

# 26 Articles About Weight Loss, Exercising, Diet Tip, Fitness, Beauty & What You Didn't About Safe and Natural Weight Loss?

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*Part 1*

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## Title: How to Lose Unwanted Weight

With social and career success being firmly rooted in modern life, physical appearance is more important than ever. The popular image of a successful person seems to be built around fitness in both the physical and moral aspects, a sort of a physical and moral correctness. Therefore many people are interested in keeping themselves in shape, especially after a winter of eating heavier food at the expense of fresh vegetables and fruits.

**The first thing to do when trying to get rid of the unwanted excess kilograms is to take a look at your diet.** This is the first step on your journey. Are you relying heavily on chips, soda and fast food to make it through the day? Are you eating enough vegetables and fruits? While hamburgers, fries and soda is a tasty and satisfying combination, it is also a deadly proposition to your health. If you want to stay fit, you must quit eating high-powered food that provides too much energy.

Your body doesn't like to waste things it can use later on and energy is one of the most important things that can be stored. Eating hamburgers and chips while leading a largely sedentary lifestyle gives your body much more energy than it normally uses. This energy is not thrown away, but converted to fat and put into storage. Therefore, you must cut down on this type of food and turn to the humbler fruits and vegetables to keep hunger in check without putting your health at risk.

**The second part of the system is exercising.** While a sound diet makes sure your body doesn't get more energy than it needs, exercising is here to help use up energy already stored. Taking brisk walks after meals is OK, exercising half an hour per day is good, going to a gym for an hour or so five days a week is perfect. There's no need to starve or exhaust yourself. Diet and exercising can be fun with a bit of thinking and a positive attitude.

## Title: To take vitamins or not to take vitamins? (It's best to eat right, but if you find it difficult, a multivitamin can help)

It's absolutely important that our body gets the nutrients it needs to function effectively and efficiently. However in this modern time it has become more distinct that we tend to succeed health with convenience and instant gratification. **In this fast paced world where career and education demands all our time, we learn to favor what's quick and easy to obtain especially when it comes to food.** We turn to fast foods and junk foods instead of the good old balance daily diet. The lack of balanced diet in addition to the daily stress of pollution depletes our body of nutrients. Is it any wonder why cancer and other chronic diseases became rampant during the turn of the century? It's up to us to replace these nutrients. We can do this through healthy nutrition, or better yet, through healthy nutrition and proper supplementation.

For the average person, it's difficult to get the proper amount of nutrients needed from food alone. Have you ever wondered how many people actually eat five to ten vegetables and fruits a day? Or who drinks seven to nine glasses of water each day? Even the healthiest of eaters cannot be assured that they are getting the recommended amount of vitamins and minerals. Mainly because it's hard to judge exactly how much nutrients you are getting from the food you are eating.

**In a report printed in 1940** regarding the nutrient content of spinach, it laments the high depletion percentage of iron and other minerals found in the plant mostly due to soil depletion, mono-cropping, artificial fertilization, and lack of varieties. Since that period, nutrients in both fruits and vegetables persistently depleted, not to mention that certain forms of cooking in fact destroy the vitamins and minerals in the food. This is why taking a multivitamin supplement would be so advantageous.

**Eating a balanced diet and then supplementing** it with a quality multivitamin will be the most logical and sound decision to make. We'll be able to get the nutrients that our body needs from the food and then back it up with the multivitamin for a powerful effect.

**There are four forms of multivitamins available in the market today**, that's capsule, tablet, soft gel, and liquid. Liquid multivitamins will be the easiest for our body to absorb because there's literally nothing for our digestive system to breakdown. Capsules and soft gels are also a good choice when it comes to the forms of multivitamins with regards to absorption rate. While tablets on the other hand, will be the hardest for our body to breakdown and absorb. Remember, that no two individuals will respond similarly from taking any type of vitamin or mineral supplement, because each individual have different metabolisms, eating habits, exercise regiment, or sleeping habits, and are under different amount of stress or even take their supplements differently.

I often heard it say that supplements are expensive, and many feel they cannot afford them. I find it ironic though that those same people who cannot afford to take supplements can afford to buy soda, latte, cigarettes, alcohol, or coffee, why not save your money for your health? There are cheap supermarket multivitamins that are inexpensive however they cannot compare to a quality, more expensive ones. The best way is to decide how much you can afford to spend and then do a research on the net on the multivitamins that fall within your price range.

Multivitamins are probably the single most important supplement you can take. If you aren't taking one, you really should start doing so.

## Title: Exercising – why you should take the trouble to do it

Exercising is a bore for many people. Although workout fans like to claim that others are simply too lazy or too spoiled by the modern sedentary lifestyle to exercise on a regular basis, this is not always the case. Some people have far too busy daily schedules to squeeze in another time and effort consuming activity. Not to mention that a significant number of people find the endless repetition of the same movements more than a little boring. Truth is exercising can only be considered fun by people who love such things, while others manage to focus their entire attention on results and ignore the boring routine. If you are unable to love or ignore the boring part, then you probably find exercising a burden.

However, this attitude is not very good for your health. You may have a highly paid job that takes away all your waking hours and you may think that you can tank it until you're in the forties and can afford to lay back and relax. But this nice scheme doesn't always work out the way it's supposed to. By the time you reach the forties you may not be in a position to lay back and relax and your health may not be in top shape precisely because of neglected exercising. Simple things like 30 minutes of jogging or aerobics per day can go a long way toward reaching old age with a sound heart and a better shape than most.

I know that **people are impressed by wealth**, but money can't buy your youthful health back, not to mention the fact that they are also useless when it comes to love. Or so other people say. If your busy lifestyle had brought you high blood pressure and high cholesterol, then money is not going to solve these problems. But just a little exercising everyday could make the difference in your old age. It should also keep you from acquiring a spare tire around your waist. More importantly, if you want that successful young exec look, then you simply have to stay in shape. You can't afford to look soft and flabby.

So it can be boring and time consuming and doesn't always help you relax in any way, but it does help your body cope with pressure and it does help your endurance at all levels. **Most of the members of the opposite sex** will also find a fine shape more attractive than a fat wallet, especially if you're looking for short-term relationships where long-term financial power is less relevant. So stop crowding your schedule with so many tasks every day and make room for a little exercising now and then.



## Title: Kicking the habit – putting an end to fast food and snacks in your diet

It's always easy to gain weight and damned hard to lose it. Eating is one of the true pleasures in life and refraining from food has huge physical and psychological implications that cannot be easily discarded. Nobody likes to have to give up a pleasure, which is why many people drift farther and farther into fat without doing anything to stop the process. Moreover, recent data showed that the body does not respond to diets as doctors thought it should. The body has to adapt to changes and diets are seen as lean periods that should be offset by making fat harder to burn. While the body is certainly the most complex instrument we possess in our lives, it cannot discern between actual lean times and diets.

Another problem for the body is the widespread use of fast food, snacks and soft drinks. Fast food is highly powered food that fools the stomach into calling for more, despite the fact that one giant burger is the caloric equivalent of an entire meal. The giant burger is not usually enough to fill the stomach of an adult person, so most people eat more than one and wash it down with soft drinks that are little more than sugared water. This is an unfortunate way of eating, since the body gets far more than it needs from burgers and soft drinks. The largely sedentary lifestyles led by most urban residents mean that the excess calories will certainly be stored as fat.

Snacks are another threat to a healthy life by bringing in too much calories and by being too readily available when hunger strikes. **The correct option for between meals snacks is to buy fruit.** Sure, it may not taste as good, especially if one is used to chips or other types of snacks, but one or two bananas or some apples are far better for one's health. A very important point is to remember that habits can be kicked just as easily as they take root. By ignoring the temptation of chips you will gradually lose interest in them and get used to fruit. Once chips are no longer a staple of your diet, you will find yourself wondering what was so good about them anyway.

## Title: From fat to shapely – tips and tricks to get that J. Lo look

Whether you're a babe or a guy, you have to face it: J Lo is hot, hot, hot! And the biggest thing all men are crazy about in her is that round and shapely butt. And while men go bananas over J Lo pics, women swallow their envy and start looking for ways to acquire the same shapely ass and hot looks. I'm willing to bet that gyms managers got more business from ladies envious of the Latin American diva than from any professional advice about a healthier lifestyle. It seems that negative feelings are better at driving people to improve themselves than the much-vaunted self help books.

**So, if you want to have that ass every man is dreaming about, then your answer is a lot of walking and exercises that put the strain on the same muscles walking does.** This means that you should walk whenever you have the chance. Go to the mall or to work on foot, if it's not too far and if the neighborhood is safe. Tuck an iPod in your belt and start jogging through the park every morning. If your job won't allow you the luxury of jogging every morning, then go to the gym in the evenings and use the treadmills. A lot. This will get you a pair of legs to die for and the shapely ass you wanted all along.

