

# 4 LAWS



WEIGHT  
LOSS  
FACTS &  
GUIDE

FOR THE  
SLIMMER  
BETTER YOU

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## Introduction

**Warning:** This is not a weight loss program or system or how to guide.

Am sure you have tried so hard to lose weight but without any luck, you have tried all the weight loss products and programs out there, all you ended up with was a weight loss pocket but your weight has remained the same.

Well this book is not a how to lose weight guide or a system where you get step by step instruction on what to eat and what not, no this book is about the fundamentals of weight loss. Like in every aspect of life, everything is based on principles; if you want to be successful you work hard and smart, develop yourself and make good sound decisions.

The fundamental truth about weight loss you are about to learn in this book will put you on the right path to weight loss fast, it doesn't matter which method or system or products you use, these fundamental truths will pave the way for you. Before success in anything can be achieved there as to be a process, for example before you become a pro ball player you have to put in years of practice and training.

The event is the outcome of the process you go through, so when a pro ball player gets a million dollar contract that's the event, the outcome of the process the pro ball player has gone through, unfortunately only the event of the contract makes headline news, and people never get to know about the process the athlete went through to get to that level.

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So now what's the point am trying to make from all this rant..lol, well in order for you to lose weight successfully and permanently you must go through a process, like the college kid who stays up all night for weeks preparing for his exams, like the computer wizkid who locks himself up in the basement for months working on codes for the next best software, you also have to go through a process, but fortunately for you, it's not a very rigorous one.

It's rather simple but requires determination and dedication. You just have to make some few adjustments here and there, be true to yourself and respect yourself and in no time you will achieve that slim sexy body you have always desired.

Why would you want to lose weight really?

Well for me, it makes you look attractive, you can fit into any dress and get away with it, you become more energetic, people with lots of weight have very low energy levels and burn out pretty fast because of the weight they have to carry about, even taking a 10 minutes' walk is like hell on earth for them.

OK whatever your reason is, does it really matter? Well I can give you reasons why you should be bothered about losing weight. To start with, being overweight can be a burden when you have to do stuff that involves you carrying yourself all over the place. Secondly being overweight makes you more prone to sickness, some of which can get out of hand and lead to surgeries.

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Sadly most people find overweight people unsexy and believe all fat people are dirty and smell bad, but I know lots of big people who are not dirty and don't smell and, to be honest, I believe big women are sexy in their own unique weight, but not extremely overweight obese women though. No offense taken.

So my aim in this book is to help you understand the fundamental basics about losing weight irrespective of the method or paths you choose to achieve your goals or objectives...So take your time to read through over and over again to understand why I say without a process or system in place you would never be able to lose weight as fast as you want to...

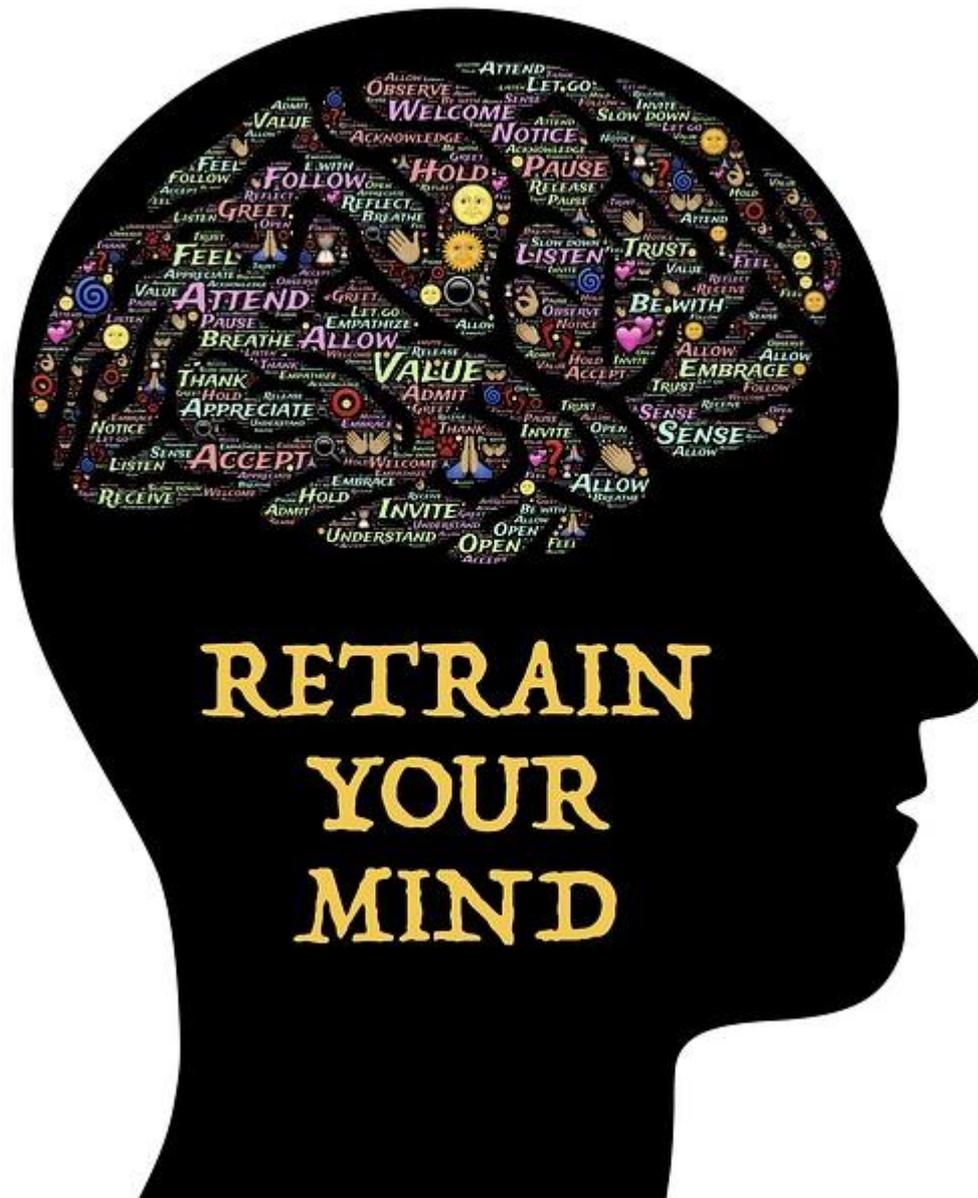
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## Chapter 1: (First law) Change Your Mindset



### Your Mindset Can Make or Break Your Weight Loss Success

I am sure you are very much familiar with the Law of Attraction which implies that like attracts like and that by focusing on positive or negative thoughts, one can bring about positive or negative results.

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So in simple terms if you focus your thoughts on losing weight then you will indeed lose weight, the mind is the most powerful weapon at your disposal, once it is programmed to do something no matter how huge or little the task is the mind has its ways of getting the job done...

You just need to trust your mind and tell it what you want by focusing your mind on the thoughts you want. I know this book isn't about Laws of Attraction or mind psychology but you can learn a thing or two.

***To change the way you look, first change your mind.***

The mind is the most powerful human asset, whatever your mind can perceive it can achieve. Research shows that one of the most important factors that influences weight loss success is attitude - whether or not you believe (and keep on believing) that you can make the changes you need to make to lose weight, and that they are worth doing.

***This is because what you think, affects how you feel, and in turn the actions you take.***

Losing weight is less about the food you eat and more about the mind-set you bring to your weight loss plan. One of the most important (and hardest) steps in your weight loss journey is putting yourself in the right frame of mind to commit yourself 100% to your weight-loss plan.

Let me give you an example of how weight loss plan fails.

