed your body can get all the water it needs from the food you eat, but as you might imagine, you will have to eat lots of food to quench your thirst.

Portion control tip #3: **Start by eating high fiber foods first at each meal.** Fiber rich foods fill you up for longer periods of time while giving you a low amount of calories. They also make you feel full faster than any other food, thus making you eat a lot less food during each meal.

Portion control tip #4: **Use smaller plates to serve your food.** Smaller plates make it impossible to pile up lots and lots of food in front of you. This in turn makes it less likely you will stuff your face with a humongous quantity of food. Also many of us have been guilt tripped by our parents to eat everything from our plates. The old starving children routine. Smaller plates make it a lot easier to finish everything from your plate without feeling the guilty of [overeating](#).

Portion control tip #5: **Split as many meals with your friends.** Each time you have the opportunity split your meals with a friend. That way you will get to eat only half the food you would normally do. Simple and effective, plus you also help your friend eat less calories too.

Portion control tip #6: **Keep the serving dishes off the table you eat.** If you have to get up and walk all the way to the serving dish for seconds, you are less likely to do it the farther you have to walk. Being lazy can be useful sometimes, and we all know that wave of laziness that comes over us after we eat something. This is a great way to exploit it.

Portion control tip #7: **Get the smallest portion of food you can when you eat out.** Easier said than done, especially considering that the difference of price between the smallest portion of food and the big one isn't that big. You will have to fight your inner demon that makes you afraid of still being hungry after you finish eating. You will also have to fight the always looking for the best deal inner demon. Just order the smaller portion of food at restaurants and fast food joints, and you will eat a lot less food during the day, guaranteed.

- [Practical advice for detoxification and healthy eating](#)
- [12 healthy eating ideas for you to use](#)
- [What meals to eat to ensure healthy eating habits](#)
- [The color diet: healthy eating by colors](#)
- [Healthy Eating Guide: eat much healthier food](#)

Reduce Your Serving Sizes of Food to Lose Weight

Never eat more than you can lift. ~Miss Piggy

By eating lots and lots of food you will never manage to lose weight. It is as pointless as trying to make a swimming pool in the dessert. The water would get evaporated or sucked up by the sand. To lose weight you have to adjust your serving sizes of food to better reflect your level of physical activity.

If you are a couch potato you don't need to eat too much food. It is like pouring gasoline in an car you never intend to use. Pointless. You can eat a lot less food and not be hungry if you aren't physically active at all (I bet this is why you are having weight problems).

Even if you reduce your serving sizes of food, you still can increase the amount of workout you get without needing to eat more. The average person eats a lot more food than it really needs, especially unhealthy food that contains only calories and no [essential nutrients](#).

Start by cutting your serving sizes in half. Try for a day eating just half the food you used to eat until now. A good idea is to keep a food journal for a couple of days before starting adjusting your serving size. That way you will know exactly how much food you currently eat. Be prepared to be shocked. You eat a lot more food than you actually think you do.

During the day when you cut your serving size in half for each meal, pay attention to your hunger. Are you feeling [emotional hunger or physical hunger](#). If you are feeling physical hunger you have to increase the amount of food you eat. If all you feel is emotional hunger you can reduce your portion sizes even more.

Each time you reduce your serving size, reduce it by 50%. If you have to increase it because you feel physical hunger, increase it by 25%. Keep doing this until you hit the sweet spot: you never feel physical hunger during the day and you never overeat.

What Causes Obesity?

Fat is not a moral problem. It's an oral problem. ~Jane Thomas Noland

Many scientists are debating what causes obesity and its constant rise to world domination. In my opinion the answer is easy: lots and lots of unhealthy food is what causes obesity. We are swamped in a world of tasty junk food that doesn't give our bodies any [essential nutrients](#). Just lots and lots of calories that we didn't need in the first place.

Excess consumption of readily available foods is in our nature. We as a species love to eat because a long time ago eating equaled surviving and thriving. Nowadays eating has no special meaning, it is just a way to sedate ourselves from the cruel realities that surround us. The shittier our day is the more we crave some unhealthy fatty food to make us feel better.

Today food is like a drug. A lot better than a psychologist, because it doesn't judge us, and a lot cheaper. Turning to food for emotional comfort is so easy. Food is always there to listen to our pain and make it go away.

The family unit is also dying. A long time ago eating was a family activity. Sitting around the table each family member would have shared all that happened to him during the day. It was a great way to release emotional pressure and let your family help you. Nowadays we eat alone, ashamed of how much we are gobbling down, with no one to share our pain and happiness.

If a few decades ago you had to move to get stuff done, today it's all about the push of a few buttons. You can buy anything online, and most of us work in front of a computer or something similar. The lack of movement in the fastest moving century ever is astonishing to me.

If you were wondering what causes obesity, now you know: an unhealthy lifestyle full of unhealthy eating is what causes obesity.

- [The Short Unhealthy Foods List](#)
- [Cola Addiction: caffeine soft drinks are unhealthy](#)
- [Fast Food Obesity: unhealthy eating for an unhealthy life](#)
- [Child Obesity: how to help your overweight kids get fit](#)

The Only Way to Lose Weight Forever

The only way to lose weight is to check it as airline baggage.~Peggy Ryan

Too bad we can't check our fat as airline baggage. We would be sure to lose it forever. But there is another way to lose weight forever. Start exercising and keep it up for the rest of your life. A physically active person is more healthy and a lot slender than a couch potato.

Any form of movement is good as long as you are building more and more momentum. The idea is to start small, walking more, then running until you end up running in a local marathon. Maybe it sounds crazy, but if you keep improving your physical condition someday you will be fit enough to run in a marathon. It will be up to you to choose if you do so or not.

For the [best weight loss](#) results you should do a mix of strength training and cardio exercises. A good idea is to do strength training exercises one day and cardio the other day. The strength training exercises will help strengthen your muscles and increase your muscle mass. The cardio exercises will make your muscles leaner and improve your overall resistance to physical effort.

Cardio exercises are great fat burners, but they don't beat strength training in fat burning efficiency. While doing cardio exercises you will burn lots and lots of calories, but after you stop exercising your fat burning stops too.

Strength training exercises on the other hand don't make your body burn that many calories while working out. But once you stop exercises your body continues to burn lots of calories because it has to repair itself and build new muscles. This make strength training exercises perfect for an intense fat burning workout. Add to that that more muscles burn more calories, and you can see why strength training is essential for the success of any [weight loss plan](#).

Exercising at least 3 times a week is a must if you want to lose weight forever. In fact it is the only way I know to lose weight forever, guaranteed. All you have to do is start moving to cash in on a lifetime of health and beauty.

- [Fast Diets: Do Lose Weight Fast Diets Really Work?](#)

How to Avoid Food Cravings so You Don't Have to Deal With Them

If I can't have too many truffles I'll do without.~Colette

To avoid food cravings all you have to do is stay away from their path. If you know you love eating a certain food and you know you can't stop from eating that food until it is all gone, avoid eating that food. It is that simple to avoid food cravings.

If you are dying to eat a piece of chocolate, go and buy a really small one. Don't start eating it right on the spot. You devouring the piece of chocolate will scare the passerby's and you will also buy an extra chocolate. One a lot bigger. Since you have started your appetite, stopping it won't be that easy. If you have to take a long trip to get another chocolate, maybe you will be discouraged to do so.

This two simple plans don't always work. I can remember times when I stood awake, in my bed, looking at the ceiling, dreaming of some craved food. Sometimes it was chocolate, at other times ice-cream and so on... What is certain is that I never lay awake at night thinking about eating some veggies and fruits. Never happened. They just don't do it for me, and I am certain the same is true for you.

In those extreme cases I had to go out of bed and eat the darn craved food so I could finally fall to sleep. After a light late night binge, I would fall asleep like a baby, fully satisfied. Not a healthy thing to do but an enjoyable one.

If you are suffering from the same type of relentless [food cravings](#), the trick to putting an end to their rule is to have small quantities of the foods you love eating around the house. You can eat them only in case of desperation. If you can find healthier versions of the foods you crave often, buy those instead of the more fattening version. It won't help a lot but it will do something at least.

- [How to stop food cravings and still enjoy eating](#)
- [How to Stop Food Cravings and Resist Food Temptations](#)
- [How to Stop Food Cravings that Struck You at Night](#)

The Irony of Our Modern Lifestyle

We're the country that has more food to eat than any other country in the world, and with more diets to keep us from eating it.~Author Unknown

For hundreds of years the biggest threat to our survival was [hunger](#). Starving and dying was the worst possible scenario our ancestors could have dreamed of. Famine would sweep through the countries each time the crops failed. Millions died because of famine.

Today, our modern lifestyle is abundant. Food is everywhere and in an ironical twist it is killing us. It seems that the lack of food and too much food have the same effect on our society: the deaths of millions. Obesity is on the rise all over the world, and the major diseases that kill the majority of us are all diseases that are caused or aggravated by excess fat.

While dying of hunger is a gruesome way to end one's life, overeating seems not to bother us as much. Many people happily eat unhealthy food each day, shortening their life span considerably. Did you know that the future generations are considered the first ones to have a shorter lifespan than their predecessors? That is some serious food for thought.

The truth is that it isn't the abundance of food what is killing us. It is the sheer number of chemically filled, addiction creating food. We are all crazy about sugar, being addicted to sugar and the big food companies make sure to add sugar to everything. Every food produced today is specifically created to make you crave even more food. A great way to increase the bottom line of the big food manufacturers.

If you don't believe me, try stopping from drinking soft drinks. For a real challenge stop eating fast food. You will soon discover just how strong your food addiction is.

- [Your Lifestyle Affects Your Energy Level: not exercising & sleep](#)
- [How to eat for a healthy lifestyle](#)
- [Change your lifestyle and get a healthier life](#)
- [7 reasons to have an active lifestyle](#)

Smaller Dinners Are the Key to Losing Weight

*All people are made alike-
of bones and flesh and dinner-
Only the dinners are different.*~Gertrude Louise Cheney

Smaller dinners are a must if you want to [lose weight fast](#). Eating lots of food, especially during your main meal of the day, will keep you fat. Even worse, it will make you fat and fatter which in turn will harm your health.

Weight loss is all about self control. If you are in control of yourself, you will lose weight. If food is in control, you guessed it, you will get fat. It is as simple as that. That is what weight loss boils down to. Who is actually in charge at the dinner table.

Eating less food doesn't necessarily guarantee weight loss. Unfortunately not. It all depends on how much you used to eat during your dinners. For example, if you stuffed yourself with lots of unhealthy foods jam packed with calories, reducing the size of your meals will help you lose weight. But, if on the other hand you are already on a diet, you won't lose more weight by reducing the amount of food you already eat.

Starving yourself is never a good idea, just like overeating never is. Striking the balance between the two isn't easy at all, but you have to do it if you want to lose weight. During each of your dinners make it a point to eat enough food to stop feeling hungry while at the same time avoiding [compulsive overeating](#). Easier said than done when faced with a gourmet meal, but still doable.

The trick to eating less food during all your meals, not only dinner, is to eat really slowly. A warning: eating slowly will be boring at first. With the passing of time, eating slowly will become a habit, a healthy eating habit in fact. Eating fast will seem strange to you and you will be all set to lose weight because you will eat smaller meals guaranteed.

The Best Weight Loss Diets Are All the Same

If you have formed the habit of checking on every new diet that comes along, you will find that, mercifully, they all blur together, leaving you with one definite piece of information: French-fried potatoes are out.~Jean Kerr

All the best weight loss diets that you can use share one main goal: that of getting you to eat healthy food, besides losing weight. By using a diet that is only meant to help you lose weight, without helping you to also [get good eating habits](#), you will experience the dieting yo-yo effect. You lose weight and then you gain it right back. Not an effective way to lose weight, don't you think so?

Regardless of what [healthy diet](#) you choose to follow, I bet you won't find junk food in its plan. The best weight loss diet contain only healthy food that will nourish your body while melting the fat. Starving your body of essential vitamins and minerals while losing weight is not a good way to lose weight.

If you will read all the best weight loss diet plans you will come out with one central idea: fresh fruits and veggies are in and fast food and deep fried is out. It is all about eating healthy food, and cooking your food in a healthy manner. The way you prepare your food can make you healthy or make you fat and unhealthy. By following a healthy weight loss diet you will learn how to cook good healthy food, and continue doing so even after the diet is over.

In my opinion, a diet's purpose is that of getting you to a place where you just don't crave eating junk food. You feel a take it or leave it emotion related to unhealthy food while at the same time you love eating fresh healthy food. Getting to that place takes some time and patience, but it can be reached. As you can see, it's not about resisting the temptation of eating fast food, is all about not being interested in it. This makes sustaining a lifestyle that promotes healthy eating a lot easier.

Compulsive Overeating Is the Most Common Vice

Gluttony is not a secret vice. ~Orson Welles

We all know that taking drugs is bad. Most of us stay away from them. We all know that drinking and smoking is bad. Most of us still do it because it is so darn fun. But when it comes to eating too much, even compulsive overeating, we don't think of food as an addiction. But food is the most form common addiction.

Where exactly do you draw the line between the need to eat and eating for the pleasure of eating. Well if you are having weight problems, struggling to lose weight, you are a compulsive overeater. You are eating way too much food than your body actually requires.

I must admit that I love food, and I am a compulsive overeater. Food makes me feel good, and I like how food can brighten even the cloudiest day. I am addicted to good food. I don't only eat to survive, I eat because I enjoy eating.

But eating to survive and eating for the love of eating should not be two separate things. You can eat marvelous tasting food only to survive. The key is stopping in time. That is the hard part of this addiction. With other forms of addictions, you can just stop taking the drug. You can't stop eating without dying. So coping with your desire to eat lots and lots of food is a must.

The best thing you can do is to stop eating when you feel emotionally disturbed. If you had a fight with your boyfriend or husband or with someone at work, don't stuff your face with unhealthy food. Find other ways to calm down and get to a happy balanced place again. Eat only you are [physically hungry](#). When you feel [emotional hunger](#), find ways to channel it into something more productive, like playing a sport or jogging. In fact going for a light jog when you feel emotional pressure is an effective way of releasing it. Food is just a suppressant and all those bottled up emotions will eat you up eventually.

Be Afraid of Being Too Fat

Not afraid of heights – afraid of widths. ~Author Unknown

Being a little overweight can be acceptable. You don't look that bad because of it and your general health doesn't suffer any adverse fat effects. But fat can sneak up upon yourself, and one day you will look in the mirror and discover an obese person staring back at you. So be careful.

If you don't care if you gain 5 pounds you will more than likely gain a lot more fat than 5 pounds and not care. I'm not saying that you should despair each time when you gain some weight. It will happen sometime and the best thing you can do is be calm and take action. Nothing happens if you don't take action. Despair or disinterest won't get you to your desired outcome.

I have set it up so that each time I go on a scale and I see an extra 5 pounds of fat, I start intensifying my workout and eat more low cal food so I lose all that sneaky fat. A weekend of excess is all you need to gain an extra 5 pounds. Drinking and eating lots and lots of junk food will make you gain weight like you won't believe it.

Having a 5 pound alarm is fabulous. Losing 5 pounds of fat isn't that hard, especially if the fat is new. It's not really settled in and your body isn't accustomed to those 5 extra pounds. So losing them should be fairly easy.

If you suffer from frequent weight swing you should check a doctor. Gaining weight and losing it over and over again is not natural and it might signify the presence of an imbalance in your organism.

Also if you have been working out, doing strength training exercises, it might be that you gained 5 pounds of muscles, which is always good. More muscles burn more energy, making [weight management](#) a lot easier.

Am I Too Skinny: How Skinny is Too Skinny

The leading cause of death among fashion models is falling through street grates~Dave Barry

Being only skin and bones isn't sexy at all. Some duper models are that way and it beats me who the hell would go watch them. They have nothing sexy about them. You can't make love to a too skinny lover because they are so pointy. Besides they have no flesh to grab and caress.

The TV has perverted the image of what is sexy and what isn't sexy. Having lots of clothes on them, some of the super skinny supermodels look decent, but if you see a picture where they expose more of their skin, all you will see is a walking skeleton. Not sexy at all, in fact quite scary.

To look good you don't have to be skinny. It isn't healthy and you don't look that great either. Being sexy is all about having the right curves. For women the waist to hip ratio should be 0.7 and for men 0.9. If you are near that ratio you will look great, regardless if you are a little overweight according to the [height and weight chart](#). That chart isn't that great and precise as we were believed to think. It is flawed in so many ways.

If you are asking yourself "Am I too skinny?" you can find out the answer easily by doing a simple test. Can you see all your ribs sticking out from under your skin? If you can then you are too skinny. A good healthy body has muscles on it, even a thin layer of fat. When you look at your body you should see lean toned muscles, that give your body an alluring shape.

You don't have to be a muscle builder. In fact I don't find big bulgy muscles that appealing at all. Instead you should have athletic muscles that look great and keep you healthy at the same time. Toned muscles make your waist narrower and give your body a toned look.

So how skinny is too skinny? Well is a medical student can use you as a walking skeleton then you are too skinny. It's not natural too see too many of your own bones all over your body. What you should see when you look in the mirror are toned muscles and a healthy skin.

The Ideal Body Image: See Yourself Just As You Are

I'm not overweight. I'm undertall. ~Author Unknown

Seeing yourself just as you are, overweight, obese, even underweight, gives you amazing power. Once you know how in shape you are you can start focusing on doing the right things to get the body you wish.

Living in a fairy tale, making yourself believe you are fit when that isn't the case can have dangerous consequences. There are obese people that think they are only overweight. They are huge, barely can move and still they cling to their false body image.

The ideal body image that you can have is the one in which you see yourself exactly how you are. I'm not perfect and I guarantee you aren't perfect either. No man or woman is perfect, even if such and such magazine claims from time to time that X is perfect. If you were to talk to that person you would see the truth: they are fat from being perfect. Most of them will even tell you that.

Striving and pushing yourself for perfection is as bad as thinking you are perfect. You can't reach perfection, you will only set yourself up for misery and chronic depression. The best thing you can do is to be the perfect person you can be.

Look at how you are, take a good look and pick only the things you know you can change. If you are [overweight](#), lose some weight, if you lack muscles, build some muscles, if you are sick from eating only junk food, start eating healthier food. Do what you can do to improve your body image, but know that the ideal body image is always flawed. Nobody is perfect and will never be.

Fight Your Negative Body Image to Get a Healthy Body Image

A waist is a terrible thing to mind. ~Tom Wilson

Once you lose a lot of weight and everybody is chattering about your amazing body, it's time to get a healthy body image. It still amazes me how often drop dead gorgeous women and steaming hot men have a negative body image that prevents them from enjoying their body.

Getting a healthy body image can be a double edged sword while losing weight. On one edge you will find a lot more confidence and trust in yourself. On the other you will find deceit and over estimation of how good you actually look, making you less likely to actually follow through with your [weight loss plan](#).

A good healthy image is all about being real with yourself. Why in the world would you feed yourself BS? But that is exactly what a lot of people are doing. A negative body image springs from a deformation of reality. If you just can't perceive yourself as you are and accept yourself the way you are, you will never be able to develop a healthy body image.

I know it is tough to acknowledge all your beauty flaws. We all wish to look like movie stars, but getting will require lots of work, even undergoing plastic surgery (which I don't suggest you do). That is why the first step towards a healthy body image is being as brutally honest with yourself as you can possibly can be.

Create a list of all your flaws and split it into 3 columns. The impossible to change, the ones that don't matter that much, the ones that you can change and want to change because they will boost your self-image the most. Going after the biggest beauty gain in the shortest amount of time is always a good choice.

