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# Losing Weight the Healthy Way

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# Losing Weight the Healthy Way

Almost 110 million Americans were overweight or obese in 2000. Today, obesity continues to be a serious problem and is predicted to reach epidemic levels by the year 2020.

The rise in the number of fast food joints that have a lot of saturated fat in the meals, the use of a lot of refined sugar in sodas and other processed foods and eating food with less fiber have all contributed to the fact that today there are more people than ever before who are classified as either overweight or obese.

Of course, a lot of other factors have contributed to this as well, such as genetics, overeating and the baby boom generation has aged. And the unfortunate fact is that, as you age, your metabolism slows, down making it harder than before to burn the food that you consume.

Controlling your weight and avoiding weight gain as you get older is important for more than cosmetic reasons. Fact is, being overweight or obese takes a huge toll on your physical health. Indeed, if you are more than 20 pounds over your ideal weight, you are at greater risk for a rogues' gallery of potentially deadly conditions, including diabetes, high blood pressure, endometrial cancer, arthritis, obstructive sleep apnea, and breast cancer.

If you have a sedentary lifestyle and are overweight, you are at a higher risk of cardiovascular disease and other heart related problems. And, if you already have a medical condition, such as high cholesterol, being overweight puts you at higher risk for complications, such as hypertension and stroke.

The good news is that even modest amounts of weight loss can improve your health significantly. Loss of 10% of body weight can reduce blood pressure, high cholesterol, triglyceride, and high blood sugar levels.

Better yet, you can try to prevent the weight from creeping on in the first place. How do you do this?

**Eat right. Keep moving.** There, you just have read all that you need to know about how to prevent being overweight. Sounds simple enough, doesn't it?

Unfortunately, about 35% of Americans have trouble adhering to these instructions.

But the plain fact is, it is a whole lot easier to prevent putting on pounds, than it is to try losing them once they are on. And if there is one thing we all know, it is that weight gain is likely to happen if we do not take forward-thinking steps to prevent it.

The good news is that it is never too late to lose weight.

The not so good news is that the vast majority of folks who diet usually stray. They tend to go back to their old eating habits even after they learn to enjoy low-fat eating. They tend to return to sedentary ways even though they enjoy exercising.

So what is the solution? There is no simple solution. And even if there was one, the likelihood is that it wouldn't deliver lasting results.

The quick weight loss fads that have spread like fire on the market these days do not provide lasting results. More often than not, dieting methods that involve dietary drinks, foods and supplements or pills do not work. And if they do, the results are just temporary.

Fast-track diet programs, as scientific research shows, are only good while they last. Rapid weight loss all too often results in rapid weight gain. People who undergo low carbohydrate or low calorie diets normally revert back to old eating habits, simply because human beings can not actually live on with this type of diet scheme for the rest of their lives.

If you really want to lose weight and KEEP IT OFF you have to be smart about dieting. You have to select a healthy weight loss plan, set realistic goals and NOT expect to lose a lot of pounds in a short span of time.

In this report we will talk about how you should go about shedding those unwanted pounds for good. But first let's review...

## **Why Losing Weight is Good**

Before we go into the details of how you should lose the weight, let's review in a bit more depth just why you need to lose the weight in the first place.

The following are a few of the remarkable long term health benefits you gain from losing unwanted and unhealthy pounds.

### **Weight loss prevents high blood pressure, heart disease and stroke**

That is a three in one benefit from losing weight. It is a fact that heart disease and stroke are one of the primary reasons for disability and death in both men and women in the US. People who are overweight have a higher risk of having high levels of cholesterol in their blood stream as well as triglycerides (also known as blood fat).

- Angina, one type of heart disease, could cause chest pains as well as a decrease in the oxygen pumped to the heart.
- Sudden death also occurs from heart disease and stroke, and usually this strikes with very little warning, signs and symptoms.

- Decreasing your weight by a mere 5-10% could positively decrease the chances of you having or developing heart disease or stroke. Plus, how your heart functions would improve along with your blood pressure, cholesterol and triglyceride counts.

### **Weight loss prevents Type 2 Diabetes**

Diabetes puts your life in jeopardy as well as how you lead your life because of the complications that result from having it. Both types of diabetes, type one and type two, are linked with being overweight. To those who already have diabetes, regular exercise and losing weight could help in controlling your blood sugar levels as well as the medication you may be currently taking.

### **Weight loss helps reduce your risk for Cancer**

Being overweight is linked with a number of kinds of cancer. Specifically for women, the common types of cancer that is associated with being overweight include cancer of the uterus, gallbladder, ovary, breast, and colon. For men the types of cancer include include cancer of the colon, prostate and rectum. For both sexes, extra weight, a diet high in fat and cholesterol should be avoided as much as possible.

### **Weight loss reduces Sleep Apnea**

Or it could eliminate it all together. Sleep apnea is a condition wherein you temporarily stop breathing for a brief period and then continue to snore heavily. Sleep apnea causes drowsiness or sleepiness during the day and – because of being overweight – could result in heart failure. Shedding those excess pounds could help in eliminating this problem.

### **Weight loss reduces the pain of Osteoarthritis**

When you are overweight, the joints of your knees, hips and lower back have to exert double – if not triple – effort to carry you through out your waking, walking and moving life. This causes tension and stress on these joints. Weight loss decreases the load these joints carry thus decreasing – if not eliminating – the pain of one who has osteoarthritis.

### **What Does Not Work**

Before we discuss what does work when it comes to shedding pounds, let's touch upon what doesn't. Today, there are plenty of weight-loss strategies that are guaranteed to backfire. These zippy fast fixes are not efficient because they do not employ the right principle and the right attitude in losing weight.

These quick weight loss diet plans are known as 'fad diets' because that is exactly what they are, just a fad. In time, when fashion is over and popularity wanes, most people realize that the diet they have depended on is not reliable at all.

Here is how to spot a phony 'fad diet.' Most of them employ one or more of the following gimmicks that DO NOT WORK if you want to KEEP weight off. Here they are:

### **1. Skipping Meals**

Abstain from food completely is not a healthy habit. It may even cause some serious complications or problems, especially for people who are sick with diabetes. Skipping meals will only cause a hypoglycemia, or the condition wherein your blood sugar is really low, and will probably only be effective in making you eat twice as much at the next meal.

### **2. Dieting without Exercise or Vice Versa**

Exercise is crucial to the human body. It is important in the proper blood circulation and other activities of the human metabolic/digestive system. Therefore, diet plans that do not require you to exercise are a waste of time. People are born to move. By the same token, exercise alone is not sufficient. To lose weight and keep it off, diet and exercise must go hand-in-hand.

### **4. Rapid Weight Loss Gimmicks**

Don't be gullible and believe diet pill advertising that claims you will lose a whopping amount of fat in a short time. These pills will only dehydrate the body. Yes, you will lose water weight, but water lost is regained very quickly so there is actually zero net weight lost after all. And just so it is clear, the body can only lose two pounds of fat per week, so advertising claiming you can lose more, is just setting you up for a fall...

- Other gimmicks include slimming soap, claimed to be made from a unique concoction of rare Chinese herbs and seaweed, they assert to help people using them to shed off body fats by emulsifying them upon application while taking a bath. Some are even specialized like those which promise to give the user "beautiful thighs". The ingredients improve the quality of the skin but no research has ever come up yet which aids to prove the efficacy of these ingredients in emulsifying excess body fats.
- Another weight loss product that promises to suppress hunger and help increase the body's metabolic rate are magnetic weight loss earrings. The secret of these earrings is in the magnet, advertisers claim. Wearing them near the ears balances the magnetism in the body, therefore allowing you to experience the above mentioned effects. If you believe this, I have some land in Florida you might want to take a look at...

### **3. Continuous Dawdling or Going by the Book**

There is no better time to start losing weight. If you want to really lose those excess

fats, you have to lose weight now! Delaying tactics will not get you anywhere and will only make the problem worse. So, if your diet plan suggests a certain timeframe for you to start losing weight, chances are, you are following the trend of fad diets.

Boiled down, it is best to rely more on the way you feel than the tale of the tape. This means that if the weighing scale tells you that you are losing weight even if it is slower than you would like, but you are feeling energetic and positive about your weight-loss efforts, then, you are doing just fine.

As I mentioned before... and is worth mentioning all over again... lasting weight loss is neither a quick nor an easy process.

### **Weight Loss Plan: The Goal to Go For**

Since excess weight puts you at risk for many health problems, you may need to develop a weight loss plan to help avoid those risks and prevent disease.

But what should be your long-term goal? And what short-term goals should you set to help you get there? You have a better chance of attaining your goals if you make sure that the weight loss plan that you will use is sensible and reasonable right at the beginning.

Here are some guidelines in drawing up a weight loss plan and goals.

#### **1. Be realistic**

Most people's long-term weight loss plans are more ambitious than they have to be.

For example, if you weigh 170 pounds and your long-term plan is to weigh 120, even though you have not weighed 120 since you were 16 and now you are 45, that is not a realistic weight loss goal.

Your body mass index or BMI is a good indicator of whether or not you need to lose weight. The ideal BMI range, according to the National Institutes of Health, is between 19 and 24.9. If your BMI is between 25 and 29.9, you are considered overweight. Any number above 30 is in the obesity range.

From this point of view, you will need a sensible weight loss plan that will correspond to the required BMI based on your height, because this is the primary factor that will affect your BMI.

