

# For the Woman who wants to look younger than she is!



How to Lose Weight  
Enjoy Great Food  
and Lifestyle

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## I. Introduction

Overweight and obesity has been the problem of plenty people all over the world and especially in the United States. These people have a critical risk for developing serious chronic diseases which includes heart disease, coronary artery disease, diabetes, cancers (prostate, gallbladder, colorectal, breast, endometrial and kidney) high blood pressure, high cholesterol, heartburn, migraines, sleep apnea, arthritis, joint pains, and many other related deceases. Aside from developing these serious diseases they are also facing early disability and even death as a result of being overweight.

Aside from the physical ailments overweight affects the persons psychologically. A person who is over weight will experience psychological problems which include lowered self-esteem and anxiety, depression and eating disorders such as binge eating, bulimia and anorexia. Being slim and sexy is much appreciated that is why overweight person have lower self-esteem. They will experience depression which is caused by low self esteem and health related problems. Overweight individual tends to have less energy that compared to normal weight individuals. With this they are less active and they tend to be sedentary which may cause further weight gain.

There are several factors that determine the weight of the person. First is the **genetic background**. Genes put basic characteristic on the body's metabolic efficiency. Genes governing metabolism run in families. If one of your parents is overweight you are more likely to be overweight that other whose parents are normal weight. If both of your parents are overweight then there's a high risk that you will be overweight. Second is the **metabolic rate**. People's metabolic rates are largely determined by how active they are. Muscle tissue more active than fat and if you will be in active your muscle will density will decrease and your fat will increase. Third factor is the **eating pattern**. Eating food which have high fat and high calorie will much likely to increase weight. Eating a large amount of food would also increase the risk of gaining weight. Last factor is **exercise**. Exercise is the essential component of weight program. People who have less or no exercise at all will decrease their muscle tissue and fat tissue thus they gain weight gradually.

It is important to have a healthy body to enjoy the pleasure of life. Stop the pains and shame of being overweight. Start losing weight now and be admired of lots of people.

There are actually many good ways to do this, but how you begin this process is just as important as the diet you choose to use. To start with make a realistic goal on how much weight you want to lose. If you are looking at dropping a few pounds because that is all you need to lose then set your goal at five or ten pounds. Make it a weight that is a healthy one. Do not decide to lose twenty pounds so you will look like your neighbor or the fashion model your boyfriend admires. It must be a healthy weight for you.

## II. Getting Started

### How to Structure Your Weight Loss Program

If you are serious about getting into shape, then you will need to develop and follow a well-balanced weight loss program. Here are some tips on how to come up with a program that will work well with your current state of health, and help you to incrementally work toward your goals.

Perhaps the best place to start is with your family physician. Before you begin any type of diet or exercise regimen, it is a good idea to have an accurate understanding of where your body happens to be right now. Your doctor can provide you with a thorough checkup, which will help you understand what types of exercises you should include in your program. You will also find valuable information on the state of your blood pressure, cholesterol levels, and other factors that will be very important in planning out the types of foods you should eat as part of your program.

In fact, you may find that your doctor already has a program that will be just right for your fitness level. It is not unusual for a doctor to have several plans handy that will incorporate lifestyle changes, diet plans, and a list of suggested exercise options that are in the best interests of his or her patient. Doctor approved plans have the advantage of giving you someone to be accountable to as well. You will no doubt need to let the doctor know how well you are doing with the plan, and also need to go back and be checked every so often as part of the weight loss program criteria.

If you prefer to go out on your own, you will find quite a few recommendations for diet plans on the market. You may choose one of those, but make it a point to look for one that recommends some balance in the way you eat, rather than some quick fix diet that promises that, if you stay on it, you will lose twenty pounds in one week. Quick weight loss is not good for your body, especially your heart. Look for a diet plan that incorporates the basics of good nutrition and does not indicate you can expect more than three or four pounds of weight loss in a week. Slow and easy is a much better weight loss program, which will include reasonable consumption of food and a moderate and workable exercise schedule.

When it comes to the exercise portion, you may want to begin slowly if you are out of the habit of regular exercise. Try starting out with a thirty-minute walk daily. In time you can pick up the pace and work in some free weights and perhaps some stretching exercises. As you begin to look forward to the types of exercise you are dealing with, then broaden to include more aggressive modes of exercise. As time goes on, you will find that not only are you losing weight as part of your weight loss program, but your mental state is progressively more positive as well.

There is really no need for anyone to enrol in to any weight loss program or even consider a special diet plan. The keys to losing weight fast are **discipline** and the **will to achieve the desired body weight**. This involves no unnatural way of losing weight and in fact, very natural. It will not require you to do very heavy work out and

you would not have to starve yourself.

Many would resort to skipping meals and let themselves starve. This is a very wrong way of doing it. Starving yourself will only cause your metabolism to work slower. When you starve yourself, you will lose muscle mass. So your body will start storing up fat, instead. Remember that muscle tissue is more metabolically active than fat tissue. So don't ever starve yourself because it will just slow your metabolic rate.

The food you eat greatly influences your program. If you want to know how to lose weight eating right there are many diets to choose from. You are wiser to eat smaller meals several times a day instead of three large ones daily. This burns off more calories. It also controls your food intake better as you do not feel the need to overfill so you do not get hungry before your next meal. Stay away from vending machines. They tend to serve higher calorie junk foods. Though there are now some that are aimed specifically at healthy meals and even dispense salads. Meals that are high in fiber and low in fat are especially good for dieters; eat lots of salads.

