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Weight
Loss Made
Fast And
Simple

Dr. Joseph

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Whats Up With Self Sabotage?

Does this sound familiar?

How many times have we started a new diet with the very best of intentions? We know we picked a good program, we're excited, we've stocked up on the essentials. We might even manage to do well for a few days.

Then the shoe falls. Our resolve wanders. We almost look for an

excuse to cheat. You ask yourself, Why?

You know full well that 14 strong days as free of temptation as possible will garner you the best chance of weight loss success.

Good plan! So, what do you instead? You make a date to meet your pals at the local hangout, you know, the one with the free Happy Hour buffet and 25 cent; beers. You rationalize you, deserve it. You convince yourself that your friends will bolster you with. Lastly, you promise yourself to stick to 1, okay 2 max, Michelob Lights.

Yeah that was the promise, but it

didn't quite turn out that way. Yet again.

It's not like we need to someone to hold our hand into temptation! It surely doesn't help that there's a McDonalds, Burger King and/or Pizza Hut on every corner. Calling at us like an epic siren, we turn into the drive thru like Pavlov's dogs. Our low carb brain tells us to order a bunless cheeseburger or grilled chicken salad, meanwhile we splurt out Big Mac and Diet Coke. Of course Diet Coke! Hey, we're on a diet!

Why do we do it? Why do we set ourselves up? Seemingly, almost on purpose?

Personally, I think it's akin to the emotional reasons we eat, whether we're actually hungry or not. The next time you're standing in front of the fridge, door swung wide open, staring in a blank trance as if some magical 0 cal 0 carb delicious delight will suddenly appear. Take comfort in knowing that your dieting sisters and brothers are joining you world over.

Self examination is the key. What's going on inside your brain? What are we furiously trying to bury under the wrong foods and poor choices? What on earth are we afraid of? Worried that we can't blame personal failures on our fat

anymore? Scared about sudden attention and flirting from the opposite sex?

Zillions of books have been written on the subject and I'm far from an expert, but I have spent the better portion of my adult life pondering this puzzle. Therapy is probably the most obvious answer, but we don't have time and I'm certainly unqualified! Behavior modification techniques would be beneficial, as are online support groups.

For my buck, the most bang is journaling. Yes, men, even you. You've heard confession is good for the soul. Well, it's absolutely true.

For now, committing feelings and insecurities, whether to paper or bandwidth, can help.

Go ahead, discover yourself.

What You Need To Know About Weight Loss

You may not realize it, but there is a certain psychology at work in successful weight loss. It is no surprise, then, that the magazine *Psychology Today* has explored the issue in-depth. In October of 2004, the magazine posted an article on its website detailing the experiences of Diane Berry, a nurse practitioner who studied women who had shed at least 15 pounds

and had maintained their weight loss for an average of seven years.

The women shared some important things in common. For instance, they all achieved their weight loss through either Weight Watchers or TOPS, which meant that they had a firm support network as they tried to maintain their weight. The group meetings were highly important, because they learned to recognize that they were certainly not alone in their struggles with weight. The women were also quite unusual because up to 90 percent of individuals who have lost weight end up putting it back on within five years.

Another common trait of these women is that they appeared to undergo a profound mood shift as they made the transition from fat to thin. From all indications, they appeared to be depressed when they were heavy but, as they attempted to lose weight, their mood brightened.

For these women, healthy eating became a habit—a habit they refused to break. They themselves recognized the tremendous role that psychology plays in weight loss. They refused to give in to negative feelings of frustration and denial and chose a positive path instead. The women also made it a point to weigh themselves regularly

so that they could chart their progress.

And they recognized that maintaining weight loss would be a lifetime struggle. They knew that they could not attempt a weight loss program then put it back on the shelf. They had to learn new eating patterns that they could continue week in and week out. In some cases, they likened their struggle to that of an alcoholic. In other words, they recognized the gravity of their problem and took steps to correct the situation.

