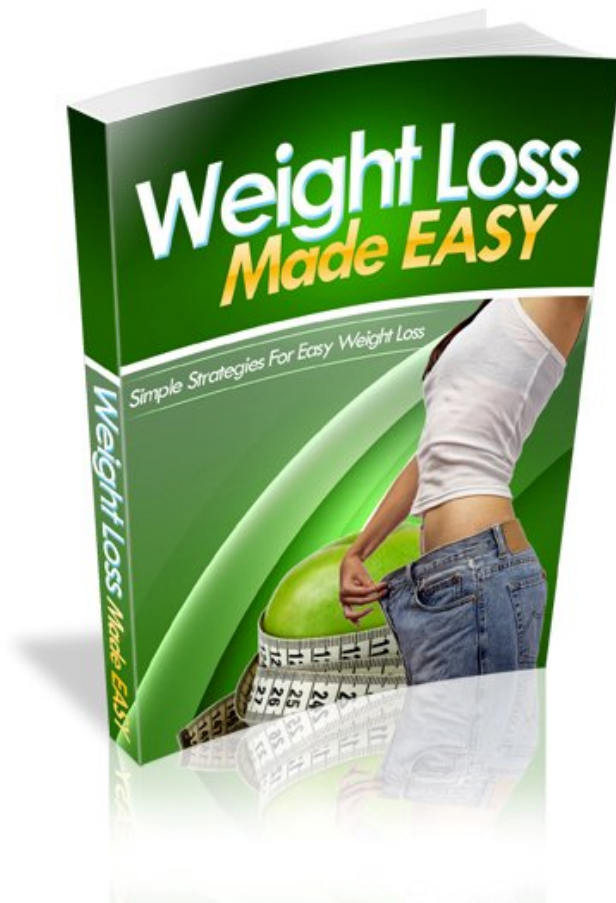


Weight Loss Made Easy

Simple Strategies For Easy Weight Loss



Disclaimer: Please consult a medical professional before attempting any weight loss or exercise program.

Table Of Contents

| | |
|---|----|
| Introduction | 3 |
| Feed Your Body, Not Your Fat Cells | 4 |
| Are You An Emotional Eater?..... | 6 |
| Keeping A Diet Journal..... | 8 |
| Easing Your Way Into Dieting..... | 10 |
| Portion Control Is Critical | 13 |
| Foods To Avoid When You Are Dieting | 18 |
| How Eating More Can Help You Lose More | 20 |
| How Your Metabolism Can Make Or Break Your Diet..... | 22 |
| Things That Can Stop Your Diet Cold | 26 |
| Stress | 27 |
| Illness..... | 27 |
| Not Getting Enough Nutrition | 28 |
| Starving Yourself | 29 |
| Getting Your Head On Straight About Losing Weight..... | 30 |
| Do You Really Need To Exercise To Lose Weight?..... | 32 |
| Tips For Staying Motivated | 35 |
| You've Reached Your Goal – Now How Do You Keep The Weight Off? | 37 |
| Conclusion | 39 |

Introduction

I guess you could say I have been in a weight loss battle for most of my adult life. Sometimes I win and sometimes I lose. But through it all, I have developed a lot of great tips and strategies as well as a vast amount of knowledge on weight loss.

I think I can safely claim that I've tried almost every diet out there. Atkins, South Beach Diet, Weight Watchers – you name it and I've been on it. I've also ventured into the "fad" diets – you know the ones where you eat cabbage for a week or subsist on only hamburgers and tomatoes.

I have to say through all of this dieting I have learned a few secrets that can help to jump start your weight loss efforts as well as keep you motivated during the long haul. I've also discovered some "short cuts" that can help make weight loss a bit easier.

And, probably most importantly, I have learned the hard way some of the things one should NEVER do when trying to lose weight!

This book is a compilation of all these tips and secrets – a guide for you to use on your own weight loss journey. In each chapter you will find little nuggets of dieting wisdom that you can use to make your own diet easier and more suitable to your lifestyle.

If there is one thing that I have learned in my years of dieting is that there really is no magic bullet or overnight weight loss cure. Weight loss is more about mastering the ins and outs of how your body works and learning what you need to eat in order to get to and be at the weight you look and feel good at.

I hope that combining the tips in this book, with your own observations and style will help you get to your goal weight easily and quickly and the strategies and techniques you learn within these pages will give you a lifetime of ammunition that you can use to win your own weight loss battle!

