

**"Weight Loss Tips You Can Use Today,  
Right Now, to Lose all the Weight You  
Want, Safely, Naturally  
and for Life"**

**By Mark Idzik  
Health and Weight Loss Coach**

*Former yo-yo dieter reveals why diets don't work and how he lost over 40lbs and has kept it off for over 3 years.*

**Find out exactly how at :**

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## **Diets Don't Work - 4 Ways To Lose Weight Naturally and Effectively**

Any doctor worth their salt will tell you diets don't work. Plain and simple. Surprised?

Well you might be. You can't get away from all the talk about South Beach, Atkins, Low Carb, Zone ... you name it, they're talking about it. It's on TV, in magazines... everywhere you look.

And of course there are the pills, drugs and other expensive methods to lose weight. While they may be appropriate in certain cases, by and large they aren't necessary. Some can actually be dangerous to your health.

What does work, what's been proven to work time and time again is something very simple... a lifestyle change. You may not want to hear it, but it's true.

You can't eat thousands of calories, rich desserts, sugary snacks, excess fat and tons of carbs, get little or no activity and expect to lose weight with a pill!

You'll be surprised to know that you don't need to stop eating or have to exercise for hours every day to lose weight. Just a few simple lifestyle changes added daily can turn your life around quickly. You will start to lose weight within days and feel better as well.

Here are 4 tips you can use to get started today:

- Drink water.

Drinking lots of water is probably the single most important thing you can do for your health. You lose over 2.5 liters of water daily through normal body functions and since it can't be stored efficiently, needs to be replaced daily. Water nourishes your body, it is essential for digestion and flushes toxins out of your system - vital when you're working on losing weight. There is no replacement for water.

When you get up in the morning, drink a full glass of water before you start your day. Add a lemon slice if you like. Then get an additional 10-12 glasses of water in throughout the day.

- Eat slowly.

Chew your food 10-12 times before swallowing. Your saliva starts the digestion process, and if you don't chew enough, your stomach has to work twice as hard and many times you don't get much out of the foods you eat -- except maybe some indigestion :).

- Split your entree.

When eating out, split your entree with your dining companion. Most restaurants now serve portions that are up to 8 times the recommended serving size. Supplement with a salad, soup or vegetable to complete your meal.

- Avoid sodas.

Did you know that an average soda has 14 teaspoons of sugar? Not only are these empty calories and carbs that take you on a blood sugar roller coaster and add pounds, the sugar also can also cripple your immune system for up to 5 hours leaving your body working overtime and open to infections, viruses and the effects of stress. Drinking one soda a day can pack on an average of 16 lbs of unwanted weight! Cutting out soda alone will take off at least 16 lbs a year or more.

Additionally, recent studies have linked increased soda consumption with certain cancers and a loss of essential minerals.

## How Much Exercise Is Enough?

Recently I was reading an article that revealed the results of a study comparing the exercise capacity of men and women. The study found that overall, women had a lower capacity as well as lower fitness levels as compared to men.

While these statistics were interesting, the question of how much exercise was enough still was unclear and not easily defined.

When I'm asked how much exercise someone should do, the answer is always - it depends. And I'm not sure "how much is enough" is the right question.

You see, each body is different and has different needs. It also depends on your current condition and whether you're attempting to lose weight, or just to maintain your optimal weight. How much you eat and how active you are also play a role as well.

What's also important is what makes you feel good. Some enjoy a great, long workout, some enjoy a shorter and more intense session. Others like to mix it up, doing a combination of aerobic, resistance (weight) and outdoor activities. Sorry, sitting on the couch doesn't count :).

My recommendation is the last option mentioned, the mix. And if you're counting, I'd recommend at least 40-60 minutes of exercise/activity a day. A mix of aerobic, weight and outdoor activity that you enjoy keeps you interested as well as fit.

The bottom line is to do the amount that allows you to reach your goals, keep you at a healthy weight, and makes you feel good at the same time.

You CAN do it!

All the best for your health!