After you have a list with all your major problem areas that you want to turn into smoking hot assets, create a detailed plan about how you are going to do it. Write it all down and start implementing it right away.

Fighting your negative body image will take quite some time and effort. Being truthful with one's self doesn't come that easy. The more you will be able to look reality into its cold emotionless face, the closer you will get to getting a healthy body image. You can always find something to like about yourself. Start with that and build on it.

The truth of the matter is that your body image isn't really related to how you actually look. It is more related to how you perceive yourself. I bet you have met one of those obese women who think they are sexy, act like they were the sexiest women on the face of the planet and usually they find a man that also believes they are smoking hot. There are plenty of ugly looking people who see themselves as being sexy. Their confidence in their sex appeal is what makes them really appealing.

Eat Less Lose Weight: You Have to Eat Less to Lose Weight

In general, mankind, since the improvement of cookery, eats twice as much food as nature requires~Benjamin Franklin

You have to eat less to lose weight. A whole lot less food than you think. Just as Benjamin Franklin said, we eat twice, if not three times more food than nature intended. The availability and the amazing flavors of food in our modern times is the reason for the obesity epidemic spreading around the world.

According to nutritionists and scientists, the generations coming after us are the first generations in the history of humankind to have a life expectancy lower than that of the previous generation. The first generations to live less than their predecessors, in thousands of years. Take a moment to let that sink in.

Can you now grasp the unhealthy effects that overeating and a bad nutrition can have on your body. That hamburger, that deep fried spicy chicken wing is costing you more than your hard earned dollars. It is costing you days, even years off your life. The older you get the more you start to appreciate the importance of time. You can have all the wealth in the world and you can't even buy 1 extra second in the end.

That is why eat less lose weight should become one of your life's taglines. Don't squander your precious time on earth by eating all kind of unhealthy food. And if you can't avoid eating junk food, eat less junk food then. I bet there isn't somebody sticking unhealthy food in your mouth. You are doing it and it is your responsibility to fix the problem.

As an experiment try reducing your food intake to half of what you eat now. You will be amazed when you discover you can live on that amount of food without problems, especially if you eat mostly healthy food. Learn the difference between [emotional hunger and physical hunger](#). During the experiment eat more food only if you experience physical hunger. Emotional hunger isn't real hunger, your body doesn't actually need more food to survive. By distinguishing between the two you will be able to eat a lot less food each and every day, and start losing weight.

- [How to Get Rid of Hunger in 6 Easy Steps](#)
- [How to Stop Emotional Eating](#)
- [GHRELIN: The Hormone of Hunger](#)
- [Emotional eating: the relation between your mood and eating](#)
- [How to distinguish between emotional hunger and physical hunger](#)

The Number of Calories in Food Isn't Always Fattening

Forget about calories – everything makes thin people thinner and fat people fatter. ~Mignon McLaughlin, The Second Neurotics Notebook

The number of calories in food isn't the only factor dictating if a food will be fattening or not for you. For different folk different effects. If French fries make you gain weight super fast, for someone else the French fries might have no fattening effect. Each of us present an unique set of factors that decide if the food we eat gets stored or not.

We all envy the skinny, eat all they want, people. Being at the same table with such a person can be quite frustrating. She can eat all she wants, doesn't matter what, and she gets to keep her sexy body too. Seems unfair.

But if you take a closer look you will see that the truth isn't that simple. [Skinny people](#) that leave the impression that they can eat whatever they like without any consequences actually don't eat that much. Either they have a very physically active life, being professional athletes, or getting lots of exercise on a daily basis. Or they eat one big meal and then nothing for an extended period of time.

Their trick is actually quite simple. Their lifestyle is perfectly in sync to how fast their metabolism is. Having the right metabolism for your lifestyle is truly a blessing. You get to eat whatever you want, feel satisfied all the time and not gain one ounce of fat.

The number of calories in food don't make you fat alone. Having a slow [metabolism](#) combined with eating lots of foods rich in calories is what makes you fat. The best way to put an end to the curse of fatness is to speed up your metabolism. It takes a little time and effort, but if you want you too can be one of those skinny people that can eat anything they wish without getting fat.

- [What is the metabolism and how hard is to change it](#)
- [Basic Weight Loss Information That Will Help You Lose Weight Fast](#)
- [Want to Burn More Calories? Increase Your Daily Physical Activity](#)
- [Americans Are Clueless About How Many Calories Per Day They Need](#)

How to Enjoy Eating Food While On a Weight Loss Diet

I'm not a glutton. I am an explorer of food~Erma Bombeck

Being on a [weight loss diet](#) doesn't mean that you can't enjoy food anymore. On the contrary. You should find the power to enjoy the diet food you are eating as much as possible. That way you are more likely to stick to your dieting plan.

The first thing you should do before getting on any weight loss diet, is find foods compatible with that diet that you actually enjoy eating. If you can find some foods that can even quench your most frequent craving you are guaranteed to succeed at following that weight loss diet.

There are lots of low calorie desserts, and tasty foods that you can eat. Some diet plans even provide them to you. Just do your research and you will find lots of options to choose from. Start with looking at fruits, maybe even trying out some new exotic fruits. Fruits are always a good start in this case.

Before committing to a certain weight loss diet plan, cook some meals to make sure they are eatable. If you start a diet only to find you can't stand the food the diet recommends, you will have yet another dieting failure on your hands. By testing the diet food in advance, you are guaranteed to enjoy the diet food you eat while losing weight. Who know you might even find some new tasty foods that strike your fancy.

Adapt your diet plan if needed. Say you like only 50% of the food found on your diet plan. For the 50% you can't stand try and find comparable food that you enjoy eating. Look at the diet plan and try to understand why those dreadful foods were included on the menu. If their presence is required because they provide an essential nutrient while dieting, try different cooking recipes or a food that contains the same nutrient and fits well in your weight loss diet plan.

By customizing your weight loss diet plan you will enjoy eating your diet food a lot more, this increasing your lifelines of actually sticking to your diet exponentially.

- [The ultimate guide to smart snacking during a weight loss diet](#)
- [Lose Weight without a Drastic Weight Loss Diet](#)
- [Lightning Fast Weight Loss Diet: follow this plan to lose weight](#)
- [The Secrets to Any Successful Weight Loss Diet: dieting tricks](#)
- [10 Lies and Myths about Dieting and Weight Loss Diets](#)

A Simple to Do Healthy Eating Plan

My advice if you insist on slimming: Eat as much as you like – just don't swallow it. ~Harry Secombe

Having a healthy eating plan to follow is a must if you want to be healthy nowadays. We are flooded with foods and options to stuff our faces at each corner. Navigating the treacherous isles of a supermarket isn't easy at all. But a good map, provided by a healthy eating plan will come in handy.

It's not about having a really complicated healthy eating plan. A thousand point checklist is harder to follow than a 3 point checklist. There are plenty of healthy eating plans available, but most of them are too darn complicated. That is why I have created the simplest healthy eating plan ever. It is a 3 point action plan.

1) Eat mainly foods that don't require a label. A tomato is a tomato, and it doesn't need a label. You know what a tomato is. You also know that it is a lot healthier than anything that comes in a package and contains a list of ingredients (some of them really cryptic). You get a wealth of vital nutrients from fruits and vegetables. All you have to do is eat them.

Even if the fruits and vegetables have been treated with all sorts of chemicals, they still contain a lot less chemicals than packaged food does. I just can't trust any food that lasts for years, with the exception of honey.

Buy your own meat and cook it. Cooking can be a pleasure and an adventure also. Learn to make [low calories low fat](#) dishes that you enjoy eating. You could also get the whole family involved with cooking, spending some quality family time.

2) Don't eat any junk food or fast food. All the food you can eat at any fast food restaurant is unhealthy. Healthy food and fast food is an oxymoron, the just don't mix together. If you have to eat something while out in town, go to a traditional restaurant. If you can find a restaurant with an open kitchen, even better. Then you can see exactly what ingredients they use to make your food. The general rule is the more expensive the restaurant the more healthy the food is.

Another tip when eating out: ask the waiter or the staff from the restaurant what light healthy food they have on the menu. Usually they will recommend something healthy that is also delicious. If they go for the most expensive item, ask someone else, that person just wants to scam you.

You can also pack your own healthy snacks from home. There is no rule that says that you can't take food with you and eat it in case you get hungry. You will get to eat only healthy food and save some money too. A sweet deal won't you say.

3) When you badly crave an unhealthy food, eat just a small portion. You are human, and temptation is bound to appear in your life. If you crave a certain food, don't torture yourself for

too long. If you can't shake off the craving, fulfill it. Eat a small amount of the desired food. Take small bites and chew the food well. Let the food stay in your mouth for as long as possible, enjoying the flavor and taste.

A craving isn't about swallowing a food, is all about the way that food tastes and how that taste makes us feel. So prolong the taste by eating really slowly. Also leave half of the craved food uneaten.

By following this 3 step healthy eating plan you are bound to become healthier and lose some weight. I wish you good luck.

- [Raw foods and their influence on immunity](#)
- [How to eat healthy at work](#)
- [Using color therapy for weight loss](#)
- [What to Eat Based On Your Sex and Age](#)

Weight Management Is All About Having Good Eating Habits

I've been on a constant diet for the last two decades. I've lost a total of 789 pounds. By all accounts, I should be hanging from a charm bracelet.~Erma Bombeck

Weight management is the longest and sometimes the most difficult part of any weight loss program. That is why most [weight loss solutions](#) don't even tackle the problem of weight management. If a diet only helps you lose weight, and then lets you gain and dry, without any means of keeping your new hot figure, you should not use that diet in the first place.

When choosing a weight loss diet analyze it scrupulously. Will that diet help you get good eating habits that will help you keep the weight off? Does the diet promote a healthy lifestyle that can help you maintain for a long period of time? Those are essential questions to which you must find an answer.

It takes at least 21 days to form new habits. Any diet plan that lasts less than 21 days cannot help you form good eating habits. It is impossible. All crash diets and unhealthy diets have short diet plans. The way they help you lose weight is simple: starve and you will lose weight. A healthy diet plan on the other hand will make sure that you never starve while losing weight, taking its time to give you the desired results.

Getting [good eating habits](#) is crucial for weight management, besides exercising regularly. But if you have to choose between the two, go with acquiring good eating habits. You can exercise all you want, but if you eat lots of junk food you will get fat and make your body sick. All these chemicals they add in the food nowadays have a heavy toll on your health. Reducing your noxious food intake can only benefit your health in many ways. The primary effect of good healthy habits is an easier time with weight management. You actually get to control your weight, and that is priceless nowadays.

- [Weight Loss Maintenance Secrets for a Sexy Body](#)
- [Weight Maintenance: How to Keep a Hot Body Forever](#)

Health and Nutrition Facts: Eat Less Junk Food to Be Healthy

When I buy cookies I eat just four and throw the rest away. But first I spray them with Raid so I won't dig them out of the garbage later. Be careful, though, because that Raid really doesn't taste that bad.~Janette Barber

Health and nutrition go hand in hand. The more chemically filled foods you eat the more unhealthy you will get. It is a nutrition fact. There is no speculation about it, but we still keep indulging ourselves with lots of cookies, candy, cake, doughnuts, pizza and all sorts of fast food...

Nutrition Fact: you have to eat less junk food to get healthier. You know that. You hear it at least once a week but you, more likely than not, don't do anything about it. You continue to eat junk food like there is no tomorrow, and if you keep at it there will really be no tomorrow for you. The path to an early death is paved with junk food. It is there to lure you.

You won't die if you eat less junk food. Believe me, I have done it and as you can see I am still alive. I used to drink lots of soft drinks. The blacker the better, as long as they weren't diet soft drinks. I can't stand diet soft drinks, which is good because they are even healthier than regular soft drinks. Nowadays I drink lots and lots of water. Even when I go out I stick to bottled water, even though the price difference between bottled water and a soft drink isn't that great. In fact in some clubs the water is more expensive than buying a chemical juice.

I also used to eat lots and lots of chocolate. The average was two chocolate bars per day, sometimes even more depending on how much money I had to spend. Today I eat only dark chocolate once a month. Sometimes I even forget to eat it. I just don't crave it anymore.

Getting to this point wasn't easy. It took lots of hard work. You will have to do hard work to get rid of junk food from your life if you want to do it. It's unavoidable. But it can be done. Start by taking small steps. Start by decreasing the amount of junk food you eat. Each day eat less and replace it with healthier foods. A good nutrition leads to a good health. I rarely get sick and I am buzzing with energy. The results are amazing. Get a better health and nutrition and you will get the same results. [Eat healthier foods](#).

- [What is so bad about junk foods?](#)
- [How to resist the allure of tasty junk food while you are out in town](#)
- [Cola Addiction: caffeine soft drinks are unhealthy](#)
- [Stop Drinking Soft Drinks to Lose Weight and Be More Healthy](#)

The Best Healthy Snacks for Weight Loss

It would be far easier to lose weight permanently if replacement parts weren't so handy in the refrigerator.~Hugh Allen

Constant snacking can ruin your dieting, slowing down your weight loss or even make you gain weight. If you can't stop snacking all the time, at least make sure you eat healthy snacks for weight loss. There are plenty of them available. After all fruits and veggies are all good [healthy snacks](#) that help you [lose weight fast](#).

A healthy snack for weight loss has to have 2 primary characteristics:

- 1) A healthy snack should make hunger go away until your next meal.
- 2) A healthy snack for weight loss contains a small amount of calories. If it contains more calories, then it also contains lots of healthy nutrients, essential for your health.

Considering the two rules stated above, it is fairly easy to compose a list with the best healthy snacks for weight loss.

Fruits and vegetables are at the head of the list. They contain lots of minerals and vitamins, much required by your body. The [food fibers](#) found in them help you keep your hunger at bay. They also help you eat less food during your meals because [dietary fibers](#) fill you up nicely. And the best part, fruits and vegetables contain a small amount of calories. For example an apple contains 90 calories, a medium banana 80 calories, half a cup of cabbage just 15 calories, half a cup of carrots just 35 calories... Not that many calories can be found in fruits and vegetables.

Nuts and seeds are another great healthy snack for weight loss. True they contain a little more calories, but all those extra calories come from essential fats that your body desperately needs to function properly. From 100 grams of almond you get about 600 calories and from 100 grams of walnuts almost 700 calories. So please don't overindulge in nuts and seeds. They are healthy but can be fattening if you go overboard. Eat just half a fist of nuts and seeds as a healthy snack from time to time.

Low fat yogurt is a great snack that will also help you lose weight. From 8 oz of low fat yogurt you get about 150 calories and lots of calcium and vitamin D. By eating low fat yogurt you will strengthen your bones and lose weight at the same time.

- [Healthy Snacks That Don't Fatten You Up](#)
- [Healthy Eating Tips for a Healthy Life](#)
- [Fruits Are The Best Healthy Dessert](#)
- [Get healthy eating habits for better health](#)

Fast Food Kills

History is apt or judge harshly those that sacrifice tomorrow for today. ~Harold MacMillan

I a recent news story I've heard that the generation coming 10 years from now are the first generations to have a life expectancy lower than that we have now. It is the first time that this happens in the history of the human race. Usually the future generations get to [live longer](#) and better because of the technological advances of the past generations.

The industrialized scale at which fast food is taking over the world is the main cause of this lowering of life expectancy. Fast food kills with a smile on its face. Heck you have a smile on your face while fast food is killing you. Everybody loves eating fast food. It tastes so darn good.

The government is getting involved. The new tobacco companies are fast food companies. I wonder if happy meals will come with the picture of a big obese person on it and a big caption, Happy Meal Can Make You Fat or Our French Fries Can Cause Addiction. Would be fun to see this happen, and sad at the same time.

If you are overweight, you can't blame McDonalds or KFC. They didn't forced you to eat their unhealthy food. You knew it is unhealthy and you ate it. You are the one who has to live with the consequences: obesity and lots and lots of health problems.

The money you save by eating unhealthy fast food won't be enough to cover your medical bills generated by [unhealthy eating](#) and obesity related diseases. Not by far.

The good news is that the school system is getting more and more involved. Our children need healthy eating education. We need healthy eating education. It is easy to stay in a corner and do nothing, letting our life and the life of our children get shorter and shorter. The difficult part is working at changing your habits and those of your child, so that you might live a longer and healthier life. It's all up to you. What are you going to do next?

- [The Fountain of Youth](#)
- [Anti-aging antioxidants](#)
- [Secrets for a better health and more youth](#)

The Secret Weight Loss Tip of the Ages

We never repent of having eaten too little.~Thomas Jefferson

If you want to lose weight, eat less food. That is the grand elusive secret weight loss tip of the ages. Everybody is looking for the next easy weight loss scheme, when the best way to lose weight is to just eat less food.

The logic behind eating less food to lose weight is solid. Overeating made you fat, eating less food will make you lose weight. True but not quite. For a time you will lose weight if you start eating less food, but eventually your body catches up, starts lowering your metabolism, stopping your weight loss progress dead in its tracks.

You have to manage your eating if you want constant [weight loss results](#). Mindless eating less is as unhealthy as mindless overeating. You just don't get the desired results. But there is a good part to eating too little food. You will never feel guilty for eating too little.

The shortest path to eat less, while not doing so, is to exchange all the unhealthy foods you currently eat with healthy foods. Thus you will still feel full, but you will actually create a huge caloric deficit. A McDonalds hamburger contains a lot more calories than a homemade fresh vegetables salad. By eating the salad instead of the hamburger, you get to fill your tummy while lowering your [calorie intake](#).

By doing this you will start losing weight and you will never feel hungry. Isn't that great. Once you hit your first [weight loss plateau](#), start exercising. This will create a new caloric deficit and you still get to eat as much food as you like, just as long as it is healthy food.

It takes your body some time to adapt to a healthy lifestyle, and in the process you can lose lots of weight. You might even find that you don't need to lose any more weight once you finish the process of getting a [healthy lifestyle](#).

If you still need to lose weight after you stop getting weight loss results from your healthy lifestyle, consider eating less food and exercising more. This is where the true battle against your fat begins.

- [How to eat for a healthy lifestyle](#)
- [A Simple Way to Make Sure You Will Eat 20% Less Food](#)
- [The Importance of Managing the Emotions Behind Your Eating Sprees](#)
- [What is the weight loss plateau?](#)

Eating Too Much Food is Unhealthy: Healthy Food Is Fattening Too

They are sick that surfeit with too much, as they that starve with nothing. ~William Shakespeare

Too much of anything is bad, regardless how healthy or good it might be in small doses. Going over the daily recommended intake of food cannot have good consequences for you and your health. Even if you eat the healthiest, organically grown food available on the face of the planet, you will still get fat.

Overweight people are not a modern phenomenon. There were overweight, even obese people all over our common history. Just look at some old paintings and you will see fat people. A few hundred years ago they didn't have unhealthy food, food filled with chemicals. All the food was organically grown. The big problem of those days was starving to death. Still some people managed to gain weight and become fat by eating only [healthy food](#) and getting plenty of exercise (walking was very popular then).

Eating healthy food is no excuse for [compulsive overeating](#). Overeating will always make you fat. It doesn't matter how healthy or unhealthy the food you eat is. The only difference is how fast you will get fat. It takes a lot of perseverance to fat by eating healthy food. But not impossible.

The only good thing about overindulging on healthy food is that your body gets a whole lot more vitamins and minerals which will keep yourself a little healthier than if you had overeaten unhealthy foods.

Ideally you would only eat the food you require to have the energy to get through the day. No more and no less. If you want to lose weight, you should eat a little less food that your body requires during the day, thus forcing your body to tap in its at reserves.

So keep in mind that eating too much food is never good. It will only harm your health and wellbeing.

