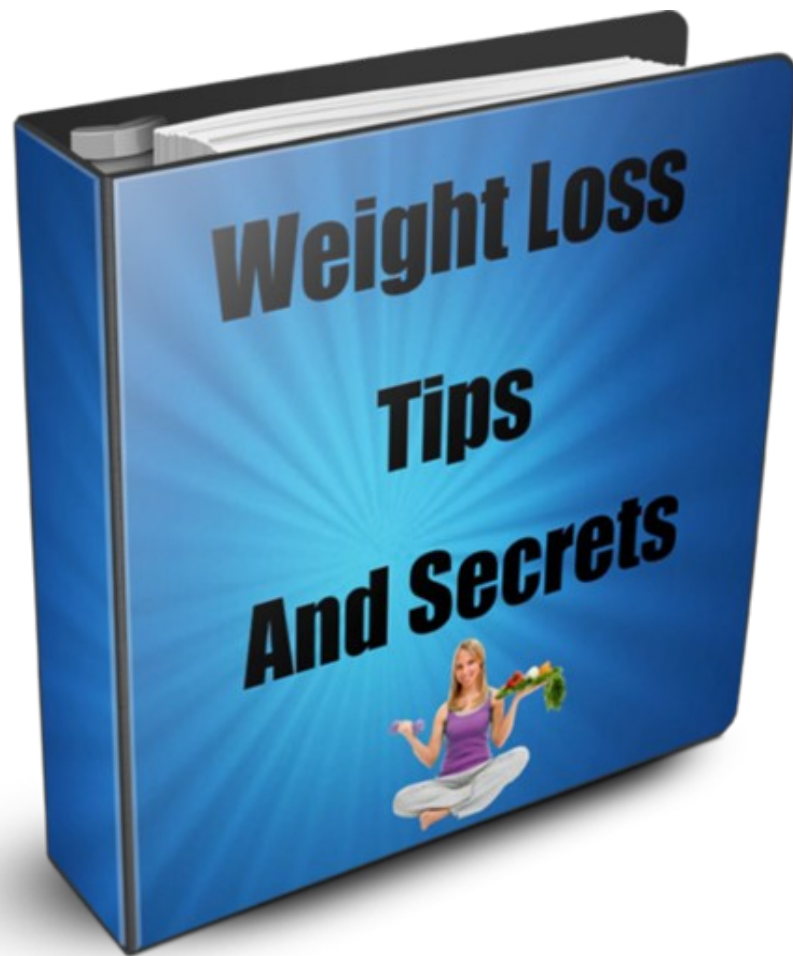


Weight Loss Tips and Secrets



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Introduction

The world of weight loss is truly fascinating and the internet has helped millions of people around the world in search of their weight loss goals. This report consists of a collection of the very best that the internet has to offer in the way of weight loss information.

I sincerely hope you find this short report helpful in your pursuit of your own personal weight loss goals.

When it comes to weight loss, everybody has an opinion as to what method works the best for them. Some people swear by low carbohydrate diets, claiming that those work the best for everybody. Some people love the low protein, or even high protein diets. Others tout the benefits of macrobiotic diets and even more folks swear by the benefits of cleansing and eating only raw foods.

To be sure, there is a lot of variety when it comes to losing weight diets.

One of the best things you can probably do is take a look at the different ideas that appeal to you. Bearing in mind, of course, that you are ultimately responsible for your own weight loss and change in eating behavior. After all, what good does it really do to lose a bunch of weight one week and then put it all back on next week when you realize you can't live with the restrictive diet for one second longer.

Been there, done that.

We have assembled some ideas in this ebook here and hopefully some of them will appeal to you in a way that helps you to lose the weight you want to.

The Best Way To Lose Weight is the Natural Way

When you're dieting, the most important thing is to take care of yourself. Nothing else is really more important. If it was, you would probably be thinking about that instead of concentrating on losing weight. The reason you want to lose weight is because you want a better quality of life. You want to be healthier, happier and have more energy to enjoy all the things life has to offer.