## **2. Set Appropriate Goals or Objectives**

If you wear a size 14 and you blow a bundle on designer size 8 dresses as motivation, you will probably end up feeling guilty, frustrated, and angry if you are not slinking around in it a month later.

In reality, you will do much better setting smaller, achievable targets or goals for yourself. If you must try the new-clothes strategy, go down a size at a time. Because, if you put pressure on yourself to lose weight fast, you will end up incorporating fad diets or those that offer quick weight loss.

An important word here about goals: Using a weight loss plan just for vanity's sake is psychologically less helpful than losing weight to improve health.

You will have made a big step forward if you decide to undergo a weight loss plan that includes exercise and eating right so that you will feel better and have more energy to do something positive in your life.

## **3. Focus on doing, not losing**

Rather than saying that you are going to lose 2 pounds this week, say how much you are going to exercise this week. This would definitely make for a far more sensible- and achievable weight loss plan.

Keep in mind that your weight within a span of a week is not completely in your control, but your behavior is.

## **4. Build Bit by Bit**

The rate that a person loses weight is commensurate to how it is gained.

Weight loss depends on the condition of the person, which includes weight, health, calorie-intake, age, gender, lifestyle, stress level and routine.

Short-term weight loss plans should not be "pie-in-the-sky." This means that if you have never exercised at all, your best weight loss plan for this week might be based on finding three different one-mile routes that you can walk next week.

## **5. Keep up the Self-encouragement**

An all-or-nothing attitude only sets you up to fail. Learn to evaluate your efforts fairly and objectively. If you fall short of some goals, just look ahead to next week. You do not need to have a perfect record.

After all, self-encouragement should definitely be a part of your weight loss plans. Otherwise, you will just fail in the end.

## **6. Use Measurable Measures**

Saying that you are going to be more positive this week or that you are going to really get serious this week is not a goal that you can measure and should not be a part of your weight loss plan.

This is another reason why you should incorporate exercise on your weight loss plan and focus on it. You should be able to count up the minutes of exercise in order to be successful in your plan.

The bottom line is, unless or until you are able to put into action the various elements of your plan, it will simply remain a weight loss plan. Once you incorporate the goals into your lifestyle by implementing them, then and only then will the plan help to motivate you to succeed.

### **Tried and True Weight Loss Techniques**

The first thing you should do if you are truly overweight is seek a doctor to recommend the best weight loss program. This will be done after a full physical examination, which will lead to the determination of proper weight loss regimen.

The program usually consists of an eating plan and an exercise program that does not require the purchase any expensive fitness equipment. The best exercise plan should have cardiovascular and weight training exercises. This helps burn calories and increase the muscle to fat ratio that will increase your metabolism and help you to lose weight.

A good diet should include food from all the food groups. We will discuss diet in a bit more detail later but briefly you need to include carbohydrates, fiber, vegetables, fruits, and reduced fats in the form of mono and poly saturated food sources (not animal fats). You should also take a multi-vitamin each day.

During the course of the program, you should continue to consult with your doctor or other health expert to monitor your progress. There will be times when it is essential to modify your diet plan to further your weight loss. Of course, it is up YOU to stick to the program to see that it works.

If you are not in the obese category and merely want to shed some extra pounds, there are four aspects of life that need to be changed for effective weight loss: what to eat, how to eat, behavior and activity level.

A brief word here about that last item; activity level. I don't mean you have to go to the gym or enroll in some fancy exercise class. I mean leave your car if you are only going a few blocks from home, take the stairs instead of the elevator, jog, get the old bicycle out of the shed or take up rollerblading. Use these activities and other home chores to get you moving again. Do this regularly and you will not even notice that you are

already beginning to shed those extra pounds.

Here are some more tips that will insure that your weight loss is safe and effective:

1. Effective weight loss consists of a multi-faceted approach that includes mindset, discipline, exercise, and in some cases, diet supplements. Begin by developing a diet plan that you can easily live with. Incorporate an exercise plan that includes at least fifteen minutes of like brisk walking, running, swimming or dancing a day.
2. Set realistic goals or expectations. It is virtually impossible for you to lose 40 pounds in 2 weeks, so don't set this as your goal. Instead, you might try losing 10 pounds in 2 weeks and walking 1 mile every other day. The ability to focus and have proper mindset enables you to quickly lose those extra pounds. With discipline and a proper mind set, you will never be discouraged or lose focus. Have a mindset that you want to eat healthy to stay healthy for the rest of your life.
3. Listen as your body speaks. Everyone's body metabolism reacts differently to different weight loss programs and plans. If something in your plan isn't working, try substituting something else. You may have to tweak your plan as you go along. Up your exercise levels gradually. Go from walking one mile every other day, to walking one mile every day. Remember, muscles burn more calories than fats, so it's also best to put on a little muscle - for exercise, weight loss and appearance sake!
4. Do not starve your self! The key to a healthier way of losing weight is: Do not diet. Yes, skipping a meal or two a day may result in your losing unwanted pounds temporarily, BUT.... your body cannot tolerate having insufficient food to fuel the energy that you use up everyday for long. If you continue to skip meals, your stored calories will be used up instead of the energy that should have been provided by your meals. So... when you do eat that one huge sandwich at the end of the day, it will end up straight to your problem area (i.e. thighs, buttocks, hips).
5. Start your day right. Eat Breakfast. Have a healthy meal in the morning to jump-start your metabolism. Your food intake after you wake up will be used to burn fat all day long.
6. Eat small, healthy meals frequently. Five small-serving snacks per day is better than three hearty meals. Eating more frequently, and in small servings, can prevent over-eating. This will also increase your metabolism and make calories burn faster.
7. Drink lots of water. Your body needs sufficient water to burn fat and keep your cells hydrated and healthy.
8. Avoid too much sugar. Plan your meals around lots of fruits and vegetables, some bread, rice or pasta for that carbo fix that you need, plus lean meat and protein rich-foods. Sweets, sodas and pastries should be once-in-a-while indulgences only.
9. Watch your fat intake. Fat is not the culprit to being overweight. You need this to

keep your weight at the proper level. There is such a thing as healthy fats. Peanuts, olive and canola oil have them. Tuna, salmon and mackerel have omega-3 fats which is good for the heart.

10. Eat more Fiber. Fiber makes you feel full sooner and stays in the tummy longer, slowing down the rate of digestion. A single serving of whole grain bread moves fat through the digestive system faster. Grains turn into blood sugar that spike the body's insulin level. Thus, making the body more energized and ready to tell the body when it should stop burning fats or start storing.

11. Keep away from fried foods especially deep-fried as this contains a great amount of fat. Although fish and chicken appear leaner than beef, this white meat can contain more fat than when a beef is fried. It is recommended for those on strict diet to opt for grilled food as this does not have or contain less amount of fat after the food is cooked.

12. Drink lots of fluid. Drinking at least six to eight glasses of water a day keeps the body refreshed. Since weight loss depends on how the body eliminates body wastes, the body must stay hydrated.

All in all, discipline and consistency is still the best practice and the key to weight loss success. It does not matter how much weight you plan or need to lose. What is important is that you set realistic goals for yourself. And that you stick to them!

Eat healthy, drink lots of water, have enough sleep and exercise. This will give you a higher chance of losing weight and improving your health, which would result to a new, healthier you.

### **The Way to Losing Weight... Naturally**

The nuts and bolts of eating right and maintaining a healthy weight are not all that complicated. In fact, it is a good bet that most people know pretty well what is best. Problem is, knowing and doing are two different things.

All diet plans are designed to make you reduce the amount of calories you take into your body each day. This does not, however, mean that you have to eat less. It just means that you have to eat smart by choosing the foods that have less calories. This makes it possible for you to lose weight without the need to eat less!

Consequently, a reasonable approach for losing weight naturally is to stick to a diet that is high in complex carbohydrates, high in fiber, moderate in protein, and low in fat.

A complex carbohydrate is a baked potato. Fat is the sour cream and butter you should

not put on it. Fiber is vegetables. Fat is the oil you should not fry them in. Protein is a lean cut of meat. Fat is the gravy you should not pour over it.

On your smart diet the food you consume should have carbohydrates, vitamins, minerals and fiber. A lot of this can come from oats, rice, potatoes and cereals. Better still, it can come from vegetables and fruits, since these have phytochemicals, enzymes and micronutrients that are essential for your health.

As for fat, it should come from mono and poly saturated food sources rather than animal fats. Since fat contains more than double the number of calories in food, this should be taken in small quantities to lose weight.

Moreover, dietary fat promotes weight gain because it is a very dense source of calories. Also, when you consume excess calories from dietary fat, you store those calories as body fat more efficiently than excess calories from other sources.

**CAUTION:** Do not fall into the so-called "fat-free" trap. Manufacturers keep coming out with low-fat or fat-free versions of their best-selling foods, but Americans keep getting fatter anyway. One of the greatest delusions of the 1990s is that "no fat" means "non-fattening." The truth is, you are often getting just as many calories from the no-fat version, even if the calories are not coming from fat. The term "fat-free" can be a trap if you start to believe that you can eat any amount of the foods that are advertised that way.

One last thing. It is best to respond to hunger with healthful snacks. When you feel the urge for food coming on, try snacking on something healthy such as a slice of whole-grain toasted bread, carrot sticks or better still, just try drinking bottled water. You might find that once your thirst is quenched you aren't hungry after all. Never skip a meal and eat snacks instead, because that is the worst thing you can do if you are trying to control your eating habits and weight.