Include lots of fibers in your diet. Both soluble and insoluble fibers help control blood sugar level, lower blood lipids and manage weight. Make sure that you get more fiber in your diet. The suggested average fiber intake is 25 to 35 grams a day. Some of the healthy fibers you should include in your diet are broccoli, potatoes (include the skin), apples, beans, brown rice and strawberries.

Protein should also be a part of your diet as this helps to keep you full for a longer span of time. It also prevents sugar cravings and it maintains muscle mass, which is a very vital part in burning fat.

Intake of carbohydrate should be carefully moderated, as well. Keep in mind that consuming too much carbohydrate causes weight gain. Regulate calorie, fat and protein intake too if you intend to maintain weight loss. But, there is no need to completely eliminate them from your diet. Just eat them in moderation.

Lastly, make sure to drink plenty of water. Water suppresses appetite. Drinking one or two glasses of water before each meal prevents you from eating more than you should. The recommended water intake per day is 8 to 12 glasses. However, depends on your weight and daily activities, you might need more than the said amount.

If you do not like water so much, there are other alternatives such as green tea. You can add green tea in your diet. According to a study, drinking 5 cups of green tea a day helps in burning 80 calories per day.

Exercise is an essential part of any weight loss program. Put together a good exercise program that will firm those muscles. You need not make it too long, but make sure it is a workout and not so brief you do not even break a sweat. On top of that add in a few extras during your day. Park at the back of the parking lot when going shopping, the extra walking is good for you. The same goes for stairs. If you can choose between the elevator and stairs, choose stairs. A couple of flights up or down will not hurt. As well, walk up or down the escalator.

Every extra bit of exercise you can do will help you reach your goal.

Another dieter's trick is to diet with someone. This does not mean that you should put your partner or kids on a diet just because you are. What it does mean is if your partner, friend or co-worker has been talking about losing weight see if they seriously want to. If so, you can eat meals together, exercise together, and jointly attend classes on weight loss and working out. You can even join a gym together. Sometimes having someone else doing it makes it easier. This also gives you someone to exchange ideas with on how to lose weight.

### **Trimming Your Waste Line**

A study showed the relevance of waist size to a person's health. It has been reported that a waist measurement of more than 35 inches for women and a waist above 40 inches for men may indicate a higher risk for heart related diseases. For this reason, many people are becoming more conscious of their waist size. Plus the fact that they are conscious about the way they look, they find ways to shed off fats around the waist area.

You certainly can lose some pounds around your waist. This does not automatically translate to depriving yourself of food or doing strenuous workout. Just eating the right food and taking them in right amount plus a bit of exercise will help trim waist.

One can start shedding off fats around the waist just by choosing natural food in stead of processed ones. This is because foods that have been processed have ingredients that the body cannot use and are just stored in certain areas of the body, which cause cellulite and excess fat. For example, sodium. Recent study revealed that a person only needs about 1500 milligrams of sodium per day. However, eating in fast foods or resorting to ready-to-eat foods give a person more than the needed amount. This adds to weight gain.

Choosing and taking in natural food will gradually help in reducing the size of your waist. How? Because natural food help in maintaining muscle mass in stead of fats to be used by the body as energy. So, to trim waist, one must learn to balance his or her diet. A combination of just enough amount of protein, greens and carbohydrates will help in losing weight around the abdominal area. However, your diet should include more vegetables if you are serious about trimming your waistline.

As much as possible, eat greens that are not cooked or processed. It is much better to eat them as is. Make sure that they are properly washed, though. Add some spices but be careful not to take in more than you should. Include more fresh fruits, vegetables and unrefined grains like oats. Tofu is a very good source of protein.

From long years of research, soy bean or tofu helps lower down cholesterol level by 30 percent when included in regular diet. It is also a good source of iron, which is very essential to the production of energy. And just like fish, tofu also provides the body with 14.4 percent of omega-3 fatty acids, which are beneficial to the prevention

of clogging of cholesterol in the arteries.

Drinking skimmed milk can also help in trimming waistline. There has also been a study that emphasized the benefits of drinking at least 1,000 milligrams of calcium per day from dairy products such as skimmed milk. It particularly helps to increase fat metabolism, especially around the waist.

### **Handle Fast Weight Loss with Care**

What happens if you have an occasion coming up and need a fast weight loss program to enable you to drop just a few pounds, so you can fit into that favorite dress or suit? The first thing to do is look around and see what kinds of programs offer you the ability to drop the pounds quickly. The second thing to do is make sure that you do not risk your health to drop a few pounds. Most of the diets designed for losing weight quickly are not for long term use.

One example of this is the cabbage soup diet. This diet, with its thirty year history, is great for those who want that quick pound drop. This diet consists of eating cabbage soup all day, every day. You can eat as much of it as you want as often as you want. The reason is that cabbage, like the other things put into it, are referred to as negative calorie foods because they have almost no calories while being high in fiber. You can also cut into this soup some celery, mushrooms, peppers and onions with the cabbage. Spices can be added as preferred. Each day you get to add something little you can eat that day. It might be fruit or vegetables and by the end of the seven days you get to add a little beef. You drink a lot of water daily. The diet recommends a minimum of ten glasses. At the end of a week you should have lost the extra weight you needed gone. Do not continue this diet after seven days as it is not healthy to do so.

