

# DIETING TOPICS



Take The 1 Minute Weight Loss Quiz Here!

An advertisement for Maximum Slim coffee. It features a woman's waist on the left, a bag of Maximum Slim coffee, and a gold seal that says "100% MONEY BACK GUARANTEE". The text reads: "Maximum Slim", "Lose 10 lbs with 1 cup of Coffee a day! Try It Today FREE". A red button with "CLICK HERE" is on the right.

I hope you enjoy this book...

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### 3 Hour Dieting

When it comes to the world of dieting you will find that there are many diet, weight loss, and fitness plans on the market. It takes years for some to become a contender and others remain a best-kept secret of sorts. One such 'best kept' secret would be the 3 Hour Diet that was designed by Jorge Cruise. I am sure that there are many reading along and chuckling under your breath that there is no way one can lose weight by eating every three hours however the science behind the theory is fairly common and Jorge Cruise is a mainstay in the fitness industry.

The long and short of this diet operates with the knowledge that if you do not feed your body accurately and regularly your body will go into what is called 'starvation mode'. In this mode your body holds onto the fat rather than burning it up and consuming it for use. This means that your body is burning muscle rather than fat to take the energy it needs in order to function.

With the 3 Hour Diet you will not feel hungry all the time, in fact, there are many who claim they are constantly setting alarms and reminding themselves to eat. You will also learn the proper foods to eat in order to achieve the best possible results. The key is in learning which foods are right for you when dieting with this plan. You can purchase the book *The 3-Hour Diet* by Jorge Cruise and you can sign up online for more information about the weight plan itself and how to incorporate it into your busy routine.

I do recommend purchasing the book if you are seriously considering this as your method of dieting as there are many wonderful hints, tips, and tricks that are mentioned in the book to help you keep things going no matter how busy and hectic your lifestyle may be. One thing you need to keep in mind is that dieting with a program such as this is no small commitment. You need to stick to the timetable as much as possible in order to achieve the results this plan is famous for. If you aren't willing to eat every three hours then this plan really may not be the plan for you.

Otherwise, if this is something you would be interested in, I highly recommend it. There are special considerations based on the amount you weight currently and the amount of weight you are hoping to lose. It is best if you are honest throughout the process in order to achieve the best possible and most immediate results. The claim is that you can lose as many as 10 pounds in the first two weeks and there are those that have claimed to do just that over and over again. This is a diet that even many celebrities endorse for quick and immediate results.

The good and the bad about 3 hour dieting is that it is effective but takes a very real commitment on the part of the one that is dieting. This diet is one that is taking the world by storm. If you haven't heard of it before now, please take the time to check it out and see if this is something you could incorporate into your life. The results that have been reported as a result of this diet as nothing short of phenomenal. If there were one diet I would recommend above others for those who hate feeling hungry, it would be this diet.

## 7 Diet Secrets of the Stars

Celebrities always look fabulous. Whether appearing in television or films or strutting down the red carpet during movie premiers and awards, they never cease to fascinate us with their larger than life presence. The truth is, it takes a lot of effort to look the way they do, and being the public figures that they are, they cannot afford to slack off when it comes to taking care of their physical appearances. Their livelihood largely depends on how they look. Aside from the clothes, the hair and the makeup, celebrities have to take good care of their bodies.

So it is no surprise that these stars have their own secrets when it comes to staying fit and gorgeous. Their health agenda can range from extreme workouts to well-planned meals. Who doesn't want to know their secrets in staying absolutely sexy? Here are some of the diet secrets of seven women celebrities.

### 1. Jennifer Aniston

The star of the phenomenal television show Friends not only mesmerized audiences with her adorable comic sense and her famous hairstyle, she was also known for having one of the sexiest bodies in Hollywood, as she appeared in countless magazine covers. To stay trim, Jennifer follows the 40:30:30 diet method. The diet consists of:

40% Low glycemic carbohydrates

-Foods such as beans, fruits and vegetables, legumes

30% lean proteins

-Tofu, fish, chicken, turkey, beef and low fat dairy products

30% essential fats

-nuts and seeds, fish and olive oils

It is essential that every meal should contain macronutrients to attain the balance of hormones and maximum weight loss.

### 2. Kate Hudson

The gorgeous daughter of actress Goldie Hawn gained 60 pounds during her pregnancy, which she needed to shed quickly before commencing on her next film. From her previous eating plan, she switched to a higher protein diet. She consumed high protein meals in smaller portions, and she combined this diet with an exercise program that includes weight training and cardiovascular workouts. After getting a lot of flak because of her post-pregnancy figure, Kate removed all that baby weight in only four months and has gained abdominal muscles that gained the envy of many in Hollywood.

### 3. Oprah Winfrey

As one of the most successful talk-show hosts in the world, there is no question that Oprah needs to maintain her physical appearance for her millions of audiences. Known as one of those celebrities who are constantly battling weight gain, she has recently toned up her figure and has never looked figure in age 50 by combining a regular exercise regime and diet plan. Oprah works out five days a week, spending 30 minutes on the treadmill and doing free weights. Her eating plan consists of legumes, fish, nuts, fruits and vegetables, chicken and dairy products that are lowfat. She limits her consumption of white sugar and flour. Oprah also credits her trim figure to her habit of not eating anything after

seven in the evening.

#### 4. Gwyneth Paltrow

A lot of people may find it hard to believe that the perpetually slim Academy award-winning actress actually needs to diet. Gwyneth actually follows a healthy eating plan that resembles Oprah's, avoiding sugar and white flour. She usually follows a macrobiotic diet, eating foods like vegetables, brown rice, and lean meat. She also eliminated dairy from her diet, and does yoga everyday.

#### 5. Madonna

The pop star known as the Material Girl has always flaunted a body that is to die for, and has become a true fitness paragon over the years. She keeps herself in tip-top shape by having Ashtanga Yoga, and follows a strict diet that mostly shuns junk foods. She adopted a macrobiotic eating plan that includes organic foods rich in lean protein.

#### 6. Claudia Schiffer

The bodacious German supermodel eats salad and steamed vegetables for dinner and eats only fruits before the afternoon. While on locations, she prefers to eat black grapes and drinks tomato juice and herbal tea.

#### 7. Christie Brinkley

Long-time supermodel maintains her all-American good looks by being a vegetarian. She does not keep junk foods of any kind inside her home to make sure that she does not eat them when cravings occur. She snacks on sweet potatoes in place of candy bars, and she adopts a liquid juice diet when she needs to slim down fast.

Celebrities are just like ordinary people. They need to maintain their figures just like anyone else, and there is more pressure on their part since they are constantly in the public eye. Ordinary folks can have celebrity-like bodies, too, and by following these diet and fitness plans, they can also look like red-carpet worthy.



## **Atkins for Dieting**

Most people around the world by now have heard of the Atkins diet. It has been one of the most highly touted and highly controversial diets of our time. Those who love it have nothing but great things to say about it but those who are critical are not shy about their opposition either. The largest criticism when it comes to the Atkins, or low carb diet would be the near absence of whole grains, which are considered the cornerstone to a healthy diet by many.

Dieting with the Atkins diet involved eliminating a large degree of carbohydrates from your diet. In the past there hasn't been as much of an emphasis on fitness and exercise with the Atkins diet as there seems to be currently. This is good news however as an active fitness regime is as essential to successful weight loss as cutting calories and in this case cutting carbohydrates.

You should take great caution that you are getting accurate information when it comes to Atkins dieting if this is something you are considering in order to meet your fitness and weight loss needs. There is a great deal of misleading and incorrect information that is floating around out there when it comes to the Atkins diet and weight loss plan. First of all, weight loss is the direct result of burning more calories than you consume. It doesn't matter how many or how few carbs you enjoy or deny yourself during the day if at the end of the day you've consumed a few thousand calories too many.

The notion that you can eat anything you want during the day as long as there are no carbs is simply incorrect. Calories still put on the pounds whether you are using the Atkins plan for weight loss or not. That being said there are some interesting insights in this diet and a good man of the foods that are eliminated are those that have the most complex sugars for the body to dispose of. For this reason there are many who have followed the honest to goodness plan to tremendous results.

If you are considering dieting with the Atkins plan you should realize that this is a lifelong commitment in order to achieve the maximum benefit of the plan. There will be lesser restrictions as you reach the maintenance phases of the plans but you are making a conscious decision to pretty much sacrifice a good deal of the carbohydrates that many of us have enjoyed throughout our lives. This is a concept that is much easier said than done over an extended period of time and especially in a society when most of us cannot commit to a mate for that long.

At any rate, dieting with the Atkins plan has produced results for a good deal of people around the world. The news of these results has made it one of the most talked about, tested, and tried systems for dieting on the planet and many people have mixed reviews. Those who love it and feel that it is effective are enthusiastic in its support though those that are honest will admit that you do feel as though you are sacrificing a good deal for the sake of your dietary needs. Those who hate it hate it, and there is nothing that is going to change their opinion. The only way to know for sure is to try for yourself.