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## Is It Normal To Gain Weight As You Age?

Americans do gain weight as they age, but it is not normal or healthy according to Karen Collins, RD.

"Although adult weight gain is common, you shouldn't consider it normal or healthy."

Karen Collins RD

Middle-age weight gain increases the risks of heart disease, diabetes, osteoarthritis and cancer. In fact a recent study found that for every 2 pounds a man gained, his risk of diabetes rose 7 percent. In young adults, becoming overweight triples your risk of requiring knee surgery from osteoarthritis from the pressure of added weight to the body.

Gaining 45 pounds doubles the risk of breast cancer and less weight gain increases it by 20%. And for breast cancer survivors, weight gain increases the risk of cancer re-occurrence from 35-64%.

What are some suggestions for keeping lean as you age?

- reduce your calorie intake by 100 a day
- add 2,000 steps of activity daily
- switch to a plant based diet built around fruits, vegetables, whole grains and beans

All the best for your health!

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## Losing Weight May Make You Wealthier

Did you know losing weight can make you money? In fact, you may earn upwards of a quarter to half a million dollars in your lifetime.

A new study from Ohio State University's Center for Human Resource Research has revealed some very interesting facts. The results were particularly strong for women who lost weight, but not just a few pounds, it had to be significant. The study involved 7,300 people and was funded mainly by the US Bureau of Labor Statistics.

*"The typical person who loses or gains a few pounds had almost no change in wealth, but those who lost or gained large amounts of weight had a more dramatic change,"*

*Jay Zagorsky*

Here's what the lead author Jay Zagorsky found:

- White women who dropped their body mass index score (BMI) by 10 points saw a wealth increase of \$11,880
- White men saw an increase of \$12,720 for a 10 point BMI drop
- Black women saw an increase of \$4,480 for a 10 point BMI drop
- There was no difference in wealth for black men
- When a typical young person decreased his or her BMI by one point, wealth increased by only \$234.
- When a person lost enough weight to go from the middle of the overweight category (BMI 27.5) to the middle of the normal category (BMI 21.7), wealth increased by an average of \$4,085.

BMI (body mass index) is a standard measure of obesity. BMI under 18.5 is considered underweight, 18.5 to 24.9 is normal, 25 to 29.9 is overweight, and 30 or higher is considered obese.

*"If you really want to impact your wealth, you have to move from overweight or obese into the normal range," he said. "You can't just drop 5 or 10 pounds and change your wealth."*

This is fascinating research and I would imagine a motivator for some to lose weight. Of course, health and a long life are the foremost reasons for losing

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weight, although an added financial benefit is like icing on the cake.

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## How To Get Fitter, Faster

Did you catch the bi-annual "Getting Fit" issue of Time Magazine, June 6th?

This issue focused on "the shape of a nation" with some good information for those wanting to lose weight, start exercising and review the state of our nation's health (and weight).

Here are some interesting facts from the issue:

- Start an exercise routine by walking 8-10 minutes a day (hey, anyone can do that!)
- Start with a shorter workout than you think you can handle, and then increase 10% a week
- Lifting weights makes the body burn more calories, even when resting
- Lift weights 2-3 times a week to increase strength, 1 a week for maintenance
- Running burns the highest amount of calories of most popular exercises
- Clear your mind and relax your body through yoga, tai chi, or pilates. It reduces muscular tension, protecting it from injuries and enhances circulation.
- The percentage of overweight children (6-11 years) more than tripled from 1974 to 2000.
- Be a good role model for your children by staying active, especially -with- your children. Overweight parents often have overweight children.
- 65% surveyed said they wished they could exercise more and cited not having enough time as the reason
- The average Amish man takes 18,425 steps a day, the typical American, 5,000. For Americans, walking has dropped 40% in the last 20 years.
- American's agree that exercise is important to improve overall health, although only about 26% are getting close to the recommended guidelines of 30 minutes a day, 5 days a week.

A good review of where we are and what steps you can take to "drop that spare tire". Check out the June 6th issue of Time Magazine for more.