Sometimes people take drastic measures when they are desperately looking for a fast weight loss solution. These diets are not necessarily that healthiest method to drop the pounds and anyone trying them should make sure they have no health issues that might be stressed by this action. One diet, the master cleanse, is a drastic diet choice that lasts for only ten days. The dieter lives on lemon juice, fresh squeezed only, maple syrup, cayenne pepper and water. Those are the only things they are allowed to consume. Some people use it longer though that should only be with caution. This diet has been used by celebrities with great success. Surprisingly it is not the common fad diet that is around for a few years and then forgotten. This diet has its origins in the 1940s where it was invented by a nutritionist.

The most important thing to remember when you try any diet, whether you are looking for a limited fast loss or want to take off a lot of weight knowing it will take more time, is that your health must come first. So, be careful when you try a fast weight loss program that you make sure there are not health risks.

### **III. Weight Loss Diet**

Since you were in grade school, the same things were drilled in to your head about the proper weight loss diet. You need to eat the proper amounts of fruits and vegetables in relation to the rest of the food you eat, and you need to get plenty of exercise each and every day for at least ten or twenty minutes. Unfortunately for most people, something about that seemingly simple message was lost in the years after you graduated from grade school. Maybe you ate too many sweets, maybe you found yourself in a job that did not give you enough time to make it to the gym, or maybe you just got lazy with your health. Whatever the reason – now is as good of a time as any to pick yourself back up and lose some weight through diet and exercise.

Remember that food pyramid that you had to learn about when you were younger? You don't? Well then, it's time for a bit of a refresher course because you will need to know what it recommends if you want to diet properly. What's that? You want to try out one of those fad diets that "everyone" is doing? Be my guest. But when you are really serious about losing weight about dieting, be sure that you come back here to learn the proper way to get fit and healthy.

So where were we? Ah yes, the food pyramid. While you do not have to follow it exactly, you should keep in mind what it has to say. Basically, if you want to stay healthy and diet properly, you need to cut down on the fatty, high calorie foods that you have been consuming and switch to healthy foods like fruits and vegetables. Being able to eat the proper foods is the first step to engaging in a proper weight loss diet.

Now, at some point or another, you may have been inclined to try one of those gimmicky diet plans. Whether it was pills, a liquid diet or something else that was advertised by a low paid "celebrity", you may have found that each and every one of these diets simply did not work as advertised. Sure, they may have taken the weight off for awhile – but what happened after that? The weight just came right back.

But why did the weight come back so quickly once you were done with your previous diet? Because that diet never actually taught you how to eat properly – and when you were at your desired weight, you simply cut out the diet and went back to your old lifestyle. Therefore, if you ever want to successfully cut the weight off of you for good with any weight loss diet, you need to be sure that you learn how to properly portion your meals and say no to foods that are high in fat, sugars and carbohydrates.

#### **The Benefits of Eating Organic Foods**

Life is short; we need to make a move to further prolong our lives. Eating the right food will surely enhance our health and extend our existence. Humans must discover the great benefits of being organic by eating and drinking properly produced foods according to the standards of organic food harvesting and making, once a product is labelled organic, it is certainly a genuine food. Organic foods wouldn't instantly make you healthier, hence it will greatly help attain a more salubrious you.

Organic foods are not treated with any chemicals like pesticides, which are widely used to other foods to defeat weeds and pests. Those that are not marked organic roughly bears 25% of chemical residue. Without all those, it makes the food more flavorful and richer in taste. When buying organic foods choose those that are organically labelled, pick only the freshest. These types of good foods are oft in season. Well organic vegetables and fruits are rightly picked often veggie-crisps and juicy. Cheese and milk seems to be fuller in taste and savory. There is no trouble in eating non-organic, but would you like eating those that are treated and not well dealt?

Genetically Modified foods are not accepted in organic foods. There is still known effect in the long run. Better yet avoid them. Organic foods are rich in vitamins and minerals, which makes it more nutrition. The purest food are labeled organic, it is good for your babies and for the sick. For these types of persons, they need the most virgin type of foods for proper growth and fast development. No worries when it comes to artificial flavorings, artificial colorings, preservatives, sweeteners and hydrogenated fats. The safest and most natural foods are those organic.

Feel better, feel light, feel guiltless and feel environmental friendly. Yes, besides the fact of giving your self and your loved ones a good splurge in eating, you are also giving the earth the best turn in choosing them. Organic farming promotes hedgerow planting, prevents soil erosion and preserves wildlife.

Ditch those processed foods and say hello with organic foods. After learning all the benefits of good and pure foods, we must start buying organic products. It doesn't necessarily mean you should buy all organic food at once, try exchanging few of those foods in your kitchen one by one. Slowly it will show its difference. Start by those foods regularly taken like milk, veggies and fruits. Every food that you can think always has its organic counter part, like pizza, pasta and chicken. Just don't for get to look for the "Organic" label. Your super market will surely have lots of stocks. These healthy foods may cost a little bit pricier than your usual brand. Hence, the benefit is well worth its price. With its many benefits, organic foods definitely prolongs life.

Vegetables are foods that not everyone enjoys eating. Many people do not know the benefits of these greens or tend to neglect the healthful gains vegetables can give them. This is especially true with children. Since, they are still not conscious of their healths, their parents or guardians should be able to take the move and introduce veggie diet in to their meals at a very early age.

Why vegetables? Basically, vegetables contain the vitamins and minerals our body needs to help prevent and combat sickness and also, to help lose excess weight. They are low in calories, fat and sodium but are rich in fiber, which is known to help control weight, prevent diseases and relieve constipation. They also contain phytochemicals, which are said to provide protection against chronic diseases such as cancer, cardiovascular diseases and they are believed to deter premature aging.