You want to lose 20 pounds, so you draw up a diet plan, maybe an exercise routine as well, and you promise yourself that you're finally going to get the slim body you've always wanted. You feel great the first few days and you are super excited that you made the right choice.

Two weeks later, you hardly notice any results, you get frustrated and fall back to our old ways of eating and you neglect your exercise routine

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altogether. It's an endless diet cycle that for most people never stops. All because the mind-set we bring to it is flat out wrong.

### **The Right Mind-set**

Obesity is the physical sign of a bad mind-set. In order to lose weight and keep it off, you must adopt the proper mind-set. Most people believe that losing weight involves having willpower and being perfect. This is the wrong mind-set to have; permanent weight loss involves planning and persevering.

### **Planning**

You do not need willpower to lose weight. However, you do need to plan. Planning your life properly will eliminate the need for willpower; here are a few examples of proper weight loss planning.

- ✓ Take your lunch with you to work. This eliminates the willpower necessary to buy a salad in the cafeteria instead of the burger.
- ✓ Make Tuesday night's dinner on Monday night. This eliminates the willpower necessary to not stop at McDonald's on your way home from work.
- ✓ Join a gym in between your job and your home. Then put your gym bag in your car the night before you plan to work out. This eliminates the willpower necessary to not drive straight home after work.

### **Perfection**

You believe being perfect will help you lose weight, if you follow your nutrition and activity plan perfectly, you will shed some fats quickly. If you believe that, you are right. The only problem is that you can't be

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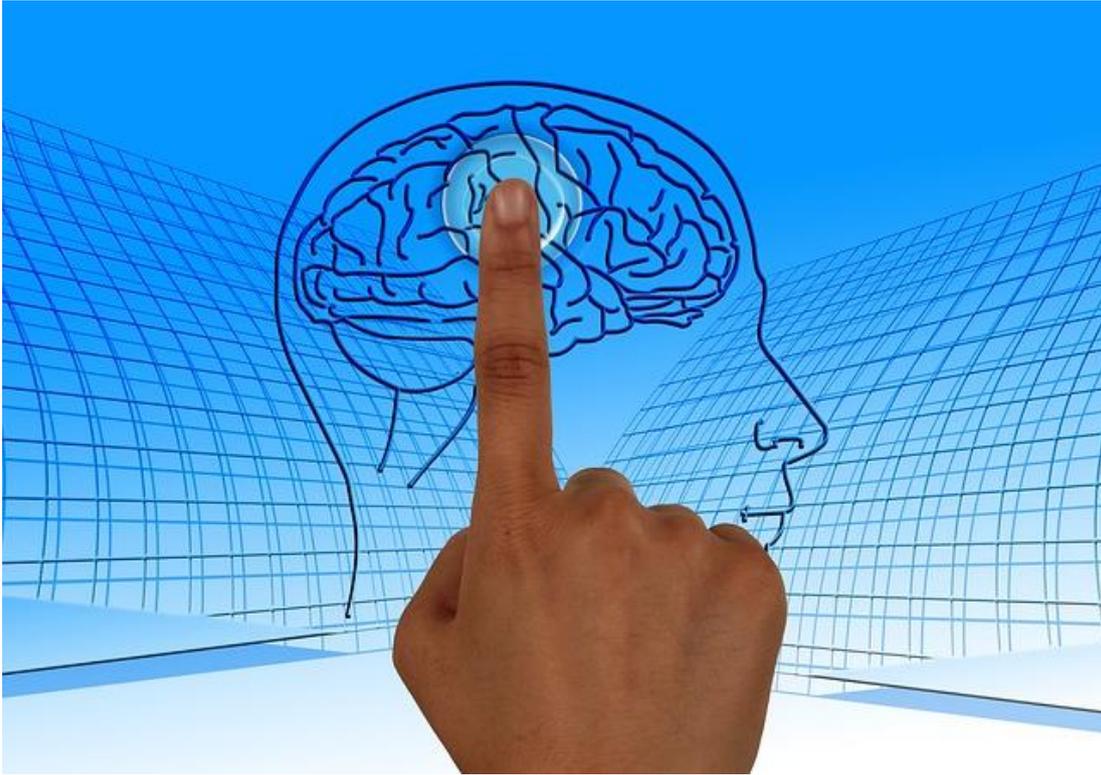
perfect, you are human and you will “slip up”. You will fail.

The bad habits that caused you to gain weight are deeply ingrained, and you will not eliminate them overnight. If you expect to be perfect, you will fail. This failure will simply cause more weight gain in the future.

Wanting to lose weight and finding the motivation to lose weight are two completely separate things, although you may want to achieve a healthier weight, you might find it hard to change your mind-set. In order to get yourself moving to start a weight-loss program, you need to find personal motivation and discover why you truly want to slim down.

Sticking to a diet and exercise plan is tough because every day you are surrounded by temptations that can lead you off your course, you have to deal with the unhealthy food cravings which can be extremely hard to ignore and you have to cope with making drastic changes to your daily routine so that you can break those bad habits which keep causing you to put on weight.

And if that wasn't hard enough you also have to deal with the pressures and personal commitments of everyday life such as work, family and maintaining a healthy social life. This can almost start to feel like a real juggling act as you try to find the right balance between sticking to your weight-loss plan and living a normal life.



## **How to Develop the Right Mind-set to Lose Weight**

To be successful with any weight-loss plan you need to be committed and commitment is purely a state of mind. To have commitment you need to be determined, motivated and positive plus you need willpower to overcome obstacles and to resist all temptations.

Below are 6 important steps you can take to help you create the right mind set for losing weight.

### **1. What Do You Truly Want For Yourself?**

Why do you really want to lose weight? What are your reasons? Is it for health purpose? Is it because you want to improve your physical appearance so you can feel good about yourself? Well it could be for a variety of different reasons but the important thing to determine here is why you really want to lose weight.

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Determining the reasons why you want to lose weight is going to be the driving force and motivation you will need to be committed to stick to your weight-loss plan until you achieve the results you are after.

One of the most important skills to learn when you want to lose weight is being assertive. Saying no when you mean no. Not letting people persuade you to do things you don't want to do or eat what you don't want to eat.

Recognise what it is that you want to stop and avoid doing things just because you don't want to upset people. Learning to say no is vitally important. Be selfish because that is the only way to look after yourself and when you do this you will begin to eat more healthily and exercise more too.

## **2. Set Specific Weight-loss Goals for Yourself**

Set realistic goals for yourself so you have an objective to work towards. Try and be specific when you set these goals so you know exactly what you want to achieve.

By setting specific weight-loss goals you will be able to see exactly how far you have come in your journey and how far you still need to go.

## **3. Map out Your Plan**

Once you have set your goals and you have a final objective that you can work towards, you then need to make a plan of how you will get there. Analyse your current situation and identify the necessary changes and the course of action you will need to take in order for you to reach your goal.

## **4. Prepare Yourself for Change**

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You need to prepare yourself for the changes in your life that are about to happen. You need to make yourself fully aware that sticking to your plan is going to require some hard work both physically and mentally.

You will increase your chances of being successful with your weight-loss plan if you realize the amount of effort required before you actually start the journey.

By doing this you are less likely to give up when the going gets tough because you have already prepared yourself for what is about to happen.

## **5. Practice Positive Thinking Techniques**

It is easy to lose focus and give up when you have negative thoughts floating around in your head. When you start to doubt yourself and think you are not capable of achieving the goals you have set then there is a good chance you will not be able to stick to your plan

By using positive thinking techniques such as positive affirmations and vision boards you will keep yourself motivated and in high spirits. You will start to develop the mind-set that anything is possible when you put in the effort and this will give you that positive attitude you need in order to achieve your weight-loss goals.

## **6. Realize That You Deserve Better**

This is possibly the most important step in developing the right mind set needed to lose weight. You need to realize that you deserve to be healthy and happy. Weight issues can lead to a variety of different health issues and can cause a major lack of self-esteem but you need to realize that you are capable of living the life you want.