All the best for your health!

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## **Milk Makes Kids Heavier**

A new survey of over 12,000 children shows that the more milk they drank, the fatter they grew. Interestingly enough, skim milk was worse than whole milk the survey noted.

Dr. Willett of the Harvard School of Public Health noted that calories from the milk were most likely to add the additional weight and recommended an alternative - water - as the beverage of choice. He is concerned about the heavy advertising for milk (I agree!) and noted that green leafy vegetables are high in calcium and other nutrients as well as low in calories. He recommends adding more vegetables in the diet and less (or no) dairy products.

*"The basic beverage should be water," Willett added. "We know that in many parts of the world, kids don't drink any milk at all and they end up with healthy bones."*

Think about it for a minute, cows milk is specifically designed by nature to feed their calves. Cows are on average 2,000 pounds and have brains half the size of cantaloupes. The proportions are quite different that the size of a human, especially children!

Watch for the dairy lobby to quickly refute this survey, although the evidence is growing against the benefits of milk, and dairy products in general, as effective sources of calcium.

All the best for your health!

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## Why Does Fast Food Make Us Fat?

If you regularly eat at fast food restaurants like McDonald's, Burger King or KFC, a new study reports that you are more likely to gain weight and become obese.



Why? The study from the Medical Research Council Human Nutrition Center in London asserts that fast food has twice as many calories than similar, traditional foods, and also undermines your body's appetite control system.

This isn't surprising. Ingredients used in fast foods including high fructose corn syrup, sugar, MSG and other additives can bypass the system in your body that tells you when your full, enticing you to eat more and leading to easy weight gain. And this isn't by accident. "Food scientists" plan this very carefully to cause you to eat more and more of a particular food. It's a business after all; they want to increase profits and create loyal customers.

The study also notes that fast food has higher "energy density" and our bodies aren't designed to cope with that many calories in one sitting, causing us to gain weight twice as fast than eating similar sized portions of more traditional, fresh, whole foods.

Children are at most risk since they haven't learned self-restraint to staying healthy the study reveals. The fast food industry could make a large impact on our future generations. Currently that impact may create one of the first generations in history to **-not-** outlive their parents. Let's help our children to avoid that possibility.

Personally, it pains me to see pre-school and young children eating greasy, fat and additive filled fast food, sugary sodas and desserts while taking my daughter to school and other activities everyday. And it's not just occasionally. Not a day goes by that I don't experience a 4 or 5 year old eating fast food, junk food or soda. It's interesting that with all the information available on the dire side effects of fast food and soda, specifically to children, it's still a top choice among many parents. It's then hard to listen to discussions of ADD, ADHD, hyperactivity, loss of focus, reoccurring illness and medications among parents in these same circles. Unfortunately the children don't know better. We as parents do, however. And all the while, children's obesity rates continues to climb.

Of course health experts agree, anything in moderation is ok. In this case, moderation is defined as occasionally, maybe once or twice a month. Unfortunately, today that seems to be more frequent according to recent [fast food sales statistics](#).

Next time the fast food urge bites you, say "next" and grab your water and some fresh fruit. Your waistline and good health will reward you!

All the best for your health!

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## Cool Trick To Eat Less and Lose Weight

We are all aware that to lose weight, eating less is necessary. Eat less consistently and you'll drop pounds. But how do you do it without making you shake from hunger? Psychologist and health behaviors expert Joshua Klapow from the University of Alabama believes that "it's not what you eat but how you're eating it."

Here are Dr. Klapow's 3 steps:

1. Eating when you're not hungry is a bad habit that can result in weight gain. Know your eating pattern. Write down what you eat, and the time you eat it. What does this list tell you? Are you eating to just eat or are you eating because you're really hungry?
2. Ask yourself if you're hungry when you eat. You may find that certain activities accompany eating--whether you're hungry or not--such as watching television, reading the newspaper or a good book, or talking with friends. Picking up the newspaper, for example, may just trigger something that makes you want to eat while you read.
3. To help you stop eating when you aren't hungry, substitute other activities that you can't do while eating such as cleaning the house, exercising, crafts, or playing with the kids.