Of course, **exercising is useless if you eat more than you burn day in and day out.** And you know the answer to this problem, don't you? So search the Internet a bit. These days you can hardly run a search without dredging up a hundred websites dedicated to recipes, diets and all manner of healthy living advices. There's literally thousands of diets to choose from. The only things you need are discrimination in choosing the sound ones and the will to stick to them. This combination of dieting and exercising will make your bottom look so good, that men will practically drool wherever you go. We don't know if that's good or bad, but it will certainly be fun for you.

## Title: The causes of obesity

**Obesity is caused by unhealthy eating combined with sustained lack of activity.** If food gives you more calories than you burn, your body turns on the storage program and puts on fat. This is the basic idea behind obesity.

**Disorderly eating habits are the top reason why people became obese.** With neither the time, nor the inclination to control one's meals, it's no wonder people get fat all over the world. Couple that with a sedentary lifestyle where most trips are taken by car and you got a health situation out of control.

**Genetics:** Obesity can also be inherited from family members who suffered from it. If your family has a history of obesity, then you would do well to watch your weight.

**Junk food:** We are all busy, but this does not mean that we have to eat everything fast food restaurants put before you. Burgers may look good, but they are fat too highly powered got your health. Thing is, a single burger is worth a whole meal, but your body does not judge the situation this way. Your stomach will never be filled by a regular burger, so it will keep asking for more, despite the fact that your body does not need more burgers.

### Do you feel like giving up?

Many people try diets and manage to lose a few pounds. But returning to the old lifestyle and eating habits almost always means that weight lost turns into weight regained. Moreover, as diet follows diet, the body gets used to these "lean times" and makes it harder for you to lose weight.

To all this you may add that following a diet for a longer period of time is hard, because you will always crave the forbidden foods. The fact that certain delicious foods are forbidden makes them that much more attractive. A successful diet means adjusting your lifestyle to your needs, especially by making time for more exercising.

## Title: Common Myths From The Weight Loss Crowd

### Myth: You'll be OK with a high protein/low carb diet

**Fact:** This type of diet aims to secure most of the daily required amount of calories from protein foods, such as meat, dairy products and eggs, with a very small part taken from foods containing a lot of carbs (bread, pasta, potatoes and fruits). The biggest problem with this diet is that many common and popular foods are forbidden, which makes it easy for the user to get bored or frustrated. When boredom and frustration set in, quitting time is never far off. Another problem is the lack of nutrients that are usually brought in by carbohydrate foods, while allowing the user to eat bacon and cheese that raise cholesterol levels.

The bottom line is that high protein/low carb diets result in fast weight loss in some users, but it's not just fat that goes away. People also lose some of their lean muscle mass and a lot of water as the kidneys work harder to rid the body of excess waste from protein and fat.

The added stress to your kidneys is not healthy at all and, in the long run, will lead to dehydration, headaches, feelings of nausea and dizziness. Before engaging in a long-term diet, you would do well to discuss it with your physician. And if you are really keen on dieting, try a balanced diet first, because it will help you lose weight without hurting your system.

### Myth: Permanent weight loss can be achieved with fad diets.

**Fact:** This is yet another common myth among the weight loss crowd. Like any other diet that tells you to cut this or that food from your daily meals, fad diets are not healthy for you. The cornerstone of any diet is supplying the body with all the calories, proteins and minerals it needs. Diets that cut out foods without regard for the needs of your body cannot be healthy for you. Fad diets fail to deliver on the promise of permanent weight loss because people will always crave the forbidden foods and will always end up breaking the rules and ditching the diet.

The key to making weight loss permanent is more exercise and to avoid eating food that makes you fat without nourishing your body. Our extensive studies confirmed the importance of exercising and of a well-balanced diet.

### Myth: Low-fat or no fat food is always a good choice.

**Fact:** The only low fat foods that are also low in calories are fruits. The rest of the huge low-fat or non-fat group are not a safe choice if you are dieting. These products may have added sugar, starch or flour to make them taste better, which means extra calories that do not belong into your diet. So make sure you check the list of ingredients on packages whenever you decide to buy low-fat.

### Myth: Switching to vegetarian food will help you lose weight and stay healthy.

**Fact:** I know this is a hard pill to swallow, but no food plan will work for you unless you take charge of your eating and make sure that everything that goes past your lips is the right kind of food. The key here is to be absolutely sure that the vegetarian diet will give your body all the nutrients and calories it needs.

Eating heaps of foods that do nothing for you from the nutritional point of view, outside maybe of filling your stomach, can bring you a lot of trouble in the future.

Since plants tend to have a lower concentration of nutrients than meat, you will have to eat more food than before to make up for this difference. Not to mention that a strictly vegetarian diet will not get you enough vitamin B12, vitamin D, iron, calcium and zinc. These substances are taken mostly from dairy products and eggs in a regular diet, but true vegetarians can't touch those. You'll have to rely on the few and uncommon vegetables that can provide these substances.

**Myth: Dairy products cause heart problems and make you fat.**

**Fact:** Well, thanks to modern medicine everybody knows that eating a lot of dairy products is a surefire path to high blood pressure and stroke, although a large group of people from France refuse to die despite the large quantities of cheese and wine they consume.

Dairy products are the main source of calcium that keeps your bones strong and healthy. It is absolutely essential for children and can be in no way overlooked by adults. Dairy products also contain vitamin D, which is crucial to maintaining the normal levels of calcium and phosphorus in your bloodstream.

If you don't want to gain weight from dairy products, then choose low-fat or non-fat brands. There are enough of those around. If you are lactose-intolerant, drink soy or rice milk. It does not taste exactly the same as true milk, but it's still good and nutritious.

**Butter and margarine are the only dairy products you should worry about.** They do contain big levels of fat. Still, if you can't do without them, at least eat butter. Margarine is an over-processed fat that is not particularly good for you. Butter may be a bit fatter, but it definitely is the healthier of these two.

## **Title: Things to avoid when trying to lose weight**

Dieting is not always easy. In fact, it can prove a tough challenge for many people. So here's a little guide to avoiding things that could make you lose control and start eating. Avoid them like plague if you wish to succeed.

### **1. Don't rush into the toughest diet you can find.**

This is a common mistake. Many people decide in a moment of desperation to follow a super-strict diet and fail. Don't rush into a diet that may be too strict for you. If you don't have any dieting experience and are not 100 percent sure you can stick with the diet, then choose something else.

### **2. Don't lose touch with reality.**

You can't realistically expect things to happen overnight. When choosing your goal, start small, but be prepared to go far. If you hear someone saying that he lost a large number of pounds in a short time, don't make it your goal to match his performance. Diet results are different from one person to another.

### **3. Don't go to the gym too often**

Another common mistake is to use the enthusiasm of the first days to hit the gym every day. This won't help you at all. Your body needs time to heal and expand the muscle mass after each training session and going to the gym every day interferes with this natural process. Besides, a week of non-stop training could never offset ten or twenty years of couch potato lifestyle.

### **4. Don't get hard on calories.**

We all know that cutting down on calories is one of the building blocks of all diets, but you have to be careful about it. Cut down on too many calories and your body will start storing anything it possibly can. This is not a good way to lose weight.

### **5. Don't skip meals.**

Some people think that skipping one or two meals could help them lose weight faster. They don't understand that dieting is all about eating the right food and not starving yourself.

### **6. Don't check the bathroom scales every day.**

Everybody is eager to see the confirmation of his or her efforts in the shape of lost pounds, but you should not let this drive you to checking your weight every day. The daily fluctuations of your weight will soon have you depressed and ready to quit dieting. And this is something you want to avoid.

### **7. Don't let emotions drive you.**

Aside from the eagerness that drives people to check their weight every day, there are other emotions that influence dieting. If you know you're used to reaching out for ice-cream or snacks when you are bored, frustrated or angry, then you should deal with these issues and not allow them to come between you and your purpose.

### **8. Don't refuse to seek help.**

Not everyone was born with iron will and nerves of steel. If you need advice or help, don't hesitate to ask it from your friends or from professionals. Don't try to solve all problems by yourself.

### **9. Don't deny yourself your favorite foods.**

Treats are a great way of raising your willpower and determination. Diets are just food control methods, not prisons. So what if you eat something forbidden once in a while, especially if that food is a favourite of yours? If such treats are not frequent, then they will make no difference in the long run.

### **10. Don't rely on your willpower alone**

Use your head as well. If you wish to know how much you eat, then write everything down and analyze the list for things that should not be there. Sometimes hunger creeps up on you and make you eat something you shouldn't. Be honest with yourself and keep a clear head.