- [Causes of Overeating: 5 causes of compulsive overeating](#)
- [Compulsive Overeating: how to stop overeating](#)
- [Why Are We Eating More Food: overeating shocking study results](#)
- [Eat Healthy Foods at Home and While Out in Town](#)

Eat Good Brain Food to Keep Your Mind Sharp

Clogged with yesterday's excess, the body drags the mind down with it.~Horace

Unhealthy food tends to cloud your mind, making your mind lose its sharpness and focus. If you don't have an alert mind you are bound to make a lot more mistakes, mistakes that can cost you lots of money, time and health.

By eating good brain food you avoid the loss of your mind's power. A powerful mind, focused is truly magnificent to watch in action. Nothing seems impossible to a sharp mind. The bigger the challenge the more enthusiastic it is.

Foods filled with preservatives, flavor enhancers, food colorants and other kind of chemicals infest your body and slow down your mind. Unhealthy food makes your mind slower, less sharp and prone to making mistakes. A weakened mind makes it a lot easier for you to eat more unhealthy food, creating a vicious circle with no end in sight.

Good healthy food is good brain food. By following the standard healthy eating advice you are assured to improve your mental faculties. But there are also foods that help [improve your brain power](#). Here is a small list of super brain food:

Eat omega 3 rich foods – especially fish because the omega 3 fatty acids help improve your nervous system, enhancing the functioning of your brain. Other omega 3 rich foods are nuts and seeds.

Blueberries and acai berries have been proven in numerous research studies to improve memory, especially short term memory. So if you need to study and forget something for an exam, eat some acai berries or blueberries. Acai berries also contain omega 3 fatty acids and proteins (strange considering they are berries – guess that is what makes them super foods).

Coffee beans and cacao beans both have a revitalizing effect on your brain, jolting it out of slumber. The trick to getting the mind benefits of these super foods lies in using them as unprocessed as possible. If you don't like coffee, you can use cacao instead of coffee. Just mix cacao powder with hot water and you have a great drink.

- [Basic Brain Nutrients: vitamins, proteins, carbohydrates and fats](#)
- [Feed Your Brain Right for Maximum Brain Power](#)
- [How to keep your brain healthy](#)
- [Nutrition for your brain: the right food for the brain](#)
- [Weight Loss and the Power of Your Mind](#)

Weight Management and Eating Less Are Good Friends

My doctor told me to stop having intimate dinners for four. Unless there are three other people.~Orson Welles

Weight management and eating less are indeed good friends. You can't expect to maintain your weight if you eat lots of food all the time. It is just an impossible dream that even I wish could become true. Sadly it won't and I know it.

Eating less food for weight management doesn't mean you have to starve yourself. Far from that. All you really have to do is eat less food than required to make you [gain weight](#). If after a diet you revert back to your old eating habits you are bound to get fat again. You eat a lot more food than your body requires when you gain weight.

You should eat exactly the amount of food your body requires to get you through the day. No more no less. But this would be a really stressful and difficult balance to strike and keep. Imagine all day long, counting all your calories, how much you have eaten and how many you have burned. A nightmare that you would have to keep up for the rest of your life.

A better way to do it is by adjusting as you go the amount of food you eat. If one day you eat more food than you should have, the next day eat less and exercise more. Establish one the right amount of food for you, and learn to go by feeling exactly if you had enough food or not during one day. No calorie counting, just listening to your body.

Learn to make the distinction between [emotional hunger and physical hunger](#). Eat only you feel physical hunger. We mostly overeat because of emotional hunger. This is the simple and dirty trick to weight management. Eat only when you are truly hungry, don't overeat and you will avoid being fat ever again.

- [How to Choose an Effective Weight Loss Diet Program](#)
- [The Best Quick Weight Loss Diet Plan](#)
- [The Dangers of Any Quick Weight Loss Diet and How to avoid them](#)
- [The Fast Weight Loss Diet Plan: lose weight fast in a healthy way](#)

Diet Humor: You Have To Have Weight Loss Humor to Lose Weight

I'm in shape. Round is a shape... isn't it?~Author Unknown

Lighten up while dieting and your [weight loss plan](#) will seem a lot easier to fulfill and carry to an end. Diet humor is a must. If you get raging mad each time you eat a cookie, or you skip an exercise routine, you are going to develop very serious health problems.

Plan to fail from time to time and, more importantly, plan to have fun while losing weight. There is no rule that says that you can't have fun while losing weight. I have checked and there isn't one. Trust me. So, by God, have as much fun as possible while losing weight. If you can have even more fun than you usually do.

If you look back on your life, I bet most of your best stories you tell at parties are linked to something from your past that at the time seemed like a miserable failure. People just like bragging with their failures and how they turned that around. It's what makes a good story.

So each time you have a weight loss plan failure, laugh thinking of a funny story you can tell based on it. You can also think of how you can turn the situation in your favor while you are having fun. It will improve the story.

Your purpose shouldn't be to not fail. Your purpose should be to fail as fast as possible, have fun, learn your lesson and never make the same mistake again. The never make the same mistake twice is very important. But if you do, don't despair. Have an even bigger laugh, tell your friends how you got tricked twice and vow to not fall for it a third time.

Weight loss humor is an essential part of any easy weight loss plan. Actually losing weight isn't that easy, but if you have lots of fun doing it, you will make it seem easy.

Now it's time to take action. Take a sheet of paper and write down all the ways you can think about to make losing weight fun. Take the best ideas you had and share them with the rest us by putting them in the comment below. I can't wait to read with what funny weight loss activities you came up with.

You should also check out [Have Fun While Following Your Weight Loss Plan](#)

Don't Act Surprised When You Gain Unwanted Weight

Flabbergasted, adj. Appalled over how much weight you have gained.~Author Unknown

There is no reason to fake bewilderment and amazement when you get on your bathroom scale and find out you have gained weight. You know very well what you did last week or month. All those cookies, fatty foods, and junk foods had to go somewhere. Usually that place is around your waistline.

If you are guilty of unhealthy eating, stuffing your face with everything under the sun without thinking, you don't have the right to be amazed you gained weight. What did you think it was going to happen? Did you really think there weren't any consequences to your actions.

There is a very strict law that governs the universe. The law of action and reaction. It is a very simple law that states that for every action there is a reaction. What is more interesting is the fact that the size of the reaction is equal to the size of the action. This means that the more fattening food you eat the more weight you will gain. Pretty simple and straight forward.

The inverse is also true. The more healthy weight loss helping food you eat, the more weight you will lose over time. The balance is perfect and there is no way to avoid it.

So if you want to lose weight, all you have to do is take massive weight loss action. The result will soon show themselves. After all that is the appropriate reaction.

If by chance you are on a diet and you gain weight you have three likely causes:

- 1) You didn't really follow the diet plan. If you didn't follow the diet you can't blame it for gaining weight or not losing weight.
- 2) You aren't using a good diet for you. Some diets will never work for you, even if they worked for all your friends. Finding the [best diet](#) for you is a must before starting any [weight loss journey](#).
- 3) You dieted too much, starved your body a lot, and now your metabolism is really slow. This is the worst position to be in because when your metabolism is slow, even breathing can be fattening. Your best option is to get on a healthy diet and start repairing your metabolism as fast as possible.
 - [Speed Up Metabolism Tricks: How to master your metabolism](#)
 - [How to Increase Metabolism: how to get a faster metabolism](#)
 - [Things to do to increase your metabolism](#)

Malnutrition Facts: Obesity and Malnutrition are Linked Together

The commonest form of malnutrition in the western world is obesity.~Mervyn Deitel

Obesity and malnutrition are linked. Malnutrition isn't about only starving and a severe lack of food. That is just one form of malnutrition. The definition of malnutrition is as follows:

Malnutrition is the insufficient, excessive or imbalanced consumption of nutrients.

From the above definition of malnutrition it is easy to conclude that lots and lots of diseases and severe medical conditions can be attributed to malnutrition. Dependent on what nutrients lack from your daily diet, you can get different types of malnutrition and side-effects. Sometimes, the side-effect can be even deadly.

Malnutrition can lead to scurvy, rickets, anemia, cardiovascular diseases, [osteoporosis](#), starvation, obesity, death... And those are just the most common effect malnutrition. There are plenty more little known health problems triggered by malnutrition.

The most common disease triggered in the western world by malnutrition is obesity. Yes, obesity is a disease, and more and more doctors start to treat it as such. The bad part of obesity is that it is very similar to malnutrition on the effect it has on your body. Obesity tends to increase the risk of getting certain diseases and it radically increases the effects of any current health issues you might already have. Obesity is like an energizer for your health problems, making them even more dangerous and deadly.

That is why you should make sure you have a balanced [healthy diet](#). That is the best to fend off lots of health problems so you can enjoy a long and happy life. The sooner you'll start the better it will be. Make sure your body gets all the vitamins and minerals it requires. Give your body healthy proteins, carbs and fats. Take care of your body and your body will take care of you.

- [How to Maintain a Healthy Diet: Make your own diet](#)
- [The 4 Rules of a Healthy Diet: lose weight using a healthy diet](#)
- [What Are The Essential Nutrients of Any Healthy Diet?](#)

If a Diet Doesn't Work, Stop Using That Diet

I'm on a 90-day wonder diet. Thus far, I've lost 45 days. ~Author Unknown

Dieting for the sake of dieting is a waste of time. A diet has to prove itself if you are to use it for a long period of time. If a diet doesn't work, if you don't lose any weight in the first 1-2 weeks, get off that diet immediately and search for a better one.

There is one caveat to the above mentioned rule. If you used lots of [crash diets](#) or unhealthy diets before trying this diet, it is more likely than not that the diet is good but you have destroyed your metabolism. A slow metabolism make weight loss very hard.

We humans are very nostalgic. If a diet worked once, we tend to use it again and again, even if the results we get alter are very poor. This isn't a good way to approach weight loss. If a diet used to work but it doesn't work for you anymore, stop using it. The circumstances under which it worked are gone, and you need a new weight loss approach to get new weight loss results.

A really dumb idea is the reuse a diet that helped you [lose weight](#), and once you were off it you gain all the lost weight back plus some. That is the hallmark of a truly unhealthy diet. Using it again and again will have only one long term effect: you being fatter and more miserable than ever. If you ever trick yourself into using such a diet, once your eyes are opened, never again use it. Promise me that.

Weight Loss Psychology: Stop Breaking Down in Front of Food

To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing. ~Mark Twain, The Adventures of Tom Sawyer

Forbidden foods hold a hypnotic hold over us. The more we shouldn't eat a certain food the more we crave it. It is in our nature. Humans are like cats, always wanting to go in the room behind the closed door. And once there, they want back in the other room because now that room is behind the closed door.

Things that are out of our reach fascinate us. And if the thing is in reach, but we aren't supposed to grasp it, the desire to do so is immense and growing with each passing second. After all, a cat that can open doors would walk all over the house.

This human desire for thing that we shouldn't have or do but are readily accessible can pose a great problem while losing weight. We all know we should stop eating junk food to lose weight. But junk food is everywhere. It is a lot easier to find and eat an unhealthy snack than a healthy one. The temptations are everywhere.

If you don't want to be plagued by [food temptations](#) and [food cravings](#), avoid having any forbidden foods. Instead of thinking "I can eat that piece of chocolate because it will make me fat" think "I could have that piece of chocolate if I wanted, but I choose to eat an apple instead." That should be your mind frame. Nothing is forbidden, you just choose not to eat certain foods.

When the cravings become too powerful to resist, avoid using your willpower to fight them. Instead negotiate with them. Eat a small amount of the food you crave. You will avoid binge eating, keeping your strength and composure in front of food.

Weight loss psychology is about leveraging your basic needs and drives to make weight loss easier to achieve. That is why you should analyze and discover your hot buttons. Once you know them, don't let food push those buttons against you, push them yourself so you can control your [emotional eating](#) habits. You know yourself best, so use that knowledge to your advantage.

- [Emotional eating: the relation between your mood and eating](#)
- [How to eat healthy and indulge your cravings at the same time](#)
- [How to stop food cravings and still enjoy eating](#)
- [How to Stop Food Cravings and Resist Food Temptations](#)

7 Healthy Foods to Eat Each Week

As for food, half of my friends, have dug their graves with their teeth.~Chauncey M. Depew

There are lots of healthy foods to eat, but some of them are healthier than others. Here is a list of 10 health foods to eat each week if you want to strengthen your health and maybe even lose some weight:

- 1) Kiwi: by eating kiwi you will keep your eyes healthy and in peak condition. Because of their high contents of lutein, by eating kiwi fruits regularly you help prevent the loss of your muscle mass. From kiwi you will also get lots of vitamin C, dietary fibers and potassium.
- 2) Almonds: they are a great healthy snack that also helps you get rid of stress. Almonds contain lots of vitamin B2 and vitamin E, magnesium and zinc. As you know, vitamin C and vitamin E are powerful antioxidants that help reduce the number of free radicals wreaking havoc through your body.
- 3) Carrots: they are filled with beta carotene, a form of vitamin A that is especially skilled at taking out free radicals. Carrots get their color from the beta carotene found in them, so you can imagine how much they have.
- 4) Low fat milk: studies have shown that by drinking 1 glass of milk after each workout, you help your muscles get repaired and strengthened. By drinking low fat milk you also give your body lots of calcium, much needed by your bones. From milk your body also gets vitamin D, essential in the process of absorbing calcium.
- 5) Apples: with their low [glycemic index](#), apples are a dieters best friend. They make you feel full while at the same time giving your body a much needed dose of vitamin C and dietary fibers.
- 6) Tomatoes: they contain lots of lycopene, a healthy substance that is known to help us fight cancer and cancer cells. From tomatoes you will also get lots of vitamin A, vitamin C and vitamin E.
- 7) Broccoli: from broccoli your body gets a hefty dose of antioxidants, especially vitamin A and vitamin C. Broccoli also contains lots of fibers, potassium and calcium.

Make sure you include these 7 healthy foods to eat in your weekly meal plan and your body will only stand to become more healthy.

- [Vitamins and Minerals and Their Health Benefits](#)
- [Lose Weight Using the Glycemic Index Diet](#)

Running or Walking For Weight Loss Is Great

People say that losing weight is no walk in the park. When I hear that I think, yeah, that's the problem~Chris Adams

Walking or running are great weight loss exercises. They are cheap and everybody can do them. It isn't rocket science to find ways to walk more for weight loss benefits. Just park your car further from your office, or ditch the car altogether.

Walking is the best way to start exercising. All you have to do to start walking for weight loss, is take long walk in the park. If you can go outside the city, you can walk in the woods, on the beach, even in the desert. You will get to reenergize your batteries, clear your mind and burn some excess calories too. Walking is a very effective exercise, and the human body is accustomed to doing lots of it.

A few hundred years ago, walking was the most used form of transportation. If you had to get anywhere you had to walk. Your body is wired to a certain amount of walking, and the lack of physical activity is what makes you gain weight.

As you take longer and longer walks, start speeding up your pace. Speed it up until you start running. It is an easy transition to make. If you start walking for weight loss today, don't be surprised to find yourself running regularly by next month. All it takes is a little movement.

To keep yourself motivated to your daily walks, buy a [pedometer](#). It will track exactly how many steps you made during a day or a walk. A worthy goal is to try and increase the average number of paces you take by 10% each month. This means that in 1 year you will be more than twice as active than you are now. The small increase in the amount of running or walking for weight loss that you do, will add up as time passes, and it will melt all your excessive body fat. It takes little effort to do it, so why not start today. Take your first walk today and keep on walking more and more each day.

- [Walking for Exercise: get a complete workout exercise by walking](#)
- [Lose Weight Walking - do you have the right shoes for walking?](#)
- [How Many Calories Can You Burn Walking: walking calories burned](#)
- [Walking for better health and a stronger heart](#)
- [Walking and jogging are pleasant and healthy outdoor sports](#)

Appetite Control Tips: How to Control Your Raging Appetite

*Govern well thy appetite, lest Sin
Surprise thee, and her black attendant, Death.*~John Milton

A raging appetite can ruin any weight loss plan, and keep you from losing weight indefinitely. That is why appetite control is an essential skill you must acquire before embarking on any [weight loss journey](#).

The best way to control your appetite, strangely enough, is by eating. Not by eating lots of junk food. By eating the right foods you can control even the most stubborn appetite. And the best part, all these appetite control foods are also diet foods. They will also help you lose weight.

The best foods you can eat to keep in check your appetite are [fiber](#) rich foods like: dark green leafy vegetables, peas, spinach, broccoli, beans, avocado, berries, dried fruits, whole grains, nuts and seeds... Each time you feel your appetite getting out of control eat some high fiber foods. Before eating the main course, eat as appetizers [high fiber foods](#). This way you will avoid overeating, and eating lots of fattening foods.

By including more high fiber foods in your meals you will also get hungry less often. Your digestive system take a little longer to digest [dietary fibers](#). This means that you will feel full for extended periods of time, reducing your total daily food intake. This can only help you lose weight.

Make sure you drink plenty of water and keep your body hydrated. More often than not, when we are hungry we are actually thirsty. By giving your body all the fluids it needs you will be able to control your appetite a lot better.

If you are often cough off guard between meals by your appetite there are two thing you can do:

- 1) Eat a healthy snack. Fruits and veggies are perfect low cal snacks that will keep your hunger at bay long enough so you can make it till your next meal.
- 2) Eat bigger meals. If you can't take snacks around with you, include those snacks in your meals. Each time you eat make sure you overeat just a little. Eat more healthy food during your meals and you won't be tempted to snack on unhealthy foods between your meals.

The last appetite control tip that I have to share with you is truly powerful, but you will have to work a little to be able to use it. Eat your food slowly. The slower you can eat your food the better. It takes roughly 20 minutes for your stomach to signal your brain that you had your fill. If you gobble down all the food in front of you in 5 minutes, your brain won't get the stop message in time.

It takes some practice and patience to acquire this healthy eating habit. It won't come natural to you. By consciously trying to eat slower, you will feel a little odd at first, but in time you will get used to eating your food slowly. Then eating your food fast will seem strange. I am still working on this healthy eating habit. I used to be a chow machine, eating super fast. Now I believe I have a normal eating speed, which can be lowered a little more. Wish me luck.

- [Fiber Health: The importance of dietary fibers for your health](#)
- [The health benefits of dietary fibers](#)
- [The recommended daily dietary fiber intake](#)
- [What foods contain dietary fibers and their benefits](#)
- [What are food fibers and why fibers are important for a healthy diet](#)

Go On a Diet for a Limited Period of Time Only

Dieters live life in the fasting lane.~Author Unknown

Every time you go on a diet, remember to go off of it too. It amazes me that there are people who diet and diet, even if they stop getting results. If a diet stops working for you, more of the same diet won't help you lose more weight.

Non-stop dieting is unhealthy. Your body needs a break from time to time, and this goes double if you are using extreme weight loss diets, or [crash diets](#) to lose weight. They will work wonders at first, but soon enough it will be impossible to lose weight using them. Your body gets used to the super drastic diet, slows down your metabolism and tries to preserve as much energy as it can. This means game over for your weight loss plans. Losing weight from that point forward will be a true hell. So please avoid going on a diet forever.

Of course there are also healthy diets. But those aren't really diets. They don't restrict your caloric intake that much. All they do is teach you healthy eating habits. On these diets you never feel physical hunger, maybe just emotional hunger. By avoiding starving your body, healthy lifestyle diets help you speed up your metabolism and burn more fat in the long run. Quite the contrary effect of the unhealthy diets.