## **Some Permanent Weight Loss Principles You Must Know**

Effective weight loss requires an understanding of some fundamental principles. A lot of people try to lose weight without this fundamental knowledge. While there is no need to know the detailed science, it is essential to know these fundamental principles.

Lack of understanding of these basic weight loss principles will result in you being locked up in a perpetual battle with weight. You will end up losing weight, only to gain all of it back again.

Here is a list of fundamental weight loss principles that everyone must know before ever trying to lose weight.

### **✓ Lose Weight from a Caloric Deficit**

You will never lose weight as long as you consume more calories than you burn. Weight loss is not possible without a caloric deficit. This is the

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one of the most basic weight loss principles that most people miss out on.

✓ **Burn Fat and Build Muscles**

Understand that fat and muscles are totally different types of tissue. This is especially important for people who think that fat can turn into muscle and muscle into fat. It is also important to understand for those men or women who do not think it is necessary to build muscles.

✓ **Lose Fat and Not Weight**

Everyone is caught up with trying to lose weight. Apart from some fat loss, your weight loss could also be attributed to water and muscle loss. You should be trying to lose only fat. Sustainable weight loss is only possible when all the loss comes from fat. Ensure that all of your weight loss comes from pure fat loss.

✓ **Fat Must be Burnt**

Understand that fat must be burnt. You cannot remove it via your urine or faeces. It certainly cannot disappear into thin air. The only way to burn fat is by consuming fewer calories than you burn. When you soundly understand this principle, you will stop looking for easy ways out such as liposuction and tummy tucks.

✓ **Slow is Fast and Fast is Slow**

Attempt to lose 1 to 2 lbs of weight per week, trying to lose any more than this will result in you losing muscle and water. Instead of going for quick weight loss, choose consistent weight loss. Slow and steady weight loss will force you to adopt positive habits. It's these habits that

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allow you to lose weight and sustain it over the long-term.

✓ **Metabolism Must be Boosted**

Your metabolism is the rate at which your body burns calories to sustain itself. Your metabolism is roughly proportional to the amount of muscles that you carry. A higher metabolism is beneficial as it allows you to burn a higher amount of calories throughout the day. Focus on boosting your metabolism. Metabolism can be boosted by exercise. Starvation diets and skipping meals must be avoided at all costs

✓ **Body's Starvation Response Must Never be Activated**

Your starvation response is activated when your body thinks that it is starving. This happens when you skip breakfast, miss meals or go on low-calorie diets. A caloric reduction of more than 10% of your normal caloric intake will set your body into panic mode. This is enough to set off the starvation response.

✓ **First On and Last Off**

The first place to store fat in your body is usually the last place to lose it. Conversely, the last place to store fat is the first place to lose it. The way your body loses fat depends on your genetics. This is the reason the stomach is usually the last place to lose fat.

Do not be too concerned if your stomach is not getting smaller. You may need to lose fat in other places before your body decides to tap into fat reserves in your belly. Persist with your exercise and diet until your body taps into the fat stores of your belly.

✓ **Strength Training is Essential**

Exercise is essential for sustainable and effective weight loss. Strength

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training should be the most important exercise that you do. Strength training is essential for women and men.

Women who have reservations about the benefits of strength training should debunk that myth. Women should not try to lose weight until they thoroughly appreciate the benefits of strength training. Neglecting to do so could result in a woman spending a lifetime losing weight and gaining it back again.

### **End Note**

It's no wonder that many people fail or give up on their weight-loss goals because it can feel like everything is working against you. This is why you need to have the right mind set when you start your weight-loss journey so you can overcome these obstacles and stay on the right track to losing weight.

Losing weight is not an easy task and it certainly will not happen overnight. But if you are able to get yourself into the right mind set for losing weight and mentally prepare yourself for the journey ahead then you are giving yourself the best possible chance to be successful.

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## Chapter 2: (Second Law) Choose a Suitable Exercise Plan



I am pretty much sure you know exercising is one of the most important elements of weight loss because the more calories you can burn the lesser the calories that can be converted into fat in the body.

### Why is a good exercise Routine Important?

Everybody has become increasingly conscious of the way they look these days. There is a strong desire to have a perfect body. A good body is the result of eating the right food and exercising as well. Fitness is based on the formula of 'Eat well, sleep well and exercise regularly'.

However, it should be remembered that a good body alone does not mean fitness. Fitness refers to the fitness of body and mind. Fitness can be achieved by following a good workout routine.

Research has shown that any amount of exercise, at any age, is beneficial. And, in general, the more you do, the greater the benefits.

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The National Academy of Sciences has recommended that everyone strive for a total of an hour per day of physical activity.

Sounds like a lot, but the hour can be made up of several shorter bursts of activity (it can be walking, gardening, even heavy housecleaning) done throughout the day to keep yourself fit and healthy.

Being fit isn't just about losing weight; it's about keeping weight off and leading a healthy lifestyle. Workout routines and fitness programs can be adopted in order to keep the pounds off.

A good workout helps to keep excess weight at bay. They help in increasing energy and stamina to sustain the stress and pressures of everyday life. Workouts help in preventing diseases and physical ailments. They help in the functioning of body muscles and organs at optimum levels. It is advisable to design a workout routine with the help of a fitness expert. Ideally, it is beneficial to workout daily at least for an hour.

However, beginners may proceed with fewer exercises. It is better to start slowly than give up immediately. Exercising is a commitment for a lifetime. It is recommended for beginners to begin at the gym under the supervision of fitness experts.

Prior to a workout, warm-up exercises and stretching exercises are a must. The exercises must be performed very slowly and smoothly. It is better to start with relatively simpler exercises and then gradually move on to more difficult ones.

Fifteen to twenty minutes should be devoted to cardiovascular exercises. A good exercise routine must include workouts for various muscles of the body. A lot of people choose walking, jogging or swimming as a form of physical exercise.

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A good workout routine must essentially include a good diet. A healthy and nutritious diet goes a long way in maintaining good health. A good workout program also helps in developing a positive frame of mind. Boxing, Martial Arts, Tai chi and Yoga are supposed to provide an outlet for feelings of frustration and anger

Physical activity is an essential part of any weight-loss program, to maximize your fat loss while keeping valuable muscle mass. But exercise has many other health and longevity benefits. It can help prevent or improve these conditions:

✓ **Heart Disease.**

Regular activity strengthens your heart muscle; lowers blood pressure; increases "good" cholesterol (high-density lipoproteins or HDLs) and lowers "bad" cholesterol (low-density lipoproteins or LDLs); enhances blood flow; and helps your heart function more efficiently. All of these benefits reduce the risk of stroke, heart disease, and high blood pressure

✓ **Stroke.**

In an analysis of 23 studies, researchers found that being active reduces your risk of having and dying from a stroke. According to a study published in the journal *Stroke*, moderately active study participants had 20% less risk of stroke than less active participants.

✓ **Type II Diabetes.**

This disease is increasing at alarming rate. Physical activity can enhance weight loss and help prevent and/or control this condition. Losing weight can increase insulin sensitivity, improve blood sugar and cholesterol levels, and reduce blood pressure -- all of which are very

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important to the health of people with diabetes.

✓ **Obesity**

Overweight and obese conditions can be prevented or treated with exercise along with a healthy diet. Activity helps to reduce body fat and increase muscle mass, thus improving your body's ability to burn calories. The combination of reduced calories and daily exercise is the ticket to weight loss. And controlling obesity is critical, as it is a major risk factor for many diseases. Lowering your body mass index (BMI) is a sure way to reduce your risk of dying early and to live a healthier life.