## Title: 20 Food

by Michael Messner

The one problem that most single men have is, they never have a well stocked pantry. This can cause major problems. If you don't have a stocked pantry, you are more likely to fill up on snack food or even worse, fast food. You need to make sure that you have a well stocked pantry so that you can cook healthy meals without much effort. Don't know what kinds of things that you should always have on hand? Well, no need to worry about it anymore. **We will give you a list of 20 items that are must haves for your pantry.**

1. **Water** his might sound silly, but always have some cold water on hand. Get yourself a pitcher or something that you can keep water in the ice box.
2. **Milk.** You should always have some low fat milk on hand. Cereal in the morning is a great way to get a good easy meal.
3. **Fruit.** Always have some fruit on hand. It is great for snacking. You can eat fruit and instead of potato chips.
4. **Carrots.** These are great for snacking. Just add some low fat dip and you have a snack that will rival any deep fried snacks.
5. **Peanut butter.** This is a great way to get some protein without having to worry about the fat. Use it on your toast for breakfast instead of butter.
6. **Eggs.** You need these for baking and other specialties. Also they are great for a protein filled breakfast.
7. **Yogurt.** This is great for hot summer days. You can make tons of drinks out of this. Also, it is great with chicken. You should learn a bit about Indian cooking for more ways to use yogurt. Indians love yogurt and eat it often.
8. **Butter.** You shouldn't suck on butter like you do a lollipop. But, butter is a must for baked goods. Also, fried eggs taste great cooked in butter.
9. **Lemons.** These are a must if you eat a lot of seafood. Also, a cold glass of lemonade is great after a hard day's work.
10. **Mayo.** Don't use this stuff every day. But, you do need to use some if you make tuna or chicken salad. It can also be great on low fat cuts of chicken and such. It is good on items that are dry. Make sure to buy the low fat kind and to use as little as possible.
11. **Mustard.** I like to use this instead of mayo on sandwiches. It is a great way to knock out the fat.



12. **Cheese.** This is a must have. Don't eat too much of it. But, cheese is the beauty of life. It can make a dull dish come alive.

13. **Drinks.** Always have some drinks on hand. Have some fruit juice, beer and sodas in the ice box. Don't go overboard with them, but have a beer from time to time as a treat.

14. **Fresh ginger.** This will keep for a long time in your ice box. Don't cover it or anything like that. Keep it whole in your ice box for best keeping.

15. **Bread.** You should always have some bread on hand. Don't go hog wild here on the carbs. A good sandwich is great from time to time. I would suggest that you find a local bakery and buy your bread there. Don't buy that awful white stuff that has been sitting on the shelf for who knows how long.

16. **Canned veggies and fruits.** When in a pinch, canned is better than none at all. Even though I suggest that you always eat fresh fruits and veggies, you should have some canned ones on hand. How do you know when you will have a craving for corn and not have any fresh on hand? Canned food can last a very long time, so you don't have to eat it right away.

17. **Pasta.** Want a meal in a minute? Pasta is the way to go. It cooks quickly and easily.

18. **Rice.** Same as pasta.

19. **Spices and herbs.** Always keep some of these on hand. Go to a place where you can buy them in bulk. Don't buy those little containers in the store. Not only are they too expensive, but you don't know how long they have been sitting there. When you buy from a place that sells bulk, you know that you will be getting fresh items.

20. **Cereal.** Great for that last minute breakfast. Have some of this on hand so you don't have to wait in line at the fast food joint to get your heart attack on a muffin.

## Title: Fat

Most of us are focused on fat. It is all that we hear about these days. Since the time we are kids we are told that fat is bad for us. Some people are more worried about calories than fat. To be honest you should be worried about both. You need to make sure that your diet isn't full of junk food. You should be getting your calories from foods that are good for you. Who cares about not eating any fat, if all your calories come from sweets? I'm not sure how much I believe fat is the bad thing we make it out to be. I'm starting to believe that carbs are the real evil in the diet empire. I really do think this is why so many people are overweight in this world. Think about it like this. How many cultures in the world eat bread? Most of them eat some sort of bread.

Bread for some people is the focus of the meal. In the old days, women spent all day long making breads. This is also true with pasta in some regions of the world. A lot of places eat some sort of pasta with every meal. **What about rice? The same thing. The Irish and potatoes? The same thing. These are all carbs.**

Most people eat these every day of their lives. **I think we are addicted to carbs.** I know I am. I eat so much bread and other carbs that I don't know what I would do without them. That, adds a tire around the waist line. I'm not saying that carbs are worse than fat per se. I mean, fat has its problems too. You eat too much of it, you are getting yourself ready for a heart attack. I mean, your body can only handle so much of them. We have all seen young men get heart attacks at an early age. So, we know that fat is bad.

**Not all fat is the same though.** Some fat is worse than others. Let's talk about these different kinds of fat. We have items that are lower in saturated fat. These would include meats and cheeses. They don't have as much fat as the items we will be talking about next. On the other hand, you have items that are more saturated than meats and cheese. These tend to be anything deep fried. They will include, donuts, french fries, potato chips.

**The second is what you need to stay away from.** These are high in calories. They also will clog your arteries. I hate to say it, but the good stuff in life has its risks. I'm not saying that you shouldn't ever eat these items, but eat them in moderation. That is the key. Don't eat them every day, but once per week. Don't go hog wild on a whole bag of chips. Instead, get a small bag that is enough for one or two servings. This way, you won't be tempted to eat the whole bag.

**Oils such as olive oil are low in sat fats.** You should use these whenever you can. Keep in mind though, you should only use a little of oil. Make sure to always use non stick cookware. This is a must and a great investment for your health. By using non stick cookware you won't have to use as much oil when cooking. If you get the good stuff, you might not have to use any at all. I think that you should watch your caloric intake as well as your fat. I would say that they should go hand in hand. I would pay close attention to how much carbs you are eating each day. I know that I sound like a broken record, but I do think people are too dependent on them. They are a good source of energy, but you will feel burnt out if you eat them too much. I think you know what I am talking about. You feel like you need a nap all the time.

There are also health risks involved with a diet high in fat. You are at higher risk of having sugar problems and heart disease. Plus a whole host of cancers that most people don't have a risk for. People

who eat high fat diets also have skin problems. I think people who eat too much fat have very bad complexion. Their skin almost looks like leather.

I hope that you don't finish reading this and think that you should cut out all of the fat in your diet. That isn't my intent. Instead, you should look at the big picture. You can eat some fat, just don't go licking a block of lard as a refreshing snack on a hot summer day.

## Title: Fast Lunch Ideas

### *Cheeky Muffy*

If you are a working man, you know how important lunch is. **You can't function without a good lunch.** A good lunch is the difference between feeling great during the afternoon and feeling worn out. Many times we skip on lunch. We don't either eat the right things, or don't eat at all. I know several people who don't eat any lunch at all. Especially women, they think they can skip this meal and not have to worry about it. I'm the type of person who can't skip a meal. Maybe one of the reasons is that I can't turn down a good meal. Though, if I don't eat, I can feel it. Nothing will make you feel like shit quicker than skipping a meal. We all know what it feels like. What do you do? You don't have time to fix a good lunch before you go to work. Or do you? Of course you do. If you are in a relationship, you have more than enough time. One thing I would suggest is that you alternate fixing each other's lunch. One day you fix both of your lunches, while the next day have her fix both of them. This will give you time to do the other things that you need to do.

You can also fix your lunch before you go to bed at night. By doing this, you don't have to rush yourself. Which, will make your day that much better. I hate having to rush in the morning. What kinds of things should you fix? **Here we will go into some simple things to fix.**

### Tuna and Bell Pepper Pocket

3 (6-ounce) cans drained, solid white tuna (in water) ½ cup chopped bell peppers ¼ cup chopped celery ¼ cup sliced onions 8-12 lettuce leaves (preferably green) 2 medium-size sliced tomatoes (8-12 slices total) 3 tbsp. fat-free Italian dressing 1 tbsp. dried oregano 1 tbsp. black pepper 4 (6-inch) pita breads Combine tuna, green peppers, celery and onions in a bowl. In another bowl, combine dressing, black pepper and oregano, pour it over the tuna mix and stir. Refrigerate for a few hours. When serving, put 2-3 tomato slices and 2-3 lettuce leaves in each pita bread. Add tuna mix to pitas. There's enough for 4 servings.

I love this. I don't think there is a better easier lunch item than this.

### Black Bean Salad

½ (8-ounce) can drained black beans 1 (15-ounce) can drained whole kernel corn 4 chopped green onions ½ chopped green bell pepper 3 diced tomatoes ½ avocado peeled, pitted and diced ½ (2-ounce) jar pimentos 2 tbsp. lemon juice 3 ounces fat-free Italian salad dressing ¼ tsp. garlic salt Combine Italian dressing, black beans, green onions, corn, bell pepper, avocado, pimento, tomatoes, and lemon juice in a bowl. Add and toss pepper, salt and garlic. Store in Tupperware and refrigerate. Offers up three delicious servings for that big appetite of yours.

This is another great one.

### Smoked Chicken Sandwich

½ (8-ounce) loaf sourdough bread ¼ tsp. vinegar 2 tbsp. chopped parsley 1/8 cup low-fat mayonnaise or fat-free salad dressing ¼ cup chopped bell peppers (you can't go wrong with bell peppers) ½ small onion thinly sliced ½ medium sized tomato sliced 8 (1-ounce) slices low-fat mozzarella cheese 2 cloves

minced garlic 8 (1-ounce) slices lean chicken 1 tbsp. black pepper Slice the loaf of bread horizontally. Remove some soft bread from inside each half. Stir mayonnaise and vinegar together. Add parsley, bell peppers, black peppers, and garlic to the mix. Let stand for 15 minutes. Layer the bottom of the loaf with 4 slices of chicken and cheese, then layer with half of the onions and half of the tomatoes. Spread half of the mayonnaise concoction and repeat the entire process from the start with the remaining ingredients. Close the sandwich with the second bread shell and chill until it's ready to serve. When serving, cut loaf into 3 wedges (secure loaf with wooden sticks for a better cut). Makes 3 servings. There you have some easy lunch ideas. Try these, you are sure to love them.