## **Avoid Dieting Make Positive Changes Instead**

Why is it that merely saying the "D" word, you know "diet" brings immediate thoughts of failure to the minds of many men and women around the world? Could it be that we have all learned through trial and error that diets simply do not work? I know many of you are sitting back with jaws dropped at the moment. After all, this is an article about dieting, right? It is and it isn't. Dieting is the kiss of death for many while a new phase in your life or lifestyle adjustment may be just the thing that will mean success for you and your fitness and health goals.

Eating for some is an addiction. Unfortunately, you can't exactly give up eating all together as a smoker can give up cigarettes. I'm not applying by any means that giving up cigarettes is easy but how much more difficult would it be if you were forced to have three a day? At that point you may as well enjoy them every time the urge hits right? The same holds true for food. You must eat in order to survive. You cannot live without eating. This means that if food is a problem in your life, you must find a healthier way of viewing food.

Isn't this where diets generally come in handy? The short answer is no. This is where diets often fail. Diets do very little to change how we view food. In fact, most diets only serve to tell us which foods are good, which foods are bad, and which foods (typically most of the foods we enjoy most) are strictly taboo. Diets begin by forcing people to feel deprived or punished. And no one likes to feel either of these things.

Even worse however, is that we punish ourselves further when we slip along the straight and very narrow pathways upon which our diets place us. This means that we are going to wallow in guilt over every little misstep we make until we give up all together and decide to over indulge once again and ignore the guilt all together.

In order to have real success you must make a lifestyle change. This is the only way that you will be able to shed those unwanted pounds without experiencing the horrible guilt that so many dieters go through each and every step of the way with their diets. Set goals for yourself. Keep them aggressive but realistic for fitness, dropping pounds, and eating new healthy foods. Even if your goal is as simple as eating 5 vegetable servings a day it is a great place to start.

Change your way of eating. Then change your way of seeing food and you will experience amazing changes in your attitudes toward your health, your body, and even your fitness level. As the first pounds begin to drop you will begin to experience more energy and less pain when exercising. This should help keep you motivated to do even more as time goes by.

Do not think that long term weight loss goals will be as easy to achieve as the first five or ten pounds. Consistency is vitally important when making these lifestyle changes. Take each day as it comes and begin again the very next day. This means that even if you fall completely "off the wagon" today, you can start over tomorrow. The trick is in staying the course more days than not and learning moderation and balance when it comes to straying from the straight and narrow.

There are many ways to fail when it comes to dieting and I know people who have failed in almost every one I can possibly imagine. There is no way to fail, however, when you are making positive changes in your life that are getting positive results. It may take weeks, months, or even years to reach your goal. As long as you are making steady and continuous efforts and progress, you are doing many

great things for your health and well being.



## **Dieting and Diabetes**

Very few people realize the profound effect that weight has on diabetes. Even instances of gestational diabetes are much greater in patients that are overweight than in those that are not. Type 2, or adult onset diabetes is more commonly found in overweight people than those that are within their 'ideal' weight ranges. In fact, almost 90% of those with Type 2 diabetes are overweight. If you are suffering from Type 2 diabetes, the best gift you could possibly give yourself just might be the gift of getting your weight under control.

Among those that suffer from Type 2 diabetes almost 40% have high blood pressure, which is another condition that is believed to be exacerbated by excess weight. Being overweight might also lead to a condition known as insulin resistance in which the body no longer responds to the insulin that is needed to assist the body in using sugar and glucose as fuel on a cellular level.

There are some things you can do to help yourself out if you have been diagnosed with Type 2 diabetes or labeled at risk for this devastating condition. First of all, take off the pounds. I know this is much easier said than done. Dieting is never easy and rarely fun for the average person. However, if you do not begin to take drastic steps toward procuring the best possible health for yourself you may not be able to enjoy the quality of life you had planned for your golden years. Let your condition be your motivation and make plans to enjoy watching your grandchildren and great grandchildren graduate college.

Fight it standing up. Don't sit down and let Diabetes control you. Stand up and take control of your body back. This is a fight to the finish and if you let it, diabetes will be your end. If you fight it standing up, lose the weight, get out there and exercise, listen to the doctor's orders and follow them. Find the strength within you to battle this disease head on. You'll be amazed at what happens when you decide to stand up and fight for your health.

Get active. Find activities that you enjoy and get out there and do them. Don't make those activities passive activities either. Even if it's just going out to play shuffleboard everyday get out there and play. Enjoy your time in the sun. Pick flowers with the little ones. Take up golf. Do whatever it takes to get up and moving each and every day in order to remember why you want to live forever in the first place.

Watch what you eat. Garbage in, garbage out, right? You have strict dietary requirements once you've been diagnosed with diabetes. This means that you absolutely must follow your dietary restrictions. Learn to live within those limits in order to live and enjoy life to the fullest you can. The amazing thing is that there are all kinds of foods available that are friendly to those with diabetes that weren't around just a few short years ago. It is quite possible to live and eat quite nicely with diabetes if you stick to your plan. The most important thing about dieting with diabetes is that you never lose sight of how crucial it is to do so.

## Dieting and Fitness

When it comes to living a long and healthy life, there are two necessary ingredients: diet and fitness. While some believe that they are one thing all together, nothing could be further from the truth. It is quite possible to have a perfectly healthy diet with deplorable fitness habits. It is equally possible to be very physically fit with less than savory eating habits.

There's a clever little line in the Jimmy Buffet song "Fruitcakes" when his 'lady' is lamenting:  
"I treat my body like a temple  
You treat yours like a tent"

I can't help but think of this line whenever I think about all the people around the world who are going on these garbage in, garbage out diet plans hoping to achieve the weight loss success of those who are endorsing these products.

To be completely honest, it is possible to shed pounds through diet alone. It is difficult but possible. It is also possible to be physically fit and have a few extra pounds hanging around. To a large degree we are what we eat. If we consume a high fat low substance diet our bodies are going to lack the fuel required to burn the fat. At the same time if we aren't providing our bodies with the tools it needs to build muscle it doesn't matter how many weights we lift.

When it comes to diet and fitness, the best results are achieved when they work together rather than separately. Use your fitness routine to burn excess calories and use your diet in order to properly provide your body the nutrients and fuel it needs to build muscle. I've heard many times in my life that a pound of muscle weighs less than a pound of fat. While this is not true at all, a pound is a pound regardless; a pound of muscle occupies less space on the body than a pound of fat. Pound for pound, I would much rather mine be composed of muscle than fat. Dieting alone does not build muscle and that is something you will do well to remember in your efforts.

You should also realize that as you are building muscle you may be shedding inches while not showing a great deal of progress on the scale. It is very important that you keep this in mind throughout the weight loss process. Do not measure your progress by the scales alone or you will achieve misleading results. The problem is that far too many people do just this and get frustrated and give up when they are actually making progress. Do not allow yourself to be a victim of the scales. Look in the mirror, try on your tight pants, and measure your waistline. Measure your success by how you feel after climbing a flight of stairs not by how many pounds fell of the scale this week.

By incorporating fitness into your diet routine you are also enabling your body to burn off any extra calories you may have consumed during the day. This means that if you want to have a small 'cheat' during your day, you can make up for it by burning a few more calories than normal in the evening. This isn't something that should happen often but an occasional occurrence isn't going to make or break your diet.

You should also look at dieting and fitness as a ball and glove type of relationship. While you can play ball without the glove, it seems to work so much better if you have both. Diet and fitness when combined can create fantastic weight loss results for those who take them both seriously. The thing to remember is that neither works as well alone and neither will work unless you are willing to do the work. You must make this a priority in your life in order to achieve the best possible results.

## **Dieting and Weight Loss Drugs**

There are many pills, potions, lotions, powders, and creams that promise to melt off the pounds you've put on while you sleep. The sad truth is that only one pill sold over the counter at this point in time has the FDA back up its claims of aiding in weight loss period. This drug would be the over the counter form of the drug that has been prescribed as Xenical. In the over the counter form it is known as Alli. Alli along with diet and exercise is known to boost the weight loss process to provide more immediate and long lasting results.

With any medication such as this there are those that will tout its effectiveness as well as those that will shout out the dangers of this chemical we are potentially introducing to our bodies. The one thing that is important to remember is that Alli holds no claims to work without consistent weight loss and fitness efforts on your part. This product is meant to supplement your own efforts not to work as a substitute for your own efforts.

It should be mentioned that there are consequences that occur as the result of taking Alli and not following up with a diet that is low in fat. Among the side effects that can result are flatulence, loose stools, and bowel incontinence. This is not a drug for the faint of heart nor is it a medication for those that are not completely dedicated to the cause of losing weight and dieting.