Perhaps the most interesting aspect of these women's experiences was the fact that their weight loss

actually came in spurts. At times, they regained their weight, but they did not let that deter them from their final goal. They simply viewed their setbacks as challenges that they needed to overcome. This may be the key psychological trait that separates successful dieters from unsuccessful ones—perseverance. In essence, these women were able to change their personalities in a positive way in order to achieve their long-term weight loss goals.

Another interesting aspect of this study was that it showed that the women who had undergone weight loss transformation were genuinely happy. This shows the tremendous

psychological impact that weight loss can have on an individual.

Once an individual is free from the burden of extra weight, he or she is better able to meet the challenges of life head-on. The dieter benefits from positive reinforcement, as relatives, friends, and co-workers congratulate him or her for the weight loss. In this way, losing weight can be quite a life-affirming experience and can lead to a more optimistic outlook on life.

It must be noted here that the psychology of weight loss is a complicated matter. There is no single ingredient that can turn a fat person into a thin one. However, recognizing that there is a

psychological component to successful weight loss may, in fact, be half the battle. Once an individual recognizes that he or she is engaged in a psychological fight, he or she is better able to do battle. By retraining oneself to seek healthy approaches to diet, one can, in effect, mold oneself into a new individual—one that no longer lives to eat, but simply eats to live.

Weight Loss Tips

Are you looking to lose weight to improve your appearance, your health, or even both? If you are, you may be looking for advice. The good news is that there are a number of tips that you can use to help you successfully lose weight and hopefully achieve your weight loss goal.

When it comes to losing weight, the best thing that you can do is eat healthy. Eating healthy involves

watching the foods that you eat, not necessarily how much food you eat. Of course, you may want to restrict the amount of foods that you eat, when on a diet, but it is more important to focus on the foods that you do eat. For instance, if you were to eat fruit instead of chips, you could have more fruit snacks with your meals than you would be able to if you were just to eat junk food.

Since eating healthy is an important component of losing weight, you may be wondering how you can go about doing so. One of the first things that you should do is find and familiarize yourself with healthy meals. You can do this by way of

standard internet search or by buying a collection of healthy eating recipe books. To reduce the boredom often associated with healthy eating, especially if you are not use to it, it is important that you “spice,” up your foods and try to not eat the same meals over and over again each week.

In connection with healthy eating, regular exercise is also important to weight loss. If you are looking to lose weight, you should start an exercise plan for yourself. Exercise is important as it burns off calories. When you burn calories, the amount of calories that your body absorbs decreases. This is, essentially, what makes it possible

for you to lose weight. If you haven't been exercising regularly in the past, it is important that you take it slow. Exercise is a great way to lose weight, but you do not want to overdo it, especially at first.

If you don't currently have an exercise plan or program in place, you may be wondering more about what you can do. One of the many ways that you can go about finding exercises or workouts to do is by buying a collection of fitness magazines. Many fitness magazines have detailed exercises outlined in them, often accompanied by pictures. You may also be able to find free instructional workout videos or exercise moves online.

As a reminder, it is important to start out slow or at least start with exercises that would be easy for you to.

Eating healthy and regular exercise are both important components of losing weight, but there are additional tips that you can use to help you lose weight. One of those tips involves finding a workout partner or a workout buddy. This is a person who can exercise with you, whether your exercise involves visiting a local gym or just going for a walk at a local shopping center. Having a workout partner may help to keep you motivated and it may help to keep exercising and losing weight fun and exciting for you.

Another way that you can go about successfully achieving your weight loss goal is by “spicing,” up your exercises. As previously mentioned, you can use the internet or fitness magazines to find workouts for you to do at home. To help reduce the boredom often associated with exercising you will want to change up your exercises, often on a daily basis. For instance, one day you may want to use a treadmill, the next day you may want to lift weights, and the next day you may want to do an exercise DVD, and so forth.