Feed Your Body, Not Your Fat Cells

Your body is truly amazing. It takes care of all the functions it needs to survive without you really having to even think about any of them.

Your body automatically knows what foods you need to eat in order to get all the nutrition you need but most of the time we ignore what it is trying to tell us.

You see, the problem is that our bodies haven't really caught up with "industrialization" and modern foods. It's still trying to work the way it did back in our "hunter – gatherer" days when foods were more natural and there wasn't all this junk food out there.

Back then, humans could get the nutrients they need from their daily diets. The animals, fruits, vegetables and grains we ate were all packed with nutrients so pretty much anything we ate helped to feed our body.

Fast forward to today and the food we put into our bodies is totally different. In fact, most of the stuff we eat has little or no nutritional value.

But since our body knows that it needs nutrients, it still sends us the signal that we need food, even when we may have just scarfed down a Twinkie. This, coupled with the effects that sugary and low glycemic index foods have on our blood sugar levels, can lead to an endless cycle of overeating and weight gain.

The truth is that if your body is deficient in a certain vitamin or mineral, you might crave foods that have those vitamins or minerals but what you need to do is translate those cravings from the modern day foods that your brain associates with the vitamins to a healthier version that satisfies the bodies need for that vitamin.

For example, if you are craving banana cream pie, it might be that your body needs potassium. Bananas are loaded with potassium, so try to satisfy that craving with a banana instead of a piece of pie.

Whatever food you are craving, you can usually figure out what nutrient it might be a signal for. Take pizza for example, the main ingredient that has nutritional value is the sauce so it might be that you are craving the lycopene or Vitamin A that tomatoes are loaded with. So, you might try eating a nice juicy tomatoe or having some tomato juice instead of the pizza.

Another strategy to satisfy your cravings is to make a healthy version of the food you are craving.

For example, if you crave French Fries, then simply cut up a potato (or even better, a sweet potato) in thin slices. Lay the slices on a baking sheet and drizzle olive oil (sparingly!) of it, then bake in the oven until they are crispy. Instant low fat and low calorie French fries that will help to satisfy your craving without adding pounds to your hips.

You can make similar substitutions for most your favorite foods if you think about it. Simply try to substitute the things that make that food fattening with a low fat version.

Pizza can be made with whole wheat dough and part skim cheese.

If you love and crave foods with hamburger, then substitute ground turkey.

If you are a dessert freak, then use low calorie sweetener, whole wheat pastry dough and low fat butter to make your own low cal – low fat versions of your favorite desserts.

Giving your body the nutrients it craves will help you to have less cravings – you just need to be smart about the foods you eat so you are feeding your body what it needs and not helping your fat cells get fatter.

Are You An Emotional Eater?

Emotional eating is a huge problem today with so much stress in everyone's life. In fact, you could be an emotional eater and not even realize it. I know I was.

I actually never really thought about why I ate, and maybe you don't either. But, if you want to lose weight you really should pay attention to why you are eating.

When I started to pay attention, I realized that I ate a lot when I was stressed out. I also ate when something disappointing happened in my life.

Basically, I turned to food for comfort and it's no wonder since that is what I had been conditioned to do from childhood. When I was little, my mother would give me a treat or a cookie to "cheer" me up if I was upset or hurt myself. It worked great because it usually stopped me from crying, but the real thing that was happening was that it was my mother's attention and care that made me feel better.

Of course, my brain associated the eating with feeling better and, as an adult, it was almost like a natural instinct to go for a candy bar or cookie when I was feeling down and needed a little pick me up.

Once I started to pay attention to when I was eating and why I was eating, I realized that a lot of times I thought I was "hungry" I was really eating for emotional reasons.

Look back on the past week and try to think about those times when you "needed" a snack or some comfort food – were you really hungry or were you trying to satisfy some emotional need?

If you are like me, you might find that you are eating a lot of extra food when you don't need it!

Now, the key to getting out of this rut is to first recognize when you are eating for emotional reasons and then to come up with a substitute reward to use instead of food.

The next chapter will talk more about how you can figure out if you are eating for emotional reasons. If you find you are, then you will want to think about what you can do instead of eating that will help satisfy that need.

For some people, taking a walk is a good substitute. For others, it might be going shopping. If you are eating because of stress, trying some relaxation techniques or a nice cup of herbal tea might be enough to satisfy your food craving. The key is to pick something that will feel rewarding enough to make you forget about that high calorie snack!