While Alli is not the overall solution that so many are hoping for, it can lead to more substantial effects for your efforts and that is nothing to overlook when it comes to importance. According to the website for Alli you have as much as 50% greater weight loss potential when you combine Alli with diet and exercise than dieting and exercise alone would bring. This is a huge breakthrough for the weight loss community and diet industry at large.

While this isn't the magic pill that will melt off the pounds as you sleep it is a pill that is documented to get results and some of these results are quite impressive for those who stick to the plan. If you have been struggling with dieting, diet plans, weight loss, and incorporating a bold and beneficial fitness routine into your life there is no time like the present to check out Alli and see what outstanding results this product can introduce into your fitness plan.

If Alli helps even a tenth of those who decide to take it achieve their fitness and weight loss goals then this is the miracle product we hoped it would be. Most miracles, after all don't come free and most of them do not come for less than \$100 a bottle for certain.

If you are one of the many out there who is struggling with obesity and feels hopeless when it comes to controlling your weight and your life, then perhaps Alli is the answer to your prayers. My best recommendation is to discuss this product seriously with your doctor before making any sort of commitment in order to decide if you are committed enough and ready to take the next step or if your physician feels this may not be in your best interest at the time.

## **Dieting by Weight Loss Surgery**

Those who are what is considered morbidly obese have few options when it comes to losing weight when time is of the essence. Many have bounced from one diet to the next for the vast majority of their lives only to find failure after failure and a growing sense of hopelessness and helplessness.

One common misconception when it comes to the morbidly obese is that they did it to themselves and if they didn't want to be overweight they wouldn't be. While this is nice in theory it isn't always true in practice. There are certain medical conditions that can result in a person being unable to control the weight they gain. There are also environmental issues that can affect the weight of a person as well. It's ironic that in many cases alcoholics and drug addicts are treated and viewed with greater compassion than someone who is obese.

The surgery itself is major surgery and not an option that should be taken lightly and without a great deal of thought. Most people find that weight loss surgery involves a major change in lifestyle before and after as well as an entirely new way of eating that is a lifelong commitment. Because of the life altering changes that result from this surgery it is recommended that those receiving the surgery have a BMI that is greater than 40. This means that it is recommended for men who are greater than 100 pounds overweight and women who overweight by 80 or more pounds.

You should carefully weigh the benefits and the risks of a surgery such as this before deciding that this is the course of action you need to take. The risks are great with this surgery and should not be overlooked in desperation to shed the weight you've wanted to shed for so long. Nutritional deficiencies occur in almost 20% of those who have received this sort of surgery as the result of insufficient nutrients. This can lead to osteoporosis and other conditions as you age. Complications can result from the surgery itself. You can have lifelong issues when consuming too much or the wrong sorts of foods, and there are some who achieve their goals only to find that the weight comes back in time. As with anything in life there are no guarantees when it comes to weight loss surgery.

In order to determine whether or not this surgery will be beneficial to you, you may want to ask yourself the following questions.

Is my weight significantly hampering day-to-day activities?

Is my weight causing other secondary conditions that may be harmful to my health?

Is my weight something I honestly feel I can take control of on my own?

Can I commit to the lifelong consequences and follow up that will be required?

The problem with most people who find the need to resort to weight loss surgery is that they cannot take control of their bodies back. The odds of a good candidate for weight loss surgery losing the weight of his or her own design are very slim as he or she has most likely tried and failed every diet in the books.

Only you can determine whether or not weight loss surgery is a viable option for your weight loss needs. If you decide that this is something you are interested in learning more about, be sure to discuss the possible consequences thoroughly with your physician.

## **Dieting for Children**

It is difficult in the world we live in to watch as so many children are literally overburdening their bodies at such young ages by being overweight. These children simply cannot run, jump, and play with the other children because their bodies simply will not allow them to do so. For these children, dieting is almost a necessity despite our best efforts to insulate them from the self-esteem issues that often accompany obesity.

If you have a child that is well outside the normal weight range for his or her age you are the one who must make the efforts and take the necessary steps to insure they shed those pounds in order to live a life that is as close to normal as possible. The first thing you need to do however is consult with your child's doctor about the best possible course of action that will also safeguard the health of your child.

Put quite frankly however, if you do not take the efforts to assist your child in shedding those pounds you are placing the health of your child at risk. We do not let our children play in the street, we don't let them run with knives, why on earth would we allow them to commit suicide by Twinkie? If you have a child that is overweight, the following tips should help you and them with their dieting.

First of all, do not make food a punishment or a reward. Food is part of the problem with your children and you do not need to use it against them. Instead, introduce them to healthy alternatives. Do not keep the junk in the house and do not let them purchase lunch at school. Pack their lunches for school so that you know what they are eating. If you don't give them junk food they cannot have it when at home and you can work to insure that they can't get their hands on junk food when they leave the house.

Incorporate healthy snacks into your families eating plan rather than junk food. Fresh fruit, cut up vegetables, nuts, and frozen yogurt are good healthy snacks for your kids. When in doubt consult the food pyramid but watch calories in the process. You want your children to eat a well balanced diet while eliminating junk food and sweets for the best result.

Cut out the juices and pop. This may be a huge ordeal in your house but the greatest gift you can offer your child is a deep and abiding appreciation for water. Water works to make their bellies feel full and keeps them hydrated for the added activities you should be introducing into their routines.

Have them take dance, take up a sport, or simply get out and run around the yard. The worst thing you can do is to allow your children to become comatose television, computer, or video game zombies. Get them out and get them active. This helps in two ways. First of all, they aren't eating if they are outside playing and having a good time. Second, they are burning calories as they play which is a huge bonus in the dieting process for your children.

As your child begins to take off the weight you should begin to notice a very profound difference in not only the way he or she carries his or herself but also in his or her interactions with others. Your child will experience restored and renewed self-confidence as the pounds come off and the teasing at school stops.

If you are at a complete loss as to how to help your child take the weight off there are camps that are designed specifically to deal with weight issues and building self-esteem in children ages 7-19. One of these camps may be just the answer you are looking for. Another thing to consider is to lead by example. If you don't eat the junk food, if you are active, and if you do not engage in emotional

overeating your child will not be learning those behaviors from you or having them reinforced by you.



## **Dieting for Fertility**

Obesity has many negative health consequences. Some are better known and documented than others. Recent studies have shown that yet another potential consequence of obesity is difficulty when it comes to conceiving a baby. Fertility troubles are a growing problem in this country and around the world. One reason that is being hailed as a very viable culprit is obesity.

While most people look immediately to the female in the relationship for this particular problem the facts indicate that male obesity can also lead to a low sperm count, which can also hamper fertility efforts and progress.

Our bodies were designed for specific purposes. It is utterly amazing how well each part of the human body works to support the others. There are very few machines that can compete with the genius of the design of the human body. After thousands of years to study the human body there are still many mysteries hidden within. The truth comes down to this however, we put things into our bodies, and abuse our bodies in ways that our bodies were simply not designed to take and yet we still manage to adapt and survive many of these things.

It's amazing when you think about that the human body endures the many things it does without permanent and irrevocable damage. The good news for those attempting to conceive is that the human body also has the remarkable ability to heal itself. This means that those who find their efforts to conceive have been hampered by obesity have also seen positive changes by losing as little as five to ten percent of your ability to conceive.

If both partners are overweight then it might be a good idea to work together to shed those unwanted pounds and adopt a healthier, more active lifestyle. Being active when trying to conceive and throughout the pregnancy is a good idea for the female in the relationship at any rate as this can help in the process of labor and delivery.

If you are trying to conceive without success and have been doing so for more than a year it is probably in your best interest to seek the services of a fertility specialist in order to rule out other possible considerations. Though it is rarely a bad idea to adopt a healthier lifestyle you should also consult your doctor before beginning a strict diet or weight loss regimen in order to make sure there aren't other factors that may be causing your weight issues. This is particularly true if you have gained a good deal of weight in a rather short amount of time.

In addition to conception difficulty obesity can also lead to a greater risk of miscarriage once conception has occurred. Obesity also leads to a greater risk of conditions such as gestational diabetes during the pregnancy, pre-eclampsia, and in some cases still birth and birth defects. It is no small hindrance to a healthy pregnancy and should be carefully considered before attempting to conceive.

Another consideration when it comes to obesity and fertility is that being overweight can also hamper the affects of fertility treatments. This means that the process is typically lengthier and will cost significantly more over time than if obesity were not a factor. When coupled with the risks to the baby this is something that should not be taken lightly when making plans for fertility treatments.

If your BMI is greater than 30 there are many fertility clinics that simply will not offer their services. Some limit it to greater than 35 and others 40. If you feel that fertility treatments are the only course of

action available to you and your BMI is greater than 30, the first suggestion you are likely to hear is the suggestion that you make serious weight loss efforts and lifestyle changes before proceeding. You may find that once you begin to shed the pounds, fertility intervention is no longer necessary.