Combine eating less with a regular activity or exercise routine and you're on your way to a lighter you! For more information about making small lifestyle changes to lose weight naturally, visit: <http://www.everyday-weight-loss.com>

You CAN do it!

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## Eat These Five Foods To Curb Hunger

No doubt in the process of losing weight, you'll be hungry. And instead of munching on those high calorie nuts or snacks, the best way to curb those cravings is to grab one of these 5 foods that suppress your appetite and fill you up naturally, without adding lots of calories.

They are:

1. **Green Leafy Vegetables**

Try lettuce (romaine, spinach, red or green leaf are best bets for nutrition), cabbage, bokchoy, beet greens. Make a small salad alone or with some low calorie dressing, Braggs, or Lemon Juice. If you prefer them warm, stir-fry them with garlic and onions in water with no-salt soy sauce.

2. **Water or Broth**

One of the most effective appetite suppressents! Drink about 8 oz. of water and wait 10 minutes to see if your hunger has subsided. You can add fresh lemon juice for a nice flavor as well. If water doesn't do it, try organic vegetable broth, it's delicious. Just warm it up and drink. Wait about 10 minutes and your hunger pangs are gone.

3. **Apples**

Very few calories and low carbs, but will fill you up and keep you from eating other, less healthy, foods. Choose organic apples.

4. **Pickles**

Choose natural pickles without sugar. Only have about 50 calories per jar.

5. **Instant Banana Pudding**

This is one of my favorites. Here are the directions:

Pour a quart of soy milk into a blender. Add two scoops of unsweetened banana-flavored simply natural spirutein soy protein powder. Add stevia powder as a sweetener. Blend. While the blender is running, add 1/2 tablespoon of guar gum powder and 1/2 tablespoon of xanthan gum powder, both of which are thickeners.

You CAN do it...

To your best health!

Mark

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## **Study Breaks Myth About Veggie Diet**

Common knowledge would assume that it may be difficult for most people to transition to a vegetable based diet.

A study by the Physicians Committee for Responsible Medicine reports that this common knowledge isn't true. Neal Barnard, MD, lead author reported that patients made a smooth transition to a vegetable based diet, lost weight and were willing to make the changes because of the major results they received. Patients reported that they were able to eat until satisfied and said they were used to the diet after only 14 weeks.

This is an interesting study since most people look at a vegetable based diet as restrictive, foreign or hard to follow. What this study shows is that once a person switches to a vegetable based diet, the results are major enough to motivate them to continue and make it a permanent change. They lost weight, lowered cholesterol, reduced hypertension, felt good and wanted to continue to look and feel good.

My personal experience agrees. Once you see and feel the benefits, why would you go back to where you were? No way.

Read more at the [PCRM web site](#).

To your best health!

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## **Drugs Make You Fat?**

A recent article in Psychology Today revealed that many psychotropic (anti-depressant) drugs were found to increase weight in patients.

The popular drugs likely to cause weight gain are:

- Paxil
- Marplan
- Lexapro

Initially, some of these drugs cause weight loss, but over time, the initial weight loss is regained and in many cases, adds dramatic weight gain. Some psychiatrists have found that switching drugs, exercise and diet helped to reduce weight gain.

Source: Psychology Today, May/June 2005

To your best health!

Mark

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## Obesity Starts as Early As 3

Doctors are now warning that the path to obesity can start as early as age 3 or 4.

*"We think that may be a vulnerable period to start excess weight gain," said Dr. Stephen R. Daniels, professor of pediatrics and environmental health at Cincinnati Children's Hospital Medical Center.*

The eating habits children at this age learn carry through their adult lives, and if they aren't healthy, will increase their risk of obesity. Since the 1980's, childhood obesity has quadrupled, from 5% to 16% today.