The best way to lose weight is to try and not lose weight. Sounds strange, but its true. The best way to lose weight is to concentrate on becoming healthier and forget the numbers on a scale. Why? Because when you only concentrate on numbers, you're not really losing weight. All you're doing is wasting money and setting yourself up for disappointment.

When you focus on changes in lifestyle, you lose weight forever. This is because you're addressing the real cause of weight gain.

People gain weight because they go along with the flow. They eat what their TV tells them to eat. They eat what their peers tell them to eat. They eat to fit in and to escape, instead of eating to live.

When someone really decides to go against the "grazing" flow an amazing thing happens; they lose weight and they keep that weight off. This happens because our modern eating habits are so out of sync with our natural eating habits.

Today we eat an enormous amount of "empty" calories. Most of these extra calories are in our food chain only to make a particular foodstuff taste better or look better. Think about it. Processed food depends on additives to taste good and look good.

All processed food does is imitate the smells and sights of freshly cooked food. It is the additives needed to make fake fresh food look and taste like real fresh food that contain all the calories. Why not skip the fake food and make real food?

When you start to cook fresh you realize that it costs no more than buying fake. In addition, the best way to lose weight is to eat wholesome, natural foods prepared at the peak of freshness.

Your body craves these fresh foods. Why not buy fresh and cook fresh today? Eating food that is wholesome and natural really is the best way to lose weight.

The Right Diet To Lose Weight is The One that Works For You

One in three Americans is overweight.

Since there are about 310 million people living in the US as of the 2010 census, that works out to about 103,000,000 people who are overweight in America. That is a truly enormous amount of people.

And every year approximately 65 million of those people start on some sort of diet program. These figures have stayed the same for at least a decade. Each year, 65 million overweight people start a diet to lose weight. The next year, there are still 65 million overweight people...who start another diet. Obviously, something isn't working.

What's happening is that all these people are choosing the wrong diets, over and over. When you choose the right diet to lose weight, the weight comes off and it stays off.

So, how do you avoid the wrong diet and pick the right diet to lose weight, once and for all? How do you know the diet you're following is the one that's going to get you off the weight loss/weight gain roller coaster? It's easy!

The right diet to lose weight is the one that works with your body's natural, genetic rhythms, and not against them, to produce natural and sustainable weight loss. It combines regular and vigorous exercise with caloric substitution, not caloric reduction. You can lose one pound of weight every week, week in and week out, simply by cutting 500 calories per day through diet and exercise. A half hour of exercise, 5 days a week, and reaching for a glass of water instead of a soft drink is often all it takes to produce sustained and sustainable weight loss.

Most diets simulate what our bodies interpret as famine. When the body senses these signals, it automatically takes steps to preserve what nutritional stores of fat already exist. It keeps the fat for later and lets go of water weight and muscle tissue.

What this means is that most dieters are not losing any body fat. All they are losing is stored water and muscle mass. As soon as the calories go back up, the body thinks the famine is over and starts restoring the status quo.

The end result? All the weight that was lost during the "famine" is regained. And you are right back where you started, if not even heavier. You are worth the few minutes it takes to search out and discover the dieting program that works for you. You deserve it.

The Best Diets For Weight Loss Are The Ones You Can Understand And Apply

When considering diets for weight loss, the purpose of any diet is to cause someone to lose weight. That goal seems simple enough. All the diet needs to do is substitute poor calorie choices for choices that are not only lower in calories, but healthier to boot. In addition, the diet should be flexible enough to allow the dieter to maintain their weight in the long term.

Let's face it, you can't go through your life subsisting on lemon juice and laxative tea.

The problem with a vast majority of diets, especially the fad diets, is that they fail to meet these two "gold standards" of dieting. Lower in calories and healthier food choices. Because of this, the people who use these fad diets for weight loss remain unsatisfied, undernourished and most importantly, overweight. Luckily enough, there is a solution.