Remember, if you want to lose weight naturally, you have to keep track of every food you eat and of every activity that you do. Losing weight naturally is a process and not a fad. Hence, it would take a lot of dogged determination, self-control, and discipline to achieve your ideal weight.

## **A Look at Diet Fitness**

Many people nowadays are very much conscious about their own health and fitness. In addition to that, these people, and many others as well, are now having that desire to sculpt their bodies to achieve that magazine-cover look. As a result, gyms, health spas and other fitness centers have proliferated all over to cater to the needs of the fitness buffs and aficionados.

Even on television exercise machines, weight loss products, and other paraphernalia to improve fitness have more or less gained control over the airwaves and made their way into the households. But exercise is not the only way to build that body beautiful. It also entails certain amount of responsibility on the foods one chooses to eat. Being healthy and fit requires one to observe diet fitness.

Diet fitness is as essential as exercise itself. Diet for fitness provides the essential nutrition one needs to restore worn-out muscles and for healthy growth. Diet fitness should never be taken for granted. With the popularity of keeping fit, many different views, methods, programs and dieting strategies have been formulated by many professionals. Among these are high carb diets and high fat diets. Which one is more effective and which one should you choose to follow?

First thing to know would be the fundamental differences between these two diet approaches. As the name implies, high carb diets concentrates on taking in carbohydrate-rich foods while high fat diets endorses fat-rich foods. High carb diets are utilized to glycogen stored in the liver and muscles. Glycogen is a glucose complex that provides large amounts of energy ready for use in anaerobic exercises.

Fats, on the other hand, is well-known for being the richest source of calories. It actually contains 2.5 times more calories than carbohydrates and proteins alike. Studies also show that it takes the body 24 calories to metabolize carbohydrates while it only takes 3 to burn down fat. So which one to follow? A person can follow a high carb and low fat fitness diet or the other way around. It is absolutely not recommended to follow both at the same time; unless of course if you want to gain body fat.

But then diet fitness is not all about losing fat, one must also consider his diet in order to keep fat away. Research shows that sustainable loss of weight can only be achieved on a diet which suits the individual food preferences, lifestyle, medical profile and satiety signals.

Diet programs all over can help you shed off excess pounds, but only one diet can help you stay sexy, and it is the one that satisfies you most. Other important aspects of having a fit diet are moderation, balance and variation. One must be careful not to leave out important nutrients and other substances necessary for healthy body functioning. health organizations are clear about the amounts of nutrients an individual should have in the body.

Low fat high carbs, high carbs low fat; the question is not which diet program will work out but which is it that will work for you. Striving for a sexy and healthy body does not have to burden an individual, diet fitness does not have to mean sticking to the same kind of food for life. One may even try to be adventurous and try out new foods out there. Who knows? one may even discover spinach interesting.

### **Pointers on Losing Weight Safely**

People who want to lose weight commonly, and first of all, think about reducing the amount of food they eat. This may be a good solution but not exactly the best there is. In fact, depending on the amount you reduce in your food intake, it may even be dangerous to your health. So how do you lose weight effectively and safely?

Here are some points you should consider when trying to lose weight:

### **Beware of the Crash Diets**

Most people think that trimming down calories alone can shed off unwanted excess poundage. Probably this is because of the fad there is in advertising about low-calorie food products and beverages. What people don't know is that this could be dangerous because when they decrease their calorie intake way to below the required levels, the body begins to digest the fats. Sounds good but it isn't actually. Burning fat requires a lot of energy. Since there is not much energy in the body to facilitate metabolism of fat, it will run at a very slow pace resulting to fatigue, illness and weak immune system.

A low-calorie diet is also compensated for by the body burning muscle. People on this type of diet who revert back to their old eating habits end up gaining back some, if not all the weight they have shed. This would consist mainly of fats. And since fats have more volume per mass than muscle, they generally end up having the same weight as before - only bulkier. In losing weight, you should keep in mind that you should lose excess body fats only.

Try out eating small meals at more frequent intervals. This way the body will not think that it is being starved and will not store food as fat!

### **Eat Properly**

OK, so you now know why you should junk the crash diet option but that does not mean that you can forget to watch what you are eating. Variety must always be considered so that one may be able to get the necessary nutrients from his diet. It is also healthier to eat food which are roasted, steamed or broiled rather than fried. It is also important to include a lot of fiber in the diet. Frequent rehydration is also necessary.

### **Pump Up lean Muscle Mass**

Muscles burn calories when they work; they even do so at rest. Unlike fats which just lie around, bulge around the pants and dangle beneath the sleeves, muscles burn calories all-day round. With this fact, one can start weight loss by increasing muscle mass. The more muscles, the less fat will be left. This is attainable starting with working out with resistance exercises.

### **Engaging in Aerobics**

Aerobics are not only good for the heart by increasing cardio-vascular endurance.

Aerobics also help in increasing lean muscle mass while simultaneously decreasing excess body fat. Aside from these, aerobics make the metabolic process more efficient and its rate high, even after a long while. Imagine burning fat efficiently while driving along the freeway or even while watching television.

### **Extra "Push"**

Some people believe that smoking and caffeine can actually help in losing weight. This can perhaps be true; however, they do the body more harm than good because of their side-effects. For that extra "push", you can try out taking food supplements.

### **On Taking Diet Pills**

Over-the-counter diet pills affect the amount of weight you lose as well as how long you keep the weight off. However, you must be extremely wary of the side-effects of these diet pills and must faithfully follow the instructions provided in the packaging. It is also prudent to consult your physician before trying out these drugs to find out which type would be best for you.

Losing weight does not have to mean sacrifice and suffering. It actually means opening up to a more full and healthy life where you don't have to feel bad about the way you look or about not being able to do what you want to do. Losing weight might entail some lifestyle adjustments and discomforts initially, but as the old saying goes, "no pain, no gain." Besides fat, what have you got to lose anyway?

### **Best Classes for Weight Loss**

So many commercials and advertisements scream "Lose weight now!" but how many of them are actually legitimate? Just to be clear, taking pills and supplements are not going to get rid of excess weight – the only way to do that is through good old-fashioned cardiovascular exercise coupled with a healthy diet. Thanks to modern innovations and ideas, though, you can work out and burn more fat than ever while you have fun at the same time!

Gyms and fitness studios across the country are focusing on creating cardiovascular fitness classes that keep participants engaged and encouraged, and this is a boon for folks who are traditionally turned off by the thought of exercise. Losing weight has never been so fun and fast!

### **Spinning**

The workout of the stars, spinning is an exercise similar to biking except that, well, you

don't go anywhere. When you spin, you are using a machine similar to a bike but with only one wheel and with adjustable resistance so that you can control the level of exertion. Beginners start with the handle in a traditional biking position but as you proceed through levels and become more fit, eventually the handles will be almost level with the bike saddle.

Spinning mimics mountain biking by changing resistance at different points throughout the workout, imitating hills and rises. The calorie burn can be impressive but be prepared for a sweaty workout. Your leg muscles will be called upon in ways they never have before and the first few classes will probably leave you with some muscle soreness and stiffness that should disappear within a few days. Spinning instructors recommend that participants wear heart monitors to track heart rate and move into the ideal range for maximum fat burning. You can find Spinning classes at gyms nationwide.

### **Belly Dancing**

If you've ever watched belly dancers and admired the lithe, seductive movements, here's your chance to learn their secrets and burn calories at the same time. Belly dancing classes have exploded in popularity in the past few years and can be found in most major cities and metropolitan areas. You won't need any special workout gear, just show up in your t-shirt and shorts. You'll start learning the basics of moving your hips and waist, and go from there to the more complicated twists that make belly dancing so unique and seductive. The calorie burn is average but couple the class with a healthy diet and brisk walking several times per week and you'll see the fat begin to melt away. The bonus of belly dancing is that as you're burning calories you are also toning and firming the abdominal muscles, so when the fat is gone you'll be able to see beautifully defined abdominals. In addition to that, you will have learned a unique skill that you can use as a workout any time you like!

### **Step Aerobics**

Step aerobics can burn serious calories thanks to the work it requires from muscles. The concept of step aerobics has been around for decades and it became popular in the eighties along with Jane Fonda. It remained a regular offering at fitness studios but recently has enjoyed a renewed burst of popularity. In a step aerobics class, there will be an instructor leading the class from the front. You will need an exercise step that can be raised or lowered depending on your fitness ability. After a brief warm-up, the instructor will lead the class in aerobic exercise utilizing the step to increase calorie burn. The pace can get intense and that equals a higher fat burn for you! Arms will frequently be included as part of the workout but only to increase the heart rate, so don't forget to include regular strength training as part of your fitness program.

### **Program your Weight Loss in as Easy as a Week**

The idea of the program is to be able for you to develop a consistent approach to

weight loss as well as a healthy endurance when exercising. The program's objective is to get rid of the excesses in your body, the excess fat. Not the healthy and lean muscle tissues and body fluids.

The program first requires your focus and dedication, so therefore you need to be prepared in both mind and – of course – body. It is highly advised that you first visit your doctor for a check-up before embarking on any weight loss program.

It is important that when starting on any weight loss program, you be positive enough to work for the results. Some people get impatient easily but long term results are assured as long as you sticks to the weight loss plan.

**Stretch, stretch and stretch some more.** Before actually doing the exercises and working out those muscles, a little stretching is needed in order to avoid any injury or soreness in your body.