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The advertisement features three images of fresh produce: a whole green apple, two slices of kiwi, and a cluster of red strawberries. The text is presented in a clean, sans-serif font with a light blue background.

## **Dieting for Health**

There is no greater reason to diet than for your personal health and well being. Those of us who are overweight know better than most the risks and possible consequences that may result because of our weight. Much like smokers however, the risks do not always seem quite so cut and dry until we reach our very own turning point. Whether your eating habits are born of an addiction to certain foods, an emotional need, or years of learned behavior and conditioning things will not change until you completely adjust your eating habits and your lifestyle choices.

Dieting for many has become a lifestyle in and of itself with people rapidly flip-flopping or yo-yoing from one diet to another with little success and growing despair over a sheer lack of results. The truth is that until you decide to forgive yourself for your failures and get right back on the wagon, so to speak, after falling off no diet is going to be successful. A simple diet isn't going to magically make the pounds disappear and constantly depriving yourself of those things you enjoy most may have a more detrimental effect than a positive effect.

The number one thing most people need to learn is that dieting isn't always a good thing. What most people who are overweight need more than anything else is to incorporate positive lifestyle changes into their daily routines. People scoff at the notion of taking the stairs or parking farther away and yet those are perfectly plausible methods of working a little more physical activity into your day. If those do not work for you how about learning to dance? Seriously, there are beginner dance classes in most communities that will welcome and invite dances of all ages, sizes, and fitness levels if you are willing to make the effort. What a great way to get fit, learn something new, and have fun without filling deprived.

Another great thing about an activity such as a dance class (consider ballroom dancing with your significant other) is that you are not eating or tempted to eat during the time that you are dancing in most cases. Another great thing is that you are burning those calories you didn't eat. If dancing isn't your thing, try joining a walking club or finding another hobby. Anything that gets you on your feet and away from the temptation of your refrigerator is a good thing when it comes to dieting and weight loss. You cannot lose a significant amount of weight by dieting alone. You must incorporate physical fitness into your daily routine in order to achieve those immediate and visually stunning results that many dieters are hoping to achieve.

Another pitfall when it comes to dieting is that people give up far too quickly. Just as the results are beginning and progressing people get tired of the process or frustrated that they aren't accomplishing enough dramatic weight loss as quickly as they had hoped and give up all together marking off yet another failure when they could have achieved greater success than ever before if they had stuck with their original diet plan a little longer.

One more thing you should remember when it comes to dieting is that the scale can be your best friend or your worst enemy when dieting. If you are weighing yourself every day in hopes of watching the scale tick off yet another pound you are dooming yourself to failure. You will never achieve the results you are hoping for if you are going into depressive bouts of Rocky Road or Chunky Monkey every night because you didn't lose 10 pounds overnight.

When it comes to dieting there are very few diets that work. There are however, many lifestyle changes that when practiced consistently and aggressively will work. The thing to remember is that you are the

one who must work because it is quite unlikely that any diet will.

## **Dieting for Success Making it Happen**

Dieting is far too often approached from the mindset of impending failure. Too many people have tried and failed so many diets in their past that they try the next new diet with the absolute knowledge that they will fail in this attempt as well. Guess what? They will.

Henry Ford once said, "If you think you can or think you can't you will always be right." If you think you are going to fail at this diet you are dooming yourself to failure before you even deprive yourself of the first bite. Think about that before you begin because only a true masochist could find pleasure in perpetuating this vicious cycle without ever stopping to wonder why none of the other diets have worked for you. Henry Ford also said, "Failure is only the opportunity to begin again more intelligently". In case you were wondering I would say his words are quite profound. Seriously though, if you do not examine the reasons for your failures you are certainly dooming yourself to repeat them and if you are already planning to fail why on earth would you even try?

You are the only person who can take control of your need to eat. You are the only one who can pay attention and notice when you are eating for emotional fulfillment and when you are eating from necessity. You and you alone can get yourself out of your chair and on your feet. You are the only one that can take the responsibility for the condition in which you find yourself. There are medical exceptions but even in these situations if you are trying diet after diet and failing over and over again then you must at some point in time realize that it is quite likely not the diets that aren't working.

We must all be accountable for our successes and failures in life. It is no different when it comes to dieting. There are few better feelings in the world than for someone to notice and compliment your efforts. If you are very obese unfortunately, it may take a little more time for people to actually notice the weight you've lost. Too many men and women give up simply because no one noticed and that is an incredible shame. Give your dieting practices an opportunity to work before you decide they are a failure and you just might surprise yourself with a roaring success.

The truth is far too few people hold themselves accountable to their dieting and weight loss goals. This means that far too many people are giving up without really ever bothering to give it an effort. If you have an issue holding yourself accountable to your dieting plans, perhaps you would do well to diet with a partner. This helps you not only set goals but also to meet and exceed challenges along the way. A partner can also benefit from the partnership as he or she will be challenged and feel the need to perform better than if he or she were dieting alone.

You must hold yourself accountable to your stated dieting and weight loss goals in order to achieve any lasting results. If you have not had dieting success in the past, then perhaps it is time to bring some degree of accountability into the picture and make it happen.

## **Dieting for the Right Reasons**

When it comes to dieting, far too often we take those first steps towards weight loss bliss for what we later determine are all the wrong reasons. Ultimately however, if your reason works for you there is no truly wrong reason to diet. The trick is in finding the reason that will actually work for you.

I've seen all kinds of excellent motivators when it comes to dieting and taking your dieting seriously. One of the more common reasons is to lose weight. This is as good of a reason as any. Some want to get back into the size 5 jeans they wore in high school while others would simply like to be able to look in the mirror once again without feeling guilt. For some this is a simple matter of vanity and for others it is finally managing to deal with what has become a lifelong problem. If you find the inspiration you need to be successful with your dieting this time as opposed to others, then that is the perfectly plausible and acceptable reason for you to diet.

Other reasons for dieting include a desire to be more physically fit. Some of us have a deep and abiding desire to live as long as possible and firmly believe that the best possible method for accomplishing this goal is to live the healthiest life possible. This is another excellent reason for losing weight and getting into shape. If it works for you that is. The thing to remember is that every person is going to have to find their very own motivation deep within.

Yet another great reason is to have the energy you need to keep up with your little ones. This is one of the most heartbreaking side effects for most when it comes to obesity. There is simply no energy left over at the end of the day to enjoy doing things with your precious little ones who are young for such a very short amount of time. You desperately want to be able to build those precious memories with them but absolutely have no energy with which to do so. If that isn't bad enough you probably (if you are considered morbidly obese) have noticed that many of the simplest activities with your children often bring you physical pain that is the direct result of your weight.

Revenge is a dish that is best served cold and another excellent motivator for some when it comes to dieting and taking off those pesky pounds. Losing a great deal of weight takes time in many cases so you must be able to maintain your motivation even when things are going rough along the way. The path to a new body is not an easy path. This is for those who have some serious emotional healing to do and the best revenge for old slights and wounds is to come back more beautiful than ever before. If this motivation is what it takes for you to take off the pounds then this is the motivation to which you should cling.

Religion is another common weight loss motivation. Some people believe the body should be treated as a temple. There is nothing wrong with this philosophy at all, though it takes some us longer to find our way to that line of thinking than others. Religion and faith are powerful motivators, as they have been known to bring healing to those in need by the power of their faith or their prayers. If your faith can give you the will power and strength you need in order to reach your dieting and weight loss goals then by all means lean on your faith and hold it close.

No matter what motivation you have for dieting and losing weight if you find it is no longer working for you, then you need to find another motivator quickly. Without proper motivation it is quite unlikely that you will ever meet your weight loss goals.

## **Dieting for Weight Loss**

The most common reason that people cite for dieting today is weight loss. While most of us would love to claim the noble mantle of dieting for health the vast majority of us are doing so for vanity. This, however, is a perfectly acceptable and plausible reason for making the lifestyle changes that are necessary in order to diet. In fact, this reason might prove to be a far greater motivator than many of the other commonly stated reasons for dieting.

When dieting for weight loss one of the most common complaints is constantly feeling hungry. In order to help combat this, you might want to incorporate some of the following strategies into your dieting program. First of all, eat more high fiber foods. Whole grains, apples, pears, and lima beans are a great source of fiber as are many breakfast cereals. Easy does it however when it comes to fiber as it may be filling but there are some unpleasant side effects that may accompany heavy fiber eating (remember that beans are a good source of fiber). Try using a product such as Bean-o when consuming larger amounts of fiber. You might also try spreading your fiber intake throughout the day rather than consuming all your daily fiber at once.

