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24 amazing ways to
lose weight in 3 months

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Rapid Weight Loss Techniques

Other than physical appearance weight affects a person in many ways. This could be the overall quality of life, self-esteem, depression, health risks, and physical incapacibilities. There are a lot of positive changes once a person experience weight loss. It is for this reason why a lot of people are searching for a weight loss technique that will surely trim down those fats and get a super slim head turner body.

The first thing that an over-weight should do is seek a doctor to recommend the best weight loss regimen. This will be done after a full physical examination, which leads to the determination of proper weight loss technique. And to lose weight fast and effectively four aspects of life should be changed: what to eat, how to eat, behavior and activity level.

Here are fast tips that can change an over-weight's life:

First: Fast weight loss composes of a multi-faceted technique that consists mindset, exercise, and in other cases, diet supplements. Begin by learning a diet food plan that can easily be accustomed with. Incorporate an exercise plan that allows even at least fifteen minutes a day like brisk walking, running, swimming, and dancing.

Second: Set realistic approaches. The ability to focus and have proper mindset enables someone on a diet to quickly lose those extra pounds. With discipline and proper mind set, a dieter will never be discouraged and lose focus.

Third: Listen as the body speaks. Each and everyone's body metabolism reacts differently to different fast weight loss programs and plans. Try substituting one program for another to compensate the body's reaction. Exercise program must be suitable to one's body, as others are not able to exercise as rigorously as others can. If walking is all that can be done, then walk for this is proven the best exercise. Muscles burn more calories than fats so it's also best to put on a little muscle and looking good too.

Fourth: Eat more fibers for it makes a person full sooner and stays in the tummy longer, slowing down the rate of digestion. A single serving of whole grain bread moves fat through the digestive

system faster. Grains turn into blood sugar that spikes the body's insulin level. Thus, making the body more energized and ready to tell the body when it should stop burning fats or start storing.

Fifth: Keep away from fried foods especially deep-fried as this contains a great amount of fat.

Although fish and chicken appear leaner than beef, this white meat can contain more fat than when a beef is fried. It is recommended for those on strict diet to opt for grilled food as this does not have or contain less amount of fat after the food is cooked.

Sixth: Takes lots of fluid. Drinking at least six to eight glasses of water a day keeps the body refreshed. Since weight loss depends on how the body eliminates body wastes, the body must stay hydrated.

All in all, discipline and consistency is still the best practice and the key to a rapid weight loss success. Light dieting, workout, and right amount of supplementation applied in a regular way everyday will result in faster weight loss than having a massive action only to be followed a return to old habits as this would only lead to gaining more weight than when the weight loss plan has started.

Free Weight Loss programs

The race to fitness is on and a lot of people are getting into the band wagon. Some people do it to achieve a sexy body, some people just do it because they are embarrassed with the body they have now, while others do it simply to remain fit and healthy. As such, many fitness programs are out in the internet, in gyms, spas and fitness centers all over. Some are too expensive to afford that one may even lose weight just by trying to work out the money needed to pursue these fitness programs.

One may not have to go to the gym or the spa or any fitness center and spend much just to slim down to obtain that longed for sexy body. There are many books available in the bookstore which offer weight loss programs which are convenient and for free, of course the books are not though. These weight loss programs, or diet plans are gaining immense popularity with so much publicity, testimonials and reviews that one may be confused which exactly to follow. So before choosing which weight loss plan to follow, try reading these summaries about the most popular diet programs out today.

Atkins' New Diet Revolution by Dr. Atkins. This weight loss program encourages high protein diet and a trim down on the carbs. One can feast on vegetables and meat but should fast on bread and pasta. One is also not restricted against fat intake so it is okay to pour in the salad dressing and freely spread on the butter. However, after the diet, one may find himself lacking on fiber and calcium yet high in fat. Intake of grains and fruits are also limited.

Carbohydrate Addict's Diet by Drs. Heller. This diet plan advocates low carbohydrate eating. Approves on eating meats, vegetables and fruits, dairy and grain products. however, warns against taking in too much carb. "Reward" meal can be too high on fats and saturated fats.

Choose to Lose by Dr. Goor. Restrains fat intake. One is given a "fat" budget and he is given the liberty on how to spend it. It does not pressure the individual to watch his carbohydrate intake. Eating meat and poultry as well as low-fat dairy and seafoods is okay. A go signal is also given on eating vegetables, fruits, cereals, bread and pasta. This weight loss plan is fairly healthy, good amounts of fruits and vegetables as well as saturated fats. Watch triglyceride levels though; if high, trim down the carbohydrates and tuck in more of the unsaturated fats.

The DASH Diet. Advocates moderate amounts of fat and protein intake and high on carbs. Primarily designed to lower blood pressure, the diet plan follows the pyramid food guide and encourages high intake of whole wheat grains as well as fruits and vegetables and low-fat dairy. Some dieters think it advocates too much eating to procure significant weight loss.