The best diets for weight loss are those diets that meet and exceed the two standards talked about above. When deciding what diet is right for you, remember the best diets for weight loss all contain these standards. Here are a couple things to look for in a good diet program.

Dieting and Exercise Go Hand In Hand

An element of all quality diet programs is a schedule of regular exercise. You cannot keep off any weight you may lose while dieting without exercise. This is because exercise not only burns calories; it also raises your metabolic rate. A higher metabolic rate burns calories more efficiently and actually allows you to consume more calories without gaining weight. In other words, regular exercise maintains your weight and helps prevent you from gaining weight.

Focus On Gaining Health Instead Of Losing Weight

The best diets for weight loss are less focused on weight loss. Instead, they apply to the focus to healthy lifestyle changes that bring about weight loss as a

side effect. That's big difference. Instead of obsessing over a number, think about how good you feel, how much energy you have and how good you look. The goal of a good diet is overall better health, not pounds per week.

Eat To Live And Live Well

The best diets for weight loss understand that portion control is a big key to losing weight. In the last 20 years, food portion sizes have grown astronomically. As the portion sizes have grown, so have our collective bellies. A good diet teaches how to make portion sizes sensible, as well as teaching how to only eat until satisfied. In this age of "super sized" everything, that's an important lesson to learn.

Exercise And Weight Loss – The Golden Keys To Losing Weight

The human body is a wonderful thing. It has adapted over millions of years to the environment around us.

The body has continued to thrive through heat and cold, dark and light and feast and famine. It is this last set of conditions that is most important to individuals trying to slim down via exercise and weight loss.

Why? The body has learned to hoard energy in times of famine. When food intake drops, the body doesn't know, and doesn't care, if you're dieting or simply unable to find enough food. To the body, a sustained drop in calories means one thing - its survival time, baby!

Under these circumstances, the body begins to hoard body fat as sort of an insurance policy against the coming hard times. If the decreased calorie intake means something has to go weight-wise, the body sure isn't giving up that insurance. No way. Instead, the body will begin to sacrifice healthy muscle tissue.

So, with most fad and/or crash diets, it isn't fat that's being lost, its healthy tissue.

As soon as food intake increases again, just like it always does with these yo-yo diets, the body happily starts regaining all that lost muscle tissue and, you guessed it, all the weight lost goes right back on. That's why exercise and weight loss have to be partners in any successful long-term weight loss program.

Exercise and weight loss work hand in hand with the body's own evolutionary adaptations to ensure successful and healthy weight loss.

Regular exercise raises the body's metabolism, so that calories are burned more efficiently. Not only that, but you feel better too. You don't have to be training for a marathon to enjoy the good feelings that come with some moderate exercise.

When your metabolic rate rises, in turn, this sends a clear message to the body that any reduction in food intake is not cause for alarm. The body instead properly attributes the drop in calories to the increased activity brought on by regular exercise. Under these circumstances, the body doesn't hoard fat like a miser. Instead, it burns body fat like there's no tomorrow in an effort to keep up with the demand for energy.

The result is naturally efficient weight loss. The weight comes off and stays off. This is why exercise and weight loss are the key to successful dieting. This naturally healthy system has worked for a long time and there is no reason to think it is going to stop anytime soon.

Lose Weight Naturally And Keep Off The Weight You Lose

What do you think is the biggest problem with the vast majority of diets on the market today? The answer is really simple and might surprise you.

Simply put, they don't work!

The number of overweight people in this country keeps rising, year after year. At the same time, the number of people dieting at any one time also keeps rising. Maybe we should be considering how to lose weight naturally.

If any of the fad diets out there were worthwhile, don't you think the number of overweight people, as well as the number of people dieting, would begin to decrease? Why do people continue to gain weight and, at the same time, continue to bang their heads against a veritable wall of useless diets? There is only one way to legitimately lose weight and that is to lose weight naturally. When you lose weight the right way, the pounds come off easily and they stay off!