## Title: Fast Food

by Paul Freegale

Fast food. Whether it is tacos or burgers, we all love it just the same. Fast food has become a way of life for some people. They eat it three meals a day. **There is no difference between a Big Mac and a steak to some people these days.** When I was growing up as a kid, I hardly ever ate any fast food. To be honest we were too poor to eat fast food. Sometimes I think that was a blessing. I mean, sure I love a bucket of fried chicken like the rest of you, but there is more to eating than fast food. We have come too dependent on ready serve meals. I don't care if they are fast food or a meal in a frozen box. There should be no need for it, but I can see why it is appealing to many people. I have to admit, I have ate my fair share of fast food. I used to spend a good amount of time away from the house and it wasn't easy to grab a good meal. Most of us today live a lifestyle like this. **For one reason or another, we don't have time to prepare a good meal.**

Here we will discuss some things you can get at your local fast food joints that are surprisingly healthy. I'm not going to tell you that they are better for you than a meal that you would cook on your own, but you already know that. If you are ordering a burger, get it without the mayo and the cheese. It might not sound like it, but you will cut a lot of fat out just by doing this. If the sandwich is too dry for you without the mayo, use mustard or ketchup. This will help it slide down easier.

**The cheese that is used is the processed garbage loaded with oil and other junk.** You think that cheese is made of milk, but not all of it is. Some of it is made from cooking oil. If you love cheese as much as I do, you can tell just by looking at it. Cheese that is made from oil will have a different look. It will look orange and oily. Avoid anything with bacon on it. I find that the bacon in fast food joints is very awful. They really don't cook it, they just put it under lights until it gets hot. Avoid this at all costs. You will save calories and you will be happy you did.

**A good rule of thumb is to stay away from sandwiches that are deep fried.** You know the ones. The ones that have deep fried fish or chicken in them. The process of frying them in fat like this, makes them worse for your health. I would suggest that you go with chicken any time that you can. Generally chicken items will be lower in fat. Don't get a chicken sandwich loaded with mayo or that has been deep fried. If the only chicken items they have are deep fried, look at the burgers they have you can choose from.

**I would also suggest that you substitute French fries for a side salad.** I know, what fun is fast food without fries? Well, from time to time they are okay. But, if you make a habit of eating fast food regularly, then you should stay away from them most of the time. Key thing to remember, I said most of the time. If you eat them from time to time, they won't hurt you. But if you are eating so many french fries that you can slick back your hair with the access grease on your hands, you need to cut down a bit on them.

**There seems to be a trend of meatless burgers that some fast food joints are carrying.** I'm not sure if this is because there is a jump in the percent of people who don't eat meat. That could be, but if you live near a college, that might have something to do with it too. It is a big phase with college kids to be 'animal friendly'. This is of course until they get older and realize how much more tasty meat is compared to tofu.

At any rate, **if they have meatless burgers at your local fast food joint, you can try them. Sometimes they will be less in fat than normal burgers.** They might take a while to get used to. I can't say that I care much for these. I can't stand how they when you chew them. Just keep in mind just because its meatless, don't mean you can add one the cheese and mayo. Some of these burgers aren't THAT lower in fat. My favorite place to go is Subway. Well, any good sub shop will work just fine. You can load up your sandwich with tasty veggies instead of fatty stuff like mayo. I would still suggest that you go with chicken, though at most of these places you can find turkey as well.

**The great thing about Subway is, the fat content and the calories are open for all to see.** They advertise it all over their store how much the sandwiches contain. You can load up on all kinds of veggies and not even worry about missing cheese or mayo. One way that you can keep the calories low is by drinking water or diet sodas. Personally I hate diet soda, so I just drink water instead. Ask them if they have any lemon you can squirt into the water. That will give it a crisp taste that you will love and it will keep your mind off of the sodas. Of course you can go with the diet sodas, but to me they are way to sweet.

There you have it. An easy guide to fast food. The next time you go out to the hamburger joint, keep this article in mind.

## Title: Dieting Myths Revealed

by Cheeky Muffy

**Are you tired of spending tremendous amounts of time and energy on something that doesn't even work?** The truth is no miracle pill or gadget will suddenly cut your body fat by huge amounts. Instead, concentrate on adapting a healthy lifestyle and avoiding old wives' tales when trying to stay lean. **FALSE.** It's true that eating nutritious foods such as vegetables, fruits, whole grains, and skim milk may provide more fill with less calories, but low in fat does not necessarily mean low in calories. Many desserts such as non-fat ice cream and other low in fat desserts contain great quantities of calories. Also, foods that are high in carbohydrates such as bread and pasta can also attribute to weight-gain when eaten in large amounts.

### Cutting fat from your diet will ensure weight-loss.

**FALSE.** It's true that eating nutritious foods such as vegetables, fruits, whole grains, and skim milk may provide more fill with less calories, but low in fat does not necessarily mean low in calories. Many desserts such as non-fat ice cream and other low in fat desserts contain great quantities of calories. Also, foods that are high in carbohydrates such as bread and pasta can also attribute to weight-gain when eaten in large amounts. It is important to consider portion size as well as calorie content when attempting to lose weight.

### Extra protein will promote muscle growth.

**FALSE.** Although proteins are important in the building and maintaining of muscles, excess amounts of proteins are stored as fat, just as excess carbohydrates or fats are. Basically, any calorie-containing nutrient will be stored as fatty deposits if too much is eaten. In order to build muscles, strength training and sufficient amounts of calories and proteins are the best method.

### Walking is a great way to lose weight.

**TRUE.** Like any other physical activity, walking burns calories and can help weight loss. The best way is to take a brisk walk (rather than a stroll), and the longer the walk, the more calories you lose. Every mile of walking burns approximately 100 calories. About 5 miles of walking every day will amount to the loss of one pound in a week.

### Diet drugs are effective for weight-loss.

**FALSE.** Certain diet drugs that have been approved by the FDA (Food and Drug Administration) for those who are medically significantly obese, which is defined as those who are over 30% over a healthy weight or those who have obesity-related diseases such as high blood pressure or diabetes. These drugs often work by affecting the brain chemicals which control appetite, or block fat from being absorbed by the body. Diet drugs should only be used in conjunction with an attempt to change eating and lifestyle behaviors.



### You can eat eggs without getting fat.

**TRUE.** Research proves that the major dietary culprit is high saturated-fat intake. Since eggs are low in saturated fat as well as in calories (approximately 75 calories if hard-boiled) they are not as unhealthy as some may think. They also contain many various essential nutrients. **The American Heart Association recommend one egg per day.** However, the key to a good diet is to eat a variety of healthy foods and to use light oil rather than butter or margarine when cooking eggs.

**Adopting a healthy lifestyle is an important first step in dieting.** Keep in mind the following tips, and you'll be on the right track to healthy and effective weight loss. Start first by getting rid of all the junk food in your place, and replace them with more nutritious snacks such as fruits, vegetables and nuts. Then make sure to increase your level of activity each day. For example, you can park your car at the end of the lot and walk an extra hundred meters to the entrance of the mall. Or take the stairs instead of the escalator. Small steps such as these will add up to pounds shed.

**Quit smoking, gambling, binge drinking, and any other addictive behavior.** Then start following a meal plan for the whole week and stick to it. Include some of your favorites in your meals such as pasta and steak, but keep a watchful eye on the portions. And most importantly, drink plenty of water each day. This helps to regulate your metabolism and strengthens your immune system, in addition to satisfying your appetite. When you drink more water, you will feel less hungry. These steps may seem tedious at first, but maintaining routines such as the ones above will be integrated into your daily life in no time.

## Title: Diet and Sleep

The food you eat not only contributes to the quality of your weight and general health, but also on how well you sleep. Some foods help you sleep better. **While others can make sleep difficult or even impossible.**

Foods that improve sleep include fruits, green leafy vegetables, whole grain breads and cereals, and mushrooms. Even spices such as dill, sage and basil help with sleep problems.

**Drinking milk before bedtime, a common method to aid sleep, is actually effective.** Milk actually contains tryptophan, which can be converted to serotonin, the hormone that controls sleep. Honey, turkey, egg whites and tuna also contain tryptophan, which are good night time snacks.

**Alternatively, caffeine-rich food and beverages should be avoided right before going to bed.** This includes coffee, tea, chocolate, cocoa, soft drinks and some medications. Some foods that are rich in tyramine can also affect sleep. Tyramine actually causes the release of a substance that stimulates the brain keeping you awake. This is found in bacon, cheese, sugar, ham or tomatoes.

**Spicy foods, on the other hand, may cause gastrointestinal reflux or heartburn.** While sweet or greasy foods can also cause indigestion and bloating. And though alcohol can make you sleepy, it actually upsets sleep patterns later in the night resulting to frequent waking in the night to urinate.