Another method for feeling fuller when dieting is to drink plenty of water while dieting. Water provides an important service to the body and is very necessary when it comes to delivering all the nutrients where they need to go. Water also helps regulate your metabolism, which is very important to the dieting and weight loss process. Additionally, water will help you skin retain its elasticity so that your skin can go more easily back into place once the serious weight loss begins.

Learn to control your portions. We live in a world where portions are over inflated and super sized so often that we no longer know what an appropriate portion looks like. Restaurant meals are quite often more than adequate for at least two full meals and that is before salads, soups, appetizers, or desserts have been ordered. Learning to portion correctly can save you from over loading your calorie intake for the day massively. It can also help you get extra helpings of the lower calorie foods such as lettuce and other vegetables rather than taking such large portions of calorie rich starches or fried foods.

Do not go "Gung Ho". There are limits to what the body and the mind can handle. When you go on a diet you are making a drastic change to your bodies caloric intake. If you go overboard you can lead to health risks along the way. Begin cutting calories a little at a time and incorporate changes as you go rather than going in with an all or nothing attitude. If you go overboard with your dieting plans chances are that you are dooming your diet to failure.

Take your diet one step at a time for the best results and be sure to incorporate extra physical activity into the mix. Even gardening when done on a regular basis can burn calories, so can cleaning the house, and playing with the little ones. Take a walk to the park or the corner store rather than getting in the car and pull a wagon or push a stroller while you're at it. The added weight will be just enough resistance to burn a few extra calories.

Dieting for weight loss does not necessarily have to be a major sacrifice on your part but in order to be successful it will be a radical change in lifestyle, particularly if you need to lose more than a few vanity pounds. The health implications of losing the weight are well worth the required effort and should not be taken lightly no matter how excited you are about your new body that is hiding inside your old one.

## **Dieting to Lose a Few Vanity Pounds**

There are those among us who wish to lose a few pounds rather than 20 or more pounds. While many of us would be grateful if that were the case for us, most will find that the smaller the amount of weight needed to lose the more difficult it seems to remove. The good news is that those with little weight to lose generally do not face the painful issues with exercise and physical activity that plague those with far more weight to lose.

There are some great products on the market that will assist those with relatively little weight to lose enjoy the weight loss process without feeling deprived. The new market of 100-calorie snacks is an excellent tool for just this situation. You can get the treats you need to get you through the day without exactly packing on the pounds in the process. You can count calories to no end but if you have only a few pounds to reach your goal weight and aren't delighted with your tight and tone new body, then perhaps it's best to work on tightening and toning rather than more dieting.

The thing that far too many people forget along the way is that dieting can only get you so far when it comes to results. There will come a time when weight training and cardio exercises of some sort are the only thing that is going to get you to the body you so rightly desire. Dieting is good for dropping the pounds, but dieting alone is unlikely to bring you the body of your dreams. You should also keep in mind that exercising and ramping up your fitness routine is a great way to renew your dedication to the process and your enthusiasm. This is particularly true if you have found a fitness routine that is appealing to you.

The fitness routines of today are not the tired old aerobics workout of the 1980's. You have many options ranging from kick boxing, Tae Bo, Yoga, Pilates, and even belly dancing for those that dare. The point is that you are not as limited as you may think when it comes to entertaining options for your workout routine. Find a workout that you can actually be excited about doing and do it. There is a lot of truth to the old Nike commercials that boldly proclaimed: "Just Do It". Whatever it may be in your fitness routine, it will not do itself. You must be an active participant in your weight loss and fitness endeavors in order to achieve any results that will be favorable.

Whether your weight loss and dieting goals are to shed a few pounds or many pounds along the way it is quite likely that you will at some point reach a plateau in which you discover that you need to ramp up either your level of physical activity or calorie burning methods or you will need to ramp up your calorie cutting exercises. Either way, dealing with the setback is almost as important as your decision to lose those pounds in the first place. Get back in the game and renew your efforts. In no time you should have lost those few pounds that you were hoping to lose and established the body you were aiming to create.

## **Dieting with a Busy Schedule**

When it comes to dieting many of us find that the number one hindrance to our success is the lack of time to prepare the proper meals and snacks for our dietary needs. It is often much more convenient to throw one thing in the crock pot for the family or resort to the fast food last resort rather than preparing the healthy and nutritious meal that we should be eating.

There are things you can do however that will reduce the temptation to hit the drive thru and keep you on course with your dieting needs. The first of these is a process known as once a week cooking. With this method you cook enough meals to last you a week on one day. This means that for every night of the week you have a diet friendly meal ready to go. If your entire family is dieting or eating healthier with you, this works for this situation as well. Dieting and incorporating healthier eating habits into the food for your entire family is a great way to set an example for your children while keeping you motivated and removing temptation.

With once a week cooking you freeze the food that won't be immediately consumed and thaw it the morning you will be eating the food to cook when you arrive home after work or decide it is time for your evening meal. This is a process that works well no matter how many soccer games, dance practices, and band recitals you have on your calendar for the week. You can manage to stick to your diet while having a great meal for your family each and every night of the week.

You should also make sure to have a nice supply and cleaned and cut fruits, vegetables, and salad ingredients in your refrigerator in order to make these dishes readily assessable for quick lunches or snacks. Having these foods readily available will help you resist the temptation to snack on higher calorie prepackaged food while also helping to insure that you have a ready supply of fresh fruits and vegetables to help you get your 5 servings a day.

You should also keep some conveniently packaged yogurt on hand as a good quick and easy dairy product. Sugar free pudding cups are another decent snack for those who need something quick and easy to have on hand. Preparation and planning are essential to successfully meeting your weight loss goals. By preparing as much of the food as possible ahead of time you will never even miss the convenience of those high calorie pre packaged meals and snacks that so many of us survive on when not dieting.

Another time saver is to work your fitness opportunities into the course of your day. Rather than performing one lengthy workout each day, try to find methods of bringing a little fitness activity into the most mundane portions of your day (go stair climbing at lunch, park on the top level of the parking garage and walk down-then up when returning-the stairs), park far away from the door of the supermarket and see if your mall has a walking path that is clearly marked. You'll be amazed at the hidden opportunities many of us have for exercising during our busy days. The trick is often in discovering the activities rather than the time.

When all is said and done, dieting doesn't have to be as time consuming as you may think it is. There are all kinds of prepackaged plans for dieters however if that is the choice you feel is best for you. Whether you are going with Lean Cuisine meals, Weight Watchers frozen entrees, Jenny Craig, or the Slim Fast program there are all kinds of opportunities to work dieting and fitness into even the busiest of schedules. When planning your dieting practices be sure to consider the tips and advice mentioned above.

## **Dieting Without Sacrifice**

So many people view dieting as some sort of cosmic punishment for not having the perfect body. They believe that enjoying food is somehow bad for them, which couldn't be further from the truth. If you want to be completely honest with yourself, when it comes to dieting, it isn't about giving up food or flavor; it's about discovering new foods and flavors. At least that is what it is for those who truly love food as well as adventure.

There are many spices out there that can make even the blandest of foods a little exciting. Fish and chicken are popular diet foods because they are lean meats. However, adding a little blackening seasoning is a great way to put a little punch in your meal that will make it taste great without packing on the calories of dressing marinades or soaking in butter before broiling. You do not have to stop there. Italian seasoning can also add a little flavor to your kitchen without adding the extra calories that you are working so hard to avoid.

There are all kinds of seasonings that will work well in this instance. Many great seasonings for chicken also make great additions to chicken that will be included in salads for healthier lunches or salad wraps. Grains are good for you when you concentrate on whole grains. They are quite often the primary source of fiber in a diet and you need fiber almost as much as you need water. At any rate, simple things that spice up the same old lunch can have a huge impact on your enjoyment of food.

You can even enjoy the occasional treat when dieting as long as you do so sparingly. The key when dieting is to learn about proper portions and moderate indulgence. You can find all kinds of low sugar or low carb desserts on the market that you can enjoy sparingly. You can even find sugar free or low calorie candy in some cases though you should keep in mind that calories, particularly when it comes to candy you eat unconsciously add up quickly and you must pay close attention to those things you put into your mouth.

My point in all this though is that you do not have to sacrifice flavor in order to diet. You can live without butter; there are many substitutions on the market that are quite remarkable. But seasonings are a great way to add a lot of flavor for a tiny bit of effort on your part. Desserts are also great and you can find many dips and sauces that can be made with fat free or low fat mayonnaise or sour cream in order to cut a few more calories during your dieting process.

These dips and sauces can often make a great substitution, when paired with vegetables, for those chips and dips we love so much and often miss when dieting. Cucumbers, green, red, and yellow peppers, broccoli, and carrot sticks all have a nice little crunch to them that when combined with a good low fat dip can help cure the crave beast for greasy chips that often rears its head when dieting.