It is also not advisable for you to try too hard. Everything should be done in moderation. Find the level of exercise and training that suits you. It should be enough for you to be comfortable but not so comfortable that is not much of a challenge.

### **The first week**

The first day of the program involves a long and steady walk in a little over twenty minutes. After the walk, follow it up with a good stretch. In less than an hour you have taken that first step to a weight loss program that could change the rest of your life.

By the second day, it is good to focus on an upper body workout. This maintains your strength to be able to go through the whole program for the week.

On the third day, a brisk walk or jog for ten minutes is in order. For beginners, a lower body workout should be done in the evening.

On the fourth day, a good rest is in order, as well as a good stretch. This lag time should be used wisely though to sort out any negatives in your mindset.

The fifth day starts with a good fifteen minute walk. Exercise the lower body in four sessions of workouts, follow this up with another ten minute walk, and another four sessions of lower body workout.

The sixth day should be spent on a low impact exercise such as swimming. To avoid boredom, do not be afraid to try something new.

The last day of the week is a time to solicit the support of the people you care about. Spend time with them or get them to come with you on your long walk. Again, follow up your walk with a light upper body workout.

This is just the beginning though. If by this first week you are able to stick to the

program, you have a great chance to further boost your weight loss and stay with the plan until you achieve your desired result.

Remember, patience is a virtue. The same way it took your body time to gain all that weight, it will take time to get rid of the weight - and keep it off.

### **Six Weight Loss Tricks**

The most basic approach to weight loss is to burn more calories than you take in, but sometimes no matter what you do it just doesn't seem to be working. When you need an ace up your sleeve for a critical moment, try one of these tricks to jump-start your weight loss.

#### **Add weights to your routine.**

Adding weight-lifting to your routine is one of the fastest ways to see results. Your body will respond almost immediately, shaping and toning muscle, and remember, the more muscle you have, the more fats you burn!

To determine the weight you should start with, grab a 5-lb. dumbbell and do as many bicep curls as possible. If you can do more than ten reps comfortably, use a higher weight. On the other hand, if you can't do more than eight repetitions without strain, try using a 3-lb. weight instead. For those of you already training with weights, go up to the next highest weight to see results. If you don't have weights at your home, it is highly recommended that you invest in a set that ranges from three to ten pounds. These usually cost less than \$30 and are well worth the investment.

#### **Increase the intensity.**

During your cardio workout routine, assess the intensity level to determine how hard you're working. If you can carry on a conversation with ease while exercising, it's time to boost the intensity. You can do that by taking deeper strides as you move and placing a greater demand on the muscles of the thighs and buttocks, which in turns burns more calories. The best way to gauge the intensity of a workout is to pretend to carry on a conversation. You should be able to speak in short sentences with a breath after each one. Never exercise to the point where you cannot talk.

#### **Shake up your routine.**

Despite being called a routine, your exercise program should keep you interested. Add different activities for variety and you not only maintain your concentration but also constantly challenge your body to meet new obstacles and developing more than just a few muscles. More muscles equal a greater calorie burn – what's not to love? Try new activities that keep your mind engaged and experience an extra boost for your brain!

### **Give your diet a makeover.**

The daily diet is most frequently the worst problem area when you're trying to lose weight. Between home and work and the responsibilities that come with each, it can be almost impossible to find healthy choices at the last minute. Spare yourself the daily scrounging and stock up on healthy foods that can be ready at a moment's notice. Make a point to stash some of your good-for-you snacks at work so that when the mid-afternoon cravings hit, you have something satisfying and diet-friendly.

### **Challenge yourself.**

Set personal goals for yourself and don't forget to reward your accomplishment! If your goal is to be more active at work, buy a pedometer and challenge yourself to take 6,000 steps during your workday. Be creative about it: walk to a colleague's desk rather than email, take the stairs instead of the elevator, and go to the bathroom three floors down instead of the one on your floor. Challenging yourself can be very fulfilling on a personal level when you achieve your goals, and can encourage you on to greater achievement.

### **Keep a food journal.**

One of the most common characteristics of successful dieters is keeping a daily journal of food intake. There's no real mystery about this: when you must write down everything that goes in your mouth, it forces you to realize exactly how many calories you consume. Keeping a journal is also beneficial because you can pick up patterns in your eating – for instance, if you become ravenous at a certain time everyday or if your meals and snacks are too far apart.

It can also be helpful to note your frame of mind when you eat or mention the circumstances. Binging as soon as you get home from work could indicate a stressful job or it could mean it's just been too long since lunch. A basic food journal requires you to enter the food you ate, number of calories, amount of fat, and how much you consumed. This can be expanded as much as necessary to meet individual needs. Just make sure you review it every few days to spot any habits that need to be brought under control.

## **Why You Aren't Losing Weight**

Losing weight can be a frustrating business, especially when you're going it alone. Stepping on the scale and seeing that same hated number appear again and again is almost enough to drive a person batty. Maybe you've been doing all the right things: exercising regularly, watching your diet, maybe you're even using some weights every once in a while, but it just isn't enough. The change that you want to see is too slow in coming. Before you give up and give in, here are a few ideas about why you may not be losing weight. Quite often there's a hidden culprit that can be identified if we are willing

to take a close look at ourselves.

### **You're exercising – just not hard enough.**

This may be a hard one to swallow. Surely, you think, if I am moving then that is enough to drop some pounds! That absolutely depends on how intensely you are moving. If walking is your workout but you're just strolling through the neighborhood, then don't expect to see any drastic change. In order to actually start burning calories, you must increase your heart rate until it reaches between 75-85 percent of your maximum heart rate.

How do you find your maximum heart rate? There are several free calculators available on the Internet for public use, but the general formula is to subtract your age from 220 to find your absolute maximum heart rate. For a thirty-two-year old, the maximum heart rate would be 188. Calculate 75-85 percent of that and the answer is that the ideal heart rate range for a 32-year-old is between 141 and 160 beats per minute. Keep your heart rate within your target range and you'll burn calories.

### **Food keeps sneaking into your mouth.**

Many times the day can get so busy that you don't have time to go out for lunch, so you have a handful of M&Ms from your colleague's candy jar. You get home late and have to start dinner for the kids, sampling the pizza rolls as you do so. Finally the day calms down enough for you to spend some peaceful time with yourself, so you decide to have a treat of rich chocolate ice cream. When you finally go to bed, your stomach is growling and you think, 'I haven't eaten a thing today!' Did you actually not eat a thing? No. The trouble is you ate all the wrong things and you weren't thinking when you did it.

Unconscious eating is one of the biggest enemies of weight loss. Too often our lives are so busy that we forget to stop and actually consider what we are about to eat. Being wrapped up in other issues can lead to being wide open to answer the call of temptation with an emphatic yes. Take steps to correct your unconscious eating. Buy a food journal and make a daily commitment to write down everything you eat –everything! Before you put food in your mouth, stop and ask yourself what you are eating and if you really want it. Oftentimes people eat food that they don't really want simply because it's available. Promise yourself to monitor every bite of food you take and you increase your odds for success.

### **You're secretly very, very thirsty.**

When your body is dehydrated, it sends out signals to the brain. Unfortunately, these signals frequently get crossed and the brain ends up telling you that your stomach is empty. Since the signal said that the stomach was empty, you go to get a snack (probably unconsciously) and another calorie-laden, sugar-full goodie slides down your throat. Stop this case of crossed wires by keeping your body adequately hydrated. Drinking water is one of the easiest of all dieting tricks. Simply fill up a plastic bottle and take it with you everywhere you go!

Despite the simplicity of this many people skip water. Some say they honestly dislike the taste of water while others dread having to take multiple trips to the bathroom. If you don't like the way water tastes in your mouth, use one of the new flavored mixes offered by companies like Crystal Light. You simply pour the powder into the water, shake or stir, and drink. The powders come in a variety of flavors including lemonade and peach tea. For the ones who want to stay out of the bathroom, your urine output may increase the first few days that you drink additional water but fortunately your bladder will soon become accustomed to the extra demand and treat it as nothing special. In a week or less you will be back to a normal schedule.

Try one of these three tricks in your schedule this week as an experiment – just see if it makes a difference. Incorporate all three and within two to three weeks you will see and feel a remarkable change in your body.

### **Six Easy Changes with Big Impact**

Too often people think that to see results with an exercise program, drastic changes are required. The truth is that you don't have to radically alter your lifestyle to see a change in your weight or health, and most of the time just a simple modification can have a big impact without the stress of a major change. Here are some simple tips that can make a big difference in your own health!

#### **Stop drinking soda.**

This can be difficult for many people but the simple act of cutting out soda can make an enormous difference in your waistline in just a week! Sodas are full of sugar and calories, and are practically worthless nutritionally. Drinking more than one a day adds some serious calories to your daily intake, and can result in multiple pounds on your body. Cutting out your daily soda saves you more than 87,000 calories over a year's time – that's equal to over twenty-five pounds! Try a simple experiment: do not drink soda for one week (7 days) and weigh yourself at the beginning and end of the week. You'll be surprised at the change you can see and feel.

#### **Add more fiber to your diet.**

You hear this frequently on television and read it in the newspapers, but fiber isn't just about keeping you regular. Fiber in your diet fills you up faster and actually expands in your stomach to literally fill the space far better than other kinds of food. Eating plenty of fiber will keep your appetite under control as well as maintaining a healthy GI tract at the same time. Fiber can be found in a variety of vegetables and breads, so there are many options to choose.