In this statement, doctors recommend children get at least 1 hour of physical activity a day, 5 servings of fruits and vegetables and fiber-rich whole grains every day.

I've found that if you start your child eating healthy and parents set a good example, they will want to eat healthy foods and mimic your healthy eating patterns. Who else will the child learn from other than their parents? Who else do you want them to learn from except for you? By keeping her diet healthy and fast food free from birth, my daughter happily eats her vegetables, grains, and fruits and especially wants to eat everything her Dad eats (except for those spicy salads!). Of course, she has her moments but surprisingly when she tries candy or "junk food", she doesn't like it.

Actually that's not too surprising. Once you get out of the habit of eating processed junk or fast foods, and eating mostly fresh vegetables, fruits, whole grains and lean proteins, when you go back and try those foods you used to love, they don't taste good. Someone once mentioned to me their old favorites tasted like "cardboard" compared to their new, healthy choices. There's a whole science behind that and I'll write more in a later post.

Another study points out that environmental factors affect the risks of obesity in children:

*The study found that another predictor of obesity was whether the girls' parents were obese — a connection that Stice said can be explained not only by genetics, but by environmental factors such as what's in the refrigerator.*

[Yahoo News](#)

As a parent myself, I strongly believe that our children's health and teaching them to choose a healthy lifestyle is one of our primary responsibilities. The statistics show that based on current trends, our children may be the first generation NOT to outlive their parents. Something to consider.

## Trouble Losing Weight? Cleanse!

Have you done everything possible to lose weight and are still have difficulties?

It's true, many of us that stick to a healthy diet and exercise still have troubles losing weight. If that's you, you may want to get a clean start... cleanse!

You see, some of the junk we've eaten over the years stays with us. That's right. Your colon may be coated with toxins, sludge and junk from foods that could not be assimilated by your system. Research shows that the average American stores from six to ten pounds of fecal waste in their colon. Not healthy! And it's also why you may be experiencing trouble with losing weight - regardless of what you do.

If your colon is coated with junk from years of "less than healthy" foods, it will be more difficult for your system to assimilate and benefit from the healthy foods you now eat. Riding your system of this excess waste will give it a clean start, and allow it to do it's job properly. An added benefit will be almost immediate weight loss, with accelerated progress from that time on. As an added benefit, you'll also lower your risk of colon cancer, constipation and related diseases of the bowel.

How do you cleanse your bowel?

There are many ways that work well. Personally, I've found a combination of herbal formulas worked best, especially the Intestinal Formulae (1 and 2) from [The American Botanical Pharmacy](http://www.AmericanBotanicalPharmacy.com). Here's an important tip... don't use use any cleanser unless you are moving your bowels regulary (1-2 times a day). You don't want more buildup! The formula I recommended is a two step process.. the first being a bowel mover, and the second the cleanser. Adding more fiber to your diet helps move your system... fresh fruits and vegetables, and especially apples. Drinking lots of water (at least 8-10 glasses a day) is also very beneficial.

How do you know if you are cleansing?

Well, if you have more frequent bowel movements (1-2 a day is healthy) and increase in volume, it's working. If you're not getting the results you want, try another bowel cleansing product. Look for all natural formulas... and organic are best.

All the best for your health!

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## Weight Loss From Milk?

Have you heard or seen the commercials from the National Dairy Council advising that by drinking milk you can "burn more fat and lose more weight"?

Well, according to the latest issue of [Alternative Medicine](#), that's not quite true.

The original studies used to make the claim that eating 3-4 servings of dairy products makes a better weight loss strategy than just cutting calories were small and other studies were unable to duplicate their results.

In fact, other studies pointed to how the added fat from eating 3-4 servings of dairy products daily adds bad fat to our diet that leads to heart disease, diabetes and insulin resistance, a prediabetic condition.

Got Milk? Not!

Mark Idzik

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## Eat More Fruits and Vegetables, Lose Weight

Probably a no-brainer, but further evidence that eating more fruits and vegetables reduce your chances of gaining weight and obesity. I've never seen a study that contradicts this, and also have never seen a study that proves eating more meat, dairy or fish and less vegetables reduces your chances of gaining weight.