If you watch your calories carefully during meals you should be delighted to know that there are many little snack treats that are prepackaged in 100 calorie packs for your enjoyment. This means that you can indulge on occasion in those treats that you love most without sacrificing all your dieting efforts in the process. These snack packs have become one of the best marketing ploys since the invention of diet colas. We all want the benefits of losing weight and will readily admit that if it were a simple process we'd all be thin. However, having something like these hundred calorie snack packs to carry you through the worst of your cravings can mean the difference between dieting success and failure. They are definitely the difference in the old way of dieting and the new way of dieting without sacrificing flavor.

## **Dieting with Slim Fast**

Slim Fast is another great diet aid that has been around for quite a while. From it's origins as a thick and gritty powder designed to help you stave off hunger to it's current incarnation as a line of weight loss products and meal bar supplements we have seen some amazing transitions and longevity in this particular product.

Slim Fast is becoming famous for the new flavors they have introduced and their steady stream of testimonials from those who have met or exceeded their goals by using the Slim Fast system. Using Slim Fast when dieting can assist those with little will power when it comes to chocolate and sweets achieve their weight loss goals by having the higher calorie shakes and snacks throughout the day followed by a sensible meal in the evening and indulging in their craving for sweets throughout the day. It's a good plan as long as those using it can manage to stick with the plan.

In the past Slim Fast would not have been a product I would have recommended for those needing to lose a large amount of weight. That has changed however in the last year or so as they have introduced a much more aggressive health and wellness plan that is appropriate to those who have more pounds to take off than the simple 20 or so vanity pounds that was typical of the Slim Fast user of the past.

When it comes to dieting, not all plans are one size fits all, nor should they be. It's good to see that Slim Fast is also adapting to meet the various needs of consumers. Not only does Slim Fast offer consumers shakes and meal replacement or snack bars that are convenient to use even when on the go but they also offer meals that you can prepare as well as healthy convenience meals to replace those evening meals when you are on the run. For those who like options, Slim Fast seems to have more options than ever before.

More than options however, it is good to see that Slim Fast, even after all these years, is still getting results by those who stick with the program. The truth is that the product wouldn't have been around this long if it wasn't working for someone along the way. Like many other weight loss plans, Slim Fast has taken to pushing the benefits of an active lifestyle in addition to the need for a healthy diet. There are some that will argue that you are not getting all the nutrients you need from drinking shakes but it could be reasonably argued from reading the label that the average shake contains more vitamins and nutrients than a sad margin of people consume on a daily basis.

Whether your dieting goals are very short term and specific or long term and lifestyle altering, Slim Fast can assist you in reaching those goals. This is a lifestyle adjustment in itself though and you must be prepared for a new way of eating in order for this plan to work for your specific dieting needs. If you haven't checked out Slim Fast lately and you have made the decision to lose weigh but are uncertain how to go about it, perhaps it's time you take a second look at the Slim Fast line.

## **Finding the Beauty Within While Dieting**

There seems to be one universal truth when it comes to dieting. No one really enjoys the process though we all eagerly await and anticipate the results. The problem is that far too many men and women around the world focus so much on dieting and perfecting their external beauty that they forget the beautiful people they are inside along the way. Our culture is becoming obsessive about the perfect body and the perfect body image.

If there was one message that should make it out to everyone dieting it is this: dieting should be more about health than beauty. You should not need to conform to some preconceived notion of what is or should be beautiful. If we create a world where everyone looks alike it would be rather boring in the end.

You need to focus on being happy with who you are in order to achieve the greatest dieting success you will have ever dared dream. Many of use eat out of emotional need or a simple need for comfort when we are depressed, hurting, uncertain, or simply in unfamiliar territory. There is no solution that will work for everyone when it comes to making peace with who you are and this by no means indicates that you should no longer seek to be the healthiest you there is. It simply means that your focus should be more on coming to terms with who you are as a person than in creating a new person or imagine behind which you can hide.

Dieting for the most part is an opportunity for many men and women to become someone else. Whether that someone is the person you used to be or some person you think you want to be, you are quite unlikely find happiness at any weight until you accept you for the person you are inside. This is often a difficult process but one that is well worth the effort. Once you've accepted the person inside you can address the specific needs that often lead to the excess weight to begin with. Depression is a common factor in weight gain as well as an inability to lose weight. By finding contentment depression will no longer a controlling factor in you life. For many, this is the freedom they need from their weight problems while others will find there are still hurdles remaining.

The important thing is that you stop allowing the person you are to be defined by what the scales say about you. Once you've reached a point in your life where you are happy with your appearance and feel that your personal fitness level is in hand you should discuss things with your doctor and see what he or she has to say. We do not need a nation of size 5 women. We need a nation of women who are self-aware and self confident and not afraid to be who they are on the inside regardless of how they look on the outside.

Finding the beauty within is often the most important aspect of dieting that there can be. Take the time while dieting to get to know the person you are and introduce that person to the person you want to be. In time the two will work out a healthy compromise and you will find that image isn't really everything no matter what the glossy magazines try to tell you.

## Healthy Dieting Tips

When it comes to dieting you will find all kinds of crazy and faddish diets on the market today. In addition to the many diets there seems to be every kind of diet aid you can imagine. From shakes the diet industry has evolved to include everything from candy bars and pudding to pills and patches. Each item makes the claim that it can help you drop those unwanted pounds quickly and easily. Well I can tell you for a fact there is very little easy for most of us about dropping a few pounds.

If you would like a few tips that should make your weight loss goals a little easier to achieve then perhaps the following tips will help you out.

### Drink Plenty of Water

There really isn't enough that can be said about the importance of drinking water in an effort to reach your fitness goals. Water hydrates the body first and foremost but water is also an important way of tricking your body into believing it is full. Other drinks do not work nearly as well as water in this endeavor and many drinks, even fruit juices, contain empty calories that you can ill afford when dieting.

Another great thing about drinking a lot of water while dieting is that it helps your skin retain its elasticity so you can avoid some of the 'loose skin' look that often accompanies massive weight loss. As an added bonus drinking plenty of water will have your skin looking radiant and beautiful as well.

### Set Goals

Having goals is one of the most important things you can do when working to lose weight. Try to make sure that your goals are aggressive but can be achieved. If you are frustrated early in the dieting process by unrealistic goals you are much more likely to give up. However, challenges are always going to inspire us to achieve greater things in life. If you can find a 'weight loss partner' in order to have a little friendly competition for the weight loss totals for a week or a month then you are going to be far more likely to accomplish your goals than if you keep them quietly to yourself.

### Eat More

Did you read that twice? Yes, eat more healthy foods that are high in fiber. Eat more vegetables and fruits-fill up on these foods that are good for you and you will not be inclined to binge on calorie laden junk food.

### Move!

While this seems a little too simply stated for most, getting up and moving is one of, if not the absolute best way to burn calories. The simple truth is that you are not going to lose weight unless you use more calories than you consume. The more activities you enjoy that burn calories, the more likely you are to shed those unwanted pounds and meet your weight loss goals.

Some great activities that actually burn calories include the following: gardening, golf, dancing, playing volleyball, walking, jumping rope, playing hop scotch with your little ones, and playing tennis. I mention these activities because you can trick yourself into believing that you aren't really exercising

while burning calories. Even cleaning house requires movement and energy and if you dance around a little to some good music in the process you might burn a few extra calories.

Dieting, when successful can help restore self image and self-esteem in people who are otherwise beautiful people inside and out. The steps above are not the only things that are involved in the dieting process but they can help you reach your weight loss goals particularly when combined with a diet plan that you feel confident you can follow. Be sure that on those days when will power is non-existent that you do not derail your diet efforts all together by giving up. The most important thing you can do when dieting is to go back to dieting once you've strayed.

## **Jenny Craig for Dieting**

When it comes to dieting and diet commercials I'm sure that many of you have seen the formerly "Fat Actress" Kirstie Allie singing the praises of Jenny Craig for helping her lose 75 pounds. While most of us would agree that this is quite an accomplishment there are many of us watching from home and thinking there is no way that little tiny pizza is going to make a meal.

Much like Weight Watchers, Jenny Craig has experienced phenomenal success over the years and incredible longevity. Also like Weight Watchers, Jenny Craig has shown an incredible ability to evolve and adapt to the varied and growing demands of consumers. Not everyone is content to enjoy tasteless boxed foods that were prepared for the sake of convenience rather than flavor and yet many would rather sacrifice the flavor in favor of something that didn't keep them in the kitchen too long and weaken their resolve to avoid the Rocky Road hiding in the freezer behind the ice trays.

Regardless of your desires, Jenny Craig is rising up to meet your demands. Not only can you order the pre packaged food through Jenny Craig that has made them famous but now they offer tried and true recipes on their website which allow you to try out your own culinary talents and fulfill your love of cooking. Yes, some of us actually do love to cook. Incidentally for many of us that is how the pounds became a problem.