✓ **Back Pain**

Back pain can be managed or prevented with a fitness program that includes muscle strengthening and flexibility. Having good posture and a strong abdomen is the body's best defence against back pain.

✓ **Osteoporosis.**

Weight-bearing exercise (such as walking, jogging, stair climbing, dancing, or lifting weights) strengthens bone formation and helps prevent the osteoporosis or bone loss often seen in women after menopause. Combine a diet rich in calcium and vitamin D with regular weight-bearing exercise for maximum results.

✓ **Psychological Benefits**

Improved self-esteem is one of the top benefits of regular physical activity. While exercising, your body releases chemicals called endorphins that can improve your mood and the way you feel about yourself.



### Quick tips for choosing workout routines:

- ✓ Consult a physician before engaging in intense workout regimens especially if you have an existing medical condition
- ✓ Think about your ultimate goal. Fitness programs can target specific areas while others can provide a general, all-around workout. How do you want to tailor your body is the most important thing to note.
- ✓ Remember losing weight and being healthy takes time. Have fun with your workout routine and be sure to choose a fitness plan that is not overwhelming. Remain focused on achieving your goals, yet be patient with yourself in developing healthy, long-lasting habits.

### Exercise Benefits

- ✓ Your heart, your brain - your entire body - benefits from exercise. There's no need for a gruelling gym workout. Learn the benefits of dancing, gardening, and more. Health experts advise 30-90 minutes exercise daily.
- ✓ Exercise is about more than keeping in shape. It also can help

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with your emotional and mental health. Exercise can help you cope with stress and ward off depression and anxiety. Studies have suggested it can also help with certain types of cancer, improve immune function, and more

**Any exercise is better than nothing. Here are some easy ways to work physical activity into your life:**

- ✓ Adopt a dog and take it for walks every day.
- ✓ Do things the old-fashioned way, get up and change the television channel; open the garage door manually; use a push lawnmower
- ✓ Take the stairs instead of the elevator.
- ✓ Walk briskly whenever you can.
- ✓ Minimize use of your car; walk to destinations within a mile.
- ✓ Take up tennis or any other game or sport you enjoy.
- ✓ Join a gym or health club.

### **Workout Routine Design**

- ✓ **Figure out your goal and training status.**

Before you can do anything, you need to decide why you're working out. Meaning, what's your specific goal? Building muscle? Losing fat? Increasing strength? Getting "toned?" Whatever it is, you need to know it beforehand.

You also need to know what your training status is... beginner, intermediate or advanced. Many aspects of your workout routine will need to be tailored to your exact goal and experience level in order to

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be as effective as possible

✓ **Figure out your ideal weight training frequency.**

Workout frequency refers not only to how often you'll work out, but also how often you'll work out each muscle group, body part and/or movement pattern over the course of a week.

✓ **Choose a workout regime that fits your ideal frequency and schedule.**

Once you've figured out what the ideal workout frequency is for you, the next step is to pick a workout regime that not only allows for that ideal workout frequency to be reached, but a workout regime that will fit perfectly within your daily/weekly schedule and life.

✓ **Figure out your ideal weight training intensity.**

Workout intensity basically refers to how hard you're going to be working. Meaning, how much weight will you be lifting, how heavy or light is that weight for you and how many reps will you be able to lift it for?

✓ **Figure out your ideal weight training volume.**

Workout volume refers to the amount of work you'll be doing. As in, how many exercises, sets and reps will you do per muscle group, per workout, and per week?

✓ **Choose your exercises and properly implement them.**

Once you know how much volume you'll be doing, the next step is to select the exercises that are most ideal for you and then properly implement those exercises into your workout routine.

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✓ **Make sure it works.**

This final step involves bringing the 6 previous steps together along with the remaining requirements that must be in place in order for it all to work. Specifically, some form of progression and a diet plan that supports your goals.

### **How to choose a good exercise Routine**

Regular workouts are a necessity to keep up and increase fitness levels. With the number of options available, exercise newbies are often overwhelmed because they don't know where to start.

Choosing a good workout routine depends on a number of factors, from a current fitness level, as well as personal preferences for motivation.

Exercise options should also be discussed with a doctor, especially if there are any underlying injuries or illnesses.

✓ **Current Fitness Level**

Embarking on a new workout routine first requires a realistic look at an individual's current fitness level. Those who are new to exercising will take longer to work their way up to solid routines. The best way to get into a routine is to get started and stick with it, even if exercise can only be endured for 10 to 15 minutes at a time. Once this level is maintained, then the routine can gradually increase. Adults generally benefit the most from working out every day for 30 minutes at a time.

✓ **Need for a Challenge**

It is also important to know when to increase the time and intensity of a workout routine. A good routine should feel challenging, but not so

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difficult that it is physically impossible to complete. Many fitness instructors recommend a routine that is difficult, yet participants can still talk to one another during the workouts. If a particular workout leaves participants breathless or even faint, then the exercise should not continue.

At the same time, it is also important to know when to increase the intensity of a particular workout. Common indications that a routine is too easy include a lack of sweat, as well as a lack of increase in heart rate during the workouts. This can be fixed by increasing the intensity of the workout or by exercising longer.

#### ✓ **Social Needs**

An individual's social needs during exercise can also impact what makes up a good routine. Gyms and classes are typically the choice for people who want social interaction during exercise.

Introverts tend to benefit the most from individualized workouts through a trainer, or by exercising alone at home and within the neighbourhood. It is best to find a motivation for exercise and stick with it, whether it is working out with others or alone.

#### ✓ **Physician Recommendations**

All fitness instructors recommend that new exercisers seek the permission of a doctor before getting started, whether it is a new class at a gym, or a home DVD. Many new exercisers dismiss these cautions as ways to get out of being liable for a person's injuries. However, this is only part of the reasoning.

Fitness instructors are professionals who have been exercising for years-they understand what it takes for a new exerciser to get fit over

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time. Also, individuals with underlying illnesses or physical conditions may not know their limits, so it is important to discuss any new workout routine with a doctor before getting started.



### **Choosing the right workout program**

Your choice depends on two important parameters:

- ✓ **Identifying Your Body Type**

We have different body types, just as we have different personalities. Your body is as individual as your fingerprints. The way you look is determined much more by your genes—the information contained in your body’s cells—than by the jeans you’re wearing.

The key to creating your own workout program lies in understanding body types and building a regimen that accommodates your unique form rather than trying to change it. If you customize exercise and diet to your own specific body type, you’ll achieve a more effective transformation

**The three basic body types are ectomorph, mesomorph, and endomorph.**

- ✓ An ectomorph is lean with a thin, delicate build and might have trouble gaining weight.

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- ✓ A mesomorph is muscular with a hard, rectangular build and gains or loses weight easily.
  - ✓ An endomorph is plump with a soft, round build and might have trouble losing weight.

Most people do not fit perfectly into any one category. Although one type usually predominates, most of us are a combination of body types. Because everyone's body is unique, body typing and workout design are not exact sciences.

However, knowing your predominant body type helps in developing an ideal exercise and diet plan to meet your goals. Each body type requires a different bodybuilding prescription. The regimen for an ectomorph differs from that for an endomorph because they are at opposite ends of the body type spectrum.

If you need help in deciding your body type, you may utilize measurements such as body mass index, per cent body fat, and resting metabolic rate

**Body mass index (BMI)** is an indicator of total body fat based on height and weight that applies to adult men and women. In simple terms, your BMI is calculated by dividing your weight (in kilograms) by your height (in meters squared). The BMI does have limitations, however, because it overestimates fat content in athletes and muscular persons.

The simplest method of measuring body fat percentage is using a skinfold calliper. Follow the manufacturer's instructions, and record the skin thickness at three sites on your body (typically the upper arm, waist, and thigh).