Even how much and when you eat affect sleep patterns. It is best to keep the last meal of the day light. Eating too much or heavy meals before sleeping may cause indigestion, heartburn and discomfort. It is recommended to start with a hearty breakfast, the main meal of the day around noon, and a light supper early in the evening.

**You may also take vitamins and supplements to aid sleep.** Calcium and magnesium helps induce sleep. Calcium-rich foods include milk, cheese, yogurt, ice cream, sardines, salmon, broccoli, tofu, egg, and calcium-fortified food. Magnesium is found in nuts, almonds, cashews, beans, and spinach. Vitamins B6 and B12 are often beneficial and used in the treatment of insomnia. Some of the foods that contain Vitamin B6 are liver, meat, brown rice, fish, butter, wheat germ, whole grain cereals, and soybeans. Foods rich in Vitamin B12 include some plant milks, some soy products and some breakfast cereals.

Be careful on what foods you eat. It can directly affect the way you sleep. By improving your eating habits, you will have a better chance at a good night's sleep.

## Title: Cholesterol: Good or bad?

In today's world, almost everything is free... not that everything has no price. It just seems that we have reached the era where we become more aware of our health conditions. Thus, it seems to be the era of everything that is -free. Try scanning every available product in your local grocery and you will see what I mean.

**Your bread is bromate-free;** your yoghurt is fat-free; your cooking oil is cholesterol-free; your canned soup is preservative-free; and the list goes on and on. Now you are beginning to wonder about the next -free commodity that you would encounter.

This is not exactly bad. In fact, health experts encourage us to be more sensitive about the foods we eat and the nutrients that we get from them. However, not everything that is -free is healthy. Our bodies need certain substances to be able to function well.

Let us take a look at cholesterol for instance. Very simply defined, **cholesterol is a fatty substance that occurs naturally in the blood, cell walls, and most body tissues.** Cholesterol is made by the liver, and it enters the body via foods rich in saturated fat.

**There are two types of cholesterol;** these are what they termed as the **good and bad cholesterol.** Like the literary split personality of Jekyll and Hyde, it has a good side because it is needed for certain important body functions. But for many people, cholesterol also has an evil side. When present in excessive amounts, it can injure blood vessels, cause heart attacks, and stroke.

**Low Density Lipoprotein (LDL) is the "bad" cholesterol.** This is the form in which cholesterol is carried into the blood and is the main cause of harmful fatty buildup in arteries. The higher the LDL cholesterol levels in the blood, the greater the heart disease risk.

On the other hand, **High Density Lipoprotein (HDL) is the "good" cholesterol.** This "good" cholesterol carries blood cholesterol back to the liver, where it can be eliminated. HDL helps prevent a cholesterol buildup in blood vessels. Low HDL levels increase heart disease risk.

So before you go into your cholesterol deprivation program, remember that cholesterol is essential for human life. **It builds and repairs cells,** it is used to produce sex hormones like estrogen and testosterone, it is converted to bile acids to help you digest food and it is found in large amounts in brain and nerve tissue.

## Title: Caffeine

by Paul Freegale

If you are like me, this is a weakness of yours too. **I digest way too much caffeine each day.** I probably have at least six or more servings each day. More than I should consume in several days. I drink too much cola. That is my problem. Not only is it loaded with sugar, it has caffeine in it too. A cup of coffee in the morning to get you going isn't going to hurt. It can help you wake up and be more alert. It can help jump start your day into something worthwhile. Instead of feeling sleepy and tired. Though, if you drink too much caffeine, you can have the opposite effect that you are looking for. **It can drain all of your energy and make you feel very tired.** It can also cause you to have problems sleeping. This can be a very big problem.

You may not think of it as a problem, but it is. **Caffeine is addictive.** Yes, you can get hooked to it. I'm not saying that you will be like a crack head if you don't get a cup of coffee. But anyone who is addicted to caffeine knows how it feels to get the shakes when you don't have any in your system. This is the addictive qualities of it. You are shaking because you are going through withdraw. Your body is craving it and letting you know.

**Caffeine is a great pick me up.** From that morning cup of Joe to the extra pep it gives you in your energy drink, it can be very helpful. The key thing is, you must use it right. You can't over do it. Caffeine can have very bad side effects if not used properly. Studies show that drivers who think they can substitute caffeine for sleep are a risk to everyone on the road. Your reaction times are slower and that may cause you to have an accident.

**The key thing is to understand the use of caffeine and how to use it right.** If you are a bit tired in the evening, a cup of coffee is a great way to give you a little pep. If you are going to be using something dangerous like a chain saw, you should wait until you are fully alert to operate it. Don't think coffee will make you alert enough to be able to run it safely. So, you are tired at work. You need a little pick me up, but don't want to use caffeine. Well, there are some things that you can do to help you out.

**Avoid foods high in sugar. Don't run for a candy bar when you are feeling sluggish.** Don't drink sodas with your lunch. This will give you a burst of energy, but it will make you tired when the energy is gone. I would suggest to you that you keep some fruit on hand for when you are feeling sluggish. Keep an apple in your desk or some other fruit that you can easily eat and not have to prepare. You can also try pears, peaches, or oranges. You do have to peel an orange, so that might not be the best solution for you if you need a pick me up right away.

**Drinking juice is another great way to get that pep you are looking for.** You should consider buying a juicer. They aren't too expensive and the benefits of fresh juice are well worth the money. Also, you can make different kinds of juices. You can make an apple and pear drink. There is no end to the kind of drinks you can make. Also, you don't have to worry about what is in them. You make it, you know it is 100% juice.

**A serving of juice will help you regain your strength.** It will give you the energy you need to get through the day. You might also want to drink juice with your lunch. If you do this instead of drinking sodas, you won't get burnt out as fast. Energy bars are a great thing if you have them on hand. Don't get ones that are full of sugar or honey. That will give you a burnt out feeling. Instead, go with something that is good

for you. I have seen some chocolate covered energy bars, don't get this. Run like hell from these bars. It is a expensive candy bar.

Of course, you can always **take a nap**. This is a great way of increasing your energy. Though, it is not always possible to do. You also should avoid a high fat diet. If you eat too much fat, it will drain you. It will also make you depressed. When you are depressed, you won't have the energy that you should have.

The important thing is this in regards to caffeine. **Have a cup of coffee from time to time if you are feeling a little tired. Don't let it replace sleep.** Don't think that you can function the same on caffeine as you can fully rested. Don't think that because you had two cups of coffee that it is safe to drive your car even if you are drop dead tired.

## Title: Burning Fat

In general, **people will practice cardiovascular activities and forget about weight bearing exercises when it comes to burning fat.** Many trainers will say that **aerobic exercises burn off fat and weightlifting is only used to build muscle bulk.** *This statement is not entirely correct because the more muscle mass one acquires through weight bearing exercises, the more he will burn fat calories...even at rest.* We see a growing trend from cardiovascular training towards weight and strength training.

According to a study by the **Fitness Products Council and Sporting Goods Manufacturers**, the number of people lifting free weights has increased 76 percent in the past decade. Right now, weight lifting is among the **most popular sports in North America.** This change is for the best because cardiovascular activity combined with weight training will result in much more effective fat loss. Cardiovascular exercises will raise muscle metabolism during the activity and for a short time after the exercise session.

**Weight lifting exercises**, on the other hand, will raise your muscle metabolism during the exercise session, and for a long time after the exercise session. Some high intensity trainers have even seen their metabolism rise for several days following their training session.

**Performing adequate weight training exercises should limit your repetitions anywhere from 1 to 20 (more or less).** Such resistance on muscles will make their tissue leaner and stronger. The muscle development will take place during the rest period following the resistance training. Therefore sufficient rest periods are essential.

Whether your goal is to tone or build muscles, it is important to know what happens during the muscle training process. When lifting weights, **muscle tissues are torn apart** (at the microscopic level) from the stress, and it's in the recuperation period that your muscles become stronger and therefore able to support the extra stress. Usually the recuperation period required is 24 to 48 hours after the weight lifting activity.

**During the recuperation period**, the muscle metabolism is still burning energy, and that's when it's time to perform cardiovascular activities. Carrying out high repetitions of the same movement will tire the body on a different basis. Combining low repetition exercises (weight lifting) with high repetition cardiovascular exercise will stress muscles in a complementary way to increase the total fat burning effect.

Anybody who debates the fact that weight bearing exercises don't help people lose weight and fat should lift weights for one hour and see their heart rate go through the roof. Simply look at athletes who specialize in short, intense bursts of energy and you still see that they are very low in body fat.

**The point is to combine a weight lifting routine with a good cardiovascular workout to increase muscle metabolism and total fat burning ratio.**

**An important factor to consider when trying losing weight is that lots of muscle mass can be lost as a result.** As muscle mass will keep your metabolism high, try to avoid quick weight loss through miracle diets or starvation. This weight loss will be regained just as quickly. Instead, opt for a gradual fat loss routine by combining weight training and cardiovascular activities, and allow muscle mass to build up and increase your metabolism. Results may take a little longer, but they will last for a longer period of time.