Most antioxidants are found in vegetables. Broccoli, celery, cucumber, peas, beans, cabbage, cauliflower and asparagus are just a few vegetables that provide antioxidants. Researches show that a diet rich in antioxidants reduce the risk of developing cataracts, bronchitis and diabetes among many other chronic diseases. Increasing

vegetable consumption gives the body more than enough antioxidant to make our body strong and builds our resistance against common illnesses. The risk for heart attack is reduced by 30 percent with an increased vegetable intake.

Vegetables which are high in fiber help manage weight. These vegetables keep the stomach feel full, thus, limiting our food consumption. This is a very good way to avoid eating more than we need in a day. Some of the greens that are high in fiber include lettuce, spinach, kale leaves, Broccoli and zucchini. In stead of junk foods, it is best recommended to take a bite of fresh Broccoli and other greens to keep you full for longer periods.

Vitamins and minerals in certain vegetables also supply our body with the necessary nutrients that help boost the production of energy in our muscle cells, which also helps us to burn energy on a daily basis.

Because vegetables have low sodium content, they aid in reducing water gain, as well. Not many are aware that sodium causes water to be stored in the body's intestinal parts. An average person is believed to be holding about 5 pounds of water due to a lavish intake of sodium. People get excessive sodium intake by eating fast food products. On the other hand, if one reduce sodium consumption per day, there will be a significant reduction in water within the abdominal area, which will then result to weight loss. Consuming large amount of vegetables will provide the body just enough amount of sodium it requires.

One should not worry no matter how much vegetables he or she eats. Vegetables are low in both calories and fats. So, there is no limit as to how many of these foods you consume in a day. These are the kind of food that you need not restrict in your diet.

### **The Benefits of Eating Raw Food (not meat)**

With the discovery of fire, men have learned that cooking meat, chicken, fish, fruits and vegetables tastes so much better than to eating these raw. As years pass by, though, people have become more health-conscious and they have come to realize that eating cooked food is not healthy at all.

When one speaks of raw food, this refers to food that is uncooked or untouched by flame or fire. Raw food refers to food in its organic state, straight from nature and not combined or mixed with any additives or preservatives. The big difference in eating cooked food versus raw food lies in its overall health benefits to the body. When fire or flame is applied to food, the enzymes as well as the nutrients present in it are destroyed especially when the temperature reaches above 108 degrees Fahrenheit. Cooking likewise destroys essential vitamins and minerals originally present in the food, which the body needs for it to function properly. Given this low quality of food intake, some people develop the tendency to overeat in order to compensate for the lack of proper nutrients. Keeping a diet consisting of cooked food and more adversely processed food, gives rise to a number of diseases such as diabetes, high blood pressure, high cholesterol, heartburn, migraines, arthritis, joint

pains and serious allergies, among others.

There are a number of benefits of eating raw food especially fresh fruits and vegetables that are ripened by nature and organic in its source. By sticking to a diet that consists mainly of vegetables, fruits, nuts and seeds will be enough to keep the different systems present in our body working smoothly. Compare an individual that observes a raw food diet than one who is not, and it is more likely than the former is healthier than the latter. This is due to the fact that eating raw food provides you with more energy and vitality than what cooked or processed foods can offer. Furthermore, the body takes much more time to digesting non-raw food given the lower enzyme-content hence, people on a raw food diet is certainly more active and spirited than those who are not.

Whatever the season may be, there are bound to be present certain fruits or vegetables in the market that will meet your body's nutritional requirements. During the summer season, you can indulge to eating watermelons, pomelos, cucumber, mint, grapes and soursops, to name a few, that will give your body a refreshing and cooling feeling. During the rainy or winter season, dates, bananas, apples, and other dry fruits should provide your body with the warmth required by it. Keep your body fit by drinking pure fruit juices and snacking on carrots.

## **The Importance of Water**

Water is one of the single easiest and fastest diet tricks. If you drink at least two glasses of water before a meal your appetite will be much less. Water is filler. Do this before each meal and you will see the weight drop. If you feel like snacking have a glass of water instead. Water is also good because it helps to flush the kidneys. This can help because it also makes the body's ability to metabolize the fat greatly diminished. It is even better if you can drink the water very cold. It burns off more calories that way. You can look at burning around sixty calories a day extra if you follow this diet tip.

Next to oxygen, water is by far the next most important necessity for the continuous life of mankind. It's the best thing Mother Nature can offer to us. Without it our body will start to bog down like a beaten engine of a car. It fuels our body by interacting with other body parts like the kidneys in cleansing our body system. Water also plays a large role in our digestive system by helping us absorb food better and faster. Water nourishes our entire body by replacing excess water with fresh ones that provides new life and help our blood flow smoothly along our veins. Suffice to say Water injects life to everybody.

On average the adult human body is composed of about 50% - more than 70% of H<sub>2</sub>O, the molecular formula name for water. Two thirds of our body weight is water. Studies have shown that a baby who just gotten out of a mother's womb is about 75% water. Each day our body needs to replenish at least 2.3 liters of water.

If a person consumes less than the ideal amount of water each day, chances are that person will become prone to illnesses and will start feeling weak. As water provides the body with energy, therefore our body should be

looked upon closely in order to avoid dehydration.

Dehydration is a medical term that describes a serious condition wherein a body is lacking the necessary amount of water needed for proper functioning.

Human beings lose an amount of water for every activity and actions that it performs, for our body to regain strength and run properly like a well oiled machine, we need to replace the water that our body loses by absorbing a new set of fluids. That may come in the form of water, beverages or soups. But among the sources of fluids, water is the healthiest and filled with nutrients therefore it is the most important kind of fluid that we should take.