#### **Get an additional hour of sleep per night.**

Despite eight hours remaining the gold standard for sleeping hours, few adults actually sleep that much during the night and most average around five or six hours. The lack of sleep doesn't just make you drowsy during the day; it can also make you prone to cravings, irritable, and even gain weight. Studies have shown that failure to get adequate sleep suppresses the production of leptin, a peptide that tells the body to burn calories. Getting just another hour of sleep helps correct sleep debt and can make you feel better almost instantly.

### **Drink your water...**

Water is one of the most powerful allies in the battle against excess weight. When you are dehydrated, your body sends signals to the brain that get misinterpreted as hunger pangs. Drinking enough water throughout the day keeps you satisfied and can ward off unpleasant issues like decreased energy, constipation and slowed mental reactions. A good general guideline is to drink eight 8-oz. glasses of water throughout the day, but pay attention to your body's needs. Drink more water if you feel your body needs it.

### **...Eat your calories.**

Don't allow yourself to be fooled into drinking your daily calories through soda, beer and wine. These beverages rack up the calories fast and furious, and full of sugars that make you crave more. Satisfy your hunger and the emotional need to eat by choosing nutrient-rich food with a minimum of preservatives and you save yourself from empty calories.

### **Take 10,000 steps every day.**

Recent studies show that while most people believe they take ten thousands steps per day or more, in reality that number is closer to 3,000 – 4,000. Challenge yourself by buying a pedometer and wearing during an average day. Check the total number of steps at the end of the day – anything less than 5,000 needs improvement! Ten thousand steps are roughly equal to four miles of walking. Make it your goal to take ten thousand steps every day and keep working until you get there. This simple change can help you burn calories and fat as you take care of everyday chores, so keep stepping and watch your pedometer count up those steps!

These are very basic changes that won't cost you a lot of time, effort or money, but they will give you serious results in just a few weeks. Incorporate these changes with your daily exercise program and give yourself a pat on the back for all the great work!

## **Losing Weight on a Busy Schedule**

You know you want to lose weight but when you're so busy running from home to work and back, how do you do it? Is it even possible with so much going on? You can lose

weight while keeping a busy schedule but it does require extra planning and foresight. The most difficult part to manage is fitting exercise into the day but with just a few small changes it can be done.

You should start by thinking about how much weight you want to lose. Many people expect to start a program and drop pounds almost immediately, and then become discouraged when it doesn't happen. If you have more than five to ten pounds to lose, be prepared to spend six months or longer working toward your ultimate goal. Even if you do only need to lose five pounds, you should still allow more than a few weeks to see it disappear. As it has been said so often, the last five pounds is often the most difficult to lose, but with patience, a good diet, and plenty of aerobic exercise, it can be done.

The most successful dieters all have some characteristics in common. First, they all include regular exercise in their schedules, regardless of how busy the day may be. Exercise is necessary to burn calories and fat, and one dash up the stairs isn't going to do it. For maximum fat burn you should exercise a minimum of 45 minutes per day and more would be excellent.

Before you panic, the 45 minutes does not have to be all at once. Research has shown that short, intense bursts of exercise can be just as effective as one long workout, so all you have to do is fit in several short segments of exercise throughout your day. Try walking around your office's parking lot during your lunch break or walking up four flights of stairs to your office rather than taking the elevator. If you are one of the fortunate employees whose companies provide fitness facilities on site, make the most of it! Either arrive early to workout, shower, and change before work, or hang around afterward to get in your exercise. Company fitness facilities are absolutely wonderful since most include not only workout machines but saunas, fully equipped locker rooms, and even the occasional swimming pool.

Other ways to get your 45 minutes of fat-burning exercise in is to purchase a few small fitness items to keep in your office and use several times daily. Good choices for office fitness equipment include hand weights (which often come with their own storage rack), resistance bands, and yoga mats. You may want to consider a jump rope but obviously bring a change of clothing since it can be rather too intense for the office. Set your computer to give an alarm four times throughout the day to remind you to get up and exercise. Even just ten minutes of weight lifting or resistance training four times throughout the day adds up to forty minutes! That's fantastic!

You will probably find it easiest to do your aerobic exercise outside of the office. If your schedule permits you to attend gym classes several times during the week, take a high intensity class that keeps your heart pumping for thirty minutes or longer. Another excellent option is to swim. Swimming is one of the most powerful exercises for shaping the body fast. Since the body is supported by water, your muscles receive a better workout since they must propel you through the water. Swim for 45 minutes three to four times a week and you will see results within three weeks.

For those who can't get to the gym or a pool, go for a run or a fast power-walk on your street. Incorporate arm movements into your walk to boost your heart rate and burn more calories. Also check your local video store for fitness videos that you can do in the privacy of your own home. There are many great videos that work your body just as much as a challenging gym class and you don't have to worry about anyone staring at the sweat dripping down your back and face. Maintain a regular exercise schedule of 45 minutes of aerobic exercise three to four times per week in addition to strength training and you will notice a change in your body very rapidly.

In terms of diet, the change that most busy workers need to make is to avoid fast food. Double cheeseburgers, fries and milkshakes are all heavily laden with fat, calories, and sodium – three things that will slow your weight loss effort down fast. Instead, eat a diet that is balanced and nutritious with a minimum of saturated fat, simple sugars and sodium. One easy way to make a diet change is to eat only organic. There are thousands of delicious organic options available and an organic-only diet naturally delivers you from the vast majority of fatty junk foods. Add plenty of vegetables and salads to your menu as well as regular protein for a giant boost to your weight loss program.

While losing weight on a busy schedule is difficult, it is by no means impossible. Exercise regularly, eat healthy, and you will see the pounds melt away.

### **What You Should Know About Easy Weight Loss Products**

There are a lot of weight loss products that offer that fast weight loss results, however, are these really guaranteed? Could these products live up to their assurance of a fit body?

In US, there are an estimated 50 million people who try to lose weight, unfortunately, only 5 per cent are successful. One thing's for sure, beware of fraudulent claims and extreme high cost because there is no magic to losing weight.

Samples of weight loss products in the market nowadays:

- Diet Patch – this was already removed since 1990's by FDA since they were proven ineffective.
- Magnetic Diet Pills – allegedly flushes out fat, but not.
- Guar Gum – causes internal obstruction.
- Electrical Muscle Stimulators – no proven effect.
- Eyeglasses that Suppress Appetite – These claims that the projected image on the retina decreases appetite. No proven fact.
- Weight loss earrings – through acupuncture, suppresses appetite.

There are also examples of weight loss products:

Diet drinks that are mixed with beverages or food are used as meal substitutes. A downside of this is that once a person stopped taking the drinks, they would eventually regain the lost weight after a short period of time due to feeling of emptiness in the stomach.

Another is diet supplements and medicines that also don't work long-term. Over-the-counter pills that compose of phenylpropanolamine hydrochloride may raise blood pressure and palpitation. Ephedra on the other hand can cause serious side effects such as heart problems, seizure, stroke, and even death. E.g.:

- *Herbalife Nutritional Program* – good as two meals, dieters may rely on shakes and follow artificial dieting methods and just don't want food to work into their lives.
- *Mega-Thin 100 Formula* – Its formula contains an anti-fat weapon, however, diet is not emphasized that's why it's concluded that it has an appetite suppressant.
- *Nestlé's Sweet Success* – recommended to take three times a day and it does not promote healthy eating habits. Weight loss is difficult to maintain once intake is stopped.
- *Ultra Slim Fast* – this plan requires regular exercise but does not teach good eating habits.
- *Diet pills with Ephedra and PPA* – many of these have enclosed diet plans. Slimming can come from the diet plan and not the pill intake and there are risks of adverse side effects.
- *Chitosan products* – contains fibers which were taken from shellfish that may cause diarrhea, bloatedness, and gas. This will only work if a low fat diet is practiced.
- *Chromium Supplements* – claim that products will lower blood sugar, body fat and cholesterol but causes anemia and even memory loss. Studies show only minimal or no beneficial effect at all.
- *Green Tea Extract Products* – known as strong anti-oxidants that help lower cholesterol and triglycerides, and promote weight loss, however, the caffeine content could cause insomnia and restlessness.
- *Algae Tablets* - Spirulina contains significant nutrients that can be an acceptable food when used as part of a varied diet but are very expensive.
- *St. John's Wort Supplement* - Claims that it will suppress appetite and promote weight loss but it could lead to gastrointestinal discomfort, tiredness, sleeplessness, and arouse allergic reactions.
- *Glucomannan Products* – claim that two capsules before each meal decrease food absorption. Known as food thickeners but not yet proven safe or effective. Weight loss will only happen if good diet plan is followed.

Even if you plan on using over-the-counter weight supplements or even participate in a weight loss activity, the verdict is that you still have to eat fewer calories than you burn to lose weight. When choosing a weight loss product or program, collect as much information as possible.

## **"Losing Weight? - Go Herbal"**

Herbal weight loss products have been in great demand for people who want to lose weight the natural way. However, when you take herbal supplements to lose weight, you generally have to wait for a longer time for the results because of the more subtle effects of medicines which came from plants and natural herbs.

Here are some herbal weight loss options that you might want to consider:

### **1. Herbal weight loss products**

There are a lot of herbal weight loss products available in the market now. You can check out the Internet and you will find a lot of herbal weight loss pills and products. Be careful, however, as there are some products which claim to be safe and natural because they are herbal, but some actually have side effects that have not been researched thoroughly.