Jenny Craig is an attractive dieting option because they offer multiple plans to suit different budgets. Far too many weight loss or dieting plans are one size fits all when it comes to budget despite their flexibility when it comes to pounds but that's a story for another day. Dieting is difficult enough on its own without adding financial worries when it comes to paying for the plan into the mix. This is perhaps one of the greatest features I've seen about Jenny Craig and that is saying a lot because they have plenty of other great features as well.

Jenny Craig is yet another weight loss plan that stresses the importance of the calories that must leave your body as well. It is important that you remember this as you incorporate any method of dieting and weight loss into your lifestyle. In order to achieve maximum success you absolutely must make the time in your schedule to exercise. The calories consumed are just as important as the calories that are taken in and that is something far too weight loss plans stress. Jenny Craig, fortunately, isn't one that fails to stress this crucial fact.

Dieting has almost become a bad word in our society. So many people are constantly on this diet or that diet only to find that they are failing time and again to achieve the results for which they were hoping. There are those who will not succeed with Jenny Craig just as there are countless others who will. The trick is in becoming a success story rather than one of the many who have given up and moved on to other dietary pastures. There are plenty of plans on the market from which to choose. The problem is often not the plan but your ability to stick with the plan for the long haul.

## Setting Goals When Dieting

As with most things in life, setting goals is very important when dieting. When you look at things truthfully and objectively you should notice that most of the things you've accomplished in life have been accomplished because you not only had a goal but also had a clearly planned and well thought out process for achieving that goal. That being said, why is goal setting so important when it comes to dieting?

First of all, it is difficult to achieve a goal if you do not have a clearly defined goal. There are times in life when it is almost impossible to tell whether you are succeeding or failing because you aren't certain exactly what the desired outcome should be. Identifying your dieting goals before you begin eliminates this particular possibility.

Second, having dieting goals gives you a measuring stick by which you can judge your process. This is important so that you know when your efforts are failing behind and when you're moving along schedule or ahead of schedule. In other words, you will know when to celebrate and when to give yourself a swift kick to the rear.

Now that we know why we set weight loss goals, let's discuss how we should go about setting those goals that are so important for dieting success. You want to set goals that are aggressive without being impossible to achieve. If you set goals that are beyond your reach you will find that frustration will be your dieting partner until you reach the point where you give up all together. In order to avoid this you should take great care to insure that your goals are possible for you to achieve.

When it comes to weight loss be specific when setting your goals. Rather than setting a total goal of 40 or 60 pounds start with a specific goal such as 10 pounds in one month. Then you can extend the goal to the next month until you've reached the overall goal of 40 or 60 pounds. It is much easier to lose 10 pounds four times than it is to lose 40 pounds at once. It's a trick of the mind but it works. Ten pounds sounds simple and achievable. Forty pounds sounds like an insurmountable obstacle.

Another thing about goals is that you want to hold yourself accountable but you shouldn't call the whole thing off if you only lose 9 pounds instead of 10. Instead, find out where you dropped the ball for the final pound and set your 10-pound goal for the next month.

You should also take great care that you are working with your personal goals and not the goals that someone else is pushing on you. The truth is that if it's personal to you, it will be much more rewarding than if you are doing this for someone else. If your heart isn't in it, there are very few goals that are going to motivate you properly.

Finally, you should establish small (non-food) rewards for accomplishing your dieting goals. Perhaps your reward will be a new accessory for your new (or new old) wardrobe or a pedicure for your new look. Make your reward something fun and frivolous and teach yourself that accomplishing your goals can be accomplished by something other than food. This is a key to dieting successfully.

## Teen Dieting

We have the highest teenage and childhood obesity rates today than at any other point in the world's long history. Much of the blame for this is on the fast food, low energy society that we have become. Far too often we feel that it is safer to keep our children inside our homes rather than out and about in the great outdoors. The things we are doing for the protection of our children are actually detrimental to the health of our children.

There are things however that are being done to address the problem and get our children more involved, more active, and better educated about making the proper choices about diet, nutrition, fitness, and overall health. The problem for most teens is getting them off the computer, phone, or away from the television long enough to get active.

Even video games are getting in on the act of getting children up and active by creating games such as Play Station 2's Dance Party Revolution and the new Nintendo Wii gaming system that seem to be taking the market by storm. These systems allow consumers, to actively participate in the game play adventure rather than sitting back and playing the game in a static environment. It is a great way to get teens off their seats and active. These games are also fun for adults and will have the same effects when it comes to activity. Whoever thought we'd be actually encouraging game play for exercise?

### Get Outside and Get Active

Teens learn by example and whether they care to admit it or not, they typically enjoy doing things as part of the family. Go rock wall climbing or mountain climbing. Go bike riding as a family. Camp in the great out doors and go hiking, boating, or biking yet again. Learn a new sport together. It's amazing how much fun you can have learning how scuba dive and while you are at it, neither of you will be consuming empty calories. Even if the sport you take up together doesn't involve a lot of physical activity it is quite likely more active than sitting in front of the television.

Have your teen join a recreational sports team. We have all kinds of sports teams available in our community in which our teens can join. Even those with no skills at all can join and play in some of the leagues while other leagues are competitive. Getting out and about for a softball game, soccer game, and even volleyball can be a great way for the family to do something together and the games and practices are opportunities for your teen to be active.

Lawn work is another way to get out and get active with your teen. The key, as always, is in your teen burning more calories than he or she consumes. It is often easier said than done but it is quite possible if you work to get them out and about. Find things however that will be interesting to your teen and focus on those rather than torturing them with activities that hold no interest at all (well maybe not the yard work). At any rate, filling their time with activities is also allowing time that they aren't consuming calories as well and that is something worth considering.

Encourage your teen to eat healthier foods. Eliminate calorie-loaded sods, fruit juices, and energy drinks from your pantry shelves, and encourage your teens to drink plenty of water each day. Introduce as many vegetables as possible to the diet of your teens and get rid of the prepackaged convenience goodies that teens are notorious for depleting in one sitting. Also having your teens actively participate in the preparation and clean up for meals will help them pay more attention to the things they put into their mouths as well as the messes they make in the process.

## **The Dieting Mind Set**

When it comes to dieting, far too many people set themselves up for failure before they even begin the process. They literally dread going on their diets and before they start the process are planning their mishaps along the way. Sad to say but true, far too many would be dieters are planning their first Rocky Road mishap while eating their last bowl of Rocky Road before the big event.

I have no idea why we tend to do this to ourselves but it is something I see in dieters everywhere. The far too popular notion is that one must binge on the foods most loved and enjoyed before beginning the dieting process because these things must be completely eliminated in order to shed those unwanted pounds. If you are honest with yourself, nothing could be further from the truth. Moderation is simply a concept that many of us are loathe to embrace.

You must change your way of thinking about food and your personal enjoyment of food in order for any diet you embrace to be successful. Food isn't the enemy. And that is something that not enough people really understand. Even the 'tasty' foods aren't the enemy. The enemy is your personal inability to properly portion the foods you eat. The problem is that the vast majority of us eat the wrong foods far more often than we eat the right foods. This is where the problems lie.

Our bodies need the nutrients we are lacking by not eating the five servings of vegetables and three servings of fruit each day that we should consume. Our bodies know that something is missing and we feel hungry or deprived. If we were actually consuming the proper balance of fruits and veggies each day we would find that we were far less likely to feel hungry and desire those foods that aren't as healthy. This means we would be much more likely to enjoy them in moderation as they should be enjoyed.

Portion control is another problem that we have. We live in a society of "up selling". Super sized fries and empty calories by the gallon of your favorite cola are offered with almost every fast food meal that can be bought. You must learn to say no to these things and avoid situations in which you may feel tempted to partake in these up sized orders.

To be truly successful when dieting you need to embrace the process as building a healthier you rather than depriving yourself of something. Do not think of your weigh loss plan as something negative but rather a positive force in your life to make changes for the better. When you have negative thoughts do not direct them at your diet. When you feel deprived remind yourself that you are depriving your bones of carrying around that excess weight. Remind yourself that you are depriving your wardrobe of those bulky clothes that are designed to hide the bulges. Remind yourself that you are depriving your body of years of bulges and bringing back the body of your youth.

Do not get so caught up in the dieting process that you forget to enjoy some of the goodies that life has to offer. Watching your weight and counting your calories does not mean that you can never go over your allotment. The goal however is to find balance. If you learn to portion your food correctly, indulge in moderation, and incorporate enjoyable calorie burning activities into your daily routine you may be amazed at the results.

Dieting for weight loss and health is only depriving if you allow it to be. If you cannot control yourself when it comes to indulging then by all means avoid indulging. However, if you can learn to incorporate those small treats into your routine in moderation and burn those extra calories as well, then you should

find yourself a much happier and more successful 'dieter' than you have ever managed to be in the past.