Water serves as the number one factor that quenches thirst. Lacking water consumption daily by just about 7% will generate a decrease of about 35% in our energy. Drinking the right or ideal amount of water daily is very important to our body. And according to nutrients experts, a human being needs to consume at least 8 to 12 cups of water each day.

Water also plays a major role in trying to lose excess weight. Because water doesn't have any traces of calories, it is considered as the best source of nutrients for our body. It doesn't store fats and cholesterol to our body therefore it is the most important aspect in reducing weight.

Water is universally important, both to human beings and the environment as well. For our body to remain strong and perform its daily routines with precision and strength it's a must to bear in our mind the importance of water to our body.

### **Why Herbal Teas are good for you**

If you don't want water, then herbal tea is for you. Herbal Teas have been here for so many years. With its popularity, Herbal Teas are now known to be the 2nd most favorite drink. Herbal Tea is known to be part of China and India's food culture and now pass on to different cultures and nations. Herbal Teas are known for many health benefits such as stress buster; prevents cancer and stomach disorders, cure heart ailments and stroke.

With the different variety of herbal teas nowadays there have been numerous scientific studies regarding herbal teas. Herbal teas are less in caffeine; with this benefit lots of herbal tea drinkers prefer drinking teas than sodas and coffee. Considering taking a cup of tea in your daily diet can contribute a lot of difference with your health.

With the use of herbs for conventional component to treat diseases is now widely known. One of it is by drinking herbal teas. Although it did take a while before many of us accepted that by drinking tea can actually help prevent and cure numerous diseases.

Smokers are prone to lung cancer. Japanese who often drink teas are less prone to lung cancer by half the rate with those people who are less tea drinkers.

Teas somehow prevent tooth decays and loss of teeth. Teas contain certain amount of fluoride and some certain antibiotic that prevent gum diseases and formation of plaque.

Herbal teas help relieve pressures from our body. Taking herbal teas at least 30 minutes before you sleep would help relax your mind and internal organs and gives you a good night sleep. Probably it's because teas are rich in antioxidant.

Teas somehow help to lose weight and improve cardiovascular system, blood circulation and lower the cholesterol level by increasing body metabolism. Studies show that after eating, drink a cup of tea and it can help digest food easily and reduce acids that cause stomach disorder.

Immune system should be strong and healthy in order to regenerate cell that helps repair damage cells. Herbal teas help to strengthen body cells that somehow can prevent you from flu or any lung illnesses.

Although most people generally choose to drink green tea since that it has more medicinal benefits than other teas. Herbal Teas are now widely available to consumers in different flavor that suits their tastes. With its availability, more people are now into healthy living.

Drink at least five cups of green tea daily. In green tea there is something called antioxidant catechins and studies have shown that they help to burn fat. This simple step will burn off an extra eight calories daily. If you skip one soda pop at one meal each day you will save yourself just over eight calories daily. This may not seem like much but over a period of a year its three thousand calories you will into consume. If you really need to snack then eat a pickle, these have only one calorie each and so are a great low cal snack. Although this will sound awful you should not eat with fat friends. Yes, it's difficult to refuse to go out for a meal with someone you like to hang around with simply because they are a heavy person. But the truth is they eat a lot and you know you will eat more than you should every time you have a meal with them.

Herbal Tea is a great gift to us. With its numerous healing wonders we should take advantage of this. In this time of life, most people are trying to find ways to look for something that can help people heal from diseases in natural ways without hurting financial budget. In fact teas can prolong life with its wondrous power. Herbal teas can have different effects to people but with this discovery we have nothing to lose and it's worth a try.

## The Dangers of Fast Food

Health experts are continuously exposing the dangers of fast food. These are not just merely statements made presumptuously rather it's the product of various studies made on the subject matter.

Studies have shown that meals being served in the fast food industry contain additives that make people develop obesity which in turns leads to a case of diabetes.

Other factors are involved as well. Health wise, a person is risking his own when he/she eats in a fast food establishment like Burger King, McDonald's, Carls Jr and many others.

Food meals such as McDonald's Big Mac contains high amount of fats and calories that is almost equivalent to the recommended daily allowance.

More often the fast food industry has also diminished people's patience when it comes to preparing foods. Slowly people are getting used to the idea of fast paced food preparations. We tend to expect to get our food in 3 to 5 minutes. Therefore a lot of times the various sets of meals that these fast food outlets produced gets too hasty and therefore violates some safety and health provisions.

Kitchen workers in fast food stores are often hurrying with their jobs as they have a time table to follow, in return the nature and actions they perform around their working environment gets sloppy. Cooking oils used in cooking fried chicken gets used too long when in fact it should be changed regularly.

Most of the time fast food outlets give you the impression of a clean place to eat but walk into their kitchen and you'll see otherwise. Boxes stacked here and there, burger patties displayed freely in room temperature rather than in a refrigerated container. Although fast food outlets have safety guidelines there are times that this can be violated and overlooked by the fast food crews.

And all nutritionists agree that searching for a healthy meal at fast food outlets is much harder than one might initially think.

Even salads being served aren't healthy too. Vegetables and un-fried chicken, even though these are healthy foods but what happens when salad dressings comes into the picture.

It is proven that salad dressings produces large amount of fat, mixed with a healthy looking vegetable salad the whole thing eventually becomes unhealthy.