Eat More, Weigh Less by Dr. Ornish. Primarily vegetarian fare and strictly low-fat. Gives the go signal on the "glow" foods but warns to watch it on non-fat dairy and egg whites. This diet is poor in calcium and restricts consumption of healthy foods like seafoods and lean poultry.

Eat Right for Your Type. Interesting because it is based on the person's blood type. recommends plenty of meat for people with the blood type O. Diet plans for some blood types are nutritionally imbalanced and too low in calories. And for the record, there is even no proof that blood type affects dietary needs.

The Pritkin Principle. Focused on trimming the calorie density in eating by suggesting watery foods that make one feel full. Eating vegetables, fruits, oatmeal, pasta, soups, salads and low-fat dairy is okay. Although limits protein sources to lean meat, seafood and poultry. Although it is healthy by providing low amounts of saturated fats and rich amounts of vegetables and fruits, it is also low on calcium and limits lean protein sources.

Volumetrics. For low-density calorie eating. Recommends the same foodstuff as Pritkin but restricts fatty or dry foods like popcorn, pretzels and crackers. This plan is reasonably healthy given the high amounts of fruits and vegetables as well as being low in calorie density and saturated fats.

The Zone. Moderately low on the carbs yet moderately high on the proteins. Encourages low-fat protein foods like fish and chicken plus veggies, fruits and grains. It is also healthy but lacking in grains and calcium.

Weight Watchers. High carbohydrates, moderate on fats and proteins. A very healthy diet plan and very flexible too. it allows the dieter to plan his own meal rather than give him a set to follow.

Losing Weight the Healthy Way

Almost 108 million Americans were overweight or obese in 1999. Until now, obesity continues to be a serious problem and is predicted to reach epidemic levels by the year 2020.

One way to prevent this scenario is to make people aware of the risks of being overweight or obese.

Here are some diseases that you are putting yourself in risk of if you are carrying a lot of extra pounds:

1. heart disease
2. stroke
3. diabetes
4. cancer
5. arthritis
6. hypertension

Losing weight helps to prevent and control these diseases.

The quick weight loss methods which have spread like fire these days do not provide lasting results. More often than not, dieting methods which involve dietary drinks, foods and supplement or pills do not work. If they do, the results are just temporary.

It is better to rely on a healthy weight loss option which will provide lifetime results. You have to set realistic goals and not expect to lose a lot of pounds in a short span of time.

Here are some tips on how you can lose those unwanted pounds the healthy way:

1. Do not starve your self.

The key to a healthier way of losing weight is: Do not diet.

You may seem happy and feel that you are losing those unwanted flabs on your belly and thighs by skipping meals. But remember that this would not last long. Your body cannot tolerate having insufficient food to fuel the energy that you use up everyday.

If you get used to skipping one or two meals a day, your stored calories will be used up instead of the energy that should have been provided by your meals. So if you just eat one huge sandwich in one day, it will end up straight to your problem area (i.e. highs, buttocks, hips).

2. Start your day right.

Mothers always say that breakfast is the most important meal of the day. Have a healthy meal in the morning to jump-start your metabolism.

Your food intake after you wake up will be used to burn fat all day long.

3. Eat small, healthy meals frequently.

Five small-serving snacks per day is better than three hearty meals. Eating more frequently, and in small servings, can prevent over-eating. This will also increase your metabolism and make calories burn faster.

4. Decide on how much weight you want to lose.

Keep your goals realistic. In the long run, it is virtually impossible for you to lose 40 pounds in 2 weeks. Have a mindset that you want to eat healthy to stay healthy for the rest of your life.

Once you have decided on a weight loss plan or program, stick to it and make sure that you follow your own set of dieting rules.

5. Drink lots of water.

Your body needs sufficient water to burn fat and keep your cells hydrated and healthy.

6. Avoid too much sugar.

Plan your meals around lots of fruits and vegetables, some bread, rice or pasta for that carbo fix that you need, plus lean meat and protein rich-foods. Sweets, sodas and pastries should be once-in-a-while indulgences only.

7. Watch your fat intake.

Fat is not the culprit to being overweight. You need this to keep your weight at the proper level.

There is such a thing as healthy fats. Olive, peanuts and canola oil have them. Tuna, salmon and mackerel have omega-3 fats which is good for the heart.

8. Exercise.

Leave your car if you are only going a few blocks from home, take the stairs instead of the elevator, jog, cycle or skate. Use these activities and other home chores if you are too lazy to go to the gym and take exercise classes. Make sure that you do this regularly and you will not even notice that you are already shedding pounds with these mundane activities.

It does not matter how much weight you plan or need to lose. What is important is that you set realistic goals for yourself.