## The Greatest Dieting Mistakes

When it comes to dieting there are many mistakes that are made on a near daily basis. While there are many real profound mistakes that go along with the territory there are a few that seem to have far more profound and lasting implications than others. Hopefully by learning about these mistakes you can learn to avoid them in your own weight loss pursuits.

Perhaps the single largest mistake that dieters make is adopting an all or nothing attitude. These are the dieters that scour the pantry and the refrigerator removing anything that could be seen as a potential source of temptation. They embark on a dietary regimen that is nearly impossible to maintain and believe that all is lost the moment they stray from the strict guidelines of their diet.

While this may work for some in the short term, it sets them up for failure, frustration, and ill will towards the entire dieting process. The important thing when it comes to dieting is the goal. Your goal is to shed pounds. There are many ways in which this can be done that do not require starving yourself or punishing yourself in the process.

Another great mistake when it comes to dieting is selecting a diet plan where you eat the same thing every day. Despite our human need for structure and routine we tend to enjoy changing our lunch routine on occasion. Select a diet or new nutrition plan that allows you to enjoy a wide variety of foods rather than one that limits you to the same meal or meal selection day in and day out.

Other common mistakes include depriving yourself of everything you enjoy. One thing that we often forget is the importance of moderation. Fill up on servings of fruits and vegetables but allow yourself to enjoy the occasional indulgence for the sake of sanity. If you never allow yourself to enjoy a taste of chocolate, why on earth would you want to live forever? Seriously, do not forget to enjoy food for the sake of dieting. There is nothing wrong or sinful about enjoying food. The problem lies when you enjoy only the wrong sorts of foods.

You should also avoid the mistake of not setting goals. While you do not want to set goals that are impossible to achieve you should also avoid the opposite end of the spectrum, which involves having no goals at all. Those who set aggressive goals that are achievable will see the greatest degree of success. Making those goals public and asking for support is another thing that will help you achieve greater success. This is one reason the Weight Watchers program has enjoyed the phenomenal success it has.

The final mistake when it comes to dieting that is made all too often is giving up. We all have setbacks along the way. Even those who have achieved monumental dieting success have met with failure on the road. The end result however, for those who stick with the plan is a healthier body and that is something that is worth fighting for. Your goals may get side tracked but you can set new goals. You may have had a bad day or even a bad week when it comes to your dietary goals and plans. Do not let this defeat your desires to become a healthier you.

Learn to overcome those mistakes and move on from them. Let your failures teach you as much as your successes and you should be well on your way to the healthier person that you know is hiding inside. Whether you want to get rid of 10 pounds or 210 pounds the only way to achieve that goal and make it last is by dedicating yourself to the process of becoming a healthier person. A healthy person has healthy eating habits and doesn't starve him or herself. Nor does a healthy person binge on things that

aren't healthy. Learn to enjoy food in moderation and you should be well on your way to the success you seek.

## **Weight Watchers Dieting**

When it comes to dieting there are very few organizations that have achieved the lasting success of Weight Watchers. They have been around quite a while and show no signs of stopping. More importantly, their success stories speak volumes for those who join and stick with the program. So what makes this program so successful when many others come and go?

### **Community**

Believe it or not, one of the most important things about Weight Watchers secret to success, so to speak, is the sense of community that is forged between the men and women who are trying to lose weight. There is something humbling and exciting about standing in front of the scale week after week and sharing not only your personal successes and failures but also the failures and successes of others.

Far too often we those who are dieting simply do not have an adequate support system at home. The bonding that is done during the Weight Watchers meeting is a strong bond of men and women who may come from different backgrounds and walks of life but who share a common goal for their futures- weight loss and better health. That is not a bond to be taken lightly particularly when they laugh and cry together. They are in their own way going through the trenches together and the success of this type of program for motivating and encouraging is nothing short of phenomenal.

### **Evolution**

Weight Watchers has a pattern for success but they are not beyond evolving with the needs of the time. While they will be the first to state that the most successful participants typically attend the meetings, Weight Watchers also offers alternatives for those with busy schedules and even those that are simply too afraid to go to the meetings. For these people there is the anonymity of online forums, message boards, and support groups.

Weight Watchers hasn't limited its evolutionary process to this alone, they've also in recent years added a points system that allows dieters participating in their program to more easily gauge how well they are doing by their dietary standards and requirements without needing to count every single calorie or weighing their food. We live in a world of busy people and it is often more hassle than many dieters find to be worth the effort to count every single calorie (particularly when dining out).

The Weight Watchers website is another example of their commitment to evolve and accommodate the diverse needs of the men and women participating in their program. If you haven't checked it out in a while you really should take a look and see what amazing insights and information they have to offer.

### **Commitment to Fitness**

Weight Watchers knows that it isn't just diet that gets results. When you combine diet with exercise the results are much more immediate and more profound. The fact that Weight Watchers stresses the importance of exercise and physical fitness in addition to proper nutrition and changing your way of thinking when it comes to food is yet another reason for their widely known success.

Weight Watchers is just one of many different weight loss and dieting programs in the market today. The fact that they have made a name for themselves and stand out above the rest in many ways is

nothing to take lightly. It seems that there is a new weight loss program cropping up every other month or so and yet Weight Watchers continues to achieve visible and sustainable results in those who really work the program. Very few programs can make that claim for as long as Weight Watchers has been able to.

When you combine all of the things mentioned above with the pre packaged foods that are offered by Weight Watchers, the extensive recipes that are available for Weight Watcher's participants, and a solid track record for success you would be robbing yourself of the potential for lasting success if you didn't at least see what the plan has to offer you.

## **Your Thyroid and Weight loss – The Connection is Real**

Your thyroid dictates much of your metabolism, any malfunction or disease afflicting this area may cause you to have problems in metabolism leading to a drastic problem with your weight – you may either gain weight, lose weight, or may find that losing weight is harder than usual.

Those that plan diets do not take into consideration how their thyroids and metabolism may affect their weight loss program. Most experts and even the media pitch in and recommend that the best way to lose weight is cut calories.

Those with a condition called hyperthyroidism suffer from an overactive thyroid leading to one having his or her metabolism skyrocket. If this is the case, then you will probably lose weight fast. This is a nice proposition for some who wish to lose weight. However, this is actually hazardous to the health.

Aside from the medical difficulties such a disease brings, one will also notice weight problems as a result. These people have trouble keeping on weight and may notice weakness and bulging of the eyes. This disease may need special treatment from doctors.

Hypothyroidism on the other hand works in the other direction – slowing metabolism until the body gains weight at an incredible rate. Like hyperthyroidism, hypothyroidism causes a general weakness in the body. It too may need special treatment and may cause serious health problems if left unattended.

While cutting calories in itself can be very hard for most people – imagine, the people involved in life and death struggles at the supermarket regarding whether to buy that extra box of sweets, some have exactly the opposite problem.

Instead of eating too much calories – which is a problem in itself, they eat too little calories instead.

Problem? What Problem

The problem with some is that they believe that since the experts say that they have to cut calories, cutting calories to an inordinate amount will reap greater results. Unfortunately, it doesn't work that way. While cutting calories helps diets, consuming too little calories pushed the body into a hoard mode, the body's metabolism slow to adapt to the lesser amount of available energy.

If your body enters this mode, your body will work at such slow metabolism that losing weight becomes impossible. The technique here should be to reduce calories without the body slowing its metabolism. Only then can losing weight become easier.

Another problem that can arise from decreased metabolism is that when your metabolism slows due to a drastic reduction in metabolism, and then you suddenly eat a good, hearty, calorie-filled meal, you are bound to gain more weight owing to the increased surplus of energy.

This is why an imbalanced meal is highly discouraged among those that seek to lose weight. The sudden loss and increase of calories will cause an imbalance in one's energy consumption directly affecting fat deposit.

Here is a simple computation to help you get to the right amount of calories you will need per day so that you get your nutrients in the right balance.

First of all, multiply your weight in kilograms by 30. If you only know your weight in pounds, divide it by 2.2 to get to its English equivalent. We divide this number by 30 because that is the number of calories you need to maintain your weight per pound of weight.

For example if your weight in pounds is 150, divide it by 2.2. That will give you a figure of 68.18. This is your weight in kilograms. Multiply this by 30 and you will arrive at the amount of calories you will need per day to maintain 150 lbs.

You may consult a nutritionist to help you come lose weight. In the end it all comes down to math. If you consume more that your body needs, it stores it as fat. Now is probably a good time to start studying the back of those grocery cartons.

Try to keep your diet at a 40% protein, 25% fat, and 35% carbohydrate meals at 300 calories per meal. Spread out these meals in a day for optimum results.

While it may be simple computation to get at numbers, do not forget the earlier mentioned fact that the body adapts to its condition. Expose it to extreme ones and you may find yourself getting results you never wanted. Consult a nutritionist for more advice.

## **Conclusion**

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