Each time you use a diet that requires you to endure physical hunger to lose weight, you shouldn't follow it for extended periods of time. They are best used for achieving some [fast weight loss](#) results or getting over weight loss plateaus. They are especially effective for getting over a weight loss plateau, if your main weight loss solution is a healthy one.

If you decide to use a crash diet, use it as long as you see major results but no longer than 2 weeks. Also don't use crash diets more than 3 times a year. Make sure at least 3 months pass between using the next crash diet. This will prevent you from enduring all sort of health problems related to crash dieting, the worst of it being weight gain.

Also check out [Trick Your Hunger to Lose Weight Easier](#)

The Weight for Height Ratio Isn't Always Accurate Or Good

I'm not overweight. I'm just nine inches too short.~Shelley Winters

I really don't agree with the [ideal weight](#) that the weight for height chart suggest that I should have. I would be only skin and bones. In my opinion skin and bones was never sexy, and will probably never be. I use a different measurement for my ideal weight: how good I look.

I'm not losing weight because I want to fit in into other people's perceptions. I am losing weight because I want to see a sexy person looking back each time I look in the mirror. And if I like what I see I am sure others will be pleased with my appearance too.

I've met a lot of women, all gorgeous who weren't satisfied with their looks because they didn't fit the mold. I told them exactly what I am going to tell you now: There is no ideal weight or shape that everybody will like. It's impossible to please everybody. The best thing you can do is please on person, yourself.

After all it's your body and you have to live with it. Might as well be a pleasant company, one you can be proud of.

Some of the weight for height ratio charts I checked out are absolutely impossible to obtain. Maybe a long period of lodging at an extermination camp could get you near that weight, but a healthy lifestyle won't take you near it. To look good and be physically fit you need muscles. And muscles weight a lot more than fat does. The more strength your muscles have the more you will weight.

This doesn't mean you have to have hulk like muscles. By working out frequently you muscle density increases and your muscles get slimmer, making your body look more toned and healthy. There are people that look great and are way off their indicated weight for height ratio. Hope that someday you will be one of them too.

For more on this topic check out: [Find Your Ideal Weight Using the Height and Weight Chart](#)

3 Reasons Why Most Weight Loss Diet Plans Fail

A diet is a plan, generally hopeless, for reducing your weight, which tests your will power but does little for your waistline.~Herbert B. Prochnow

1) **The lack of commitment and desire to lose weight:** many say they want to lose weight, when in fact they don't. Most just want to complain about their weight problems because they know it is a lot easier than actually losing weight.

Losing weight isn't rocket science. Eat less, exercise more pretty much sums weight loss. All people that I know who managed to lose weight told me the same thing. Losing weight is actually pretty straight forward, but getting yourself to the point of total commitment is the trick. If you aren't committed to losing weight you won't succeed.

I've heard lots of people barging about being on an a diet, and the next second ordering an extra large chocolate sundae. They had the seed of the desire to lose weight, but it hadn't fully developed yet.

2) **Unrealistic weight loss goals:** unrealistic weight loss goals make it almost impossible to follow through with your weight loss diet, regardless how good and healthy it might be.

Healthy weight loss is of about 5 to 10 pounds per month. At the beginning of each weight loss diet you can expect to lose a whole lot more weight. This is due to the novelty of the weight loss plan and how that affect your body. But your body will soon adapt itself, and you will see smaller weight loss results as time passes. Plan for this to happen and find ways to keep yourself motivated, especially during the dreaded [weight loss plateaus](#).

3) **The weight loss plan you chose isn't good for the long haul:** if you chose to use a crash diet you won't be able to use it again and again until you get your ideal weight. Usually if the crash diet doesn't bring the desired results from the first run you stand little chances of ever getting those results using that diet.

Crash diets are meant to be used just in cases of extreme emergency, when you just have to lose weight fast. For example when your sister decides to get married with a perfect stranger she just met 2 week ago. Losing weight fast is your key objective then, and turning to some questionable diets might be excusable then, but not really.

My advice to you is to never ever use crash diets. Pick any healthy diet with a diet plan that stretches for months and you will get the weight loss results that you want. Plus you get to better your health not harm it.

Also check out [How to get past the diet weight loss plateau](#)

The Best Diet Plan for Easy Dieting

I have a great diet. You're allowed to eat anything you want, but you must eat it with naked fat people. ~Ed Bluestone

If you want easy dieting just follow the diet plan mentioned in the quote above. You don't really have to eat your food in the presence of naked fat people, just imagine that some of them are near you.

This might sound as a silly mental exercise. And to some degree it is, but it is also the simplest to follow and [best diet plan](#) available. It is guaranteed to reduce your appetite and make you eat healthier food. I know this because I have tried it.

Even before choosing what food to eat, take a few moments to picture some naked fat people. If you don't want to picture naked fat people, you can picture yourself. If you don't like what you see I bet you will be more inclined to stick to your diet plan. The likeliness of choosing a lot healthier food is almost guaranteed. All you have to do is remember to do the simple mental exercise.

I have put this simple weight loss trick to the test and I must tell you it works wonders. Every time I go to the mall I am tempted to eat all kind of junk food. Especially from KFC and McDonalds. Every time I remembered to do the simple mental exercise, just before hitting the food court, I ate healthier food and a lot less food. So it works, I am sure of it.

By picturing yourself naked, just as you are, and maybe at your ideal weight, you can get lots and lots of [weight loss motivation](#). Many complain that it is hard to stay motivated and follow a diet plan. It isn't hard at all. All it takes is some creative use of your imagination just before or even during each meal.

The Best Diet Food is Healthy Natural Food

If food is your best friend, it's also your worst enemy. ~Edward "Grandpa" Jones

Food can be your greatest ally or worse enemy. It can help you lose weight and be healthy, or make you fat and mega unhealthy. That is why it is very important to be very picky and choose when to comes to what you eat. Food is the best medicine you can offer your body, so don't feed it poison.

Healthy natural food is harder and harder to find nowadays. Not impossible, just harder. Some, like my parents even started to grow their own food. My parents have a full blown farm. They grow their own tomatoes and veggies, and even their own chickens and turkeys. And let me tell you, home grown veggies and chicken have nothing to do with what you find in the supermarket. Nothing at all. Healthy natural food is a whole lot tastier and sometimes more chewy, especially the chicken meat.

Having experienced the drastic difference between what I can buy at the supermarket and how home grow food really tastes and is, I started reading the labels a lot closer. Reading the labels is a must if you want to avoid all kind of surprises. The major food companies are each day trying to sneak something new in that will increase their bottom line, even if it means putting at risk the general public.

Anything that has an expiration date in the order of months, even years can't be healthy. I have baked cookies and they never lasted more than a couple of days. Some of the cookies you can buy can last several years. I wonder how they do it? I am sure they have a secret recipe filled with chemicals that I can't buy at the local supermarket.

The best diet food that you can eat is the food that doesn't come with a label: apples, tomatoes, lettuce, oranges, grapefruits, cabbage... All fruits and vegetables are kind of healthy. I say kind of healthy because the farmers are catching up and using more and more chemicals while producing their crops. And who can blame them. The world economy is forcing them to do so. If they want to survive and feed their family, they have to use chemicals to grow bigger crops faster.

Of course there are the exceptions, the organic farmers that grow organic food. It is a little more expensive but worth the investment. Eating [organic food](#) is a lot cheaper than the drugs you will have to buy if you keep eating chemical filled foods. The money you invest today in your health, by eating healthy natural food, will yield lots and lots of healthy benefits in the future for you.

Organic food is also the best kind of food you can use in your weight loss diet plan. It is the best diet food without doubt. Your body know how to process natural food. The reduction in the intake of chemicals will help your body detox itself. This in turn will speed up your fat burnings while supplying your body with all the vitamins and minerals it needs.

If you have the opportunity visit an organic farm near your city. Take a tour to make sure that the food is truly organically grown. After that ask them form where can you buy their products, and become a loyal customer.

Just by experiencing the rich flavor and taste of an organic meal you will be able to separate the fakes from the genuine healthy natural food. You will never be fooled again.

Further reading [How to eat for a healthy lifestyle](#)

7 Diet Tips That Will Help You Get the Most Out of Your Diet

You know it's time to diet when you push away from the table and the table moves~Quoted in The Cockle Bur

Here are 7 diet tips that will help you get the most out of any diet you might try:

Diet tip number 1: **Eat lots of small meals during the day.** If you don't want to break your diet because of hunger and at the same time avoid overeating during the day, eat at least 5-6 meals each day. You should never stuff yourself. Eat just enough to make it till the next meal.

Diet tip number 2: **Drink lots of low calorie fluids, especially water.** Drinking water is a great way to make sure you will eat less during each meal. You will also get hungry less often because your body frequently mistakes thirst for hunger. A good idea is to drink 1 glass of water before each meal. You have to [drink water to lose weight](#).

Diet tip number 3: **Avoid snacking during the night.** [Eating late at night](#) is one of the worst dieting sins you can commit. By eating and going to sleep afterwards you make sure all that energy you get from the food gets turned into fat. Not an outcome you are looking for I hope.

Diet tip number 4: **Eat your favorite foods from time to time.** if you want to avoid stuffing your face once the diet is over with the fattening food you love, make sure you eat small portions of them while dieting. This way you avoid binge eating while dieting, and excessive unhealthy eating once the diet is over.

Diet tip number 5: **Make sure you give your body some proteins at each meal.** [Proteins](#) are very important, especially if you are working out. They help preserve or even increase your muscle mass. Plus proteins are more filling than carbs are, keeping hunger at bay for longer periods of time.

Diet tip number 6: **Use spices creatively to add flavor to your dieting meals** Nobody like dieting for one major reason. The foods taste awful compared to the fattening food we usually eat. The easiest way to turn your diet dishes into gourmet dishes without adding too many extra calories is by using spices. Experiment with different spices until you find the ones that work best for you.

Diet tip number 7: **Fill up your kitchen with lots of fresh fruits and vegetables.** The more fruits and vegetables you have around the kitchen the more low calories meals you can cook. This means that at any time you are prepared to alleviate any cravings you might get with the help of healthy food instead of unhealthy food.

Remember to follow these dieting tips and you will lose a lot of weight dieting. I wish you happy dieting.

There Are No Quick and Easy Diets to Follow

Dieting is not a piece of cake.~Author Unknown

Everybody wants quick and easy diets. But to get good weight loss results, to lose a lot of weight, you have to go out of your eating comfort zone. The more uncomfortable you get the more weight you will lose.

If you seldom eat fruits and vegetables, eating more of them won't come natural to you. You will feel the heaviness of the change, your mind and body will fight it. Change is hard. Some psychologists say that we humans fear change more than death. Sounds a little crazy, but it is true.

Think about it. Do you have one habit that you know is bad for you? I am sure you have at least one if not a whole lot more. I do to, but I am working on them. Why haven't you changed that habit into something more constructive? Try changing it and you will see just how rooted you are in your set patterns.

Any diet, regardless how easy it might seem at first will bring a certain degree of novelty in your life. How you embrace that novelty will decide if the diet will be a success or not. Learn to be more flexible in your behavior, and dieting will become a piece of cake.

There are no easy diets to follow at first. My advice to you is to pick a diet that seems easy to follow. Get started on that diet and get some quick results. You have to choose the easy diet to follow. The diet should seem easy to do to you, not to your friends or lover. If a diet seems easy to follow it means that it is close enough to your current eating habits.

A diet so close to your [eating habits](#) won't help you lose a lot of weight but you will lose some. What this diet does is help you choose another diet that seems easy to follow that promotes even more healthy eating habits compared to your old one. By chaining easy to follow diets together, one after the other, you slowly but surely change your lifestyle and eating habits.

You don't have to chain more diets. You can use the same diet, and as time progresses take more and more unhealthy foods out of it and add more and more healthy ones instead. So you start with a dieting plan that allows you to eat almost anything under the sun, and end up with a diet plan that is super healthy and easy to do. Why easy? Because you made it so. You got used to it gradually. Instead of jumping in and hoping for the best you got your body and mind used to it gradually. This yields a lot better results.

Stick to Your Diet If You Want to Lose Weight

The second day of a diet is always easier than the first. By the second day, you're off it.~Jackie Gleason

You can't expect to lose weight if you don't stick to the diet you have chosen. That is the main reason for dieting and getting [no weight loss](#) results. If there is no dieting there can't be any weight loss either.

You should try a diet out for at least 1 whole week. Of course if the diet is a [3 day crash diet](#), going over the 3 days might have disastrous results for your health. Follow a diet plan for how long that diet says you have to follow it to get results. If it is a diet plan that is longer than 1 week, you can stop at 1 week to make your mind about continuing with that diet or not.

After 1 week you should see some results. If the diet is good for you, when you get on the scale at the end of the week you should have lost at least 1-2 pounds. If you aren't a serial dieter, any diet that you use will give you almost instant results because your body isn't used to the calorie restriction and the different eating habits that you adopt during the diet.

Of course, if you find it very hard to keep the diet, you feel sick or dizzy all the times, you should stop dieting at once. Any health problems that seem to be triggered by your diet or made worse by it should make you stop dieting. Go to a doctor, tell him about the diet and your physical symptoms. The doctor will be able to guide you and maybe suggest a diet better suited for your health. Take the doctor's diet and pass it through the week long test also to see if it truly works.

You Don't Need a Strict Diet for Weight Loss

I am a nutritional overachiever. ~Author Unknown

To lose weight you don't need to follow a strict diet. In fact it might even be counterproductive for you to do so. You can't expect yourself to follow a diet perfectly. Perfection isn't a trait specific to us humans. We try to achieve perfection but most likely we will never do. Descartes has a whole book dedicated to the improbability of us ever being or creating something perfect. Flaws are inherent to our nature.

Considering this, setting unrealistic standards for your diet is a sure way to make sure you fail. I am a big believer of setting one's self to succeed in every endeavor. That is why you should take into consideration the possibility of occasional bingeing, and eating some unhealthy snack from time to time. I guarantee you will break your strict diet eventually, so why not plan on doing so. It will free up your mind and eliminate a lot of stress.

Dieting should never be about willpower. Following a strict diet for weight loss is always about willpower. If you have chosen the best diet for you, you will won't need to much willpower to follow it. It will just flow along integrating itself in your daily life.

Strict diets are a source of frustration and disillusion. Even if you succeed to follow it to the letter, probably you won't get the intended results. Or if you get the desired results you won't be able to keep them for too long.

A more flexible diet on the other hand will probably help you lose a lot less weight than a strict diet. But you will have a much easier time following the flexible diet which means that you can use it for longer periods of time. This in turn will make it so you will lose a lot more weight with the help of the flexible diet than with the help of the strict diet.

The greatest benefit of a flexible diet is the fact that it adapt itself to some degree to your lifestyle, while at the same tie changing your eating habits. And this is the basis for [losing weight and keeping it off forever](#).

Fat Cells Are Forever: Reducing Fat Cells Numbers is Impossible

Brain cells come and brain cells go, but fat cells live forever. ~Author Unknown

It saddens me to say it but you cannot get rid of your fat cells. The number of fat cells that you have is fixed and, if you get more fat cells, that number will never go back down. The only way you could get rid of fat cells is with the help of liposuction, but that isn't a good option as you will find out soon.

There are two periods in our development when we gain fat cells. We get our first fat cells during while we are a fetus in our mother's womb. The second wave of fat cell creation takes place during puberty. From that moment on if you are lucky you won't get any more additional fat cells, and you will have the same amount of fat cells all your life.

Recent studies have shown that while it is impossible to get rid of fat cells, it is possible to make new immortal fat cells. The process is quite simple. When you gain weight your fat cells increase in size. When they become about 3 times their usual size your fat cells start to divide, making brand new fat cells. The exact point at which each individual's fat cells start to divide and multiply is different, but what is certain is that nobody is immune to the process. All it takes is a sudden weight gain.

The more overweight you are the more fat cells you have and the more effort you will have to do to lose weight. And after all that work you will still have the same amount of fat cells, just that they will be deflated, making you look thinner. Bummer, I know, but that is what scientists are telling us is happening.

You could try using liposuction as a last resort for reducing fat cells count. But there is a problem with this instant weight loss solution. The instant you remove your excess fat and fat cells from your body, your Leptin levels drop way below their usual level. This forces your body to take immediate action to correct the deficiency in Leptin. What exactly does your body do? It increases your appetite, making you eat lots of food to make new fat cells. I guess after liposuction you are struck with a monster of a hunger, and battling hunger is always a losing battle.

So the only good option remaining is sucking the fat cells dry of fat, making them look like deflated balloons. A recent study done at Wake Forest University School of Medicine in Winston-Salem, North Carolina showed that the best way to reduce fat cells in size is by exercising. Exercising proved to be a whole lot better than dieting, especially when it comes to reducing the size of the fat cells from your belly. If you want to [get rid of belly fat](#), start exercising.

Use Your Bathroom Scale for Weight Loss Performance Feedback

If you really want to be depressed, weight yourself in grams. ~Jason Love

There is an art to weighting yourself while losing weight. The last thing you need then is to get depressed because of you lack of results. Putting your regular weigh-ins into proper perspective will help you achieve your weight loss goals without pulling your hair out.

You should go up on your [bathroom scale](#) at least once a week while losing weight and once a month after you finish losing weight. That way you can see how effective your weight loss program is and, if needed, adjust your weight loss strategy.

The most important thing you must do after each time you weigh yourself is to put the result into a positive action filled frame of mind. When you have good results it is fairly easy to do. But, say you gained 1-2 pounds. What then?

Analyze the cause of your weight gain while dieting. Did you somehow managed not to follow your diet. Many people thing they are eating food according to their diet plan, while the truth is that they aren't. If you somehow altered the diet plan, realize that and make a commitment to yourself to never do it again.

The purpose of the weigh-ins is to keep you on track, focused on what you want to achieve. You need feedback to see if you are getting closer or not to your ideal weight. With that knowledge you will be able to take the right kind of action at the right moment. The results should never depress you or stress you out. They are just performance feedback, and you should never be angry because of feedback.

Once you have performance feedback, the appropriate response is action. If the feedback is positive do more of what you did. If it is negative, fix the problem to get on track again. The best part is you're your bathroom scale never lies. It will always tell you the truth, exactly as it is.

[Is the Bathroom Scale Torturing You?](#)

Diet Motivation Tips: Find the Perfect Diet Plan for You

I think I just ate my willpower. ~Author Unknown

A long time ago dieting seemed to me as the cruelest self inflicted torture possible. All that changed one day when a good friend of mine suggested a diet to me. The diet plan seem ok, not hard to follow at all. Finding the motivation to stick with any diet was the hard part for me. Abstaining from food was hard.

Once I started following my friend's diet I was amazed. No diet motivation was needed to follow the [weight loss diet plan](#). It was the perfect diet plan for. Easy to do as breathing. The more I got used to the rhythm of the diet the less motivation to diet I needed. It was amazing and I lost a lot of weight too.

There is a very powerful lesson in my weight loss success story. If the diet isn't right for you, you can have all your diet motivation in the world to stick to your diet plan, but you will eventually stop using the diet. It won't feel natural to you. That is why it is so important to find the perfect diet for you.

You know you have found the perfect weight loss diet when following it is as easy as breathing. The more you diet the less diet motivation you find you need. That means that you and that diet are a match made in heaven.

Unfortunately finding the perfect diet for you isn't that easy. I had to go through tens of diets until I found the perfect diet for me. So be prepared to fail at dieting a lot before finding the perfect diet for you.

I almost forgot. There is another standard that your perfect weight loss diet must meet. You have to get weight loss results. You might find a diet that you enjoy doing, but if it doesn't help you lose weight, what's the point of using that diet.