Calculate the average reading by adding all three measurements and

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then dividing by 3. The average body fat percentage for males is 15 per cent, but a sleek six-pack of abs will show only if your body fat is below 10 per cent. The skinfold calliper will give a rough estimate of your body fat, but this method lacks accuracy, and your calculation may be off by a few percentage points—not good if you’re monitoring small changes.

### ✓ **Selecting Your Program**

When you begin a workout program, the first step is to choose a goal. Decide what you really want to change. If your main objective is to add some size to your guns or expand your chest measurement, then you should style your routine toward building mass.

On the other hand, if your wish is to lose the spare tire around your waist and get a six-pack, then you should focus on burning calories. Can’t decide? Come on, be honest with yourself! Jump on the scale, take a look in the mirror, and get out the tape measure.

If you are overweight and your waist is bigger than your chest, I reckon you should be focusing on losing some lard rather than bulking up.

### **End Note**

Starting a new workout routine is hard for everyone, but it can be especially hard if you are overweight or obese. The health club environment can be intimidating and putting together a program can be both uncomfortable and confusing.

But exercise for obese and overweight people is essential. Not only will it help with weight loss but physical activity can also help to boost your confidence, improve mood, change your body composition, and make daily activities more comfortable.

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## Chapter 3: (Third Law) Adjust Your Diet



### ADJUSTING YOUR DIET TO LOSE WEIGHT

The healthiest way to lose weight is neither crash diets nor bursts of exercise. The body likes slow changes in terms of food and exercise.

For example, someone who hasn't exercised for years shouldn't rush into running miles a day or pounding the treadmill. Not only will the struggle to do so leave you feeling disheartened and demotivated, you're also far more likely to injure yourself and set your fitness levels back further.

The same goes for people who suddenly start starving themselves. Diets that severely restrict calories or the types of food 'allowed' can lead you to be deficient in the nutrients and vitamins that your body really needs.

So, if you need to lose weight, what should you do?

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## **Energy needs and weight loss**

Your body uses food for energy. It stores any excess energy as fat. This means if you eat more food than your body needs for daily activities and cell maintenance, you'll gain weight.

To lose weight, you need to get your body to use up these fat deposits. The most effective way to do this is to:

- ✓ reduce the amount of calories you eat
- ✓ Increase your levels of activity.

This is why experts talk about weight loss in terms of diet and exercise.

## **Introduce changes gradually**

Small changes can make a big difference. One extra biscuit a week can lead you to gain 5lb a year - cut that biscuit out of your diet and you'll lose the same amount.

You're also more likely to stick to, say; swapping full-fat milk for semi-skimmed or making time for breakfast each morning than a diet that sets rules for all foods.

You should think of weight loss in terms of permanently changing your eating habits. While weight-loss goals are usually set in term of weeks, the end game is to sustain these changes over months and years, i.e. lifestyle change for life.

## **Increase your activity levels**

Someone who increases the amount they exercise, but maintains the same diet and calorie intake, will almost certainly lose weight.

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No matter if you hate gyms - even light exercise, such as a short 20 minute walk, will be beneficial if done most days of the week.

Every single time you exercise more than usual, you burn calories and fat.

### **Reduce your calorie intake**

If you're overweight, you can't continue with your current eating habits if you really want to lose weight.

It's not possible to reduce body fat while eating lots of food, cakes and sweets. This doesn't mean you can never have any treats, but you need to learn how to limit these foods to small quantities - say, for special occasions.

In terms of weight-loss, you can get your body to use up existing stores of fat by eating less and making healthier choices.

A good way to achieve this is to cut down on fatty foods and eat more wholegrain bread, fruit and vegetables.

Below are ways to reduce calorie intake without having to alter your diet significantly.

- ✓ Replace fizzy drinks and fruit cordials with water.
- ✓ Swap whole milk for semi-skimmed, or semi-skimmed for skimmed.
- ✓ Eat less lunch than usual. For example, make your own sandwich and limit the use of margarine or butter and full-fat mayonnaise (store-bought sandwiches often contain both).
- ✓ Stop taking sugar in tea and coffee.

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- ✓ Have smaller portions of the food you enjoy.
  - ✓ Avoid having a second helping at dinner.
  - ✓ Cut out unhealthy treats - such as confectionary, sugary biscuits and crisps between meals.
  - ✓ Cut down on alcohol intake.

All these things will influence your health in a positive way.

Finally, don't be tempted to skip breakfast - or any meal to lose weight. While skipping a meal will reduce your calorie intake for that hour, it will leave you much hungrier later on.

Not only are you likely to overeat to compensate, but you'll often make bad choices to fill the gap: a cereal bar is not as healthy as a bowl of cereal or as filling, leading you to 'need' something extra for lunch.

Irregular eating habits also disrupt your body's metabolism, which makes it harder to lose weight in the first place.



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## Healthy dieting and weight loss tip #1: Avoid common pitfalls

Diets, especially fad diets or “quick-fix” pills and plans, often set you up for failure because:

- ✓ You feel deprived. Diets that cut out entire groups of food, such as carbs or fat, are simply impractical, not to mention unhealthy. The key is moderation. Eliminating entire food groups doesn't allow for a healthy, well-rounded diet and creates nutritional imbalances.
- ✓ You lose weight, but can't keep it off. Diets that severely cut calories, restrict certain foods, or rely on ready-made meals might work in the short term. However, once you meet your weight loss goal, you don't have a plan for maintaining your weight and the pounds quickly come back.
- ✓ After your diet, you seem to put on weight more quickly. When you drastically restrict your food intake, your metabolism will temporarily slow down. Once you start eating normally, you'll gain weight until your metabolism bounces back—another reason why starvation or “fasting” diets are counterproductive.
- ✓ You break your diet and feel too discouraged to try again. Just because you gave in to temptation doesn't mean all your hard work goes down the drain. Healthy eating is about the big picture. An occasional splurge won't kill your efforts. Diets that are too restrictive are conducive to cheating—when you feel deprived, it's easy to fall off the wagon.

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- ✓ You lose money faster than you lose weight. Special shakes, meals, and programs may be cost-prohibitive and less practical for long-term weight loss and healthy weight maintenance.
  - ✓ You feel isolated and unable to enjoy social situations revolving around food. Without some practical, healthy diet strategies, you may feel lost when dining out or attending events like cocktail parties or weddings. If the food served isn't on your specific diet plan, what can you do?
  - ✓ The person on the commercial lost 30 lbs. in 2 months—and you haven't. Diet companies make a lot of grandiose promises. Most are simply not realistic. Unfortunately, losing weight is not easy, and anyone who makes it seem that way is doing you a disservice. Don't get discouraged by setting unrealistic goals!

### **Healthy dieting and weight loss tip #2: Put a stop to emotional eating**

We don't always eat simply to satisfy hunger. If we did, no one would be overweight. All too often, we turn to food for comfort and stress relief. When this happens, we frequently pack on pounds.

Don't underestimate the importance of putting a stop to emotional eating. Learning to recognize the emotional triggers that lead you to overeat and respond with healthier choices can make all the difference in your weight loss efforts.

To start, consider how and when you eat. Do you only eat when you are hungry, or do you reach for a snack while watching TV? Do you eat when you're stressed or bored? When you're lonely? To reward yourself?

Once you've identified your emotional eating tendencies, you can work

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towards gradually changing the habits and mental attitudes that have sabotaged your dieting efforts in the past.

### **Healthy dieting and weight loss tip #3: Tune in when you eat**

We live in a fast-paced world where eating has become mindless. We eat on the run, at our desk while we're working, and in front of the TV screen. The result is that we consume much more than we need, often without realizing it or truly enjoying what we're eating.

Counter this tendency by practicing "mindful" eating: pay attention to what you eat, savour each bite, and choose foods that are both nourishing and enjoyable. Mindful eating will help you lose weight and maintain your results.