You should also consider making exercise and healthy eating logs or

journals for yourself. These items can be used to track your progress. If you have a good week, like one where you completed all of your exercises, you may want to think about rewarding yourself. Your reward doesn't have to include food; it can be something as simple as a sticker or treating yourself to a movie. Journals and logs have been known to help many individuals looking to lose weight and it may be able to do the same for you.

What Are You Willing To Do To Achieve Your Weight Loss Goals

What are you willing to do to achieve your weight loss goals?

I'm approached quite regularly about which diet is best, which book would I recommend and what exercise program should a person follow. People think they can just purchase a book to

read and then some sort of magic occurs whereby reading it will cause their fat to magically disappear. Well, I'm here to break the news to you, the \$40 investment in your weight loss book is just the start, there's a lot of hard work and other expenses involved.

Time Investment

There's time invested in your education (reading, watching videos etc), time you'll spend exercising doing both cardio and weight training. There's time spent creating your new meal plans as well as preparation of those meals the day

before or days in advance. There's time involved in doing extra laundry because you're suddenly doing more exercising now on your weight loss journey.

Let me ask you this: What's your favorite television show?

How much television are you watching in a given week? 1 Hour?

Six? Are you willing to eliminate television to allow

yourself time to go to the gym and prepare foods for the next

day? If not, then don't bother

buying books that recommend

food and exercise programs? It

takes time to prepare food for

5 or 6 meals in a day and to go to

the gym once or twice a

day. Weight loss requires a time investment.

Food Investment

The quality of the food you put in your body is directly proportional to the quality of your cells. It's your cells that create energy and make your various bodily systems run, and if they're given the best quality food, then they're able to regenerate and be healthy.

Conversely, low quality food creates a low quality cell. A low quality cell is not up to the demand of generating energy nor the proper removal of wastes

which then results in sickness and disease.

In conversation with a fellow regarding his food program and how he could make corrections to his diet to improve his health, burn fat, improve his workouts and achieve his weight loss goal, I suggested a few “new” products. Oatmeal, some whole grain wraps, spring mix salad, and Essential Fatty Acid, Almond butter and whole grain basmati rice were a few places to begin.

“You didn’t tell me how expensive it was going to be!” was his response.

Well, I don't consider it expensive, so I would not have said that it was.

Our cells are our power plants in our body. Our body is constantly rebuilding itself daily and hourly. Our skeleton replaces itself once a year and the muscular lining of our stomach and our intestines is replaced every 3 to 4 days so it only makes sense to give it the highest quality food. Doesn't it?

You're probably going to come to the same conclusion that most other people do. The food I put in

my body creates a healthy body and I must take care in my food choices.

Whole grain oatmeal costs more money than cocoa puffs. Raw almonds cost more than hickory smoked almonds and you probably never knew what Essential Fats or Pro Biotics were. Weight loss requires an investment in food.

Cutting Expenses To Reach Your Goal

If you're not able to increase the amount of food you eat financially or the quality of the food you eat (organic), then what are you willing to do to get it.

Are you willing to cut some other costs? Are you willing to increase your sales at your job or home business to be able to afford this new change? The first reasonable step is to make some switches or replacements. Take note of non nutritional foods in your day - consider snacks, junk foods, coffee, pop, cigarettes (I hope you're not still smoking), milk or dairy products, alcohol, vitamins, tums, Rolaids, pepto bismol etc and see how much you're spending on a daily or monthly basis. Are you willing to replace these for higher quality nutritional foods that will support you in your weight loss

goals? It can be a scary thought for some people. Others accept the challenge readily because they've truly committed to their weight loss goals and are willing to do Whatever It Takes! Switching and replacing is the easiest thing to do. Weight Loss requires sacrifice.

Invest in Yourself

Your body, your mind, your soul and becoming the best you can be is the single best investment you can make. Make the decision to eat the cleanest food you can, make the healthiest choices you can, begin to switch from non nutritional foods to

nutritional foods and let go
negativity in your life. Weight
loss is easy, but requires some
investment.

Eat Well, Be Well

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