- [How to Choose an Effective Weight Loss Diet Program](#)
- [The Best Quick Weight Loss Diet Plan](#)

The Weight Loss Journey: How to Start Losing Weight

You can't lose weight by talking about it. You have to keep your mouth shut.~Author Unknown

If you want to start losing weight then you are embarking on a weight loss journey. That is how you should think about losing weight. It is all about taking action, step by step until you reach your desired outcome: looking hotter and being healthier.

The first step you have to take to start losing weight isn't getting a diet plan. No the first step is getting all the motivation required to follow through with your decision of losing weight. So take a pen and paper and write down all the reasons why you want to lose weight. The more you write the better. Then write how much more exciting your life would be after you lose weight. Describe exactly how your life would be changed and how you would feel. Keep this piece of paper near you for future reference. During the rough patches, when you feel like quitting, turn to this piece of paper for [weight loss motivation](#) and encouragement.

Then you can start searching for a diet and exercise routine that will help you lose weight. Search for as many options as you can. The more the better because it will help you choose the best solution for yourself. When considering any weight loss program ask yourself: Can I do this? Is this diet plan something that seems doable to me? Can I commit the time required to do these exercises? Pass all the weight loss solutions that you find through the fiery test of how doable it seems to you. If you think you can do it go with it.

Succeeding to finish your weight loss journey is all about choosing a path that seems accessible to you. Then using motivation, and pure determination, you will finish your weight loss journey. It is just like picking the best suited path on a mountain that you know you are capable of doing. It sets you up for success from the get go.

The best part about finishing a weight loss journey is the weight loss story. Every great journey has a great story and I am sure you will inspire a lot of people to lose weight with your story. Losing weight isn't easy, but starting your weight loss journey prepared for it will make losing weight easier. What are you waiting for? Start losing weight.

Stay Young and Live Longer With the Caloric Restriction Diet

To lengthen your life, shorten your meals.~Proverb

Caloric restriction is a scientifically proven way to live longer and stay younger. In studies done all over the world it was proven that with the help of caloric restriction the life span of mice and rats was increased by 30% even 40%.

Studies done on primates and even humans proves that these results are valid for humans also, but not to the same extent maybe. So you might not be able to live with 40% more, but even 20% sound good to me. That means, if we take in consideration a life expectancy of 70 years, and extra 14 years. That is nothing to laugh at, especially if you take into consideration that the life expectancy is increasing each year. Some say that in 10 years the average life expectancy of a human being will be 100 years. By hopping on a caloric restriction diet you can potentially live easily to be 120 years old.

What you have to understand is that caloric restriction should never be used for weight loss. It is true that a side effect of going on a low caloric diet is weight loss, this type of diet is more about a lifestyle change than weight loss. But since you will be eating a whole lot less food while on a caloric restriction diet you will lose weight and never gain it back.

Some of the proven health benefits of caloric restriction are: lower blood pressure and lower cholesterol. According to one study you also get to improve your memory. The main benefit is the fact that you stay young and live longer because of caloric restriction.

Because while you are on the [low calorie diet](#) you eat lots of fruits and vegetables, your energy intake is very low but your body gets almost all the [minerals and vitamins](#) it needs. The only problem that might appear are related to the absorption of fat soluble vitamins, which, as their name implies, need fats to be assimilated by your body. Still eating some nuts, using virgin olive oil in your cooking and the occasional fish in your diet should give you plenty of healthy fats to ensure the proper functioning of your body.

The only downside of the going on a lifelong low calorie diet is the fact that you have to go on it while you are still young. At least that is the result of an study that is very disputed. That study showed that older rats put on caloric restriction don't gain the same health benefits as the young rats grown on a low caloric diet. What a letdown. Had my parents known this when I was little. But there is still hope.

According to other researchers, caloric restriction will benefit an individual regardless of its age. He will reap less benefits but the benefits are still there. Weight loss is one of them, an improved functioning of the liver. The caloric restriction reverted the aging related alterations of the liver, brain and heart proteins, even in older test subjects. What is even more amazing is the fact that

some of the test subject put on a low calorie diet later in life had their life expectancy increased, living longer and being healthier.

It is up to you if you want to get on a caloric restriction diet, but if you want to stay young and live longer you should do it.

- [Low Calorie Diet Plan: the low calorie low carb raw food diet](#)
- [A Lower Calorie Diet Helps Strengthen Your Immune System](#)
- [The Best Low Calories Foods List](#)

Dieting But Not Losing Weight: 7 Likely Causes

It's not women's fault that diets don't work. It's not perversity of lack of willpower. God did this – in Her great wisdom.~Dr. Wayne Callaway

- 1)**You're not losing weight because you aren't exercising at all, or exercising too little:** do you know what all successful weight loss programs have in common. You guessed it: exercising and lots of it. You should do at least 3 cardio workouts a week and 2 strength training workouts. You can start each week with a cardio workout, followed the next day by a strength training workout, then a cardio workout... you get the idea. That way you get to use the weekend for kicking back, relaxing, and letting your body repair itself.
- 2)**Stress is ruining your diet:** weight gain and stress are sibling. When stress rears its ugly head weight gain is soon to follow because you will tend to eat more food, especially unhealthy foods, breaking your diet. To get rid of stress all you have to do is take a few moment throughout the day to relax.
- 3)**Overeating:** it is very easy to delude yourself that you are eating exactly according to your diet plan, when in fact you aren't. Double check how much you eat and watch out for constant snacking on unhealthy foods.
- 4)**Forgetting all the dieting rules in the weekend:** it is super easy to get no weight loss results. All you have to do is go out with your friends and let them influence you in eating all kind of fatty junk food. In just two day you will manage to ruin all the work you did the rest of the week. So be very careful with whom you party during the weekend and what you do.
- 5)**Setting unrealistic weight loss goals:** if you have unrealistic weight loss goals how do you expect to meet them. It takes time to lose weight, and the more weight you want to lose the more time it takes. You can't lose 30 pounds in 2 weeks but you can [lose 30 pounds in 3 months](#).
- 6)**You've just hit a weight loss plateau:** weight loss plateaus are very commonly responsible for dieting but [not losing weight](#) effects. If you've been constantly losing weight like clockwork and then suddenly it stopped you've probably hit a weight loss plateau. To start losing weight again you will have to intensify your weight loss efforts. Exercise a little more and even reduce a little your food intake to restart the weight loss process. After you see new weight loss results you can go back to your old weight loss plan.
- 7)**You're not losing weight because of a medical condition you have:** there are some diseases and some medications that favor weight gain. You should check with your doctor to make sure that one of them is not the cause of you not losing weight. A common medical problem known to create weight loss difficulties is thyroid deficiency. The best thing you can do is go to a good doctor and get a full physical examination. Also let the doctor know what drugs you are taking

and tell him about your problem losing weight. He will offer some solutions and tell you if your dieting with no weight loss results is related to any medical condition.

- [Diet No Weight Loss: I am on a diet and I am not losing weight!](#)
- [You're Not Losing Weight If You Lose Weight and Gain It Right Back](#)

Weight Control Tips: Lose Weight Once and Keep It Off

I have gained and lost the same ten pounds so many times over and over again my cellulite must have déjà vu.~Jane Wagner

It's no secret that keeping the lost weight off is where the good weight loss diets distinguish themselves from the crappy weight loss diets. Everybody can eventually lose weight, but few manage to keep it off for forever. And in that lies a true art.

Going on and off a diet is no way of living. Starving yourself one month and stuffing your face the other month is a truly unhealthy lifestyle that will damage your body. The only way to lose weight is to do it as fast as you can do it in a healthy way and after go in a [weight loss maintenance](#) mode.

Keeping the lost weight off is all about correlating your lifestyle to your eating habits. Or vice versa. If you have a sedentary life, like a couch potato does, you have to reduce your food intake without letting hunger rule your days. If you find that impossible to do, then you will have to become more active. Start exercising, get involved in the local community. A great way to get plenty of exercise and to help your local community is by helping the little league, or starting a repair and improve the neighborhood program.

The more active you are during the day the more food you can eat without worrying about gaining weight. Of course you still have to be careful not to overeat, or eat more calories than you burn during the whole day.

Simply by adaption your lifestyle to your new hot body will insure its survival. If you don't do it you will get fat again. I am sure you don't want that. The kind of lifestyle you have to have to keep weight off after losing weight is right smack in the middle between your diet and your pre-dieting lifestyle. This means that it isn't as restrictive as your diet but it isn't as permissive as your old lifestyle used to be. It's a little bit of both.

Follow a Balanced Diet Chart to Get a Balanced Diet

A balanced diet is a cookie in each hand.~Author Unknown

If you want to be healthy you have to have a balanced diet. But getting a balanced diet is a lot easier said than done. Here are some simple tips to help you form your own balanced diet chart:

Eat lots of fruits and vegetables. I know that at the base of the traditional food pyramid you find bread, pastas and all grain based foods. Unfortunately eating all that bread and grain is unhealthy and fattening. I tried following the pyramid and I gained 10 pounds in about 1 month. It was very disappointing. Even whole grain foods aren't all that great, and eating them too frequently will make you fat in time.

Fruit and vegetables on the other hand are a great source of [vitamins, minerals](#) and fibers. They contain few calories and fill you up really fast. Each fruit or vegetable you eat is like a small health bomb that replenishes your body with youth and vitality. In my opinion a hefty portion of veggies should never miss from any meal. And for a balanced diet the best dessert is of course a fresh fruit eaten whole. If you can afford it please buy only organically grown fruits and vegetables. They are harder to find and usually more expensive, but the taste and favor is truly amazing. You will know it is organically grown once you taste the fruits and vegetables.

next on the balance diet chart is meat. But not any kind of meat, low fat meat. Turkey and chicken meat are great for low fat meals, especially if you remove the skin. Chicken breast and turkey breast are truly low fat, they have no fat, and are great for a delicious BBQ. Add a salad and you have a heavenly meal that is super healthy also. Your body needs proteins to repair itself, so eating meat is necessary. Just make sure it is healthy meat.

To get your portion of healthy fats eat more fish. Try to eat some fish at least once a week. Fish, especially oceanic fish, is full of omega 3 fats which are super healthy. Besides getting all those healthy fats you also get a good portion of proteins from fish.

Since your body cannot survive and function without a healthy source of fats, make sure you include in your balanced diet chart enough nuts and seeds. You can include them in your salads or eat them as healthy snacks. For your cooking try to use only virgin olive oil which is filled with healthy fats. Cooking oil is very bad for your health and unfriendly with your waistline.

Please stay away from deep fried foods. I know they taste good but they are very, very unhealthy.

For a healthy source of proteins and calcium eat low fat dairies. Yogurt is great and refreshing, and you can make some tasty salad dressings from it.

Based on what you like to eat and armed with this knowledge, take some time to jot down your own balanced diet plan. Create a balanced diet chart and try to follow it as much as you can. Since you are the one creating your own chart, you are more likely to stick to it than if someone handed it to you. The basic idea is to eat only healthy food as much as you can.

- [What to Eat Based On Your Sex and Age](#)
- [The Best Fat Burning Foods: eat more foods that burn fat fast](#)

Lose Weight to Improve Your Sex Life

Food has replaced sex in my life; now, I can't even get into my own pants.~Author Unknown

Recent studies have shown that your sex life suffers like a supermodel in front of a piece of cheesecake if you are obese. You can't perform as well and you can't enjoy your sex life as much because the fat gets in your way.

That is what the [obese sex life](#) studies were talking about. All scientifically proven facts. What I am going to talk about is something more risqué, that most avoid like they were the devil and this is holly water. If you are fat fewer people are going to like you, drastically reducing your chances of finding a mate.

I know we all would like the world to be perfect. Everybody tell us that people look at your soul. The reality is that people are super shallow and don't get passed the skin when it comes to analyzing a possible future love relationship. Don't believe me. Do the following test.

You have to choose between two different possible lovers. They are guaranteed to love you and like you just as you are. On one hand you can choose a lover with a beautiful sculpted body, dreamy and super hot body. On the other hand you can choose an overweight lover, with a cute muffin top and a great personality. Which one would you choose? Be honest with yourself.

I have used this test on many persons and all of them chose the hot lover. Women and men alike. Some wouldn't admit it at first but eventually did. Who doesn't want a hot lover. This proves that we are all shallow. It is in our nature. The person that said that *Love is skin deep* was right.

Now let's turn the tables. If you are overweight and you would like a smoking hot lover, what do you think the opposite sex wants. If you aren't smoking hot you better get moving becoming. I guarantee you that just by losing weight you are going to drastically improve your sex life. Your partner will want you more often and will be more pleased by you. Also if you want you can have more lovers than before, because the opposite sex will swamp you with offers.

What I have found through my work with overweight and obese people is that sex is very often the driving force of their [weight loss motivation](#). Most people lose weight not because they want better health but because they want to be hotter and more sexually active. That is the driving force behind unstoppable weight loss motivation.

If improving your sex life is what drives you to lose weight, don't be ashamed. Use it to make sure you will actually get to lose weight. Go and buy some skinny super hot clothes that you want to wear someday. Those are your target weight. Once you fit in them you know you've made it. Imagine yourself walking, making heads turn everywhere you go dressed in your new sexy cool clothes. Imagine flirting with your lover making him do your every bidding. It will get your blood boiling and your motivation to lose weight will go through the roof.

- [Try the sex diet for weight loss: lose weight by making love](#)

How to Reduce Body Fat When Every Weight Loss Diet Fails

I'm allergic to food. Every time I eat it breaks out into fat.~Jennifer Greeme Duncan

You have tried low calorie diets, prepackaged meal diets, questionable diets even flexible diets. Everything, even the kitchen sink. But have you tired exercising to lose weight. The best way to reduce body fat is to start exercising frequently.

Body fat is a stubborn beast that won't loosen its grip on you too easily. And the worst part is that body fat is an adaptable beast. The more you diet the more your body fat adapts, until it almost becomes immune to your dieting.

You need to zap the fat, change your approach to losing weight. If you do the same thing over and over again, you will get the same results over and over again. Expecting different results while doing the same thing over and over again is the definition of insanity. To [lose body fat](#) you have to do something different and the best thing you can do is start exercising.

You don't have to hit the gym right away. Start small. Each morning do some simple physical exercises just as you used to do during PE class, back at school. Do some jumping Jacks, squats, pushups, crunches and all the other calisthenics exercises that you used to do back in school. They will get your blood moving and your body burning fat. If you can before you do anything else in the morning, exercise for 30 minutes. After that go and take a shower and then you can eat a healthy breakfast.

When you get back from work take another 30 minutes to exercise. Do more calisthenics or go for a light jog. If you want you can jog in the morning and do calisthenics exercises in the afternoon. As your body get used to the effort of exercising and you become more confident in your power you can do more strenuous physical activities. That is when you will start to reduce body fat at a super fast pace.

If you can afford it and you have the time, get a gym membership. A personal trainer plus the invested money will keep you motivated to go and exercise. That away you are guaranteed to reduce your body fat. The best part about going to the gym is getting knowledgeable workout advice from your personal trainer or your gym peers. You can also form new friendships that are very constructive because they will keep you coming back to the gym and on the right track.

Overeating Help: Overcome Overeating To Lose Weight

Bigger snacks mean bigger slacks.~Author Unknown

If you are plagued by a gigantic appetite and if you are overweight, you have to overcome overeating if you want to lose weight. Overeating is one of the most unhealthy eating habits that you can have. If there could be just one thing you could do to make sure you lost weight, overcoming overeating is that thing.

Getting overeating helps is usually requires, as most overeaters don't consciously realize they are overeating. When I used to overeat, I only stopped eating when my belly hurt from all the food jammed in it. To help you get rid of overeating, you can ask your family or friends to lend you a hand.

Each time you sit to eat, tell your family and friends to not let you eat more than half the food you have on your plate. Once you have eaten half the food from your plate, take a 3 minutes break from eating. Drink some water, tell some jokes, or just relax. If after 3 minutes you still feel the need to eat something, eat half of the food still in your plate. After that take another 3 minute break from eating. Repeat the process until you don't feel any desire to eat anymore. This process works wonders and will help you [stop overeating](#).

Getting your family and friends involved in giving you some overcome overeating help is a must. The tendency to cheat is very great. After all you are alone with the delicious food, who is t know that you couldn't last 3 minutes without eating more. If your family and friends are involved, they will keep you on track. You wouldn't want your friends to think that food is stronger than you are after all.

If you consider you have enough willpower you can do the overcome overeating exercise while eating alone. You will get to test your metal, and if you chat or succeed you will know what kind of man you are.

Another trick you can use to overcome overeating is to drink one glass of water whenever you feel hungry. Our brain cannot distinguish between hunger and thirst that well, and gets those two mixed up frequently. Just drink a glass of water and wait for 10 minutes. If you still feel hungry, you know it is genuine hunger and you can eat. When you eat use the above described exercise so you will avoid overeating. I wish you the best of luck.

Healthy Eating Tip: Starving Yourself to Lose Weight is Bad

It is a hard matter, my fellow citizens, to argue with the belly, since it has no ears.~Plutarch

The best healthy eating tip I can give you is to never starve yourself. Starving yourself to lose weight is totally unhealthy and impossible to pull off in the long run. Few are the people who can fend off the bellowing pleas of a hungry belly. Eventually everybody caves in and binges like crazy, destroying all the weight loss results that they got up until then.

Starving yourself to lose weight isn't only hard to do it is also counterproductive. By starving yourself you don't only lose fat, you also lose muscle mass. The more muscle mass you lose the harder it will be for you to keep the lost weight off. Muscles consume a whole lot more energy than fat does.

To lose weight try adopting [healthy eating habits](#). Once you get healthy eating habits you will never have to starve yourself to lose weight. Your belly will be glad it receives food and your body will become healthy because it receives the right kind of food.

Healthy eating tip: eat more citrus fruits. Oranges, grapefruits, lemons, limes and mandarins are awesome weight loss fruits. They are rich in vitamins and they are also [alkaline foods](#). Alkaline foods reduce the acidity from your stomach, making you less often hungry. Each time you feel hungry in between meals have an orange or a grapefruit. The hunger will disappear and you will be able to last until the next meal.

As you can see starving yourself to lose weight is bad. There are plenty of healthy eating options readily available to you, making starving yourself totally un-required for weight loss. There are plenty of filling low caloric foods that you can buy from the supermarket. There is no need to starve yourself.

What Most Dieting Plans Lack

Dieting is wishful shrinking~Author Unknown

When we think of losing weight immediately we think of dieting. But most dieting plans have a flaw in them. Their thinking is all wrong from the get go. The logic is as follows:” I am fat because I ate too much. To get thin I have to eat a lot less food.” It all sounds perfectly good in theory, but in fact it is flawed reasoning.

You don’t get fat just because you eat too much food. There are persons who eat a lot less food and still gain weight. The problem lies in the lack of physical activity. Cushy jobs, the television and the computer make us fat. The more inert you are the more likely you are of getting fat.

Food in itself doesn’t make you fat. Lack of physical activity does make you fat. You can eat all you want during a day, all the junk food you desire if you are digging in a mine all day long. Hard work requires lots of food to be able to keep the body functioning at peak performance.

Nowadays when everything is done with the push of a button, while highly caloric foods are all over the place, keeping the weight off is a losing battle. To turn the tides in your favor you will have to start working out. Get involved in some physically challenging tasks, do more manual labor and it doesn’t matter what dieting plan you choose to follow, you will lose weight.

Exercising is a crucial part of any successful weight loss plan. I would even dare to say that exercising is even more important than dieting. Dieting plans help you get a handle on the food part of weight loss, but the true reason for gaining weight doesn’t lie with what you eat. The source of your problem is the lack of exercise and physical activity from your life. That is what made you fat. To [lose weight and keep it off](#) you will have to start exercising regularly and never stop. That way you will lose weight and better your health super fast.