To enhance your experience and get more benefits from your fruits and vegetables, look for organic as much as possible and eat as much of it raw and fresh, or at the most, lightly steamed. Once a vegetable is warmed over 120 degrees it starts losing enzymes, vitamins, minerals and other nutrients. The longer you cook, the more the loss. Enzymes are essential for proper digestion and you want the nutrients as well. So eating overcooked, soggy vegetables do very little good for you, nutritionally speaking. Best choice is raw, second best is very lightly steamed (just a minute or two). Good eating!

[National Library of Medicine](#): "Changes in intake of fruits and vegetables in relation to risk of obesity and weight gain among middle-aged women."

*"RESULTS: During the 12-y follow-up, participants tended to gain weight with aging, but those with the largest increase in fruit and vegetable intake had a 24% of lower risk of becoming obese... For major weight gain (> or =25 kg), women with the largest increase in intake of fruits and vegetables had a 28% lower risk compared to those in the other extreme group. CONCLUSIONS: Our findings suggest that increasing intake of fruits and vegetables may reduce long-term risk of obesity and weight gain among middle-aged women."*

## Study: Diet And Exercise Key To Weight Loss

The largest collection of data available on long term weight loss reports that "diet and exercise" are the key factors to both losing, and maintaining weight. Interesting that almost half of those in the study over 5 years noted that maintaining their weight was easier than losing it in the first place. Something to look forward to after getting to your ideal weight! This is also more evidence that there's no "magic pill" or diet that works for the long term. Sticking to the basics, concentrating on small lifestyle changes that include watching what you eat (and don't eat), regular activity or exercise, drinking lots of water and lowering/managing your stress works every time.

### [National Weight Control Registry](#)

*"Individuals were enrolled in the registry if they had lost at least 30 pounds and had maintained a weight loss of at least 30 pounds for 1 year or longer. Despite extensive histories of overweight and failed dieting attempts, registry members have lost an average of 66 lb and maintained the required minimum weight loss of 30 pounds for an average of 5 years. Nearly every participant used diet and exercise to initially lose weight, and nearly every subject is currently using diet and exercise to maintain his/her weight loss. Registry members report that weight loss has led to significant improvements in self-confidence, mood and physical health. Surprisingly, 42% of participants report that maintaining their weight loss is less difficult than initially losing the weight."*

## See Yourself Losing Weight

One of the most important parts of losing any weight is your own vision... can you see yourself at the weight you desire?

You literally can't lose weight if you see yourself as overweight, or more importantly, not being able to lose weight... your mind won't let you. This is one reason so many struggle with weight loss... and keeping it off. It's called [psychological reversal](#). You say you want something, but your inner mind says just the opposite. You say you want to lose weight, but your mind says "it's too hard", "I can't do that", "never been able to do it, why now" or any other belief you've let settle in the past. These beliefs in one way or another you've accepted in the past. You see, your subconscious mind accepts anything you pass to it. It doesn't judge, analyze, reason, filter... nothing, it just accepts. If you've accepted in the past that it's too difficult to lose weight (for any reason), then almost any attempt to lose weight will fail unless you replace that negative belief.

Once you replace any old beliefs about weight loss, you can "picture" yourself at your ideal weight. And now, thanks to high tech, you can even do it right on your computer! Just visit this [website](#) and you can see your before and after pictures in almost real time! Brilliant idea. Just upload a current picture of yourself and the [www.fitfoto.com](http://www.fitfoto.com) software will create a picture of what you'll look like at your ideal weight (or a close resemblance). And by the way, it's free.

Keep the photo in a place where you can see it often and imagine yourself and how good you feel, the things you'll be doing and all the good feelings associated with your "new you".

You CAN do it!

## Refined Carbs Responsible For Weight Gain

[Research published in the American Journal of Epidemiology](#) now reports that increased carbohydrate consumption alone isn't responsible for weight gain, it's the "kind" of carbohydrates consumed.