Here are some ingredients and chemicals which make up some herbal weight loss products that you should watch out for, as they might have harmful effects to your health:

> *Senna*. This is an herbal laxative. Senna is a main ingredient in weight loss teas, and it works by stimulation the colon. The downside effect of this herb is dehydration. It can also lead to colon problems and can become addictive. Some people, when addicted, are unable to perform bowel movements without it, so watch out.

> *Chromium picolinate*. This is a synthetic compound found in herbal weight loss products. Chromium is a nutrient which helps regulate blood-sugar level. However, this ingredient, when taken in high doses, may cause damage in the chromosomes. It can also lead to dehydration.

> *St. John's wort*. This supplement increases the production of a chemical in the brain. If not used properly, it may cause eye and skin sensitivity, mild gastrointestinal distress, fatigue and itching.

Although a lot of herbal products claim to be safe and natural, it is better to scrutinize the ingredients and research about the effects of the product itself before you begin taking it.

### **2. Organic food.**

In Wichita, Kansas, organic food has found its way to more homes and restaurants. Organic food devotees believe that consuming organic goodies help their bodies as well as the environment.

A person who buys organically raised eggs and vegetables claim to be healthier, and they are not spending money on doctors and prescriptions as these keep them healthier

and away from the hospital. This could also be an option for weight watchers, as organic food is known to be kinder to your weight than chemically-processed food products.

### **3. Green Tea.**

Studies show that intake of green tea, or green tea extracts burns extra calories. Also, green tea with caffeine can increase fat burning by up to 40% thereby reducing fat.

This is one good option for those who want to lose weight. In a study done, people who took green tea were found to lose 2 to 3 times more weight than those who did not drink green tea.

These results show that green tea is a natural product for the treatment of obesity. Thus, it also makes for a healthier dietary option, not to mention the good effects that it has on the body as compared to caffeine. A cup of tea gives an immediate energy lift without the side effects of caffeine.

### **3. Caffeine.**

Coffee provides an energy boost to increase fat burning. Caffeine also provides a likelihood to be active, which in turn increases your rate of calorie burn.

### **4. Immortality Herb**

This herb, whose scientific name is *Gymnostemna Pentaphyllum*, is known to have the following benefits:

- > increases healthy blood flow
- > reduces artery blocks
- > aids healthy blood pressure
- > increases the rate of fat burning

### **5. Apple Cider Vinegar**

There are pills and food supplements whose main ingredient is apple cider vinegar. Here are the benefits of taking this herbal option:

- > weight loss
- > improved cholesterol level
- > improved high blood pressure
- > helps prevent rheumatoid arthritis

### **What is in a Weight Loss Diet Pill?**

With all the strenuous activities and sweat-generating regimens that most weight loss programs have, more and more people are enticed to opt for a better alternative, without the trouble of exerting too much effort.

With the advent of diet pills that promote weight loss, people go mad over the appealing advertisements of most manufacturers claiming that their product can easily “melt away” those fats and cellulites.

With these pills dominating the market today, who needs to tone those abs and biceps and do some dieting if there is an easier way to lose weight?

With an estimated 60% of the American population that are now considered as obese, these “wonder” drugs are definitely reaping millions of dollars in the United States alone.

Now, the questions are: is there any truth regarding the manufacturers’ claims that these diet pills can ultimately promote weight loss? Are they really effective in helping people lose weight? And if that is the case, do these pills also help those people maintain their ideal weight and curb any fat accumulation in the body?

In reality, there are diet pills that can really make a person shed off those extra pounds. These diet pills contain certain substances that were already clinically and scientifically proven to be very effective.

These diet pills are effective in increasing the metabolism of the body, thereby, initiating weight loss. Plus, these diet pills contain certain substances that suppress one’s appetite.

However, with so many diet pills saturating the market today, trying to find the best and most effective diet pill can be very tedious. Chances are, you may end up choosing the wrong diet pill when your energy to find diet pills wanes down.

Actually, there are only five factors to consider when choosing diet pills that are effective at the same time safe to use. Here is a list of the factors that you need to consider in order to come up with a diet pill that is right and appropriate.

### **1. The metabolism-boosting ability**

In choosing diet pills that will effectively promote weight loss, it is best to look for pills that have the ingredients that will enhance your body’s metabolism, or the ability of the body to burn excess fats.

Choose those diet pills that contain alpha lipoic acid, green tea extracts, and “L-Canitine” because these ingredients had been clinically proven to be effective in promoting weight loss through increased metabolic rate.

### **2. The appetite suppressants**

Find diet pills that effectively suppress your appetite. It does not necessarily mean that you will skip meals but you will not just feel hungry every now and then. This is because obesity usually happens to people who are fond of in-between meals, which actually initiates excessive calorie intake.

### **3. The calorie stopper**

Because obesity is usually due to excess intake of calories in the body, which is more than the recommended amount, it is best to choose diet pills that have the special ingredients that will curb the entry of calories into the body.

These substances are known as “phaseolus vulgaris.” This is known to create an enzyme that will efficiently control any excess calories in the body. The enzyme responsible for this wonderful job is known as “alpha-amylase.”

### **4. The metabolic enhancers**

It is best to choose diet pills that have the so-called “lipotropic elements” that are effective in eliminating fats from the body. It functions like a sweeper that effectively sweeps excess fats outside the body.

These lipotropic elements are found in vitamin C, chitosan, alpha lipoic acid, and green tea extracts.

### **5. The water-retention breaker**

Effective diet pills are those that contain diuretics. These are elements that avert the retention of water in the body during the weight loss regimen.

All of these factors are, indeed, clinically proven and effective in losing weight. Though, it must be kept in mind that diet pills alone are not sufficient to provide optimum weight loss. Hence, it is still important to do some exercises.

Therefore, with exercise and the right diet pills, you are definitely on your way to a healthier, slimmer you.

## **What You Need to Know About Diet Pills**

According to manufacturers, diet pills use natural ingredients capable of prolonging life and containing alcohol used in medication or flavoring. One thing's for sure, never take diet pills as substitute for cutting calories without the doctor's recommendation. There are simple but important steps to be followed when taking diet pills:

1. Never crush diet pills to mix in drinks or soups. Take them whole with a full glass of water.
2. Diet pills cause a person to urinate more frequently due to their diuretic effect. This could lead to dehydration, thus, causing complications. As a precaution, it is best to drink eight glasses of water everyday while on diet pills.

3. Take only the recommended dosage. Taking more than required will not help you lose weight but increase the risk of side effects.

4. Heartbeat should be less than 86 beats per minute. Stop taking the pills if it reaches 90 or higher that is why regular checking of pulse is a must.

5. Always follow the instructions set by the dietician and/or doctor and not only rely on what's enclosed in the box. Also diet pills will only work as expected if diet plan is being followed.

6. After three months, stop taking the diet pills. Common diet phenylpropanolamine is safe to use only up to sixteen weeks. Other studies show that it can cause health problems if taken under one month.

There are two kinds of diet pills; *prescription only* diet pills and the *over-the-counter* diet pills.

*Prescription Diet Pills* - are drugs regulated by the Food and Drug Administration. Their side effects are monitored and may be advertised and prescribed under certain dosages. The most popular of these is Xenical, which is licensed for long-term use. However, this too has its own side effects, diarrhea, oily and unexpected fecal discharge are just some. Therefore, users are advised to follow a low fat diet plan.

*Over-the-Counter Diet Pills* are categorized as food substitutes and are unregulated. Beware that these diet pills are not tested by Federal authorities and may cause serious side effects up to and including death.

Aside from a dietician, local pharmacists can also help in determining what pills that are safe and what are not for each person's case. Just be extra careful about the so-called "natural" or "organic" ingredients. Not everything that comes from a natural source is safe. One example is Ma Huang, which is a botanical source of ephedrine known as a stimulant and being studied for potential side effects.

Those who have or have a family history of prostate problems, thyroid disease, mental illness, high blood pressure, and heart problems should avoid taking diet supplements. The same applies to those who've had seizures or strokes. If someone is taking cold medicines, especially those with decongestants, diet pills should not be taken. Whether it be a prescription or an over-the-counter diet pill, the dangers are unvarying with other similar drugs which controls the brain to reduce appetite and includes chest pains, hair fall, fever, depression, and even impotence.

And as a general rule, don't ever try to take diet drugs if pregnancy is suspected. Persons who are allergic to sulfides and tartrazine should also avoid taking diet pills. And those who are under 18 years or over 60 years of age should consult their doctor first prior to taking any dietary drugs, especially if they rely on over-the-counter stimulants used as a replacement for increase exercise.

### **A Few More Facts about Drugs that Induce Weight Loss**

Everybody today is in a hurry. We want results and we want results fast. It is for this reason that people opt to take drugs, rather than going the safe and proven diet and exercise route to lose weight and keep it off.

Of course, using drugs for weight loss is nothing new. It has been going on for decades. The only change has been in the type of drugs prescribed. Back in the 1950's until the late 90's, doctors prescribed weight loss drugs that worked by increasing the serotonin levels in the brain, making the brain believe that the stomach was already full and thus, reducing the amount of food a person ate while increasing their metabolic rate.

It was only after scientists discovered that these drugs had side effects and were related to heart valve disease that these drugs were taken off the shelves.

