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The Painful Truth About Weight Loss and Diet by Lisa Beverley

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Okay, let him. Who among us does not know how to lose weight really? It's not as if it were that much a mystery. Are you tired of people saying, "You should lose weight. You feel much better about yourself." Nonsense. Why should I watch how they affect how we feel about ourselves? In fact, I believe these well-intentioned statements help set us up for diet failure.

We would all like to lose weight fast and burn fat easily, but let's face it ... the diet is hard work. You may bleed more sweat and tears in their diet then work. Have you ever stopped to think ... How fast do I have this weight? Believe me, you do not just gain 10 pounds in a week so how can you expect to lose a lot in that short amount of time. In my own battle of the bulge in recent years, I feel that what led to repeated failures to me was to set these unrealistic goals.

Also, I think you need to start in the state of mind that you are doing this by yourself, because you love yourself and you're worth. Not an idea that once you lose all that weight and weight loss that suddenly you will feel better about yourself. It is not true. In fact, in my case, after losing 100 pounds and make the target size 6, I was sadder than ever. I still had not solved the problem of love and accept myself. Once done you will have a better chance to succeed in the diet.

The other mistake that the diet is that you say or believe that we have to deprive ourselves of foods you love to succeed. We're up for failure if we do this. Our lives are full of multiple stressors such as work, raise a family, paying bills, and not only have enough time to do the things we love. Why do foods have a power over us? Because it is instant gratification and one thing we can expect that we will have time for. Yes, reading a good book, working on a craft project, or watching a movie would be good too, but who has time. It only takes 10 minutes to eat a food you really enjoy and satisfy us.

So say to yourself, thinking they can not have what is wrong. What we need is to control portions. Do you really need a whole piece of cake only half of it? Do not count calories, do not lose the crabs, and not to cut the fat. Fast food has become a phenomenon because it is fast and takes very little time, and tasty. What makes it taste so good? I'll tell you .... FAT. So completely cutting fat from your diet out the flavor and therefore decreases the pleasure of a lot of us have in life to eat. Now the problem with fast food is that it uses too much fat. Yet to be fully aware of the amount of fat usage, but foods that you eat should follow the good taste. Research has shown that even low fat foods because the taste greasy, trick the body to store as fat. So in the end you're not winning. So keep enjoying your meal, but work on the appearance of food. If you want more chocolate cake then maybe cutting the amount of potatoes or bread to eat that day, but by all means, have the chocolate cake. Count each new day as a starting point, no matter how many times you have failed. Keep trying until you get it right.

Back to set realistic goals. Exercise is important. Helps with heart health and circulation and get rid of toxins from your system. Again, it is necessary to set realistic goals. If you have not exercised in 6 months or a year, and then set a goal to work for 5 minutes a day. Now we ... Who among us could not find five minutes to move your body? Doing that for a week and then increase to 10 minutes of the second week. Repeat the process until 20 or 30 minutes a day. You do not need to do more than this to have a healthier body. I know in my busy work schedule of an hour was too precious to sacrifice, but more realistically 30 minutes.

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Lisa Beverley - About Author:
Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss including remedies, a health and fitness and a nutrition, slimming, weight loss products, bodybuilding supplements and diet tips.

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