## Title: Breakfast Ideas

**Breakfast is the most important meal of the day. I'm sure that you heard that all the time when you was a kid.** But, it is true. Breakfast is one of those meals that people today tend to skip. I really don't understand this. Maybe this is why people are so uptight in the morning. They have the shakes from not eating. You might have a busy lifestyle, but you need to make sure that you have time for breakfast. Breakfast is one of those meals that you must eat. I don't think there is any choice about it. I know that most people who do eat breakfast, tend to be the type that run out of the house with a donut in their hand. This really isn't a good idea. I don't know why people jump to the sugary breakfast foods. I guess it is why people drink coffee. They need that bolt of energy to wake them up. Or they think that maybe they can avoid eating a good meal by eating something full of sugar. After all, they feel energetic after eating a bunch of sugar.

Have you ever noticed how hard it is to wake up at work? Have you noticed how during the day you get tired? This is because you aren't getting the right foods for breakfast. You don't realize how important this meal is. Every day you should have a good meal for breakfast?

What are some good things to eat for breakfast?

**First, let's start off with what you shouldn't eat.**

**Don't eat donuts. For the reasons we spoke above.**

**Don't eat any cereals that are loaded with sugar.** This is nothing more than empty calories. They don't offer you anything. Not only that, but too much of this and you will gain weight. Have you ever noticed how sluggish you feel before lunch? This is because you are eating too much sugar!

**Don't eat a ton of fried foods.** Don't eat a bunch of bacon, fried eggs, and some french toast. The added fat will weigh you down.

**Don't eat those pasties that come in the boxes.** These are loaded with sugar. They don't offer you anything that is actually good for you. They rob you of all the things that you should be eating.

**Don't load up on coffee.** Don't think because coffee can give you energy, that you can drink it instead of eating.

**Now, what you should be eating.**

**Eat a cereal that is low in sugar.** Cereal with milk is a great breakfast. It is a good all around meal.

**Try a new egg sandwich.** People seem to love the egg sandwiches at fast food restaurants. Why not make one at home? You can put some cheese or some lean ham on yours. Use your imagination, these are fun to make.

**Eggs are good for breakfast.** I'm not going to go through the whole mess about how they say eggs are bad for you. Don't buy it. Eat them, but eat them in moderation.

**Pancakes.** These can be great from time to time. Try to get yourself one of those griddles that you don't need to add fat too. If you get one of those, you will be able to eat these more often. To cut down on calories. Instead of using butter and syrup, put fresh fruit on yours. I love eating mine with fresh fruit on top of them.

**Juice is great for breakfast.** Get that pick me up that you need without the caffeine of morning coffee. You don't have to worry about getting the shakes if you drink too much juice. Though, you might get the shits, but not the shakes.

**Old fashioned toast.** This is still a great thing to eat. Just don't load it up with too much butter or other things.

**Oatmeal.** I know that most of you probably hated oatmeal when you were a kid. But, this is some great stuff. Add some milk and a bit of sugar and you have a breakfast that will stick to your ribs.

**Fruit salad can be great for breakfast.** I love things that taste refreshing that don't take all day long to make. Throw your favorite fruits together and call it a meal! There you go. A good breakfast isn't as hard as you might think that it is. All you have to do is stay away from the drive through window and you will be fine. Also, don't eat those pasties in a box. They are nothing but junk food.



## Title: Bottled Water

When I think of bottled water I think of hot tennis players gulping it down between matches. There certainly is a stigma about bottled water. Sometimes I think that one of the things around it is, rich people drink it. We see all of these rich famous people on television drinking it. Bottled water certainly has become popular. There is no doubting that. I go to the store and I see more brands than I can keep track of. I'll admit that I have drank a few bottles of this stuff in my day. Mainly I get it if I am out and not near home to get a drink of water. If I am out walking or exercising and don't have a water source nearby. Is bottled water a rip off? The short answer is yes. There is nothing great about it. The only thing that is great about it is how it has been marketed. They tell us it is the best thing that we can get. It is something we all should drink. **You have to keep in mind that these companies are in the business of making money. Their goal is to sell you bottled water.** Even if you don't need it.

**Is bottled water better for you than tap water? No, it certainly isn't.** In fact, most bottled water is just tap water. It is filtered and purified so it doesn't have the taste that the water from your tap has. Anything that will get you to drink more water is great. Though, you must realize that it is nothing more than a waste of money. You aren't getting something that your body will jump for joy when it gets.

You have to watch what you buy though. Some bottled water has things added to it. Sometimes they will add sugar or other flavorings to it. If it doesn't taste like pure water, there is something added to it. Sometimes the water will come from a spring or a mountain river. Is this any better for you? Not really. There might be some minerals in it that tap water won't have. But for the most part it is just the same, but more expensive.

### **You like the taste of bottled water but you don't like the taste of your tap water. What do you do?**

For starters, I would suggest that you don't run to the store to get more bottled water. There are many products that you are use to filter your tap water. One of my favorites is the pitcher with the filter in it. I'm sure you have seen these on television before. When you pour the water, it goes through a filter.

These tend to be less expensive and easy to use. It doesn't take much brain power to be able to fill a pitcher with water. Check your local shop, I'm sure that you will find one there. There are also filters that you can put right over your faucet. These tend to be the best thing to use. They are easy to use and easy to replace the filters. **You can get these at any Wal Mart or store like that.**

There is always the water filtering system. You know, the ones with the pellets and all that garbage. Personally, I think these are a pain in the ass. I don't know why people get these instead of the smaller faucet units.

I know that some people have to use these because of the condition of their water. Sometimes the water is too hard and you need to soften it. Though, that does sound like a plot for a porno movie.

If you don't like the taste of your water, try filling up the empty bottles that you have from the bottled water with tap water. Stick them in the ice box and get them nice and cold. You will notice that when cold, the water has a different flavor. You might find this to be drinkable. I know your wallet will thank you.

The problem I see with the bottled water is, it is too expensive. They are charging you an arm and a leg for something you can get next to free. Why should you pay for it? Well, you shouldn't. I don't know why people don't feel guilty for buying bottled water. It is one step up from going to a whore.

**You should stop drinking the bottled water and see how much money you save just for one month.** I find it crazy that there are people around the world dying of starvation and disease and we pay a dollar or more for a bottle of water. That seems so crazy to me.

## Title: Blender Ideas

One of the things that I have noticed about single men is, they don't have the right tools in the kitchen. I have never understood this really. I mean, if you are single or in a relationship, you still need to eat. I have known men that didn't have a can opener or a pot big enough to cook pasta in. One thing a man should never do without is, a blender. It is a good for many things in the kitchen. It is also good to make mixed drinks with. **Your lady friends will love the mixed drinks you will make in your new blender. Most women like sweet fruity type of alcoholic drinks.** If you can get her drunk..... You know the rest of the story, LOL.

Blenders can be a great way to make easy meals. I love to use mine to make fast meals that I don't have to stand around a hot stove to make. I call it fast food at home. I also try to make a little extra so that I have some leftovers I can eat the next day for dinner or take it to work for lunch.

**Here are some easy recipes that you can use in your blender.**

### The Virgin Club Med Breeze

350-400 ml strawberry yogurt 1/2 cup skim milk (or 2%) 1 sliced banana 2 tsp lemon juice 2 tsp grenadine syrup 2 scoops protein powder This is a drink that women will love. A few of these and both of you will have a nice buzz and a quiet evening around the fire place will be so relaxing. You may want to skip the powder if you are making it for your woman.

### Gazpacho

2 ripe tomatoes cut into big pieces 1/2 cup chopped parsley or coriander 2 tbsp breadcrumbs 1 avocado, sliced 3 tbsp lemon juice 3 cloves garlic, finely chopped 1 cup of tomato juice 1 cup of ice-cold water 2 tsp Tabasco or chili sauce Salt, pepper, and dried herbs to taste Throw everything in the blender and watch it go. This one tastes great. I usually add just a little more hot sauce to mine. I might also add some crushed red pepper flakes after I have blended it. I love hot and spicy foods.

A simple pesto is a great way to use the blender. Since everyone has a way to make it they like, **I suggest that you look on Google or another search engine for a good recipe.** I would try to avoid the oil. Some people put a lot of oil in theirs. Also, if you use pine nuts, I would suggest that you use ones that are dry roasted. Make sure you don't get the ones that are deep fried.

**The blender can also be a great way to make deserts.** Try this one.

Two cups ice cream. Two handfuls of strawberries. Half a banana. Some chocolate syrup. In the last pulse, put in some walnuts. Get them chopped up, but not too fine. You want to make sure that you can feel the walnuts in your mouth.

Serve this in a bowl or on top of a piece of low fat cake. I love eating this with low fat chocolate cake. I bake a cake and don't put any frosting on it. I make it in a square pan. I put the ice cream on the cake like it was frosting. **Garnish with a few whole walnuts.** You and your guests will love this.