Weight Maintenance: How to Keep a Hot Body Forever

I recently had my annual physical examination, which I get once every seven years, and when the nurse weighed me, I was shocked to discover how much stronger the Earth's gravitational pull has become since 1990.~Dave Barry

Once you lose weight and get a hot body, it's time to start a simple weight maintenance plan to make sure you will get to enjoy your hot body forever. It isn't something major or hard to do, but it beats having to lose weight again. Weight maintenance is all about preventing weight gain and enjoying more health.

The most important part of weight maintenance is weighting yourself regularly. Once a week should be enough to avoid any unpleasant surprises. Fat tends to sneak up on you. If you aren't careful soon enough you will have so much fat to deal with that another weight loss program must be followed. I bet you won't be thrilled if this happens.

Keep a journal where you record your weight. Each week when you weight yourself jot down in the journal your weight. That way you can see if you are maintaining your weight, losing weight or gaining weight over time. If you are more computer savvy you can create an excel spreadsheet with your weight and each month you can make a graph with the evolution of your weight. That way you will have a visual representation of your weight evolution in time. Cool stuff to watch.

Besides weighting yourself weekly, you should also eat more healthy food. Going back to your old eating habits after the diet is over will make you gain all the lost weight right back. For weight maintenance you have to change your [eating habits](#) after a successful diet. Start eating lighter food and more natural food. Fruits and veggies should never miss from your table. They give you lots of minerals and vitamins and fill you up while at the same time containing few calories.

Exercising at least once a week is very important for weight maintenance. You have to keep your body and metabolism active. That way you will be able to keep the fat at bay, and melt any form of expansion your fat might try.

Weight maintenance isn't as hard as losing weight, but it still involves some effort. Still the effort to keep the weight off is worth it. The health benefits are tremendous and you will turn heads wherever you will go. It is kind of infatuating to become the center of attention, and losing it isn't pleasant at all.

The Best Diet to Lose Weight Is the One You Follow

Blessed are those who hunger and thirst, for they are sticking to their diets. ~Author Unknown

Many are trying to lose weight, fail and blame the diet. The truth is that the best diet to lose weight is the one you follow. Even the crappiest diet out there will work to some degree and help you lose weight if you just stick to it. Of course health problems might arise because of following a bad diet but they all work.

You can't expect to lose weight if each day you break your diet, or change your diet plan. If the diet plan says you have to eat only a raw vegetables salad, no dressing, don't go adding bacon bits and some dressing for some extra taste. You won't lose weight and it won't be the diet's fault, it will be your fault because you didn't stick to the diet plan.

What you have to understand is that you choose your diet. The diet didn't choose you. If you read the diet plan and you realize that you can't follow through, please don't use that diet. It isn't the best diet to lose weight for you. Research more diets until you find one that seems doable to you. Once you have it start dieting and follow the diet plan each day.

Finding the best diet to lose weight takes some effort but it is worth it. Once you find the [best diet](#) for you, you will never have weight loss problems again. Dieting will seem a breeze and the pounds will come off easily.

The good news is that there are so many diets available that you are bound to find one just right for you. When you will read the diet plan to your perfect weight loss diet you will know you have found it. Everything will click, and the fat will start melting away. So please take time to find the best diet to lose weight that suits your needs perfectly. Once you find it, stick to it and the weight will come off guaranteed.

Enjoy Your Life More Than Food And You Will Lose Weight

Life itself is the proper binge.~Julia Child

Life is glorious and wonderful. If you are stuck in a daily rut I bet you haven't stopped to admire the wondrous miracles of life. They surround us everywhere, all you have to do is take a moment and notice them.

When was the last time you when you took a second to watch the sunset. God is creating masterpieces each day for us and rarely do we notice them. Our modern age has poured a flood of opportunities in our lap, and we seldom use them. We have all these gadgets to save time, and still time eludes us. It seems like the more gadgets we have the less time we get to truly live.

I challenge you to explore life and its beauty for 1 hour each day. This doesn't mean you have to become a bird watcher. Don't take a passive role. Take action, do what you always dreamed of doing. Do it now because life is short and you have no guarantee that you will be here tomorrow. No one does.

Instead of just watching the sunset, take a picture of it. Soon you will have a collection of pictures, one more beautiful than others. Take a trip to national park and go camping. Try riding a bike up and down a mountain. Do some sea diving. Maybe even jump from a perfectly good plane using a parachute (the parachute is essential).

Make a list of whatever you wanted to do and go do it. Become proactive, reach for the stars and have fun in this life. You don't know if you will get a second chance.

Once you will start chasing your dreams your body fat will have a hard time staying on. You will [lose weight fast](#) without even trying it. All you have to do is get physically active doing what you love and have lots of fun. If on top of that you add a healthy eating diet the fat will just melt away.

You're Not Losing Weight If You Lose Weight and Gain It Right Back

I go up and down the scale so often that if they ever perform an autopsy on me they'll find me like a strip of bacon – a streak of lean and a streak of fat.~Texas Guinan

Making bacon is a process of fattening and starving the pig over and over again. That is how you get the layers of meat and fat to mingle and create the tasty bacon. But this effect of mingling isn't limited only to pigs. Frequent crash dieters might be surprised to find out that they are producing bacon too, which is not at all healthy.

Your muscles and your should never mix. Your muscles are stronger if they are compact, and having strong abdominal muscle is very important for maintaining a [good body posture](#). Abdominal fat on the other hand is unhealthy, doctors telling us it is the worst kind of fat you can have. Belly fat creates the worst kind of health risks related to being overweight.

You are not losing weight if you are on a weight yo-yo effect. Losing weight and gaining weight over and over again is not healthy at all. The strain you put on your body is huge. It's a matter of time until something starts failing. Once that happens the health problems will start pouring in.

If you want to lose weight do it in a healthy way. I can't stress this enough. By using [crash diets](#) to lose weight you only hinder any future possibility of healthy weight loss. The more times you lose weight the more your body gets immune to it. This in turn forces you to turn to more [extreme weight loss](#) crash diets that are even healthier.

If you are doing so please put an end to the pattern of madness. Find a good healthy weight loss solution and stick to it. It will take longer to get the weight loss results that you so much desire, but you will get to keep your new sexy body forever.

Fasting to Lose Weight Isn't the Best Way to Lose Weight

Food is like sex: when you abstain, even the worst stuff begins to look good. ~Beth McCollister

Fasting to lose weight isn't that great of a weight loss method that you should use. The problem with fasting for weight loss is that food cravings will become increasingly more powerful as time passes. This will make it incredibly hard to continue fasting and losing weight.

If you have the necessary willpower for [weight loss fasting](#), then the side effects of fasting will make it so your weight loss results will be just momentary. Fasting helps you lose weight, but you don't lose only body fat. Besides body fat you also lose muscle mass.

Having good powerful muscles is very important for your health. Your muscles help you maintain a [good body posture](#) and avoid spine problems. Strong muscles also give you more physical endurance, making your life a lot easier.

Having a good muscle mass is very important when it comes to weight maintenance. If you want to avoid the weight loss yo-yo effect you have to make sure you avoid losing your muscles while losing weight. Fasting won't help you preserve your muscle mass, or increase it. Quite on the contrary. And having steel muscles will speed up your metabolism and give your body a pleasant shape. Having muscles is great.

Of course I'm not talking about becoming a bodybuilder either. Too much muscles aren't that good looking either, at least to me they aren't. It's all about striking a balance and making sure you like the result you get.

If it wasn't for the drastic muscle loss, fasting to lose weight would have been quite a good weight loss solution. It isn't worth it to battle all those food cravings if you don't get to keep the result for long. A better way to lose weight is to get on a healthy weight loss plan that combines a good healthy diet with exercising. That way you make sure you will burn the excess fat while preserving or even increasing your muscle mass. This combination will force your body to keep its new shape for a long time. Probably you will get to be smoking hot for the rest of your life, and healthy too. A much more worthy outcome, don't you think so?

Check out the [best way to lose weight fast](#) starting today.

Have Fun While Following Your Weight Loss Plan

The first thing you lose on a diet is your sense of humor.~Author Unknown

Losing weight is perceived by all dieters as unpleasant and something they must do. But it doesn't have to be that way. You choose to go on a diet and follow a [weight loss plan](#). As long as you choose to lose weight why not choose to have fun too.

Make your diet an adventure. A diet is a great opportunity to test your imagination and create new fat burning dishes. Who says you have to stick to only the meals included in the diet plan. After a couple of days on the diet plan you will start to understand on what the diet is based. How it was made. Once you know that and you get a good grip on the principles that underlay the diet you chose, you can create your own meals.

Cooking will become fun and an expression of yourself. Each time you step into your kitchen a new adventure will unfold. Soon enough you will catch yourself being enthusiastic about the next time you get to cook your own fat melting meals. Express yourself in the kitchen and have fun.

Exercising is a must to ensure the success of any weight loss plan. Many complain about how boring exercising is. It doesn't have to be that way. If you ever wanted to play a sport, this is the perfect occasion. Did you ever wanted to ride a mountain bike on a narrow mountain path. This is the time to do it. Indulge all your long overdue physical activities.

Going to the gym doesn't have to be boring either. Make some friends there or take a friend. I used to get bored to death at the gym. Now I take my sweetheart with me and the gym is a blast. We have fun talking and exercising. All in all it is a great experience that is bringing us together more. Maybe you can convince your significant other to go to the gym with you. You both get to get healthier and spend more time together.

The best way to make sure you will have fun while following your weight loss plan is by combining something you love to do with losing weight. Just as long as it isn't eating, you will get to lose weight and have fun too. Use your imagination and come up with creative ways to make your weight loss plan a fun plan too. If you come up with something really exciting share it with the rest of the world in the comments below.

Body Fat Loss Tips: How Much Body Fat Can You Actually Lose

No diet will remove all the fat from your body because the brain is entirely fat. Without a brain, you might look good, but all you could do is run for public office.~George Bernard Shaw

Body fat loss is all you can think about nowadays. You are focused on losing body fat, and a lot of it too. But do you know when to stop? Knowing when to stop is as important as starting. If you go overboard with losing body fat you can actually harm your health.

Body fat is very important for your health. You need body fat to be healthy. Being too skinny isn't healthy at all. For example your body needs fat to dissolve fat soluble vitamins like vitamin A, vitamin D, vitamin E and vitamin K. Your body needs these vitamins but it cannot use them if it lacks fat. Many super skinny people suffer from vitamin deficiencies that are eroding their health.

If you have a more physical job, a good healthy layer of body fat can actually prove invaluable. You see body fat acts as a shock absorber, and can save your body from more drastic injuries in case of an accident. Also if you have to spend lots of time out in the cold your body fat will provide an extra layer of insulation, helping you stay warm. During the Titanic incident and other ship incidents, usually the survivors were a little more plump. Their body fat helped them keep the cold of the water at bay. The trim and athletic voyagers weren't as lucky.

According to the American Council on Exercise, here are the body fat levels into which you can situate yourself.

Description	Women	Men
Essential fat	10-13%	1-3%
Athletes	14–20%	6-13%
Fitness	21–24%	14–17%
Average	25–31%	18–30%
Obese	32%+	31%+

As you can see, in case you decide to lose a lot of body fat, you should avoid losing it all. For men the essential body fat is 1-3% while for women it is 10-13%. You should never go under these percentages, unless you deliberately want to harm your body.

Women need more body fat than men because it helps them give birth to healthy babies. It also helps keep their hormone levels in check.

If you find yourself into the obese or average category you should strive to lower your body fat percentage to the fitness or athletes level. Your health stands only to gain from losing all that excess body fat.

The simplest way to achieve body fat loss is by exercising. A good intense workout, 3 times a week will do wonders for your health and melt the body fat away. Go get a gym subscription if you need to [lose body fat](#) and start working out. Check out [How to Lose Fat Fast](#) for more on [how to lose body fat](#).

Beauty Standards are Dictated by Our Society and Are Unrealistic

If I had been around when Rubens was painting, I would have been revered as a fabulous model. Kate Moss? Well, she would have been the paintbrush.~Dawn French

A long time ago being a little plumper was very sexy. That was the beauty standard. If you look at Rubens pictures and of other painters around his period, all women and men were a little heavier. Having meat, even a little fat was considered the height of beauty during those times.

Nowadays the supermodels rule the image of beauty. Too bad that the body standards, that they impose, are unrealistic. Frankly not that great in my opinion. If you get the opportunity to see a supermodel naked, you are one step away from seeing an Auschwitz prisoner from World War II. Of course there are exceptions, very few indeed.

A healthy person will never look like a supermodel. A healthy person has more stronger muscle and some fat on their bodies. Excess fat is unhealthy, but the total lack of fat from your body is unhealthy too. Your body needs a minimal amount of fat to keep you healthy and to fight off diseases.

That is why you should avoid letting the television and popular magazines shape your imagine of what is beautiful and what is not. The unrealistic standards set by them will only harm your self-imagine and health. Many young women, especially teenagers are battling varied [eating disorders](#) because they strived to get a skeletal body like so many trendy supermodels and movie stars have.

What you should strive for, in my opinion, is to get a body that you love. Your ideal weight is the one at which you feel most comfortable and happy with yourself. When you look in the mirror you should love what you see. That is a truly worthy weight loss goal.

There will always be people that won't like how you look. It is just a give. The good news is that you don't have to stay around them at all. There are plenty of people on this planet that will adore the way you look and would like to spend lots of time with you. Not everybody is crazy about supermodels. Thank God. This means that you might have to change some of your friends, but your mental and physical healthy is worth it, I am sure of it.

Get Motivation to Lose Weight: Use the Feeling of Being Thin

Nothing tastes as good as being thin feels. ~Author Unknown

Being this is an awesome experience. The whole world around you will get magically transformed. In many cases your life will get radically better. A joie de vivre will take over you. It's literally like looking at the world using pink glasses instead of blue ones.

Once you get to taste the feeling of being thin and fit you will be hooked. You will never want to go back to being fat and overweight. That is how powerful the feeling of being thin is. It's like a drug that is highly addictive.

The great thing about feeling thin is that you can use that feeling to get all the motivation to lose weight that you will ever need. And the best part is that you can get the motivation to lose weight with before you actually lose weight. Here is how you do it:

Think about how your life would be if you were thin. What would be different? How would it be different? Think about how your life would get magically transformed. Take an imaginary walk through one day at your ideal weight. Experience everything and enjoy your future possible life. Feel the feeling of being thin swell up inside you while you are experiencing in your imagination being thin.

Keep the feeling of being thin ever present in your mind while you are struggling to lose weight. Each time a cookie winks at you, begging you to eat it, be strong. Remember how good it feels to be thin. You will be amazed how much power and motivation to lose weight you will be able to draw from this simple exercise. If you don't know for what you are fighting for you can't give your best. So sample the possibilities that being thin brings before you start your [weight loss program](#).

One piece of warning. Once you succeed to lose weight your feeling of being thin will be totally different than what you imagined. It will be a thousand times better. Reality can never beat imagination, but imagination can get you a small slice of what reality can be like. Do the exercise now and get all the motivation to lose weight you will need to keep to your dieting plan.

For more weight loss motivation you should also check out these [weight loss motivation tips](#).

Stop Emotional Hunger: Eat Only When You are Really Hungry

If hunger is not the problem, then eating is not the solution.~Author Unknown

The simplest thing you can do to make sure you lose weight is to eat only when you are hungry. Saying it is unfortunately a lot easier to do than actually doing it. But don't despair. I will give you an awesome way to [stop emotional eating](#) that is also easy to do.

The first thing you must do is analyze the two types of hunger. Emotional hunger is very different than natural hunger. Think of a time when you are 100% certain that you felt emotional hunger. How did it feel and manifest itself? Now think of a time when you are 100% certain you felt natural hunger. What was its manifestation and how did it feel?

Write on a piece of paper all the differences between the two. Make sure you do this exercise while you are not feeling any kind of hunger. If you feel hungry, please satisfy it so you can get accurate results.

Once you know exactly how emotional hunger manifests itself and how real hunger does you are in a better position to distinguish between the two. Each time you feel the need to eat something pause for a second. Think to yourself: is this emotional hunger or real hunger. Using the distinctions between the two find out which one it is.

If you realize you are feeling emotional hunger put it off some time. Don't cave in. In case the emotional desire to eat something is too great, you can eat a low calorie food not the food you are intensely craving. Fruits are great candidates for quenching your emotional hunger because they are sweet.

In case you feel real hunger, you should eat some healthy food. It can be a healthy snack or a full blown meal, what counts is that you don't starve your body. Starving your body is unhealthy and it makes it a lot easier to gain weight. By starving yourself you slow down your metabolism by forcing your body to burn its muscle mass for energy. This is never good and should be avoided.

Now that you are armed with this piece of insight, all you have to do is apply it. Knowing and doing are two separate things. Take a piece of paper and do the exercise. After it is done tell me how it went in the comments below.

Get Rid of Compulsive Eating as an Emotional Escape

Gluttony is an emotional escape, a sign something is eating us. ~Peter De Vries

Compulsive eating is a sign of strong unresolved emotions boiling under the surface of your conscious mind. Those emotions tend to eat you alive, and you in turn eat lots of food to balance them out. That is not the way to deal with your emotions. Compulsive eating won't get you any results. Facing your emotions, solving them by making a decision and taking action is the way to go.

How do you know if you are suffering from compulsive eating? Does a cookie have a magnetic power over you? Is a piece of chocolate enough to sweep your willpower away and make you stuff your face? If the answer is yes then you are suffering from compulsive eating. You just can't resist eating because it soothes the emotional savage beast that is menacing to destroy you if not satisfied.

I know that going to a psychologist is quite expensive and time consuming. Sometimes it can be even counterproductive, the psychologist creating more problems for you than you originally had. A good way to ensure you have a customer for life. I guess that is what some psychologists call creating client loyalty.

Of course there are a few psychologists that know what they are doing and are quite efficient. Unfortunately they cost a lot. A simple and quite inexpensive way you can use to handle your unresolved emotions is to use NLP. NLP techniques are easy to do and the books are fun to read. I recommend any book written by Richard Bandler. Browse them all and see which one catches your eye. Read it and do the exercises.

Some say that NLP doesn't work because you get to cure the problems for a limited time. It happens, and in some situations the cure works for a limited time. But it took you 5 minutes to solve the problem for a couple of months, even years. It won't kill you if you use the same 5 minutes NLP method again to get instant results. It beats going to a psychologist once a week for 1 hour for years and not get anywhere.

Meditating is another great way to deal with your hidden emotions and get rid of [compulsive overeating](#). The best part about meditating is that it is really easy to do. Just relax, close your eyes and let your mind to wonder. Eventually the hidden emotions will come to the surface and you will have your change to deal with them. You might even find the solutions to your emotional problems while meditating. Meditating takes you to a wondrous place where many thing can happen and you gain leverage over yourself and your future.

For more information also read:

- [Compulsive Overeating: how to stop overeating](#)

Use Healthy Cooking Recipes to Make Nourishing Healthy Food

The biggest seller is cookbooks and the second is diet books – how to not eat what you’ve just learned how to cook.~Andy Rooney

If you are learning how to cook or if you want to lose weight, a good investment of your time is learning healthy cooking recipes. Cooking nourishing healthy food is the best way I know to stay healthy and fit for the rest of your life.

There are plenty of fattening, artery clogging recipes that taste awesome. There is really no art in making them because by adding lots of fats or sugar you can make anything taste great. Not that complicated. Sure there are more complicated food recipes that take a lot of time to make and are very pretentious, but bacon and eggs is an unhealthy food that is easy to do and many eat it. Boiled eggs are a lot healthier and a lot easier to make.