Later on, new drugs were developed and prescribed by doctors, many of which are still waiting for FDA approval.

Most people have known friends or family members who have tried using diet pills and have seen tremendous improvement. The idea that a simple drug can change everything without the need to change the diet or sacrificing anything is very tempting.

This has made consumers spend millions of dollars every year and has given drug companies a lot of money making and selling the drug.

Diet pills can be purchased either over-the-counter or prescribed by a doctor. Even with the advances in medical technology, these drugs can still cause a lot of health related problems which can be unpleasant such as diarrhea and vomiting, harmful such as tightness in the chest and urinary tract problems and fatal such as a heart attack or a stroke.

An overdose of the diet pills can cause tremors, confusion, hallucinations, shallow breathing, renal failure, heart attack and convulsions. The side effects vary depending on the lifestyle and health of the person and can be minimized as long as one consults the doctor first before trying it.

Should one decide to stop using the drugs, studies have shown that there are also side effects. These include noticeable mood swings, hyper-activity, and pain in the stomach, insomnia and nightmares, severe irritability, extreme fatigue, depression, nausea, vomiting and trembling.

A lot of clinical tests will show that the drugs taken to lose weight work. But they can only work if it is done with a low calorie diet and an exercise plan.

A good diet should have food from all the food groups. This should have vitamins,

minerals and fiber. A lot can come from oats, rice, potatoes and cereals. The best still come from vegetables and fruits since these have phytochemicals, enzymes and micronutrients that are essential for a healthy diet.

A person can jog every morning or sign up and workout in a gym. Just like taking any medicine, one should first consult the doctor before undergoing any form of exercise.

The best exercise plan should have cardiovascular and weight training exercises. This helps burn calories and increase the muscle to fat ratio that will increase ones metabolism and lose weight.

### **Dangers of Using Laxatives For Weight Loss**

One popular weight loss supplements available in the market today take the form of tea. Stores all over sell slimming tea, dieter's tea and others but all of them are actually the same. They may appear to be effective, but what is not seen may actually harm you.

One of the effects of drinking dieter's tea is frequent bowel movement. This gives people the feeling of body cleansing. These people may get toxins out of their body but it isn't exactly the only thing that slimming tea actually does to the body. Slimming tea contains herbs which are natural laxatives. These include aloe, senna, rhubarb root, cascara, buckthorn and castor oil. These are products which are derived from plants and are used since the ancient times because of their potency in treating constipation and to inducing bowel movement.

Cascara, castor oil and senna are substances which are recognized as laxatives available over the counter and are also regulated as drugs. Scientific studies show that diarrhea induced by laxatives does not absorb significant amounts of calories taken in the body.

The reason for this is that laxatives do not act on the small intestines where most of the calories are absorbed. Instead, they work on the large intestines. If taken in large amounts for prolonged periods, it can affect fat absorption of the body. This may lead to greasy diarrhea and loss of weight. Abuse of laxatives is common practice among people who suffer from bulimia and anorexia nervosa.

While weight loss can be guaranteed by overdosing on laxatives, it may also cause permanent damage to the gastrointestinal tract and the weakening and softening of the bones, a condition known as osteomalacia. Drinkers of slimming teas may actually patronize the product because they are less expensive and taste better than other laxatives sold in the market. Other people, such as those with eating disorders like bulimia and anorexia nervosa drink dieter's tea because they work fast and produce watery stool and having loose consistency.

Women may even be more susceptible to the effects of slimming teas. Although they

may are not known to interfere directly with the woman's menstrual cycle and fertility, they should watch out if drinking them causes them to rapidly shed off weight. It is also not safe for pregnant women to be taking in laxatives of any kind. Wise and responsible herbalists also discourage the use of senna and other herbal products with laxative properties for pregnant women and women who are trying to conceive.

One should be wary about these findings because the labeling of slimming teas in the market today can be absolutely misleading. For instance, they commonly refer to the laxative qualities as "natural bowel cleansing properties" and not specifically use the word "laxative." Some even use the term "low-calorie" on their labeling. These products in fact, contain essentially no calories nor nutrients whatsoever; unless of course, if they are sweetened.

Adverse effects of misusing laxatives in the form of slimming tea generally occur when taken in more than or longer than recommended. These include nausea, stomach cramps, vomiting, diarrhea, fainting, rectal bleeding, electrolyte disorder and dehydration as well as injury and worse, death. It was also reported that excess use of stimulant laxatives cause severe constipation and pain for long periods (as much as for decades) due to the colon losing its function. It eventually led to surgery removing the colon altogether.

### **The Advantages of Weight Loss Patch**

Finally, for severely obese people who have been unable to lose weight using traditional means, the utilization of weight loss patch may be an option.

Basically, weight loss patch is a revolutionary device or product that helps people to lose weight effectively. This weight loss patch, also known as "the diet patch," or the "Slim Form Patch" are the new and innovative weight loss product that are now readily available in the market.

Its manufacturers contend that the ingredients used in weight loss patches are 100% natural. So, people who will use the product can be assured of a safe and effective weight loss regimen.

To know more about these weight loss patches, here is a list of some facts that can help you understand how it works:

1. It is a biological and straightforward process of losing weight.

This means that these weight loss patches are made from 100% natural ingredients that is why manufacturers claim that these products are safe to use. In addition, it is also simple and easy to utilize.

2. It's not considered as one form of trendy weight loss program.

Because of its viability and clinically proven results, weight loss patches are considered as something that can safely burn calories and fats without having to skip meals or do some crash diets.

Moreover, because it does not advocate people to engage into crash diets, these products have not eradicated certain food groups in one's diet. This means that the person using it is still eating a well-balanced meal.

3. It employs a "cutting edge technology" known as the Patch technology or the transdermal.

This new technology states that in most cases, the food that enters into the body passes through the different areas inside. In most cases, there are harmful ingredients that were able to enter the body and yet it may pose greater risks.

The point here is that these substances were already broken down into pieces in areas like the liver or stomach, without passing through the bloodstreams. Hence, it poses greater risk to the person concerned.

However, with patch technology, the substances are easily absorbed and penetrated through the skin. It is in this process that the substances are redirected first to the bloodstream, where they are filtered, before they can go to the liver, stomach, and other parts of the body.

In this way, the harmful substances are already eliminated and that everything that passes through the different parts of the body are effectively utilized by the cells, where it is mostly needed.

Moreover, these weight loss patches contain the active ingredients that can effectively help people lose weight at the same time enhancing their health and well-being.

Therefore, for a revolutionary modification to weight loss regimen, it would be better if you will try using these weight loss patches. Buy now and start your life to a healthier you.

Alternatively, these weight loss patches are available in 30-piece package. It should only be worn once a day. Hence, you have a month supply of these products.

Indeed, with the advent of weight loss patches, losing weight will no longer be considered a game for the chosen few.

Hence, with these wonderful, excellent patches, you can now easily lose weight without the trouble of extreme fad diets. Best of all, these weight loss patches are affordable, so there's no reason why you cannot try it out.

## **Hypnosis Weight Loss: Valid Alternative or Not?**

If you are significantly overweight, the good news is that there are many procedures today that can help you lose weight effectively. One of these procedures is losing weight is through hypnosis.

However, many misconceptions have come up with regards to the application of hypnosis in losing weight. And because it does not involve drugs or any kinds of medications and surgery, many people tend to think that losing weight through hypnosis is one of the safest alternatives. This may indeed be the case, but before you make the decision to go ahead with this treatment option, here are some facts you should know about hypnosis and its application to weight loss:

1. Hypnosis can be risky if not done properly and not done by someone who is highly trained with the real concept of hypnosis.

While it is true that hypnosis will not pose any imminent danger to your health, it is still important to know that the person who will do the procedure is skilled enough and that he or she knows what factors to consider before doing the procedures.

2. Hypnosis alone cannot eliminate excess fat from the body and, therefore, make somebody lose weight.

Most health experts contend that hypnosis should only be a part of a whole assimilated process. It should never be used as the sole weight loss procedure.

Moreover, one session of hypnosis will have very minimal results on an individual's weight. When losing weight, hypnosis matched with psychotherapy will be more effective than hypnosis alone. This is because hypnosis is only a state of deeply relaxing the mind, in which one can still be in control of his or her own body.

3. Hypnosis is one way of getting into the subliminal state of a person. When a person is on the "hypnotic stage," the body is more responsive to suggestibility because of its intensified state of concentration. However, this does not necessarily mean that through hypnosis, one can "reprogram" the mind of an individual.

In reality, hypnosis can only run the range from trouble-free relaxation condition to proper initiation managed by a professional hypnotists. Hence, it should not be considered paranormal and magical in its application.

Boiled down, people should be more aware that hypnosis is not a sole effective procedure in losing weight. It is more of a facilitator of various treatment techniques. Therefore, it should be combined with other weight loss management programs to be effective in weight loss. In this manner, people will be able to lose more weight with a more relaxed and refreshed state of mind.

As they say, a healthy mind is a healthy body.

## **Weight Loss Surgery: Preventing the Health Risks**

If you have been watching your weight go up and you are worried about the rising pounds, you may be wondering whether weight loss surgery really works. Is it possible to prevent future weight gain by putting yourself on a well-known weight loss surgical operation?

Today, weight loss surgeries are gradually gaining recognition as a viable alternative. Many health experts contend that people who are excessively overweight or have slower metabolisms might be strong candidates for surgical operations.