## Title: Binge Eating

**All of this time we have talked about what to eat and what not to eat.** Though, that is only part of the solution to a good diet. There is something that we also need to talk about. What we haven't talked about is eating habits. When you should and shouldn't eat. That is as important as what you eat. Why is it important? It is important because you don't want to binge eat. You don't want to eat a whole bunch of food at one time. This isn't good for you. Does this sound like you? You skip breakfast because you are running late for work. You have a bunch of work that has been piling up, so you skip lunch. Instead you have a cup of coffee and some snack crackers. You go home and you eat enough for three meals. You are so hungry you could eat a live pig. You eat so much that you don't think you will be able to walk for a week. You go watch some television and you fall asleep while watching it.

Is this the same as eating three good meals each day? **Eating one meal that is the same amount of food as three? No it isn't. It isn't because of the way that the body digests the food.** All day long you have starved your body of what it needs; it can't handle everything at once. All you are doing is over loading your body. The real risk of bingeing is this. You will end up eating things that you shouldn't be eating. You will end up eating a ton of fast food or other food that is high and fat and easy to obtain. Why is this?

**This is because you are so hungry; you have to eat something now.** This tends to be whatever you can get your hands on. Generally, it will be something that isn't good for you. This is why it is important that you eat all three of your meals. You can snack in between those meals too. You want to make sure though that your snacks are healthy ones. Did you know that most doctors say that snacking is good for you? It gives you some energy when you are feeling like you are running on empty.

**The key thing to remember is to eat healthy snacks.** Eat things that make you feel good, not things that are loaded with fat. Things that are loaded with fat will only make you feel drained and make you want to snack more. If you are having problems eating three meals a day, you really need to work on your diet. This is because you don't want to binge eat. Binge eating will only hurt you in the long run. Don't believe me? Look at it like this. You know what will happen if you don't eat all day long. You will get hungry and you will get the shakes. If you start to get the shakes you will go for whatever that you can to make it stop.

**Here is what I do to help me eat three meals a day.**

I start off by making my lunch before I go to bed. I do this because I won't do it when I wake up in the morning. I try my best just to get my clothes on and get out the door in good time so I am not late for work. I also pack some snacks for me to eat at work. I might put some veggie sticks and some fruit in little plastic bags. I love to eat these as snacks while I am at work.

When it comes to breakfast, I try to think in advance what I want to eat. I will have all of the things that I need on hand in case I decide that I want something different. **Will I want an omelet?** I always have some cut veggies in the ice box in case I do. That way all I have to do is throw them in the pan and cook away. It takes the same amount of time to cook that as it would to cook anything else. I do the same with dinner. I will try to prepare whatever I can the day before. This way if I am too tired, all I have to do is put the stuff together. I might also make dinner while I am making my lunch.

What do you mean make my dinner before I go to bed? Well, don't have a cow. What I will do is prepare all of the things that I need in advance. **I do this when I am using the crock pot.** I just put the stuff in the crock pot in the morning before I go to work. I set it and then I head off to work. When I get home, I have a hot meal waiting for me. I can time it so that almost right after I walk in the door I have something hot to eat. Try it, you will be amazed.

**Eating three meals a day isn't that hard.** If you put your mind into it, you can do it fairly easily. All you have to do is be prepared. If you feel that you can't do it, buy one of those event planners. Make a schedule for everything that you want to do.

## Title: Bad Food

by Michael Messner

In this day and age of heart disease, we all need to be careful. Did you know that 50% of men will die from heart disease? It is sad, but true. It is important that you watch what you eat. Not only if you are a body builder, but even if you aren't one. All of us should be concerned about our diet and our health. Take some notes and make sure that you pay attention. I'm sure there will be a few items on this list that you never dreamed were bad for you.. **Solid oils.** You know what these are. Stuff like Crisco and other shortening.

I think that some people use them in place of lard and actually think it is better for them. If you are making a pie crust or something, skip the shortening and use the lard. Actually, the lard is better for you. People tend to use this kind of fat because it has a long shelf life. This stuff will stay good for ever. Personally, I hate the stuff. I can't see why anyone would like it. I think it tastes awful and it feels awful in my mouth.

**Deep fried foods.** You should avoid these like the plague. It is said that when something is deep fried, its DNA changes. I don't know how true this is. I do know that deep fried foods have been linked to cancer.

**Refined flour and store bought flour.** This has been bleached and everything under the sun done to it. When this happens, all the good stuff from it is taken away. The reason why you are eating it, is been stolen from you. Stick with good whole wheat. That is what is best for you.

**White rice.** I would piss off most of the world if I said that you should never ever eat this stuff. Though, I have to say that brown rice is better for you. Brown rice has all the stuff white does and more. You can mix brown with white if you still aren't used to eating the brown rice.

**Sugar.** This is a no brainer really. You should try to consume as little as you possibly have to. Also, fructose is a building block for cholesterol. Keep that in mind when you have your next can of soda.

**Canned soups.** These are almost always loaded with salt. If you want to buy these, make sure you get ones that are low in salt. If you have a craving for soup, see if your local deli makes soup. It will be lower in salt. That will make your heart happy.

**Alfredo sauces.** Don't buy items with already made Alfredo sauce. Usually they are loaded with butter and salt. You don't want any of that.

**Processed meats.** These tend to be high in fat and high in salt. They are a heart attack in a can.

**Hydrogenated palm oils.** Avoid anything that is made with these. These will give you a heart attack faster than eating a bucket of lard.

**Lunchables and other items like them.** They are loaded with salt and fat. I can't believe any parent would give this junk to their kids.

**What comes in, must come out.** That is true with the food we eat. This might sound like a disgusting topic, but it is something that we should talk about. You can tell if your diet is high in fat by the stool you

produce. If it sinks straight to the bottom, you are eating too much fat. You would think that fat would float, but it doesn't when it is coming out.

Your stool should float in the toilet bowl. If it does, it is a hint that you have a good diet. If it doesn't, then you need to change what you are eating.

To remember this, **I try to make up a little rhyme like what was heard during the final moments of the OJ trial. If it doesn't float, you need to get off of the boat. Meaning, if it doesn't float, you need to change your diet.**

## Title: Appealing

By Paul Freegale

It is often said that we eat with our eyes. Though this might sound stupid, think about it for a second. You know that we are attracted by the opposite sex with our eyes. You wouldn't go down on a woman who you weren't attracted to would you? **So, we do eat with our eyes first.** It is important then when dealing with a new diet that we understand that we do eat with our eyes. It is important because if we don't like what we see, chances are we won't eat it. **This is why restaurants put a little bit of green leafy material on the side of your plates. It is to make your eyes wake up.** If it looks good, it probably tastes good. I think that the problem that most people have is that they don't make their food look pretty enough. When they go on a diet, they tend to make the food look too bland. But if they were eating a pound of bacon, they would work extra hard to make it look good.

Maybe it is due to some part because we dress up things that are bad for us. We try to dress it up so that we forget how bad it is. I think this is true some times when going out to a restaurant and eating. They don't want you to focus on all the butter and fat that is in the dish.

**What can you do to liven up your diet? You need to remember some fundamental things. Here we will discuss those.**

Like in all things, **our senses lead us.** If something looks or smells bad, we will run away from it. The same is true with food. Make sure that your food is alive and looks good. Use contrasting colors that make the food jump off the plate. Try to blanch green veggies so that they keep their color. Use lemon juice or other acid to maintain color when you have to.

**Color is important because of something looks wilted and over cooked,** we won't want to eat it. It is as simple as that. Make the colors come alive. Try to be an artist with your food. Veggies come in all colors. You can use red bell peppers or purple onions. Go to your super market and pay attention to the colors of the veggies. Also, by doing so you will pay closer attention to freshness. Smells are important. Try to use as many spices and herbs as you can. Just because a dish is low in fat doesn't mean that it has to taste like card board. You should try to wake up your taste buds with every meal you have.

**Hot peppers are a great way of doing this.** You get a lot of bang for your buck when it comes to hot peppers. Usually they are very cheap and one will go a long ways. If you want flavor instead of heat, you can always add a little pinch of sugar. I love hot peppers and try to use them every chance I can.

## Texture

This is one area that people tend to really over look. If it feels weird in your mouth, chances are you won't want to eat it. **Make sure that your food isn't over cooked.** Don't cook the veggies to the point they are mush. Try to keep everything looking and tasting like it did when it was fresh.

**The way that you arrange your plate makes a difference as well.** Try to make your plate look as full as possible. Don't push everything to one side. Spread things out a bit and make it look like as big of a meal as possible. Use all the room on your plate. Sometimes it helps to burn some incense or something while you are eating. Just don't do any of the fruit flavored ones or ones that will make you more hungry. Something that smells good will take your mind off of your hunger.



**Also, drink plenty of fluids while you eat.** I have known many people who wait and drink their fluids after they are done eating. This will take more food to fill you up. Instead, sip on your drink as you eat. This will also help in digestion.

You see, when you are starting a diet you have to make sure that you are telling the brain that you aren't depriving it of the food that it loves. You have to make sure that you keep things exciting and try new things. If you can do this, you will have more success with your diet.