*"Total amount of carbohydrate is not related to body weight," Dr. Yunsheng Ma of the University of Massachusetts Medical School in Worcester told Reuters Health. "It's the type of carbohydrate that's important."*

The culprits seem to be the refined carbohydrates. These turn into sugar quickly, spike the blood sugar levels and have high glycemic indexes.

*Ma explained that refined carbohydrates are often found in processed foods that contain a lot of sugar. This type of carbohydrate has what's called a high glycemic index, meaning it causes a rapid increase in blood sugar. The body stores that sugar in muscle, but if it is not used, it becomes fat, he noted.*

*In contrast, whole grains, fruits and vegetables have carbohydrates that don't have such high glycemic index, Ma said.*

The reason some low carb diets work well is because they eliminate the "bad" carbs (white pasta, white rice, most baked goods, snacks, bagels, sugary foods, sodas, ice cream, anything refined or enriched) and recommend "whole" grains, legumes, oatmeal, all fruits and vegetables.

Recommendation: focus on fresh vegetables, legumes, nuts and fruits. Eliminate sugary foods and drinks, baked goods, white anything (pasta, bread, rice, baked goods). This will put you on the right track.

It's important to note that this is one part of a successful and healthy weight management plan. In addition to your food and water intake, activity (exercise) and stress management play vitally important roles.

## **Lose Weight While You Sleep?**

Did you know you can lose weight while you sleep?

Ok, not technically, but here is some very interesting research on the relationship between the amount of sleep you get and your risk for obesity:

If you...

- sleep between 2-4 hours a night, you have a 73% increase in risk of obesity.
- sleep 5 hours a night, the increased risk is 50%.
- sleep 6 hours a night, the increased risk is 23%.
- sleep 7-9 hours, you have no increased risk of obesity.

This study from the Eastern Virginia Medical School in Norfolk published in the Archives of Internal Medicine in January found that as average sleep time decreased, body mass increased. The more a person slept, the less weight they kept on.

They went on to say that just 20 extra minutes a day can decrease your body weight. Though not yet conclusive, researchers feel that lack of sleep seems to be tied to other diseases including cardiovascular and diabetes related conditions, among others.

So here you are, another great reason to indulge a little (especially in our "sleep deprived" society), lose weight by sleeping more!

You CAN DO IT!

## **Weight Loss: The Two Words That Guarantee Success**

Did you know that being successful with losing weight starts with just two words?

Two words will either guarantee you'll lose weight, or guarantee the you WON'T lose weight. You see, words are very powerful. Especially the words that we say to ourselves... our self-talk.

Whatever we say to ourselves goes directly to our subconscious and is accepted as complete truth.

Did you catch that?

Whatever you say to yourself or others is accepted as a complete truth to your subconscious mind.

How do you describe yourself?

Do you see yourself as healthy, slim and energetic? Or do you see yourself as heavy and overweight? Do you tell yourself (or complain to others) that "you can't" lose weight?

If you say to yourself....

"I am fat" ... your mind says OK, you're fat and gets to work in the background on taking actions that make (and keep) you fat.

or

"I am healthy and slim"... your mind says, OK, and gets to work in the background on taking actions that make (and keep) you healthy and slim.

[Note: You literally can't lose weight if you see yourself as overweight... your mind won't let you. This is one reason so many struggle with losing weight... and keeping it off. ]

Your subconscious doesn't argue with you, or reason with your statement. It just goes to work following your instructions.

This one, small lifestyle change can make a difference between being successful in reaching your weight loss goals, and continual struggle to lose weight.

It's simple, just replace your current thoughts and words with ones that support your "new" you starting with those two most important words, "I am":

"I am healthy"

"I am slim"

"I am fit"

"I am healthy and trim"

"I am at my goal weight of (your goal) pounds"

Saying "I am" gives your mind a statement and command in the affirmative... as if it were already true.