Eating in fast food establishments has become a part of life not only of Americans but almost everybody in the world where McDonald's and KFC outlets exists. It is only now that the eating public, doctors and other health experts are closely studying its probable ill effects on the health of the fast food eating public.

The information drive about the real state of fast food consumption are even made more popular by the commercial success of "Super Size Me", a film documentary by filmmaker Morgan Spurlock that deals with American obsession with fast foods.

With all the bad news about the health risk of what fast food may bring to us, good news is; people are starting to talk and discuss it freely with more information available than ever before.

## IV. Exercise

### Strength Training for a Healthy Body

Given the stressful lifestyles most people lead, nowadays, it is no wonder that many individuals want to have a healthy body that can withstand all the pressures and tensions that come their way. This is the reason why memberships in gyms or fitness centers remain on the rise and the demand for exercise videos continue to grow. Although following a healthy diet is commendable, this is not enough. Your diet must be combined with the appropriate exercise routines in order to have your desired optimum body.

Strength training is very important in order to achieve a healthy body. In addition, this type of training can also boost your self-confidence. Knowing that you have a strong body is bound to make you feel good about yourself. This feeling is likely to be reflected in the aura you exude, which will be noticed by the people around you. Aside from developing stronger bones and enhancing your stamina, proper strength training will also ensure that you will get a good night's sleep every night. It likewise minimizes the possibility of you getting injured or hurt since your body becomes flexible.

Most people follow aerobic together with flexibility exercises. Combine this with strength training and you have a balanced exercise program. In observing strength training for a healthy body, this necessarily means that you need to lift weights and develop some muscles in certain parts of your body. Before going through with certain strength training program, seek a clearance from your doctor or a health professional. This is to make sure that your body can handle it. If you are ready to proceed with it, you have a choice between enrolling in a gym or fitness centers where they have various machines and weights for strength training or by making your own homemade weights and exercising within the comforts of your home.

There are various resistance methods like weight machines, free weights and resistance bands, which you can perform so that you can enhance your strength and form muscles. On one hand, if you want to concentrate to develop a specific muscle, then you should go with the weight machines. On the other hand, if you prefer to use a method that works on your muscles that are grouped together, then do the free weights. Free weights include the use of hand weights, dumb bells and barbells. Resistance bands refer to those elastic bands or cords that offer some resistance whenever pulled by your hands.

Aside from the mentioned resistance methods, you can also rely on your body's weight for strength training. Push-ups, leg squats, abdominal crunches and pull-ups are just some of the exercises you can do to develop muscles in your body.

## Cross-training for optimum weight loss

Numerous numbers of weight loss programs and diets are out to speed up weight loss. But nothing could be perfect without the thorough help of exercise. And exercising is not only limited to one exercise which could plainly be stretching, running or walking. Cross training is a fitness routine that can effectively reduce weight. This kind of training is not only limited to athletes and anyone can definitely benefit from this.

Cross training pertains to the different ways of training method in which it carries the advantages of the particular training, combining all training activities into one steady workout routine and brings diversity to it. It controls the shortcomings of a specific training, thus attaining its benefits and diminishes the probability of burnout.

Mixing training provides an additional means of burning fat. Weight loss is best paired with cross training. It can preclude injuries by varying different range of activities and giving your body a distributed exercise that would not cause harm to a particular area, plus yielding the body enough time to recover from a certain exercise. Like in running, the lower body of the runner is exhausted. In cross training, it allows the runner to swim in between his run, giving his legs proper rest while exercising his shoulders through swimming. They may also try varying running and swimming with weight lifting to focus on the other muscles that are not activated by the former two actions.

Total body fitness is addressed by cross training, not only limiting your exercise into just one workout, making your weight loss faster. A good workout routine must include a cardiovascular exercise, malleability and muscles strength. Cross training prompts the exercising person to continue exercising and not bore with a single form of workout. This motivates the person to enjoy exercising and continue his weight loss. There are a wide variety of sports and workouts, which you can choose as an assortment for your workout routine, granting the person the option to choose the exercise that fits the season, the weather and even your mood. From running yesterday, you may opt to swim today and yoga tomorrow. Cross training will improve skill, legerity and balance. Causing your whole body to coordinate and function well. Plus making you socialize with others and acquire more motivational experiences from them.

As much as weight loss is concerned, we still need to give our body a time-out from our workout routine. We ought to give our body a time to recover and rest. It is not bad to relax your body and prepare it for the following workout days. This will also give you sometime to relax, enjoy and spare sometime with everyday

d w e l l i n g s .

## V. Quick Weight Loss Tips

A simple foundation that can be relied upon is to ingest fewer foods that have a high calorie count such as foods that contain processed flour and sugar. You then replace the high calorie foods with foods that have fewer calories. This can be accomplished by eating healthy sources of protein, whole grains and of course fresh vegetables and fruits

There are many tips that are available to those looking for some quick weight loss tricks. Fad diets are out there and can be used as can diet pills. But they each have their potential dangers. Diet pills are highly addictive and not the healthiest thing to put into your body. Fad diets are all too often the medical miracle of the moment. These moments can turn out to be things that cause poor health.

1. Eat four to five times a day. You accomplish two things by eating this often. As you digest your food your metabolism rate will be increased by the activity, thus burning more calories. In addition to that you will find that you won't be as hungry each time that you eat.

2. Reduce the size of the portions. By measuring your healthy portions of proteins, vegetables and fruits you will reduce the carbohydrates and maintain the proper level of calories needed daily.

3. Prepare the menu for the week ahead. This enables you to do your shopping for the healthiest foods without being rushed.