## Title: Food Addiction

by Michael Messner

Everyone from time to time gets a craving for a certain type of food. Sometimes we just crave something to eat. No real reason, other than to eat. Sometimes this can be because you are bored, or because you seem something suggestive about food. How many times have you seen a television commercial advertising burgers and it made you want one? This is healthy. We all do it. Hell, I'd say that we probably do this several times per week.

**Did you know, that you can be addicted to food?** I know that sounds a little weird, but it is true. How can you tell if you are a food addict? Sometimes it might not be as easy as you think. There are many things that might come in your way of knowing if you are a food addict. You might be depressed or in an emotional downward spiral that will tarnish your ability to see what is going on. Over a period of time, you will be able to tell if you have an eating problem. If nothing else, you will see it in your waist line. It doesn't take a genius to figure that out.

What foods are addictive? Well, that is a hard answer. There is no hard answer on what is addictive. It is like saying what is more addictive, beer or whiskey. **Though there are a few foods that are extremely addictive.**

### Caffeine

We all know that this is addictive. **I'm sure if you are a coffee drinker, you know how you get the shakes in the morning if you don't have your coffee.** Is coffee addiction bad for you? It depends on how much that you drink. If you are drinking a few cups a day, I don't think that it is harmful. If on the other hand you are drinking several pots per day, you have a problem. Even though it is addictive, you can control the amount that you consume. Unless you have a very addictive personality. If this is the case, I would suggest that you avoid coffee and other caffeine containing products all together.

### Sugar

This is addictive. We try not to think of it as being so, but it is. **It is addictive because of the jolt of energy that it gives us.** If you haven't had your daily truck load of sugar and you feel tired, worn out, cranky, you are going through withdraw. Did you know that heroin addicts that are going through withdraw consume large amounts of sugar? It is said that sugar helps ward off the cravings of heroin. Sugar is one of those things that is hard to avoid. The best thing that you can do is avoid candy and other sweets. You will digest some sugar, but if you avoid those things, you will cut out a big portion of your sugar consumption. You should also avoid sodas. They are loaded with sugar.

### Carbs

This is one thing that people will get frustrated at me over. **I do think that carbs are addictive.** For the same reasons that sugar is addictive. The best thing that you can do is avoid eating too much bread and pasta. That is the best way to avoid getting addicted to carbs.

I'm not saying that if you are addicted to carbs you will be like a junky. What I am saying is, that you will become dependent on them. I think that many people are addicted to carbs and don't know it. It isn't

something that we think about when it comes to addictions. What should you do if you are a food addict? If you can control it, you should do your best to do so. If you are the type that has a strong will, it shouldn't be too hard.

The problem is, **most of us don't have a strong will when it comes to addictions**. We are a race of addicted creatures. I'm beginning to think that most of us are addicted to something. No matter if it is coffee, cigarettes, booze and so forth. If you don't feel that you can control it, you need to go to your doctor. You need to tell him what is going on. Don't be ashamed to talk to him about it. You should be more ashamed of yourself if you do nothing about it. After you talk to him you should look into finding a support group for people who have food addictions. Your doctor will probably point you to a therapist. The therapist will know of a support group you can attend. If you aren't to point that you can talk openly about such a thing in person, **you can find support groups online**. They are free to use, meaning they don't charge any money. You will begin to find out what treatment and other things are available. These are people who fight what you are going through every day.

## Title: Herbs for Obesity

Obesity is one of the major health concerns that plague America today. **Approximately two-thirds of American adults are considered overweight**; while one in three are seriously overweight or obese.

Obesity is **defined as having an abnormal amount of body fat; being 20 to 30 percent over the ideal weight for age, sex and height.**

Aside from being a major cosmetic concern, **obesity is a great risk factor for serious medical conditions such as high blood pressure, diabetes, kidney troubles, prostate enlargement, female infertility, uterine fibroids, pregnancy disorders, gallstones, cardiovascular diseases, stroke and cancer.** Excessive body weight also puts great stress on joints increasing the chances of arthritis.

**Everyone's metabolism (the rate at which the body burns calories) is different** and is influenced by many factors, including genetics. Regularly eating even a few more calories than your body needs can lead to weight gain. **By consuming only 100 extra calories a day, for example, you'll gain a pound in approximately a month (a pound of body fat equals 3,500 calories).** Some experts think a sedentary lifestyle influences weight gain even more than eating too many calories. Exercise burns calories and builds muscle. And the more muscle mass you have, the greater number of calories your body burns at rest.

Aside from aggressive dieting and exercising, **some herbal products may aid in raising metabolism or suppressing the appetite.** But at the same time, you should also be wary of their side effects. Always check with your health care provider first.

- Aloe Vera, improves digestion and cleans the digestive tract
- Astragalus, increases energy and improves nutrient absorption
- Bee pollen, stimulates metabolism and quickly satisfy craving for sweets
- Bladderwrack, contains iodine which helps enhance thyroid function
- Brewer's yeast, reduces various cravings for food and drink
- Cayenne, reduces hunger after meals and increases calorie burning by the body
- Chitosan, slows the absorption of fat in the intestine
- Chromium, helps the body use fat for energy and builds muscles
- Dandelion, flushes out kidneys, boosts metabolism, and off-sets cravings for sweets
- Ephedra, also known as ma huang, suppresses appetite
- Fennel, suppresses appetite and removes mucus and fat from the intestinal tract
- Garcinia cambogia, quells hunger pangs
- Green tea, increases energy expenditure and enhances the ability of the body to burn fat
- Guaraná, contains caffeine which curbs appetite, increases metabolic rates and has a mild diuretic effect
- Guggul, lowers cholesterol and promotes weight control
- Kelp, boosts metabolism
- Licorice, sustains regulated blood sugar level and reduces cravings for sweets
- Malabar tamarind, helps prevents the production of fat and suppresses appetite
- Siberian ginseng, stabilizes blood sugar and reduces cravings for sweets
- Yohimbine, raises metabolic rates, reduces appetite and increases fat burning

**These herbs are not recommended to replace regular diet. Maintaining a healthy lifestyle is key.**

## Title: How to measure BODY FAT: Your Fat Calculator

When it all comes down to losing or gaining weight, most people turn to the scales to determine how much they should lose or gain to have the weight or the shape that they desire.

However, health experts said weight alone is not a clear indicator of good health because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle.

Being over fat and overweight is not the same. Overweight simply means an excess of total body weight based on population averages for heights and body frame sizes. On the other hand, obesity is defined as an excess of body fat regardless of weight.

What we have to consider, experts said, in order to determine our fitness, is to know our body fat. Remember that body fat is a percentage of your total weight, so even slender people can have dangerously high levels of body fat. (See

### Here are three ways of measuring your body fat:

1. **Home Body Fat Scales**-- **Body fat scales claim to measure body fat quickly and conveniently.** These body fat scales use the Bioelectrical Impedance method to measure your body fat percentage. A low-level electrical current is passed through your body and the "impedance", or opposition to the flow of current, is measured.
2. **Skin fold Calipers**-- **Calipers are a tool that looks somewhat like a giant tweezers.** These are used to grasp your skin folds at different points on your body and measure the thickness. These measurements are then compared to standard values for persons of your age and gender to give you your estimated body fat.
3. **Hydrostatic Weighing**—**This is just a fancy term for underwater weighing.** You sit on a scale inside a tank of water and blow out as much air as you can. You are dunked underwater, where you blow out even more air. Since fat is lighter than water, the more fat you have, the more you will float. The scale measures underwater weight to figure out body density. The margin of error is around 2-3%, but the accuracy depends on the amount of air you expel. You have to blow it ALL out or it will not be as accurate. This is a difficult way to measure body fat since it can be uncomfortable and even scary to be dunked underwater with no air in the old lungs.

## Recommended Weight Loss and Diet Product:

Product	Rating	Visit product site
Proactol (natural diet pill)	★★★★★	<a href="#">Proactol</a>
Avatrim (green tea pill)	★★★★☆	<a href="#">Avatrim</a>
Dietrine (carb blocker)	★★★★☆	<a href="#">Dietrine</a>
Hoodia Chaser (natural appetite suppressant)	★★★★☆	<a href="#">HoodiaChaser</a>
Hoodia Balance (natural appetite suppressant)	★★★★☆	<a href="#">HoodiaBalance</a>
Hoodia Gordonii Plus (natural appetite suppressant)	★★★★☆	<a href="#">HoodiaGordoniiPlus</a>

Thanks for finishing reading this free e-books about Weight Loss and Dieting (part 1). Part 2 and the next another part will be produced in the future. You can download it for free at <http://www.ihealthilicious.com/download-free-ebooks>. Above is listing that I make **review and recommended** for you to **safe loss weight** and **natural weight loss**. So, you don't have to find other weight loss product out there, because there are many fraud weight loss pill and diet pill out there.

**I highly recommend you to choose [Proactol](#) because they are 100% proven for SAFE AND NATURAL WEIGHT LOSS.** They also have **testimonial** if you want to take a look. If you're not satisfied with this product, **you can get your money back. 100% guarantee your money back in 6-months.**

Have a happy living and have a nice day. See ya!