### **Healthy dieting and weight loss tip #4: Fill up with fruit, veggies, and fibre**

To lose weight, you have to eat fewer calories. But that doesn't necessarily mean you have to eat less food. You can fill up while on a diet, as long as you choose your foods wisely. The key is to add the types of food that can keep you feeling satisfied and full, without packing on the pounds.

### **Healthy dieting and weight loss tip #5: Indulge without overindulging**

If you've ever found yourself polishing off a pint of ice cream or stuffing yourself with cookies or chips after spending a whole day virtuously eating salads, you know how restrictive diet plans usually end.

You probably blame yourself, but the problem isn't your willpower—it's your weight loss strategy. Deprivation diets set you up for failure: you

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starve yourself until you snap, and then you overdo it, cancelling out all your previous efforts.

In order to successfully lose weight and keep it off, you need to learn how to enjoy the foods you love without going overboard. A diet that places all your favourite foods off limits won't work in the long run. Eventually, you'll feel deprived and will cave. And when you do, you probably won't stop at a sensible-sized portion.

### **Healthy dieting and weight loss tip #6: Take charge of your food environment**

Your weight loss efforts will succeed or fail based largely on your food environment. Set yourself up for success by taking charge of your food environment: when you eat, how much you eat, and what foods are available.

- ✓ Start the day with breakfast. People who eat breakfast tend to be thinner than those who don't. Starting your day with a healthy breakfast will jumpstart your metabolism, plus, it will help keep you from binge eating later in the day.
- ✓ Serve yourself smaller portions. One easy way to control portion size is by using small plates, bowls, and cups. This will make your portions appear larger. Don't eat out of large bowls or directly from the food container or package, which makes it difficult to assess how much you've eaten.
- ✓ Plan your meals and snacks ahead of time. You will be more inclined to eat in moderation if you have thought out healthy meals and snacks in advance. You can buy or create your own small portion snacks in plastic bags or containers. Eating on a schedule will also help you avoid eating when you aren't truly

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hungry.

- ✓ Cook your own meals. Cooking meals at home allows you to control both portion size and what goes in to the food. Restaurant and packaged foods generally contain a lot more sodium, fat, and calories than food cooked at home—plus the portions sizes tend to be larger.
- ✓ Don't shop for groceries when you're hungry. Create a shopping list and stick to it. Be especially careful to avoid foods at the ends of the aisles and along the perimeter, where grocers tend to sell high-calorie snack and convenience foods.
- ✓ Out of sight, out of mind. Limit the amount of tempting foods you have at home. If you share a kitchen with non-dieters, store snack foods and other high-calorie indulgences in cabinets or drawers out of your sight.
- ✓ Fast for 14-16 hours a day. Try to eat your last meal earlier in the day and then fast until breakfast the next morning. Early studies suggest that this simple dietary adjustment—eating only when you're most active and giving your digestive system a long break each day—may help you to lose weight. After-dinner snacks tend to be high in fat and calories so are best avoided, anyway



### **Soda: The Secret Diet Saboteur**

Soft drinks (including soda, energy drinks, and coffee drinks) are a huge source of calories in many people's diets. One can of soda contains between 10-12 teaspoons of sugar and around 150 calories, so a few soft drinks can quickly add up to a good portion of your daily calorie intake.

Switching to diet soda isn't the answer either, as studies suggest that it triggers sugar cravings and contributes to weight gain. Instead, try switching to water with lemon, unsweetened iced tea, or carbonated water with a splash of juice.

### **Healthy dieting and weight loss tip #7: Make healthy lifestyle changes**

In addition to your food and eating-related choices, you can also support your weight loss and dieting efforts by making healthy lifestyle choices.

- ✓ Get plenty of sleep. Lack of sleep has been shown to have a direct link to hunger, overeating, and weight gain. Exhaustion also impairs your judgment, which can lead to poor food choices.

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Aim for around 8 hours of quality sleep a night.

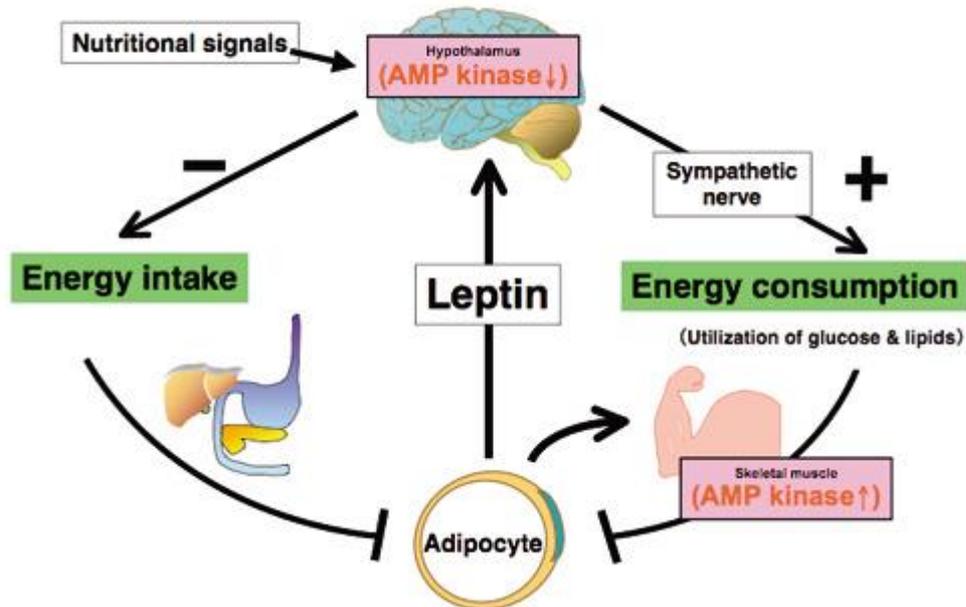
- ✓ Turn off the TV. You actually burn less calories watching television than you do sleeping! If you simply can't miss your favourite shows, get a little workout in while watching. Do easy exercises like squats, sit-ups, jogging in place, or using resistance bands or hand weights?
- ✓ Get plenty of exercise. Exercise is a dieter's best friend. It not only burns calories, but can actually improve your resting metabolism. No time for a long workout? Research shows that three 10-minute spurts of exercise per day are just as good as one 30-minute workout. Take the stairs instead of the elevator or park in the back of the parking lot. Every bit helps.
- ✓ Drink more water. You can easily reduce your daily calorie intake by replacing soda, alcohol, or coffee with water. Thirst can also be confused with hunger, so by drinking water, you may avoid consuming extra calories, plus it will help you break down food more easily.

### **End Note:**

Whether you create your own weight loss program or use a commercial one, make sure it is safe. The program should be directed toward slow, steady weight loss unless your doctor feels your health condition would benefit from more rapid weight loss.

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## Chapter 4: Leptin the Fat Burning Hormone



Why You Need To Know All About Leptin

What is leptin?

- ✓ Leptin is a hormone synthesized and secreted primarily by adipocytes (fat cells).
- ✓ It is present in blood serum in direct proportion to the amount of adipose (fat) tissue and as fat cells become enlarged in obesity, they secrete more leptin means Fat objects have higher levels of leptin than lean objects.
- ✓ This hormone plays a major role in linking the mental and physical aspects of metabolism by signalling different areas of the brain and lessening the effect of emotions or cognition on food intake.
- ✓ Plays a key role in regulating energy intake and energy

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expenditure, communicates with the central nervous system to regulate energy intake and energy stores in the body so that the hypothalamus can efficiently maintain a stable body weight.