4. Broil and grill your meats when possible. Prior to broiling or grilling the meat, make certain to trim off excess fat and remove the skin where possible. Enhance the flavor of meats using your favorite natural spices.

5. Enhance your diet plan by eating organic foods when possible. Foods such as raw honey, wild smoked salmon, tomatoes, rye bread and there are even organic red meats, pork and chicken.

6. Drink bottled water or filtered water. This will keep your body hydrated and cleansed. For the best effect with the diet it is suggested drinking 64 oz. per day.

7. The Dreaded Tip: Exercise. A mild exercise such as walking at least 30 minutes a day will increase the metabolic rate of your body.

8. Avoid eating after six o'clock p.m. If you must eat or snack after 6 p.m. do so with low-carb foods, such as yogurt, organic fruits and veggies.

9. Eat foods with high unsaturated fats, such as olive oil, nuts and fish. These foods are a natural barrier to diseases that can attack your body.

10. Positive attitude. This tip perhaps may be the most important tip of all. Believe in your ability to follow a plan and to lose weight.

By implementing these tips you will have more success with your long term weight loss when using your low-carb diet plan. There are no magic answers to slimming down. Common sense, eating carefully and getting regular exercise are the real keys to keeping fit. But if you want to develop your own quick weight loss program the above tips will be a good start.

## **VI. Others Alternatives When Everything Failed**

### **Weight Loss Diet Pill**

#### **Shed the Pounds Almost Instantly with a Rapid Weight Loss Diet**

If you are one of the millions of people who are sick and tired of waiting around for their latest diet to take effect, then perhaps it is time for you to try something a bit more drastic – something like a rapid weight loss diet. All of your family members and friends will be amazed by how quickly you dropped the pounds. In just a few days you can look like an entirely different person thanks to the amazing power of quick weight loss dieting.

For the most part, all of the common diets usually end up taking several weeks to feel as if you actually losing weight. We are no longer living in a world where we like to wait around and actually do work in order to lose weight. From instant coffee to medicine that works in a matter of minutes to drive through fast food joints, just look at all of the products that are designed for instant gratification. Let's face it – the Average Joe has grown tired of doing all of the work and exercise required to lose weight the normal way.

Because there is such a desire for everything to be quick, fast, and easy, many diet business have begun to capitalize on rapid weight loss dieting solutions that are seemingly miraculous. You have seen the commercials before. Products promising you the ability to lose at least ten pounds in less than a week – and keep the weight coming off after that. Usually you will see them being advertised by some really buff guy (who obviously was doing some exercise in his spare time) or by a B level celebrity who is promising you some incredible results.

But with all of the different kinds of extremely fast weight loss diets on the market, how do you choose the one that is right for you? Start with the most common type – a metabolism boosting pill.

There are two general types of high speed weight loss pills. The first is known as a diuretic. These pills technically do not make you burn fat more rapidly, they help you drop the pounds by making you lose any stored up water. On the other hand, there are actually weight loss pills that will increase the speed of your metabolism and help you lose weight at a much higher rate.

If strange pills are not for you, but you still want to lose weight quickly, you should give a liquid diet a try. Although liquid diets have declined in popularity over the past few years, they will still promise much the same results as you would get from a rapid weight loss diet pill – mainly quick weight loss for a short period of time.

## **What Can a Weight Loss Diet Pill Do For You?**

No doubt you have seen at least one ad for a weight loss pill today. They come in all forms and make all sorts of promises. But is there really any point in taking a pill to help you with weight loss? Are there really any advantages to getting on a program with these types of pills?

When it comes to any type of oral support for weight loss, one of the main components is invariably caffeine. Part of the reason is to give you an extra boost of energy so you will be able to replace the quick energy you usually get from snacking on sweets and other items that may now be forbidden on your diet. While this may work fine for some people, the extra caffeine only serves to invoke an outbreak of nerves. All of a sudden every little sound irritates you. That may be fine if you can lock yourself in your home all alone, but most of us are not able to achieve that level of withdrawal when embarking on a diet. If you have sensitivity to any type of pill that contains a good jolt of caffeine, then you should pass on oral supplements for weight loss.

Another aspect to consider is the weight suppression properties of most of the oral supplements on the market today. While they may use various combinations to achieve this curtailed desire for something to eat, many of them do have some minor side effects. You may experience cramping, nausea, or a headache as a result of taking a weight loss diet pill. Should you try one of these pills and find that your side effects are more severe than a minor and temporary condition, you will need to stop using the pills and think about some other support mechanism for controlling your appetite.

Of course, the smartest thing to do before you begin to take any type of supplement for helping with your diet is to consult your physician. No one understands the state of your health like your doctor. From that perspective, you can get professional advice about what over the counter weight loss products would be less likely to create any type of discomfort or problems for you. Your doctor can also give you advice as to whether or not you need to be using any of these products in the first place. When it comes to the state of your health, and especially with something like weight loss, the input of your primary care physician is absolutely invaluable.

There is something to be said for the use of oral weight loss products. They can help some people curb their desire for food, as well as provide you with some energy as your body adjusts to the change in caloric intake. Just make sure the weight loss diet pill you choose has the blessing of your physician and creates only minor side effects, and you will be fine.

## **Weight Loss Hypnosis**

### **Does Weight Loss Hypnosis Really Work?**

We hear a lot about the effectiveness of weight loss hypnosis. There are claims made that it instantly changes the way you think about food and exercise, so you automatically begin to make changes in the way you live that lead to taking off the unwanted pounds. But is there anything to those claims? Here are some scenarios in which you may find this type of treatment to be helpful in your quest for a smaller waistline and a healthier lifestyle.