It is amazing how much bacon can be used in cooking. I think bacon is the new spice. Have you heard of bacon dipped in chocolate? I hope you haven, or if you have at least you haven’t eaten it. Just saying bacon dipped in chocolate makes my internal organs shut down. Fattening, fattening fattening.

There are lots of simple to do healthy cooking recipes that you can try. You can experiment and create all sorts of salads. Just don’t use a fat filled dressing or bacon in your salad. Base your salads on fresh fruits and vegetables. You can go from a simple tomato salad to a fancy exotic fruit salad. Both are refreshing and a bomb filled with vitamins and minerals. Healthy, healthy, healthy.

Instead of frying your food, use a grill or bake it. I love grilling, especially when I get to use lumber to make the fire. Charcoal is great, but using some small pieces of wood will add some extra flavor to your meals. The great part about eating grilled foods is that a big part of the fat present in the food, especially in meat, gets drained and removed.

The simplest way to learn how to cook delicious [low calorie](#) meals is by buying a vegetarian cookbook, a grilling cookbook and a low calorie cookbook. In them you will find plenty of awesome tasting foods that are nourishing and healthy at the same time.

Ideally you should learn and get used to using healthy cooking recipes before you start any weight loss program. That way when you finish losing weight, you have a whole array of healthy cooking recipes to choose from. You will know exactly what foods you like and you will be used with eating them. Don’t be surprised if you even lose some weight while changing your cooking style. Going from fat filled foods to healthy food will help you lose weight and become healthier. I dare you to try it out for one month and see how it goes. You might like it and never go back to your old unhealthy recipes.

Stress Leads to Binging, Binge Eating Leads to Weight Gain

Stressed spelled backwards is desserts. Coincidence? I think not!~Author Unknown

Binging is a stress related eating disorder. Many people turn to food to solve problems that cannot be solved by food. Not a smart move. They get fat and ruin their health at the same time. Binge eating is not the solution, regardless how stressed you might be.

Stress is unavoidable in our modern lives. There is too much happening around us and we can control too little. That is why finding good ways to cope and eliminate stress from your life is so important.

Stress left unchecked will make you feel depressed in time. Maybe that is why so many people feel depressed. The constant stress makes them feel powerless. Nobody likes feeling weak. To squash all those negative feelings most of us turn to eating lots of sweets and fatty foods. They make us feel better, if only for a moment. [Stress weight gain](#) is very common because of this.

The temporary feeling of relief from stress and depression is addictive. Wanting more, people turn to binge eating lots of unhealthy foods. In no time they get fat and really depressed. The vicious circle is complete and very hard to break. It's self sufficient and growing.

Stress is the beast that fuels the beast making you to gain weight and feel even more miserable. That's not the way to live. The best thing you can do right now to improve your health and reduce your depression is to meditate. Meditating is wonderful and you can do it anywhere.

Just take 5 minutes, relax your muscles, close your eyes and clear your mind. Center yourself, letting all the stress drip down off of you. Imagine your stress dripping off, disappearing. Do this simple mental exercise each time you feel stresses. A good practice would be to do it at least 3 times a day. It works wonders.

By getting rid of stress or reducing it, you put an end to your cravings. By stopping your cravings you stop your binge eating sprees which are making you fatter and fatter. Besides this, getting rid of stress has many other health benefits. Your overall health will improve and your life will be much more happier.

Further reading:

- [The Anti Stress Diet Plan: what to eat to get rid of stress](#)
- [3 Stress Signs and Symptoms](#)
- [Food Causes Of Stress: 11 foods that help increase stress](#)
- [Food Stress Relievers: 12 foods that reduce stress](#)

It's Never Too Late to Lose Weight and Better Your Health

The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.~Author unknown

Many older overweight people believe it is too late to lose weight. They have been fat for so long that losing weight seems like a distant dream. It seems so impossible to lose weight. Boloney. Losing weight at any age is almost identical. Get on a healthy diet and start exercising.

Now if you are really old or you have lots of health problems you won't be able to use all the weight loss methods available to you. You will have to talk to your doctor to get good sound advice about what you can do and what you can't do to lose weight.

For example if you can't exercise too hard because your body can't take the wear and tear, you still can go on short walks. Start losing weight by doing what you can and are allowed. As you get fitter and more healthy you can increase your weight loss efforts and reap multiplied health results.

Losing weight at any age is possible. It just might take a little longer to get the desired results. So if anybody tell you can't lose weight because you have been fat for too long, watch them in the eyes and tell them: "Watch me lose weight. You will eat your words soon."

Determination is the key to weight loss. You can have the easiest [weight loss system](#) available to you, if you aren't determined to lose weight you won't lose weight. Lack of determination is what is preventing many people to lose weight.

The more time you spend being overweight, the more your determination will get slowly eroded. That is why people that have been fat for a long time find it hard to get the required [weight loss motivation](#) to finally lose weight. In this situations what usually happens is an external spark ignites the pools of desire that have been waiting for the appropriate moment to get you moving towards losing weight.

For example my friend Daisy decided to finally lose weight after being fat her whole life when her husband ran away with his skinny secretary. She was in her forties and mad as hell. For the first couple of months while going to the gym fire was coming out of her nostrils, that's how intense her workout were. She followed he diet plan to the letter and she lost a lot of weight. After losing 43 pound Daisy looked smoking hot, better than the secretary. She is really happy with herself and never wants to be fat ever again.

Daisy even told her that something is still bothering her: Why did she stay fat for all that time? She can't find the answer to that question. I told her to stop searching for the answer and enjoy her new hot body more.

If Daisy could lose weight after being fat for almost 20 years you can do it too. Don't wait for an external factor of motivation like her, find your own internal motivation and start losing weight today. I wish you the best of luck.

Get Good Eating Habits to Improve Your Health

I'm on a seafood diet. I see food and I eat it. ~Author Unknown

Eating everything that is placed in front of you is the surest way to harm your body. It will take time but overeating and eating lots of low quality foods will harm your body in so many ways that repairing it will become almost impossible. Add to that the insurmountable passing of time and aging, and you can drastically cut off your lifespan by having unhealthy [eating habits](#).

While you are young your body can cope with all kind of abuse. But as you age you will start feeling the results of your past actions. Then it is too late to be sorry. Taking action now will prevent this from happening and will ensure you will enjoy a truly vivacious old age.

To make it so you have to get [good eating habits](#). Your eating habits dictate to a large extent how healthy you are and how healthy you will be in the future. By eating lots of unhealthy foods, chemically filled and fatty foods, you will harm your body. People all around the world are suffering of diseases that were a lot less common in the past. Teenagers have high blood pressure, diabetes is running rampant around the world and don't get me started on obesity. This makes the drug companies very happy and you dependant on drugs to live.

Mother nature gave us all almost all the natural chemicals and nutrients needed to keep our bodies healthy and in shape. By having good eating habits you make sure you give your body all the nutrients it needs to function properly and fend off health problems.

The biggest thing you could do towards getting good eating habits is eating more fresh, organically grown fruits and vegetables. It is amazing how little fruits and vegetables the average man and women eat. Fruits and vegetables are everywhere and in all seasons you can get them. Our modern times are the best times to eat as many fruits and vegetables as we wish. Our ancestors would have killed for this opportunity, and most of us squander it away.

From now on make sure that half your grocery shopping list is filled with fresh fruits and vegetables. If you buy them I doubt you won't eat them. That is a simple trick you can use to get good eating habits. If all you have in the house for desert is an apple I bet you will eat the apple. It taste good, contains few calories, is rich in vitamins and minerals, plus by eating the apple you get to clean your teeth. Just like the old saying: An apple a day keeps the doctor away. You should try it.

For more information on getting good eating habits read [Get Good Eating Habits and Set Good Weight Loss Goals](#).

Rich Fatty Foods Are a Big No-No While Losing Weight

Rich, fatty foods are like destiny: they too, shape our ends.~Author Unknown

Fatty foods are addictive. Just tasting something filled with fat makes our tongue tingle with pleasure. We are hardwired to search for fatty food and consume it with delight. A long time ago our ancestors had to work hard to eat something fatty. Nowadays fat filled foods are everywhere.

And this is bad for your health. Being wired to enjoy eating fatty foods and their readily availability makes a fattening combination. Plus fatty food is actually cheap in our modern times. All fast food and junk food contains some sort of fat in it.

Fat contains lots of calories. Just 1 gram of fat contains 9 calories. That is huge considering that 1 gram of carbs or proteins contain just 4 calories. The amount of energy your body gets from fatty food is huge. No wonder why fatty foods are so fattening.

The simplest way to start losing weight right now is to reduce your intake of fatty foods. Stop eating junk food and you will start losing weight. Instead of a pizza or burger, have a salad. Your body will feel lighter and more energized.

Of course not all fatty foods are bad for your health. There are nuts and olive oil that contain healthy fats that your body needs. But when is the last time when you ate nuts or olive oil? So the next time you feel the need to eat something fatty, eat some nuts. They will benefit your health and help you [lose weight](#) also.

How to Avoid No Weight Loss Dieting

I've been on a diet for two weeks and all I've lost is fourteen days.~Totie Fields

Many dieters manage to lose only time during a diet. Why you might be asking? Well the reasons could be many but in my opinion they are just a handful. 3 to be more exact.

The main reason people fail to lose weight by following a diet is because they don't follow it. Breaking your diet all the time, modifying it to suit your cravings and desires isn't going to help you lose weight. You might be laughing but many people are doing it. Self-sabotage is very popular nowadays.

If you are dieting and you are getting no weight loss results it's time to be honest with yourself. Are you following the diet plan to the letter? If you aren't, maybe you should follow it and see how it goes. You might be surprised and actually lose some weight. If you are following the diet plan to the letter and still no weight loss results appear, then maybe the diet is wrong.

If a diet worked for someone it doesn't mean it will work for you. We are all different and we all need different diets to lose weight. Maybe that is why there are so many diets out there. The best way to make sure you will get to lose weight by dieting is by getting a personalized diet done for you. There are many nutritionists and dietitians starving to meet you and help you lose weight. Feed them a bone and you will lose weight.

The third reason for no weight loss dieting is too much dieting. The law of diminishing returns can hit you hard if you are a serial dieter. The more you diet the less weight you will lose because your body adapts to smaller quantities of food. In fact the reverse will happen. You will start gaining weight by eating low calories foods. By dieting a lot you slow down your metabolism so much that even lettuce can become fattening.

The smart thing to do is to avoid jumping from one diet to another. After you finish a diet plan take 3 months off dieting. Concentrate all your forces on maintaining your newly acquired weight and figure. That way you will maintain your metabolism burning hard and consolidate the results you already got.

If you have made the [weight loss](#) sin of serial dieting, the best way to break out of the no weight loss plateau is by exercising. Get on a healthy meal plan, rich in vitamins, minerals, proteins, carbs and healthy fats. Then start exercising. That way you will speed up your metabolism. This won't take you to square one but you will be close to you. In fact you will have the perfect starting point to losing all that excess weight once and for all. Just avoid eating junk food while exercising. Eat only high quality nourishing foods.

Don't Let Your Diet Stress You Out

I never worry about diets. The only carrots that interest me are the number you get in a diamond.~Mae West

Stress is a killer. Don't let your diet stress you out. If you crumble under the pressure of your cravings once, get back on your diet the next day. After that don't worry about if you will be able to stick to your diet this time or not. Learn to go with the flow.

Stress is actually fattening. A number of studies have proven that people under stress tend to gain weight. So how do you expect to lose weight by dieting if you are stressed by dieting. In fact you should avoid any form of stress while losing weight. I have heard of people losing weight just by eliminating stress from their life. Nothing else.

The things that happened in your past are gone and cannot shape your future. It is all up to you. Being stressed about them, wondering if they might happen again or not, is nonproductive. A better way to spend your time is by searching for solutions.

For example, after you break your diet, take some time off. Think of something that might prevent it from happening again. Analyze the perfect time to set in motion your plan if you sense your past failures preparing to get repeated in your present. Once you have an action plan you can relax. You know exactly what has to be done in case the past starts repeating itself.

Finding leverage on yourself and pushing your own hot buttons is the best way to make [weight loss](#) a pleasant and easy experience. Plus you get to know yourself better in the process. Say you love eating cheesecake (I know I do). Then you can use cheesecake as a dieting good behavior reward. If you stick to your diet for X day you can have one slice of cheesecake.

If the above methods don't eliminate all your stress related to dieting, you should start meditating. Get some meditation music, set a quiet corner in your house dedicated to meditation and start meditating. It's easy to do and it quiets your mind. Meditation also helps you get to know the real you, behind the smoke and mirrors. It is a great thing to do each day for at least 5 minutes.

How to Keep Weight Off Once You Lose Weight

I keep trying to lose weight... but it keeps finding me!~Author Unknown

Losing weight and gaining it all back plus interest is common among most dieters. The weight just won't stay off. I know this is very annoying because I had to confront the same phenomenon. Let me tell you, I wasn't glad at all when all the weight I painfully managed to lose got right back again.

I felt like a desperate man trying to dig a hole in water. I wasn't getting anywhere. All I was doing is getting exhausted by dieting. One day it hit me. The problem wasn't the fact that losing weight is impossible (the thought had crossed my mind several times), the weight loss methods I used were all wrong. I had fallen into the trap of crash diets, which in fact were making it even harder to lose weight and keep weight off.

Realizing this, I set my weight loss goals to finding and using a healthy weight loss method. I wasn't interested in fast weight loss anymore. I wanted long term weight loss results. And to get them I had to change my eating habits.

Changing your eating habits is a must if you want to lose weight and keep the lost weight off. It's unavoidable. You won't see weight loss programs advertizing changing your eating habits. Why? Because it is darn hard to do. Nobody wants something hard that gets results. Everybody wants [fast weight loss](#) results that are as lasting as a hole in water. That way the big weight loss businesses have a never ending supply of customers.

Of course there are some healthy weight loss programs, but they too don't advertize changing your eating habits as a permanent weight loss solution. Nobody want that. So those weight loss programs are forced to teach you good eating habits in sneaky ways. The great news is that they get the job done.

If you want to lose weight and keep it off forever, you have to change your eating habits. It will take time and some effort, but the results are worth the investment. You will avoid weight related problems for the rest of your life.

Indulge Your Food Cravings to Lose Weight

Avoid any diet that discourages the use of hot fudge.~Don Kardong

A good healthy diet is a must if you want to lose weight. Every diet tells you to stop eating junk food. The truth isn't as simple as that. We are humans, and craving can drive us mad. Indulging your cravings form time to time is a must if you want to successfully lose weight.

Many people fall into this trap: they go on a starvation diet, resist all their cravings and manage to lose some weight. Then , once the diet is over and they get the results they want, it's party time. All restrictions are off and they indulge in lots of unhealthy foods.

And what do they eat. All the forbidden foods that they craved during the diet. That is not the way to diet and lose weight. The best way to diet is to allow yourself to indulge your craving from time to time.

Let's say you succeeded to stick to your diet for 3 days. Your cravings are really kicking in. This is a great opportunity to reward yourself for sticking to your diet plan and indulge your cravings at the same time. Go buy the food you desire most. Sit down and take pleasure eating it. Reward yourself for your good dieting behavior.

Since your craving isn't as strong, you could even some of your craved food uneaten. This will strengthen your willpower. It will tell your brain that you are the master of your food, not its slave. By doing so you will form healthy eating habits that will help you stay thin after the diet. Your cravings will lose their hold on you and you will be a lot happier.

If you have to lose a lot of weight, indulging your food cravings is a must. To lose a lot of weight, more than 30 pounds, you have to invest a lot of time. You can't do it super fast in a healthy way. It is very likely that your food cravings will crumble your willpower and make you binge. To avoid this take the preemptive strike and indulge your cravings form time to time.

Also if by some chance you binge eat, it doesn't mean that your weight loss plan is a failure. The next day start again, following your weight loss plan. Nobody follows a long term weight loss plan out the gate. You will fail. What count is picking yourself up and starting again.

You should also learn from your mistakes so next time you will know exactly what to do to [stop binge eating](#). Basically indulging your cravings once a week should do it. If needed do it more often and as time passes reduce the frequency.

A diet plan that says that you can't indulge your cravings is a folly in my opinion. It isn't humanly possible. It requires too much willpower. It is better to soothe the food craving beast, than try to kill it. It's much more efficient.

A Purpose Driven Life Leads To Effortless Weight Loss

The one way to get thin is to re-establish a purpose in life.~Cyril Connolly, The Unquiet Grave

A purpose driven life will get you moving. I'm not talking about the almighty purpose of eating a huge hot pizza. I am talking about following your dreams, going after them full force. If you have an active life it is impossible to get fat.

You will get satisfied by smaller meals and you will feel energized. A purpose driven life is truly amazing. Besides the opportunity of making your dreams become true, chasing your dreams also makes possible effortless weight loss.

How can you [gain weight](#) when your mind is off food and after your dreams. It is just impossible, except if your dream is to become a top chef. Then gaining weight might be unavoidable. In all the other cases you will benefit from effortless weight loss.

But still you should make sure you have a balanced diet. If not, you risk putting your health in danger. Regardless of your goals, you won't be able to enjoy them if your health is in ruins. So make sure you eat lots of fresh fruits and vegetables. They are filled with vitamins and minerals, which will make you buzz with energy and excitement.

Many live a life of quiet desperation. Don't be one of them. Chose to walk on the path of life, not watch it. I believe that many people are struggling with weight problems because nothing in their life stirs their passion. Nothing drives them. They are like empty vessels.

Fill up your cup, drink it all. Live life to its fullest. Don't listen to the fools that tell you something can't be done. Prove them wrong and do it. Can you imagine how our world would look now if everybody believed what the majority believed. The light bulb would have never been invented. It took Edison well over 1000 tries to make the light bulb. I hope you will be more lucky than he was, while still maintaining his drive.

The best way to achieve [fast weight loss](#) is to go after your dreams. So what are you waiting for. Reach for the stars and get the life you want or die trying. You will be much happier when you'll meet your Maker.

Losing Weight Won't Solve All Your Problems

Reality Check: you can never, ever, use weight loss to solve problems that are not related to your weight. At your goal weight or not, you still have to live with yourself and deal with your problems. You will still have the same husband, the same job, the same kids, and the same life. Losing weight is not a cure for life.~Phillip C. McGraw, The Ultimate Weight Loss Solution: The 7 Keys to Weight Loss Freedom, 2003

Losing weight is not the answer to the many daily problems that you must face. It just isn't. But it can make your life more enjoyable and open up more opportunities for you. It's up to you to use them and better your life.

For example if you kids are driving you mad, buzzing with energy, losing weight will level the playing field. You will have more energy and you can, if you want, engage on a different level with your children. When they are naughty you can catch them. You can also go hiking and engage in many physical activities that will strengthen the bond between you.

Like in [weight loss](#), the only way to change your life is by taking action. That is the subtle lesson that you get if you succeed to lose weight and keep it off. Things won't just miraculously happen. It takes constant action towards the goals that you desire.

You have to be careful too. By losing weight you change a big part of your life. The more weight you lose the more you will change your life. You can't be the same person and lose weight. It just isn't possible. All this change will leak to some degree in all your mundane life and change it to some degree.

If you are married you have to give your partner lots of reassurance while you are losing weight. Kind of funny advice you might be thinking. But the truth is that a staggering number of marriages fail after one of the partners loses a lot of weight. And it is usually triggered by the partner that is not losing weight.