### **Normal Function of Leptin:**

- ✓ Normally, when you gain body fat your blood leptin increases and your hypothalamus responds by diminishing your appetite so that you will tend to eat less and spend more energy.
- ✓ Then, when you lose body fat, your blood leptin decreases and your hypothalamus stimulates your appetite so that you tend to eat more and spend less energy.
- ✓ Leptin should ensure that weight gains are followed by losses to maintain your weight.

\*\*\*\*But reality is different in obese people due to "leptin resistance".

### **Leptin Resistance in obese objects (abnormal behavior of leptin in obese):**

Usually, the more body fat you have, the higher the leptin level in your blood.

Most obese people have high levels of leptin, but their body does not respond as expected. (Usually, leptin levels rise to suppress appetite and inhibit fat storage, but this action is not effective in obese due to an insensitivity or resistance to leptin).

Even though blood levels of leptin may be excessively high, brain levels are insufficiently low, resulting in food cravings and weight gain. The brain believes the body is in a famished state and tells it to continue to store fat

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### **Leptin Deficiency:**

Very few obese persons have a leptin deficiency. A genetic deficiency of leptin is extremely rare, but has been identified and related to an error in the gene that codes for leptin.

In the few identified cases, the persons without leptin had no appetite control, were constantly hungry and ate more than their peers. A daily injection of leptin resulted in substantial weight loss.

Obese persons with genetic deficiency can be cured by injecting leptin.

### **Obesity Treatment:**

- ✓ A leptin insensitivity is commonly considered the underlying cause of obesity in humans, predisposing affected individuals to easily gain weight.
- ✓ Therefore, current treatment options are aimed at the physiological effects of leptin on weight loss because leptin helps an individual remain in emotional and cognitive control of their food intake and hunger levels, even on a reduced calorie diet.
- ✓ To naturally boost leptin levels, eat small meals evenly spread out throughout the day and consume adequate amounts of whole grains, fruits, vegetables and other nutritionally valuable foods.
- ✓ Maintaining proper metabolic function is the key to keeping hormones in balance and producing ideal levels of leptin for appetite regulation and weight management.
- ✓ While lifestyle factors are important in controlling leptin levels, to achieve weight loss, individuals may need to turn to leptin-lowering supplements. Scientists have explored the possibility

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that a number of nutritional supplements can reduce levels of this weight-controlling hormone.

- ✓ Melatonin plays a key role in regulating leptin. Both of these hormones work together to regulate body mass and energy balance

### **Leptin-Controlling Lifestyle Factors:**

- ✓ Sufficient sleep is one of the most important factors in controlling leptin. Like melatonin, leptin is secreted in the highest amounts at night, and in human subjects deprived of sleep the timing of the leptin secretion peak occurred earlier, disrupting hormonal profiles and encouraging weight gain.
- ✓ Avoiding sugar and bad fats and instituting a daily exercise regimen also can help to a certain extent. However, research has shown that when engaged in a weight loss program, obese subjects aren't as efficient at reducing leptin levels as normal weight subjects.

### **End Note:**

Leptin is emerging as a hormone that is integral to weight management. Studies suggest that the key to successfully and permanently lowering weight may be lowering levels of this hormone.

A number of natural substances have been highlighted in this article. Melatonin, Carnitine, CLA, and omega-3 fatty acids all seem to play an important role in controlling leptin by restoring leptin sensitivity.

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## Chapter 5: (Fourth Law) Invest In a Good Weight Loss Supplement



### What Are Weight Loss Supplements?

Some foods can be considered as weight loss supplements. But for the purpose of this discussion, a weight loss supplement is any pill, capsule, or tablet that includes herbal or chemical ingredients formulated specifically for the purpose of increasing your metabolism (allowing you to burn more calories) or decreasing your appetite (helping you take in fewer calories). In scientific literature, weight loss supplements are commonly referred to as thermogenic aids.

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## Evolution Of Weight Loss Supplements

In the traditional way of thinking weight loss supplement should play a complementary role to diet and exercise in weight loss efforts. A person who was looking to lose mass is usually advised to enlist the help of a supplement for weight loss, of course, in addition to a diet that contributed to their mass loss goals, and preferably a good exercise regimen.

The combination of diet, exercise and weight loss supplements were in most cases is guaranteed to deliver loss of mass. Then came the age of instant gratification, and this method of weight loss suddenly became unfashionable.

People began to ask, in the spirit of instant gratification and avoidance of effort if it is somehow possible to lose weight by using supplements for weight loss alone. This was to be expected, see; except for the addition of weight loss was the second weight loss tools (diet and exercise) rather “unpleasant” to call as they did, for a significant effort on the part of the person who wants to lose weight.

All this led to a situation where people started looking to lose weight by means of weight loss dietary supplement only. For the most part, most ended up unsuccessful. And this led to frustration, which had the long-term effect of getting people to start questioning the effect of weight loss supplements. In fact, some went on to conclude that weight loss dietary supplements do not work.

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The truth is that a good weight loss supplements, used properly, can help you in three ways in your quest to lose mass. To be sure, there may be a tall order to lose weight using weight loss supplements exclusively.

In fact, many tend to come with a disclaimer precisely this that goes something like, “This supplement works best when used together with diet and exercise.” Yet there are three ways in which a good weight loss supplement can help you in your quest to lose weight.

1) The first way by which the loss of mass additions can help you in your quest to lose weight makes the mass loss more quickly. They call in speeding up the process, and the effect can be with the right additional path loss is quite considerable.

2) The second way by which weight loss supplements can help in the quest to lose weight is by the loss of mass less demanding in terms of effort. This is where you may still need to make dietary changes and exercise if you want to lose weight, but a good weight loss supplement increases the ‘returns’ you get for your investment in the mass loss endeavour.

3) The third way by which a good complement for the loss of mass can help you in your weight loss goal is by keeping you motivated in the

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process. Many people who choose to “live with” their major problems tend to be people who were trying to lose weight and failed. A good mass-loss supplement, by speeding up your weight loss and “increasing returns” on your investments in the quest gives you at least some ‘first results’ to celebrate, and keep you motivated to continue on your mass-loss effort.

Help it become goal that you simply accomplish in the efforts and keep it going. The good thing is that, you DO NOT have to starve yourself when you are dieting. On the contrary, you are required to consume less but usually. But also remember you'll want to lose weight fast, so because you should consume healthy meals.

Eat a lot of fruits and vegetables and harmony the amount of fats, carbohydrates and natural vitamins in your food. Water assists to lose excess weight in addition, consequently use up about 3-4 liters water daily. If you need to shed pounds, exercise is crucial. Don't fall for: you will go hungry and this will aid get rid of all that you extra few pounds, this is certainly unquestionably trash.



## Seven Weight Loss Ingredients That Really Work

With the influx of new weight loss supplements entering into the market, there have been many controversies about the effectiveness and safety of most of them which asks the questions. Which really work and which don't? And are they safe?

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## 1. Hydroxycitrate, Hydroxycitric Acid or HCA

HCA is actually a salt derived from the rind of dried fruit, in particular the Southeast Asian plants brindal berry and Garcinia Cambodia. A traditional Indian folk remedy, HCA has been used to treat joint and stomach problems. It's sold in drug stores and supplement stores as HCA, brindleberry or brindal berry and garcinia, and is the primary ingredient in diet products with names like Citrilite, Citrin, PhyrtriMax, Bio-Max 3000, and Garcinia Trim-Pulse. Research backs the effectiveness of HCA at reducing fat absorption, increasing fat metabolism, inhibiting appetite, and lowering LDL cholesterol.

## 2. Chitosan

Read about the origins of chitosan and it sounds pretty gross. Chitosan is a fiber that comes from chitin, which is the main component in the shells (or exoskeletons, for you scientific types) of insects and crustaceans. Recommended by holistic practitioners to lower cholesterol, chitosan has also been promoted as a type of dietary fiber that may help reduce the absorption of fat.