Hypnosis has been used to help quite a number of people with a wide range of habits. No doubt you have heard of hypnotic trances and suggestions being used to help people get away from nervous habits like chewing their fingernails. Persons who deal with social anxiety disorder are reputed to be helped by the planting of a hypnotic suggestion that there is nothing to fear by being in a group of people. Smokers have also found some help in kicking their nicotine habits with the aid of a hypnotist. There are even people who have lost weight after seeing a hypnotist. Finding cases where people were helped with each of these situations is easy to find. So, the short answer is yes, people who undergo weight loss hypnosis can and do experience successful weight loss.

There is one common thread that runs through all cases of help through hypnosis, regardless of what type of habit the individual was trying to break. All the patients had a strong motivation to make a change in their lives. The act of hypnosis served as one more tool to help them make that change by using hypnotic suggestions that would prompt the person away from the habit.

It is important to note that hypnosis itself will not bring about some magic cure. We have seen hypnosis portrayed in movies and other types of media as being some sort of force that will easily over-ride the strongest will. That is simply not the case. Hypnosis has the ability to help strengthen a resolve that is already present in the psyche, but it cannot create a situation where you automatically turn away from your habit. As an example, hypnosis will not cause you to become physically ill when confronted with a food that you are not supposed to eat. Rather, when tempted by such food, the hypnotic suggestion will give you an extra push to not go after the food. The temptation is still there, but you will find the desire for the wrong foods is considerably lessened. A similar suggestion might also be implanted to prompt you toward foods you do need to include in your diet.

In the end, you are still in control of your destiny. Will power, common sense, and a sound diet plan will work hand in hand with weight loss hypnosis, but it will never replace all of the tools you need to be successful in your desire to lose weight.

## **Weight Loss Surgery**

## Are You a Candidate for Weight Loss Surgery?

Weight loss surgery procedures have been around for thirty years and it continues to improved as time goes by. As weight surgery becomes more popular, people all over the world welcome this procedure as the world become heavier than ever and obesity grows bigger and bigger. This procedure gives hope to this people. But still there are risks that are involved in taking these procedures. So if you are planning to take this procedure you should start asking these questions.

What is your overall physical condition? If you still manage to move around then most of the surgeons will advise you to take a program on diet and exercise. Insidious surgery of this method is only good for patients whose condition entreats their lives where diet and exercise is not possible.

Second, do you perceive that the surgical procedure will make your life happier and more wonderful? Be reminded that taking this procedure will not change your lifestyle and eating habit. If you done this procedure you will commit to change everything that affects your weight. Weight loss surgery will help you lose the excess pounds, but it will not give you a new attitude, nor will it mean you never have to exercise again or eat responsibly. Unless you are really committed to take these serious in your mind, then go ahead with this surgical procedure.

Next, you should ask your self if you have consulted a physician regarding this procedure. There might be conflicts and heavy risks that could harm you with the surgery. Think of all possible problems that could harm you before you pursue with this surgical treatment.

The success of the surgical procedure will all depend to your overall health condition and the attitude that you have. How motivated you is a significant thing and your ability to commit with changes you have to deal inorder to maintain the condition after your surgery will be factors inorder to have a successful procedure. You should motivate and commit yourself for a healthy lifestyle inorder for you to enjoy life.

## **Annex 1: What are the Most Popular Celebrity Diet Choices?**

The celebrity diet is the hot new craze amongst dieters because it can have you looking good in no time at all. Have you ever wanted to have the toned, fit body of a celebrity, but you just had no idea what to do in order to get there? Do you watch the Academy Awards and the Emmy's with a wishful gleam in your eye that one day you could look as beautiful and fit as the celebrities who are gracing the red carpet with their appearance? Well, it is time for you to stop dreaming about being thinner and go out there and do it. It is not hard, and in a few short weeks you can be well on your way to having a killer body like Angelina Jolie or Brad Pitt.

Many people believe that celebrities are just naturally fit and thin and that they really do not have to do any work to keep up their appearances. If you listen to the people who say things like that – stop now. Those people are just plain wrong. To have a fit and trim body like a celebrity, you have to work at it like a celebrity. That means going to the gym whenever you can, eating all of the proper foods and making sure that you stay away from all kinds of fats, sugars and carbohydrates. If you can keep those two simple rules in mind, you are already well on your way to looking amazing.

However, it is one thing to know the rules of participating in a celebrity diet, and it is an entirely different thing to actually practice what you preach. Sure, you can say that you will eat healthy all you want – but until you actually do it, you will never actually start losing weight. Therefore, it is important for you to pick one of the most popular diets that celebrities are currently using and stick with it.

Celebrities are usually into all kinds of different fads, and when it comes to dieting, they are no different. Therefore, one of the most popular celebrity style diets out there right now is the raw foods diet. This involves you eating foods that have not been cooked, like salads and sushi. Now, this is an expensive diet to keep up because all of the foods that are safe to eat raw cost much more at your grocery store – but in the end it will be totally worth it. You will not only look great, but you will feel great too.

Despite the fact that many celebrities are into fad style diets, there are quite a few who simply stick with the tried and true method of eating healthy and exercising regularly. If you are the type of person who feels that they can keep up with the celebrity diet of cutting out fatty foods and sticking with food that is high in protein, and vegetables that are high in nutrients (and exercise at least four or five times a week), then you will see positive changes in no time flat.