I could never understand this behavior or what drives it but it exists. I have seen it all my life in my parents. My mother has always been a little more heavier and my father more athletic. After she gave birth to me my mother gained quite some weight. After that she tried to lose weight, and succeeded. She told me that my father gave her flack all the time she was on the diet. Later on my mother gained weight and lost weight several time. Each time the pattern repeating. Even to this day.

I have also heard that behind the scenes of the Biggest Loser many marriages fail. The husbands and wives of the contestants can't cope with the change and conflicts escalate. So be very careful to your relationship when you decide to lose weight.

Losing weight won't solve all your problems. It will solve some and create some new ones. But that is life and what living entails. For a longer, healthier and richer life I believe you should lose weight. Don't you?

The Theory of Weight Loss by Albert Einstein

Albert Einstein, who discovered that a tiny amount of mass is equal to a huge amount of energy, which explains why, as Einstein himself so eloquently put it in a famous 1939 speech to the Physics Department at Princeton, “You have to exercise for a week to work off the thigh fat from a single Snickers.”~Dave Barry, Dave Barry Turns 50

According to Einstein losing weight is hard. Well I bet you didn't need Einstein to tell you that. You probably know this fact as being true for some time. That is why most people hate losing weight. It just isn't easy to do.

But you must also consider the inverse of what Einstein said as being true. You need lots of energy to create just 1 pound of mass or fat. So you see the findings of Einstein can benefit you if you use them advantageously.

For example once you have lost weight it is to your advantage to manage your energy intake, meaning food intake, and make sure you consume it all, or the better part of it. Speeding up your metabolism is a great way of burning off most of the excess energy that your body would use to create fat.

What Einstein's statement also points out is the fact that it will take time to lose weight. You can't expect to [lose 10 pounds](#) in two days. You will have to burn such a large quantity of energy that it is for sure unhealthy and probably physically impossible. The wear and tear on your body would be so great that the benefits will be nonexistent.

It probably took you years to gain all the excess fat that you have stored on your body. It will take you at least a couple of months of laser focused weight loss activity to get rid of most of your excess body fat. Keep that in mind when you start any weight loss program. It will keep you from becoming disillusioned while losing weight.

The Ideal Weight Loss Mindset

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.~Author Unknown

Most people start to worry about losing weight when an important social event is approaching. Nothing will motivate a person to lose weight more than their wedding. Some lose weight because they want to look smashing at the annual next office party or because of their 10 year reunion. And those are exactly the wrong reasons to lose weight.

If you tie all your [weight loss motivation](#) to a certain event, once that event is gone you have no more reasons to lose weight. Maybe you will make and lose all the weight you wish, or not. What is certain is that after the party or wedding has passed you will gain all the lost weight right back.

What is even more concerning is the fact that most people turn to unhealthy super fast weight loss diets to achieve their [weight loss goal](#). These crash diets are super unhealthy and will only pave the way to an even fatter future for you if you ever decide to use them. Starving yourself is never the way to achieve lasting weight loss.

The ideal way to lose weight is likened to finding a strong reason for losing weight, a reason that is as true today as it will be 10 years from now. The two big reasons people use to motivate themselves to lose weight and keep it off are looking good and improving their health.

Strangely enough most people choose to lose weight not because they want to avoid all kinds of obesity related diseases, but because they want to look smoking hot. They use the same reason to lose weight as those that lose weight for a special occasion, but with a twist. They want to look good all the time. Many former overweight persons told me that the turning point was looking in the mirror and being disgusted with what they saw.

When it comes to improving one's health, most people decide to lose weight at the last possible moment, when their doctor tells them it's either the fat or them. If they don't lose weight they are going to die. Avoiding death is a strong source of motivation.

If you want to lose weight you have to get a weight loss mindset. You can't expect to do things the same way and lose weight. Losing weight and keeping fat off is a lifetime commitment. You have to get healthy eating habits, exercise at least 3 times a week and learn how to get rid of stress from your life. Once you have mastered all these key points you can truly start getting the body you desire and deserve.

There is no magical weight loss wand. You have to work for your weight loss goals and your desired body all year long, not just between Christmas and the New Year.

Why You Shouldn't Diet to Lose Weight and Keep It Off

I feel about airplanes the same way I feel about diets. It seems to me that they are wonderful things for other people to go on. ~Jean Kerr, "Mirror, Mirror on the wall," The snake has all the lines, 1958

Dieting is never the answer to losing weight. Shocking isn't it. The only thing even worse than a diet, is a crash diet. The only way to lose weight and keep it off is by changing your lifestyle and eating habits.

Most diets help you get only temporary results. The fat you lose just won't stay off. This goes double for crash diets. There are only a few diets out there that actually bring you long term results. All these diets have one thing in common: they aren't diets.

They are a way of living, a lifestyle change and the diet is the vehicle used to change your eating habits and your lifestyle. That is the one and only purpose of a healthy diet. It's not that of helping you lose weight. Not by fat. That is just a secondary effect. You lose weight and more importantly you keep it off because you change your lifestyle and eating habits. Not the other way around.

All my friends that have lost weight and never gained it back have one thing in common: they changed their life. If you have friends that have lost weight and maintained their thin figure you can see clearly that their life was transformed in the process. You can't expect to keep your figure and eat truck loads of unhealthy food at the same time.

Change is scary, and most people would rather die than change. Change is hard but it is necessary if you want to lose weight and keep it off. There is no way around it if you want lasting [weight loss](#) results.

It's Ok to Be Fat As Long As You Don't Complain

It's ok to be fat. So you're fat. Just be fat and shut up about it.~Roseanne Barr

There are plenty of overweight people who are happy being fat. They enjoy their fat life and don't feel and need to lose weight. In their opinion they are perfect just as they are, and there are plenty of people that would agree with them.

But if, on the other hand, you are one of the overweight people who doesn't like being fat, avoid complaining about it. Complaining about being too fat is like complaining about having too little money. You can't get money by complaining and you can't lose weight either. The only way to do it is by getting busy taking action.

The people who are action oriented don't have time to complain. They are too busy doing stuff and achieving their goals. The people that complain never get anything done. You will never find a doer who is also a complainer. Now what would you rather be, a doer or a complainer.

I really hope you will decide to be a doer. Take action each and every day and it is impossible not to lose weight. Once you get into the habit of taking action you will have all the tools you need to transform your life into anything you wish it to be. You will have the body, the money and the love life you desire.

A long time ago I used to wallow in a great big pool of self pity. That phase lasted until the day I realized that this isn't taking me nowhere. I was chasing my tail and complaining I couldn't reach it. So I set new goals and I started taking action. Once I got the first tiny results I never looked back to my former wallowing grave. I hope you will have the strength to do the same. If not the least you could do is keep all the complaining to yourself. Don't waste someone else's life while you are wasting yours. Nobody can turn back the relentless passing of time.

Is the Bathroom Scale Torturing You?

In the Middle Ages, they had guillotines, stretch racks, whips and chains. Nowadays, we have a much more efficient torture device called the bathroom scale.~Stephen Phillips

Is the bathroom scale torturing you? Now let me ask you something else. What are you doing about it? If you are the normal overweight person the probable answer is nothing. By doing nothing the bathroom scale will continue to be your personal tormentor.

I used to hate my bathroom scale. Always keeping track of my failures. I hated it, really hated it. For a while I took it out of the bathroom and shoved it into the back of the closet. Out of sight out of mind. But then I started wondering if I had gained any weight. I was looking a little chubbier in the mirror, is it possible that I was fatter. So I had to take the bathroom scale back to the bathroom. My mind was playing awful tricks on me, tormenting me day and night. At least the scale had the decency to torment me for a limited time.

When losing weight you can have a love hate relationship with your scale. You will love your bathroom scale when you lose some weight, and you will hate its guts when you see no results. All that effort gone out the window. If you see some extra weight then you can really go bananas.

The truth of the matter is that the bathroom scale isn't always right. It doesn't always tell you the truth. For instance if you work out a lot to lose weight you are bound to increase your muscle mass. Muscles weight more than fat so when you step on your bathroom scale it is very likely that your weight will be that same as last week or even greater.

A better way to measure your [weight loss](#) results is by measuring your waistline, chest, arms and legs. Keep a details record of your measurements over time. If you see your waistline decreasing but your weight remaining the same it means that you have gained more muscles, which is great. More muscles burn more energy and will help you stay thin easily.

You should also use your bathroom scale as a way to motivate yourself. Losing weight is like a long game. And like any game if you don't have the means to keep score you can't have any fun. In some weird way your scale is helping you enjoy losing weight more. You just have to have the right frame of mind.

Free the Thin Person Inside You

Inside some of us is a thin person struggling to get out, but they can usually be sedated with a few pieces of chocolate cake.~Author Unknown

Each overweight person thinks at least once per day about [losing weight fast](#). Daydreaming about a thinner you is so pleasant and depressing at the same time. Realizing how much different your life could be if you could lose all that excess weight is mindboggling.

That is when the old trusty slice of chocolate cake comes in handy. It is a quick fix to feeling good about yourself again. There is no shame in it. For a long time I have turned to ice-cream, chocolate and all kind of sweets or fatty foods as a way to cope with my feelings. I was burying myself and my body under a pile of fat. The bigger the pile of fat got the more motivated I was to stay sedated by eating more unhealthy fattening foods.

Unfortunately the answer to your emotional problems doesn't lie in a plate. That is just a way to avoid the inevitable. One day, just like I did, you will look in a mirror and you will be shocked by your appearance. You won't be able to recognize yourself. I was disgusted with my appearance and I thought for a couple of minutes about what others probably thought about me. I realized that I was thinking the same things about myself.

That is a turning point. It is up to you, and there are only two paths. Most choose to deal with the pain by eating more, thinking there is no chance of ever liberating the thin person that once was. Few choose the long arduous path of changing their lifestyle and eating habits, losing weight and enjoying their life more.

I challenge you to be one of the few. Learn to solve your emotional problems some other way, not with a spoon or a fork. You won't find any answers in a piece of chocolate cake or in a slice of pie. All you will find is more despair and loneliness.

Healthy Eating Habits: Eat to Live Not Live To Eat

One should eat to live, not live to eat. ~Cicero, Rhetoricorum LV

Eating is a hobby that many embrace, but few know they do. I love eating good food but I treasure my life more than food. That is why I was forced to strike a balance between the two. The way I did that is by adopting healthy eating habits.

Healthy eating habits doesn't mean awful tasting food, or foods with no taste at all. I hate that kind of food too. The most important healthy eating habit that I have is self restraint. I can control how much food I eat during each meal, and I choose to do so.

I also eat more healthy food. I cook most of the food that I eat and I make it really tasty. This sometimes makes the self restraint part hard to do. You know how hard it is to stop eating something that just tickles your soul and showers you in delightful feelings. It is hard but it must be done if you want to enjoy a long healthy life. Overeating is a bad eating habit that leads to excess fat stored all over your body.

Many doctors are starting to consider obesity a disease in itself, not just as an aggravator of other diseases. This should make you think. Are you eating to live or living to eat?

This doesn't mean you can't enjoy eating and a long healthy life. As long as you learn to eat just enough delicious food to live then you will be fine. Plus you might even be surprised to find a new source of pleasure: knowing that you are the master of your food is a liberating feeling pleasure filled. Most men and women live a life of slavery under their master food. And food can be a cruel master that rewards you today only to destroy your health next year. Don't look for pleasure in food, seek it elsewhere if you cannot control your food intake.

The Cardiologist's Diet: if it tastes good, spit it out

The cardiologist's diet: if it tastes good, spit it out.~Author Unknown

If a food tastes good you are more likely to overindulge and eat a whole lot more of that food. Too much of anything isn't good for your health. This usually goes double for any food that tastes good.

We as human beings are hardwired to search for fatty foods. That is why fatty foods taste so darn good. Our ancestors had to work their butt off to eat something fatty. Fatty food was the way they could survive cold winters and grueling physical labor.

But in our modern times we don't need any more to worry ourselves with surviving and having all the energy needed. And ironically fatty foods are all around us. We live the life only kings and tribe leaders could live a couple hundred years ago. We are kings and queens getting fatter and fatter. If you look at old painting all royalty is depicted as being fat. Being fat was a status symbol.

Today being fat is a health hazard. All cardiovascular diseases are liked to being overweight or obese. Fatty food tastes good but it is slowly killing you. Cardiovascular diseases are the number one killer in the United States and in many highly developed countries. The tasty fatty foods so readily available are the main ally of all cardiovascular diseases.

Now if you love eating fruits and vegetables and they taste good for you keep eating them. And please tell me how did you do it. How did you make healthy food taste so good for you. But as a rule of thumb that most of us can follow is the better it tastes the fewer bites you should take. This is a good rule that I try to life by. Sometime I fail, but I away pick myself up and I struggle to leave at least something tasty in my plate at each meal. It is hard to do and maybe that is why it gives me so much persona satisfaction. You should try it too.

Excess Food Is Killing You: Obesity Health Risks

More die in the United States of too much food than of too little. ~John Kenneth Galbraith, The Affluent Society

Unfortunately more people die in the United States because of overeating than of hunger. Being overweight brings all kind of health risks and health problems that the scientists barely begin to understand. That is why if you want to be healthy you have to avoid overeating and getting fat.

The constant rise of the obesity level across the US should be an alarm to all of us. Being obese isn't healthy at all. You have lots of cardiovascular problems: especially high blood pressure and heart problems. Too much fat in your body also increases your cholesterol, triglycerides level and increases your body's resistance to insulin.

If you are obese you are 3 times more likely to get diabetes turning your life in a living hell. My grandma has diabetes and her life was changed forever and her health took a sharp turn towards a shorter lifespan. I hate this and if possible please avoid it.

Other diseases that are linked to obesity are gout, osteoarthritis, sleep apnea, gall bladder diseases, liver diseases, respiratory problems...

Because being obese also screws up your hormone balance, you are more likely to suffer from cancer if you are obese. The more fat you are the more likely you are to get some form of cancer, so make sure you lose weight as soon as possible and maintain your weight.

People that have a BMI of over 40 are so obese that their fat is actually considered a disease, losing weight being prescribed as mandatory by the doctors.

In our fat filled world eating too much is truly easy. Learning to strike the balance and eat just what you need to survive is the key to long and healthy life. Don't let food kill you. Become the master of what you eat.

Dieting is the Penalty for Exceeding the Feed Limit

A diet is the penalty we pay for exceeding the feed limit.~Author Unknown

I love this weight loss quote because it is so true. If I hadn't eaten all the food in sight I would have never had to diet. It states the fundamental law of action and reaction.

That is why having healthy eating habits is so important. You can't expect to avoid getting fat if you keep eating lots of food. Learning when to stop from eating can be quite hard, especially if you are confronted with your favorite food. Over indulging is a sin, we all know it, but it is a sin we all love.

I can still remember the time when I didn't had any control over my eating habits. If any food was placed in front of me I just had to eat it. It was an unconscious drive that kept me chomping at the food until it was done. My body had enough food a long time ago but I wanted more.

You would be amazed how little food you need to survive. Your body doesn't need that much food to function properly. In fact too much food will harm your body. Ideally you should eat only enough food to make the hunger go away without feeling stuffed.

After a meal if you feel full and require a small siesta to let the food settle, you should know you have eaten too much food. All that extra food will make it so that, in not time you will gain a lot of weight. Maybe at first you won't get alarmed by the few extra pounds.

As time passes the pounds will pile up and eventually you will have to lose weight. Maybe you won't stand your imagine anymore, or maybe your health will deteriorate so much that your only chance of living more is losing weight. Regardless the motive, you will have to diet to lose weight. Wouldn't it be a lot better to avoid the penalty, the diet, by acquiring healthy eating habits that keep you slender and in peak shape.

Don't Turn Your Stomach Into a Waste Dump

Your stomach shouldn't be a waist bucket. ~Author Unknown

You wouldn't put garbage in your own home so why do you put garbage in your own body. Your body is your own temple, a lot more sacred than your home. If someone tried to pour something down your neck I bet you would put up a good fight. But when your friend tell you to eat some new junk food because it is tasty you gobble it down on your own.

Have you ever seen a waste dump? It's not a pleasant sight. The toxins have taken over the landscape and nothing pure and healthy can live there. If you continue to fill your body with unhealthy food, food that doesn't give you any nourishments, your body will end up like a waste dump.

When was the last time you read the ingredients used to make the packaged food you buy from your local supermarket. I bet you won't understand more than 30% of what is written there. Once I tried reading out loud the ingredients used to make some cookies. I felt like I was in the first grade, trying to decode the words so I could read them out loud.

Since that experience my rule is to avoid eating foods that contain stuff I don't know and I can't pronounce. It really reduced the amount of foods I can eat. That is why I cheat from time to time. I pretend I know what a certain ingredient. After all I have met it in other tasty unhealthy foods, so I should know it. Hey I am only human and sometime the craving are just too tough to beat. That is when I use the old saying: *If you can't beat them, join them.*

Still by constantly avoiding to eat unhealthy food, your health will benefit a lot. Try it for one month and you will be amazed by the new found energy and joie de vivre.

Don't Dig Your Grave By Eating Unhealthy Food

Don't dig your grave with your own knife and fork. ~ English Proverb

We are surrounded by unhealthy food. They are everywhere and boy are they tasty. I mean I would rather eat a McDonalds meal than stay at home and cook something. And if I'm not in the mood to go out there is always home delivery. You can get any tasty unhealthy food delivered to your front door in 30 minutes.

Considering the amount of unhealthy food I used to eat I was literally digging my own grave with my knife and fork. Are you doing the same? Fortunately I wised up and put an end to my unhealthy eating habits. Well most of them. I won't lie to you. I still enjoy the occasional Big Mac or bucket of chicken wings (with my brother – he is the one tempting me with unhealthy foods.)

To finally be able to put an end to my unhealthy [eating habits](#) I had to muster up all my willpower. It was an uphill battle most of the time. But the results are worth the struggle. I feel more energized and full of life than I have ever felt in my life.

The rule o thumb for healthy eating is: if Mother Nature didn't make it it's unhealthy. Anything processed is bad for your health. Home cooking is the surest way to make sure you eat healthy food. I know it takes time and the dishes are a pain in the butt, but the food is a lot tastier and healthier.

My advice to you is to learn how to cook healthy food. I can't stress enough the healthy part. There are plenty of people cooking at home all kind of fattening and unhealthy food. Don't ne one of them. Don't dig your own grave with your knife and fork.

About Raw Andrew

Raw Andrew is the weight loss blogger behind ShedYourWeight.com. He is a former fatty on a quest to help 1.000.000 overweight people lose weight, become fit and healthy.

After much struggle with his excess weight, and trying to figure out the best ways to lose weight fast, Raw Andrew has managed to lose the bulk of his excess fat. He isn't super fit as he himself admits, but he is a lot better off than he was in his teenage years.

Now armed with all the weight loss knowledge gathered during his weight loss journey, Raw Andrew wants to help as many people lose weight in a healthy way. That's why he has a no junk or fluff approach to the weight loss advice he shares with the world.

Raw Andrew's weight loss blog ShedYourWeight.com is already a huge hit on the web, helping thousands of people each day get closer to their ideal body shape.

For more healthy weight loss tips visit ShedYourWeight.com and join the conversation by commenting and sharing your own opinions and ideas. You should also use the [Metab-O-Meter](#) to get some awesome insight on how your metabolism works and what you can do to speed it up.

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You can also befriend Raw Andrew on Facebook or Twitter and stay in touch with his weight loss adventures in real time.

Join Raw Andrew on Facebook: <http://www.facebook.com/raw.andrew>

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For more healthy weight loss tips visit ShedYourWeight.com and join the conversation by commenting and sharing your own opinions and ideas.