## 3. Whey protein

Health and sports supplement stores have been touting the benefits of whey protein for years, but mainly for building muscle, which it appears to do. However, whey protein also suppresses appetite, thus helping

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you eat less. Whey protein, which as you can guess is derived from the whey of milk, is an easily digestible form of protein. It contains high levels of the amino acid cysteine. And having more muscle helps with weight loss too.

#### **4. Beta Glucan**

A concentrated soluble fiber derived from yeasts, mushrooms, and algae, beta-glucans come in many forms but all have the effect of lowering cholesterol with the additional benefits of weight loss and helping control diabetes.

#### **5. Conjugated Linoleic Acid or CLA**

Omega 3 fatty acids and healthy fats are beneficial for all sorts of things, from brain health to heart health. But one of them, CLA, seems to aid in weight loss as well (in addition to having anticancer benefits). CLA is found primarily in beef and dairy products, so if you're vegetarian or vegan, you likely aren't getting enough. CLA-enriched dairy products are in the works, but right now you have to take a supplement, most of which are derived from safflower oil. CLA is one of the more popular health food supplements for reduction of body fat, though the evidence is mixed. Animal studies have shown it to be effective, but human studies have been mixed.

#### **6. Glucomannan**

Derived from an Asian plant called Konjac, glucomannan is a fiber

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considered extremely effective for diabetes and blood sugar control, with the additional properties of weight loss. Glucomannan has traditionally been an important food source—whether fried, baked, or as a candy. The fiber helps absorb water in the digestive tract, reducing cholesterol and carbohydrate absorption, and research supports its role as an obesity treatment. Glucomannan is also traditionally used as a gel to be applied to the skin.

## **7. Mango Seed Fibre**

Fibre from the seeds of the African mango tree is a traditional African weight loss remedy that's finding new popularity either alone or combined with other dietary supplements. It's most commonly used in Africa as a natural antibiotic and pain reliever. It's currently being studied for weight loss, diabetes and cholesterol reduction.

## **Are Cheap Weight Loss Supplements Safe and Effective?**

It is indeed difficult to lose weight especially if you don't know where to begin your journey. Oftentimes, we are told that diet and exercise are important to achieve a healthy weight. You may need to sacrifice and give up some of your favourite but unhealthy food choices. You may need to devote some time for a regular workout. All of these are the lifestyle changes that need to be done in order to lose weight.

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It doesn't just require your physical body, but you must also be emotionally ready for this journey.

When you notice little or no changes from your weight loss regimen, sometimes a weight loss aid may be applicable. However, with the several weight loss supplements, even beginning to choose a safe and effective weight loss supplement, you will need to consider the product's efficacy, potential health risks and its affordability.

## **Top Criteria for A Good Buy**

### **1. Product's efficacy**

It is important to gauge how well a product performs so that you would know you are making a wise investment. You may look up consumer reviews and feedbacks. This will give you an idea what to expect from the product. The more it works for other people, the higher chances you have that it may work for you too. Of course, you need to consider that supplements react differently to various people.

### **2. Safety of the product**

You need to check if it's approved by the FDA, if it had a history of being banned, and if it had cases of serious side effects. Some supplements may not undergo the approval of FDA but have passed quality and sensitivity tests and followed strict laboratory guidelines to ensure that they were manufactured in a safe environment. Clinical

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tests can also give you an idea about a product's safety. You don't want to jeopardize your overall health over your desire to lose weight. Having both is possible if you choose a good product.

### **3. Price**

Just so you know, the price tag should not be the ultimate basis for a product's efficacy because there are supplements that are very expensive but are ineffective. There are also products that are cheap but perform like a high-grade supplement. This should tell us that there are cheap products which are safe and effective. The best thing a dieter can do is to choose an effective product that is just right for its price. A safe and effective weight loss supplement should give you the best value for the amount you spent for it.

It's true that looking for a safe and effective weight loss supplement is difficult. However, if you have a general idea what a good product is, you make the search easier and faster.

### **End Note**

While the promise of the synthetic compound sounds alluring, the best way of losing weight hasn't changed: It's still diet and exercise. The weight loss supplements performance is very poor when they aren't paired with exercise. The combination of diet, exercise and weight loss supplements, in most cases is guaranteed to deliver weight loss.

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## Chapter 7: How It All Comes Together

So now we have gone through bits of the whole weight loss process in the different chapters above, now I am going to explain how it all comes together. You want to lose weight right?

Ok first up you have to reprogram your mind into believing you can lose weight and look fabulous, although it won't be easy because your conscious mind is used to challenging and opposing everything you throw at it. But on the other hand the subconscious mind does not.

Have you ever wondered why you get things you never really wanted or things just happened which you didn't really want, yes although you didn't consciously but your subconscious mind picked it up anyways and acted on it. So now you need to let your mind know both consciously and subconsciously that you want to lose weight.

A simple affirmation like, "I am now going to lose weight or I now intend to lose weight by the end of the month will do". This type of verbal statements have an element of truth unlike saying "I will lose weight by the end of the month" which is not really true because you do not know for sure if you will, so your conscious mind would simply ignore it, although your subconscious mind will pick it up and act on it but it won't be as powerful as when both your conscious and subconscious mind picks it up, also your conscious mind can work tirelessly to discourage your subconscious mind not to act on it.

This book is not about programming your mind to achieve goals so I suggest you look up a good book on that, at the end of the book there is a recommended resources page where I list good books you can invest

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in.

Now once your mind set is programmed, then it begins to look for the fastest and best way to help you achieve your weight loss goals. Ideally you should know that exercising is one of the crucial things you have to consider as it helps burn calories which could have been stored and converted to fat. So choosing a suitable and convenient exercise routine is a must.

Now since you know burning calories is very essential then there really is no reason to add more calories and fat to the existing one you are trying to get rid of. So this leads us to the idea of adjusting your present diet to suit your weight loss goals, so less high calorie food, more protein etc...Well, I am not a nutritionist so it's best you look that up.

Also keep in mind that Leptin is a fat burning hormone which you should pay close attention to, it's a crucial element that can make or break your weight loss objective. I have given you enough information in the leptin chapter to help you; you should also seek medical opinion or guidance on that.

Lastly you should consider investing in a good weight loss supplement, most supplements are good but what the manufacturers do not tell you is that, taking weight loss pills alone won't do the trick; they are supposed to be part of your overall weight loss plan. Sure they wouldn't tell you this because they will rather you come back for more and more to make them richer, well after all they are in business to make money and satisfy their shareholders can you blame them.

So they are various types of supplement forms you need to know about to help you make good decisions.

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**Fat Burners**, like the name implies simply is a supplement that contains ingredients that helps you burn fat

**Appetite Suppressant**, this is formulated to help you reduce your food cravings

**Carb Blocker**, just a supplement to help reduce the amount of carbohydrates digested, although am not entirely sure if it actually blocks all carbohydrates you eat.

There are other forms like weight loss tea and herbal patches, but the above mentioned types are the most common and effective ones.

## **Conclusion**

For you to lose weight you have to combine all this elements together right from your mind set down to the supplements you would be using, it's a process right from the start when you program your mind which then focuses on the ways to help you achieve your objectives like your exercise routine, your diet and so on.

So the reason why your mind must be programmed is because we tend to get bored and tired easily when our minds are not set on what we are doing presently, so if your mind is not set on losing weight then you get bored and frustrated half way with your plans and end up dumping it

So it starts with your mind, you can achieve whatever you desire.

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Personal Message from Jan Watson:

I hope you find this guide or ebook useful and that it helps you to lose weight!

Feel free to share this ebook with anyone who might be interested.

For more tips visit my website:

[www.slimmerbetteryou.com](http://www.slimmerbetteryou.com)