Do this regularly, every day, and watch your thoughts and self talk closely. If you catch yourself slipping, immediately stop your negative thoughts and replace them with those above, or your own "I am" statements.

Before you know it, your actions and results will start taking shape (literally :) ). It's a proven fact, your mind acts on what you tell it, just tell it what you want!

You CAN do it!

## **Are You Trying To Lose Weight? Don't!**

Are you trying to lose weight?

If you are, STOP!

Funny thing to say coming from someone that wants to help you lose all the weight you want, right?

Actually, there's a good reason.

You see, you can't try to lose weight. Don't believe me?

OK, let's use an example. Look around where you are sitting right now and find a small object. Perhaps a pen, envelope or book. Got it?

Now, try to pick it up. Go ahead.

Is it in your hand? If it is, well, then you didn't try, you actually picked it up. If it's not in your hand, you didn't.

Simple, right?

There's no middle ground in doing. You can't "try" to do anything, it's a fallacy. You either do it, or don't do it.

The same applies to losing weight (or anything else for that matter). Saying that you'll try gives your mind fuzzy instructions, and it will return fuzzy results, results that aren't what you really want. It also gives you a "way out" if you don't achieve the goals you set out to reach.

You see, your subconscious mind doesn't interpret your directions, it just goes to work following them as complete truth. When you say you'll "try to lose weight", it will "try" to follow your instructions, which we now know is impossible.

What in fact you want, (if you really do) is to lose weight. To feel better. To have more energy. To overcome health challenges. To look great.

Now, if you say you want to lose weight and are not successful, or continue to use language that includes words like "try" or "we'll see" or "maybe", perhaps you're wired backwards.

What does that mean? Well, maybe you say that you want to lose weight, but your mind says it doesn't. Somewhere along the way you gave your mind instructions that it's too hard, or impossible, to lose the weight you want. Perhaps

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you're more comfortable where you are now, but know that it's the right thing to say that you want to lose weight.

If this is the case, ask yourself what beliefs you hold that are at odds with what you want. For example, "it's too hard to lose weight", "it's impossible to lose weight", "I can't lose weight because I'd have to exercise all the time", "I'll lose my friends if I lose weight", "I can't lose weight because I've always failed".

Ask yourself if in fact they are true. Are they making your life easier, or more difficult? Do these beliefs serve you or harm you?

Then, replace the old beliefs with new ones. Positive, confident statements about how you want to look and feel.

The best way to lose weight is to avoid saying you'll "try" to lose weight, and say you "will" lose weight. See yourself at your ideal weight. Imagine how great you look and feel. Use positive language and give your mind specific instructions like "I'm now happily at my ideal weight of (number of pounds) weight" or "I now happily choose to wear a size (your ideal size)".

Watch your language and self talk closely and avoid using "try". It may take constant attention at the beginning, but after a short time, you'll get used to keeping your language positive, upbeat and confident.

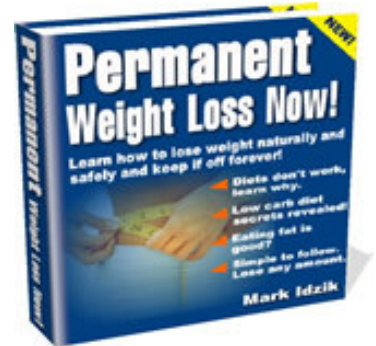
Your weight loss results will follow immediately, depending on how confident, committed and persistent you are in applying these exercises. The more confident, committed and persistent, the faster your results will appear.

You CAN do it!

# "How To Lose Weight Permanently Now.... Safely, Effectively and for Life!"

By Mark Idzik

- Learn what foods to avoid, which to savor.
- Eating more often = weight.loss?
- How to turn you body into a fat burning machine..there's only one way
- No crazy diets or pills
- Exact steps that I took to lose over 40 lbs and never gained them back
- Lose all the weight you want
- No plans, points or counting
- Start in 10 minutes



Find out more at:

<http://www.Everyday-Weight-Loss.com/weight-loss-plan.cfm>