Go slow. If you have already lost 5 or 6 pounds, give yourself a break then try to lose the next 5 pounds.

Eat healthy, drink lots of water, have enough sleep and exercise. This will give you a higher chance of losing weight and improving your health, which would result to a new, healthier you.

Losing Weight? - Go Herbal

These days, there is a great need for overweight Americans to lose those excess pounds. Being healthy would not only lead them to have a healthier lifestyle but it will also literally lighten their load, and improve their overall well-being.

There is a long list of dieting options available. There are exercise programs, exercise machines, dietary supplements, dietary food and drinks, diet pills - there are even soaps which claim to help you lose pounds while you bathe.

One other available option to shed off those unwanted pounds is to go herbal.

Herbal weight loss products have been in great demand for people who want to lose weight the natural way. However, when you take herbal supplements to lose weight, you would have to wait for a longer time for the results because of the more subtle effects of medicines which came from plants and natural herbs.

Here are some herbal weight loss options that you might want to consider:

1. Herbal weight loss products

There are a lot of herbal weight loss products available in the market now. You can check out the Internet and you will find a lot of herbal weight loss pills and products.

Be careful, however, as there are some products which claim to be safe and natural because they are herbal, but some actually have side effects because of non-extensive research on the effects of these products.

Here are some ingredients and chemicals which make up some herbal weight loss products that you should watch out for, as they might have harmful effects to your health:

> Senna. This is an herbal laxative. Senna is a main ingredient in weight loss teas, and it works by stimulation the colon. The downside effect of this herb is dehydration. It can also lead to colon problems and can become addictive. Some people, when addicted, are unable to perform bowel movements without it, so watch out.

> Chromium picolinate. This is a synthetic compound found in herbal weight loss products.

Chromium is a nutrient which helps regulate blood-sugar level. However, this ingredient, when taken in high doses, may cause damage in the chromosomes. It can also lead to dehydration.

> St. John's wort. This supplement increases the production of a chemical in the brain. If not used properly, it may cause eye and skin sensitivity, mild gastrointestinal distress, fatigue and itching.

Although a lot of herbal products claim to be safe and natural, it is better to scrutinize the ingredients and research about the effects of the product itself before going for these herbal dietary pills.

2. Organic food.

In Wichita, Kansas, organic food has found its way to more homes and restaurants. Organic food devotees believe that consuming organic goodies help their bodies as well as the environment.

A person who buys organically raised eggs and vegetables claim to be healthier, and they are not spending money on doctors and prescriptions as these keep them healthier and away from the hospital. This could also be an option for weight watchers, as organic food is known to be kinder to your weight than chemically-processed food products.

3. Green Tea.

Studies show that intake of green tea, or green tea extracts burns extra calories. Also, green tea with caffeine can increase fat burning by up to 40% thereby reducing fat.

This is one good option for those who want to lose weight. In a study done, people who took green tea were found to lose 2 to 3 times more weight than those who did not drink green tea.

These results show that green tea is a natural product for the treatment of obesity. Thus, it also makes for a healthier dietary option, not to mention the good effects that it has on the body as compared to caffeine. A cup of tea gives an immediate energy lift without the side effects of caffeine.

3. Caffeine.

Coffee provides an energy boost to increase fat burning. Caffeine also provides a likelihood to be active, which in turn increases your rate of calorie burn.

4. Immortality Herb

This herb, whose scientific name is *Gymnostemna Pentaphyllum*, is known to have the following benefits:

- > increases healthy blood flow
- > reduces artery blocks
- > aids healthy blood pressure
- > increases the rate of fat burning

5. Apple Cider Vinegar

There are pills and food supplements whose main ingredient is apple cider vinegar. Here are the benefits of taking this herbal option:

- > weight loss
- > improved cholesterol level
- > improved high blood pressure
- > helps prevent rheumatoid arthritis

Hypnosis Weight Loss: Some Ways to Stop the Weighting

Controlling your weight and avoiding weight gain as you get older are important ways to prevent a host of weight-related health problems.

Indeed, if you are more than 20 pounds over your ideal weight, you are at greater risk for a rogues' gallery of potentially deadly conditions, including diabetes, high blood pressure, coronary heart disease, endometrial cancer, obstructive sleep apnea, and breast cancer.

What's more, most people who are overweight tend to avoid exercise, and that avoidance just adds to the toll paid for extra pounds.

If you have a sedentary lifestyle and are overweight, you are at a higher risk of cardiovascular disease and other health problems. And, if you already have a medical condition such as high cholesterol, being overweight puts you at higher risk for complications.

The good news is that even modest amounts of weight loss can improve your health significantly. Loss of 10% of body weight can reduce blood pressure, high cholesterol, triglyceride, and high blood sugar levels.