### **Surgery at Present**

The greatest progress in the care of the surgical patient has taken place since the beginning of the present century. An increasing knowledge of disease and disorder as a result of research has permitted the development of many diagnostic aids. Some of these depend upon roentgenograms, laboratory procedures such as chemical, bacteriologic, and pathologic determinations, as well as monitoring devices and computer aids.

Hence, the result is that the diagnosis of disease and disorder is made with more exactness and certainty than was possible from the simple clinical examinations of previous days. This is why people who wish to undergo weight loss surgery should no longer be afraid of the procedure, because high clinical standards are now being implemented in every surgical operation.

### **The Concept of Weight Loss Surgery**

Health experts contend that weight loss surgery is a "major surgery." One of the most common reasons why people would like to lose weight is to enhance their physical attributes. However, it should not be the underlying motivation that they should undergo the process of weight loss surgery.

What people do not know is that weight loss surgery is especially generated to help obese people live longer, healthier, and better.

That is why it is important for an individual to meticulously analyze his or her situation, do some research about the process and analyze if weight loss surgery is the ultimate choice for his or her physiological condition.

Moreover, it is important to gather further information about weight loss surgery by

consulting an experienced and knowledgeable bariatric surgeon or even just an expert family physician who knows the ins and outs of weight loss surgery.

In addition, the patient should also consult the other health experts such as the psychiatrist and dietician with regards to some psychological advices on long-term goals after the operation.

Generally, patients who have undergone weight loss surgery are said to be successful if they were able to lose 50% or more of their extra body weight and will be able to maintain that condition for the next five years or so. However, the results of the operation may still vary depending on the clinical information of the patient and the skills of the bariatric surgeon.

Normally, the patient will be able to lose at least 30% to a maximum of 50% during the first six months after surgery; and within the year after the operation, the patient has the potential of losing weight up to a maximum of 77%.

Best of all, people who were able to lose weight through surgical operations can actually maintain a continuous weight loss of up to 50% to 60% in the next 10 to 14 years after surgery.

### **Factors to Consider**

As with the other weight loss management programs, there are many factors to consider before the patient should decide to undergo weight loss surgery.

Consequently, the actual weight that will be lost is reliant on the weight before surgery, surgical procedure, patient's age, capability to exercise, total health condition of the patient, dogged determination to maintain the necessary follow-up nurture, and the enthusiasm to succeed with the help of their family, friends, and their colleagues.

If you have just put on a few extra pounds and want to avoid gaining more, these weight loss surgeries for better health may seem convincing. But, in addition to being convinced, you may also have to take some action to ensure that your weight does not creep upward.

Therefore, it can be concluded that losing weight is not just a question of deciding to be strong-willed and determined or upbeat and positive. Lifestyle changes are where it is at for long-term success with your weight especially after weight loss surgery.

### **Weight Loss Program Overview**

One may not have to go to the gym or the spa or any fitness center and spend much just to slim down to obtain that longed for sexy body. There are many **books available in the bookstore** that offer weight loss programs which are convenient and for free, of course the books are not though. These weight loss programs, or diet plans are gaining immense popularity with so much publicity, testimonials and reviews that one may be confused which exactly to follow. So before choosing which weight loss plan to follow, try reading these summaries about the most popular diet programs out today.

**Atkins' New Diet Revolution by Dr. Atkins.** This weight loss program encourages high protein diet and a trim down on the carbs. One can feast on vegetables and meat but should fast on bread and pasta. One is also not restricted against fat intake so it is okay to pour in the salad dressing and freely spread on the butter. However, after the diet, one may find himself lacking on fiber and calcium yet high in fat. Intake of grains and fruits are also limited.

**Carbohydrate Addict's Diet by Drs. Heller.** This diet plan advocates low carbohydrate eating. Approves on eating meats, vegetables and fruits, dairy and grain products. however, warns against taking in too much carb. "Reward" meal can be too high on fats and saturated fats.

**Choose to Lose by Dr. Goor.** Restrains fat intake. One is given a "fat" budget and he is given the liberty on how to spend it. It does not pressure the individual to watch his carbohydrate intake. Eating meat and poultry as well as low-fat dairy and seafoods is okay. A go signal is also given on eating vegetables, fruits, cereals, bread and pasta. This weight loss plan is fairly healthy, good amounts of fruits and vegetables as well as saturated fats. Watch triglyceride levels though; if high, trim down the carbohydrates and tuck in more of the unsaturated fats.

**The DASH Diet.** Advocates moderate amounts of fat and protein intake and high on carbs. Primarily designed to lower blood pressure, the diet plan follows the pyramid food guide and encourages high intake of whole wheat grains as well as fruits and vegetables and low-fat dairy. Some dieters think it advocates too much eating to procure significant weight loss.

**Eat More, Weigh Less by Dr. Ornish.** Primarily vegetarian fare and strictly low-fat. Gives the go signal on the "glow" foods but warns to watch it on non-fat dairy and egg whites. This diet is poor in calcium and restricts consumption of healthy foods like seafoods and lean poultry.

**Eat Right for Your Type.** Interesting because it is based on the person's blood type. recommends plenty of meat for people with the blood type O. Diet plans for some blood types are nutritionally imbalanced and too low in calories. And for the record, there is even no proof that blood type affects dietary needs.

**The Pritkin Principle.** Focused on trimming the calorie density in eating by suggesting watery foods that make one feel full. Eating vegetables, fruits, oatmeal, pasta, soups, salads and low-fat dairy is okay. Although limits protein sources to lean meat, seafood and poultry. Although it is healthy by providing low amounts of saturated fats and rich amounts of vegetables and fruits, it is also low on calcium and limits lean protein sources.

**Volumetrics. For low-density calorie eating.** Recommends the same foodstuff as Pritkin but restricts fatty or dry foods like popcorn, pretzels and crackers. This plan is reasonably healthy given the high amounts of fruits and vegetables as well as being low in calorie density and saturated fats.

**The Zone.** Moderately low on the carbs yet moderately high on the proteins. Encourages low-fat protein foods like fish and chicken plus veggies, fruits and grains. It is also healthy but lacking in grains and calcium.

**Weight Watchers.** High carbohydrates, moderate on fats and proteins. A very healthy diet plan and very flexible too. It allows the dieter to plan his own meal rather than give him a set to follow.

## **25 Parting Healthy Diet and Eating Tips**

Genetics does play a role in obesity, of course, but not as big a role as you do. Most health experts say that the concept of genes compelling you to be heavy is a myth. For the vast majority of us, genes may set the lower limits of our weight, but we set the upper limits by our food choices.

Here are some weight loss diet tips that can be followed anywhere, everyday:

1. Do not skip meals. Skipping meals tricks the body into slowing down the metabolism, attempting to conserve calories during a period where limited fats and fuel are available. Remember that eating increases the metabolism.
2. Stuff vegetables like capsicum and zucchini with flavored fillings or minced chicken, white meat or fish. These are healthy and contain low fat.
3. Take pita bread roll ups or wraps with salad fillings.
4. Make a delicious low fat mayonnaise by combining one teaspoon of Dijon mustard or satay sauce with a low fat yogurt.
5. Eight hours after waking up, our metabolism slows down that is why 30 minutes of exercise before dinner will increase the metabolism for about two to three hours. This produces an increase in burned fat even hours after the work out is over.
6. Add alfalfa or mung beans to salad to get extra iron.
7. Good cooking and healthy eating begins with learning about nutrition and how to prepare healthy recipes.
8. Learn how to make the family favorite recipes and make sure that fats, salt, and sugar are cut out. Substitute non-fat yogurt for cream, stir-fry without oil and use herbs and spices instead of salt to taste.
9. Consult your doctor before beginning an exercise or weight loss program.

10. Eat slowly and chew each bite during meals as this would decrease one's appetite.
11. Complete three small meals and two snacks everyday instead of one or two huge meals.
12. Use chicken stock when stir-frying. This will cut down on hidden fat.
13. Buy non-toasted muesli instead of the toasted ones. A plate of toasted muesli contains more fat than a plate of bacon and eggs.
14. As much as possible do not remove the skins of fruits and vegetables since most of the nutrients are concentrated under the skin.
15. Warm water with just a squeeze of lemon juice before breakfast get the metabolism going for the day, this also help preventing constipation and is excellent for the skin.
16. One of the best sources of vegetable protein is from soya beans or tofu. All legumes provide some protein, so include lentils, lima beans etc into casseroles and soups.
17. Look for a weight loss "buddy," club, or support mates. This will motivate you to stay and enjoy your weight loss program.
18. Though it's hard at first, try not eating 3 hours or more before bedtime.
19. Make pasta a fast food choice - preparing a pasta meal or salad will only take 10-12 minutes.
20. Chilli helps to speed up metabolism - even the milder varieties.
21. Try making omelettes without adding the yolks! A dramatic decrease in fat.
22. Substitute baking soda, baking powder, MSG and soy sauce in cooking.
23. Remove fat by dropping ice cubes into the baking tray. Fat will stick to the ice cubes.
24. Drinking hot water instead of cold water in the morning can increase the speed of your metabolism and burn more calories.
25. Eat before you go food shopping and always prepare a shopping list. Only buy food which relates to your weekly menu plan and don't be tempted to buy goodies.

Make sure that the right discipline is still practiced to promote consistency on the diet plan. This will lead eventually to a healthy life-style and a more fruitful living without the extra fat and extra pounds on the side.

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