Our metabolism regulates our weight. Over a very long time, generations and generations, our bodies have adapted to using the food we eat in the most efficient way possible. A high level of physical activity raises the metabolism and a low level of physical activity slows the metabolism down.

An active metabolism is like a hot furnace. It can burn calories very efficiently. In fact, a high metabolic rate burns calories so efficiently that a person with a high metabolism can actually consume more calories without gaining weight. What does this have to do with being able to lose weight naturally?

When you lose weight naturally, you work with your body's natural, inherent, genetic rhythms. This means that while you start to lose weight, you also naturally begin to raise your metabolic rate.

A natural weight loss system combines a diet of foods that provides a perfect balance between micro-nutrients and macro-nutrients. Micro-nutrients are

things like vitamins and minerals. Macro-nutrients are things like carbohydrates, protein and fat. (Yes, fat. The human body needs a certain amount of fat to keep running in top form.) And it's really important to get the right amount of the right kinds of fat in your diet in a natural way. When our daily diet mimics the diet we evolved on, the result is efficient, natural weight loss and weight maintenance.

Good natural food gives the body what it needs. When the body has what it needs, it begins to run at its highest efficiency. It's this "metabolic tune-up", that takes the weight off and keeps it off - permanently. Which at the end of the day, is pretty much what any dieter is looking for.

Contrary To Popular Opinion Losing Weight Quickly May Not Be The Best Idea

We live in a fast paced society where losing weight quickly has become overly important. Everything moves quickly and everyone is on a deadline. News, entertainment and information travel around the globe at the speed of light. Everything is at our fingertips any time we choose. But trying to lose weight quickly, may not only lead to no weight loss, but sometimes, even actual weight gain and additional health problems.

We have become used to getting what we want, whenever we want it. Standards of personal satisfaction have risen, while levels of patience and tolerance for delay have fallen like a stone. Is it any wonder that in this world of near instantaneous gratification, that losing weight quickly is every dieter's goal?

The problem is that losing weight quickly is not the best way to lose weight. In fact, a dieter who takes weight off too quickly runs the risk of many serious side effects. When you decide to lose weight, you want to make sure that you're doing it the right way. You want to make sure you're doing it in the most effective way. More importantly, you want to make sure you're doing it in the safest way.

What's the main problem with losing weight quickly? As soon as you stop dieting, or even while you are still dieting, you put the weight you've lost right back on. This happens because the body interprets the rapid weight loss and reduced caloric intake as a crisis. It goes into survival mode and begins hoarding body fat at the expense of water weight and muscle tissue.

In addition, as soon as caloric intake rises, the body starts turning the majority of those calories into fat as well. The result for the dieter is a weight loss/weight gain yo-yo. Initially, pounds come off quickly. Then, as the body goes into survival mode, daily and weekly weight loss becomes less and less. Finally, when the dieter get frustrated with this slow weight loss and starts to eat more normally, all the weight lost is regained and more.

Additionally, losing weight quickly can injure or even kill you. Most crash and fad diets are deficient in the minerals and vitamins that the body needs to properly function. In particular, a quick weight loss can cause you to lose significant amounts of potassium.

Potassium is the mineral that regulates electrical conductivity in the muscles, including the heart muscle. If enough potassium is lost, the heart can experience irregular rhythms and this arrhythmia can and does kill unwary dieters.

The safest and most effective way to lose weight is to combine smart food choices - think fruits, vegetable and smaller portions - with regular, sustained exercise.

So, forget about losing weight quickly. Real weight loss comes from serious and permanent lifestyle changes, not the latest celebrity diet.

Conclusion

So many people are searching for weight loss ideas on the internet. There is certainly no lack of them, and it is pretty much just a matter of finding the one that is going to work best for you

Good health and a good healthy weight go hand in hand and if you think you are overweight to the point where you are researching solutions, then the internet is the right place for you. There are lots of great programs available.