Today, there are many procedures that can contribute and help people loss weight effectively. One of the known procedure in losing weight is through hypnosis.

However, many misconceptions have come up with regards to the application of hypnosis in losing weight. And because it does not involve drugs or any kinds of medications and surgery, many people tend to think that losing weight through hypnosis seems to be one of the safest weight loss program.

To know more about hypnosis and its effects on losing weight, here is a list of some facts that will give you an insight about what it can do to your body weight.

1. Hypnosis can be an imminently risky if not done properly and not utilize by people who are highly trained with the real concept of hypnosis.

Even if many people tend to think that hypnosis will not pose imminent danger to their health, still, it is important to know that the person who will do the procedure is skilled enough and that he or she knows what factors to consider before doing the procedures.

2. Hypnosis alone cannot eliminate excess fat from the body and, therefore, make somebody lose weight.

Most health experts contend that hypnosis should only be a part of a whole assimilated process. It should never be used as the sole weight loss procedure.

Moreover, one session of hypnosis will only have very minimal results on an individual's weight. When losing weight, hypnosis matched with psychotherapy will be more effective than hypnosis alone. This is because hypnosis is only a state of deeply relaxing the mind, in which one can still be in control of his or her own body.

3. Hypnosis is one way of getting into the subliminal state of a person. When a person is on the "hypnotic stage," the body is more responsive to suggestibility because of its intensified state of concentration.

However, this does not necessarily mean that through hypnosis, one can already "reprogram" the mind of an individual.

In reality, hypnosis can only run the range from trouble-free relaxation condition to proper initiation managed by a professional hypnotists. Hence, it should not be considered paranormal and magical in its upshots.

Boiled down, people should be more aware that hypnosis is not a sole effective process in losing weight. It is more of a facilitator of various treatment techniques.

Therefore, it should be combined with other weight loss management program to be effective in making people lose excess weight. In this manner, people will be able to lose more weight with a more relaxed and refreshed state of mind.

As they say, a healthy mind is a healthy body.

Dangers of Using Laxatives For Weight Loss

One popular weight loss supplements available in the market today take the form of tea. Stores all over sell slimming tea, dieter's tea and others but all of them are actually the same. They may appear to be effective, but what is not seen may actually harm you.

One of the effects of drinking dieter's tea is frequent bowel movement. This gives people the feeling of body cleansing. These people may get toxins out of their body but it isn't exactly the only thing that slimming tea actually does to the body. Slimming tea contains herbs which are natural laxatives. These include aloe, senna, rhubarb root, cascara, buckthorn and castor oil. These are products which are derived from plants and are used since the ancient times because of their potency in treating constipation and to inducing bowel movement.

Cascara, castor oil and senna are substances which are recognized as laxatives available over the counter and are also regulated as drugs. Scientific studies show that diarrhea induced by laxatives does not absorb significant amounts of calories taken in the body.

The reason for this is that laxatives do not act on the small intestines where most of the calories are absorbed. Instead, they work on the large intestines. If taken in large amounts for prolonged periods, it can affect fat absorption of the body. This may lead to greasy diarrhea and loss of weight. Abuse of laxatives is common practice among people who suffer from bulimia and anorexia nervosa.

While weight loss can be guaranteed by overdosing on laxatives, it may also cause permanent damage to the gastrointestinal tract and the weakening and softening of the bones, a condition known as osteomalacia. Drinkers of slimming teas may actually patronize the product because they are less expensive and taste better than other laxatives sold in the market. Other people, such as those with eating disorders like bulimia and anorexia nervosa drink dieter's tea because they work fast and produce watery stool and having loose consistency.

Women may even be more susceptible to the effects of slimming teas. Although they may are not known to interfere directly with the woman's menstrual cycle and fertility, they should watch out if

drinking them causes them to rapidly shed off weight. It is also not safe for pregnant women to be taking in laxatives of any kind. Wise and responsible herbalists also discourage the use of senna and other herbal products with laxative properties for pregnant women and women who are trying to conceive.

One should be wary about these findings because the labeling of slimming teas in the market today can be absolutely misleading. For instance, they commonly refer to the laxative qualities as "natural bowel cleansing properties" and not specifically use the word "laxative". Some even use the term "low-calorie" on their labelling. These products in fact, contain essentially no calories nor nutrients whatsoever; unless of course, if they are sweetened.

Adverse effects of misusing laxatives in the form of slimming tea generally occur when taken in more than or longer than recommended. These include nausea, stomach cramps, vomiting, diarrhea, fainting, rectal bleeding, electrolyte disorder and dehydration as well as injury and worse, death. It was also reported that excess use of stimulant laxatives cause severe constipation and pain for long periods (as much as for decades) due to the colon losing its function. It eventually led to surgery removing the colon altogether.

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