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# Table Of Contents

Foreword

Chapter 1:

*Getting Started with a Diet*

Chapter 2:

*Low Carb (No Carb) Diets*

Chapter 3:

*Women's Health Look Good Naked Diet*

Chapter 4:

*Prevention System's Flat Belly Diet*

Chapter 5:

*Weight Watchers International's Pro  
Points Diet*

Chapter 6:

*Mike Geary's Truth about Abs Diet*

Chapter 7:

*HCG Diet*

Chapter 8:

*Diet Supplements for Weight Loss*

Chapter 9:

*Diets that Provide Food Supplements*

Wrapping Up

# Foreword

The whole world is going the diet way today. Either people are already on some or the other diet or are planning one. There are many reasons for this popularity of diets. Firstly, there is a definite paucity of nutritional content in the routine diet that we consume today. This is caused due to our hectic lifestyles which cause us to falter on our mealtimes and makes us resort to junk foods. Also, there is the fact that the food quality itself has degenerated due to the use of synthetic fertilizers, pesticides and other chemicals. But, most importantly, there is a gross ignorance about nutrition. Most people just do not know what it means to eat well.

Thus, there are a lot of reasons why our food quality has gone abysmally down. And, there is no respite in sight. We are not going to become regular with our mealtimes—our lifestyle has changed too drastically to go back now—and we are not going to see fruits and vegetables of impeccable qualities like they were obtained previously.

That is the reason people are resorting to some or the other dietary pattern. They may do this because they want to keep their weight in check, or they want to get adequate amounts of a particular nutrient or simply because they believe in the diet and know that it will benefit their bodies more than their routine meals.

This eBook is written with a specific purpose in mind. We are all for diets, but at the same time, we are aware that people need to be educated about them. Not all diets are the same. They are all different in principle. One diet cannot do what the other can do. For this reason, one person may find a particular diet more suitable to them than others. That is why, when you are choosing a diet for your own

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body, you have to be very careful. Diets are not bad, at least they aren't so usually. They can be misused if the person consuming the diet is ignorant about how the diet can benefit them. If people do not know the concept behind a particular diet, it is not going to be of any avail to them.

This situation is much more poignant in the 21<sup>st</sup> Century. Today, there are so many diets floating around and a lot of people are considering them seriously. The diet industry has increased by leaps and bounds. The medical fraternity, the nutritionists and the assorted fitness professionals have started recommending them. Diets are a mainstay of the guidance that is given out in gyms. People are looking to diets as an important part of their lifestyle.

As such, it becomes very important to know what these diets can do for our body. Though there is proliferation in the market of so many different kinds of diets, at the same time, it is leading to the confusion as well. Due to that, a lot of people are not able to unleash the best potential of these diets on themselves.

That is why this eBook has taken it upon itself to educate you on the different kinds of diets that are popular today and how they can benefit you.

We have handpicked 8 different kinds of diets that you can use. These are the recommendations from most health and nutrition professionals today. Chances are that you have already read about these diets and are actually considering them already.

We have taken these diets and given each of them a brief description, pertaining to what you need to know about them. You will find out what principles these diets are based on, how the companies that

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have developed these diets support their customers and what benefits these diets can offer. Most importantly, you are going to see a comparison between the different types of diets as these chapters unfold and you will find out which of these could be the most appropriate for your needs.

It is an undeniable fact that we need diets to supplement our lifestyles today. We need the added nourishment and that is not available from most of the foods that we are consuming right now. Our unhealthy food habits aren't helping us much either. That is the reason why we need to plan out a good dietary program. This eBook is going to be your starting reference point as to which diet you should consider. However, always remember to consult your doctor about what you intend to start. The information in these pages is just that—information—but if you are planning a healthy eating pattern that suits *your* body specifically, then it will be your doctor who will be able to help you the best.

So, read about the diets, and zero in on the one you like the most. Then visit your health counselor and ask them whether that diet is appropriate for your body. Do not start any diet without first doing adequate research on it and finding out exactly what it is about. Read enough reviews and see what the general consensus is about the diet.

***The Most Important Guide On Dieting And Nutrition For The  
21st Century***

***Reviews Of The Most Popular Dieting Techniques And Nutrition  
Guides - Past, Present And Future!***

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# Chapter 1:

## *Getting Started with a Diet*

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### Synopsis

Diets are all around us today, and we need them. Our routine meals aren't doing for our bodies what they should. We aren't getting the nourishment from the foods that we consume most of the time, and the busy lifestyles that we lead aren't helping matters in any way.

That's the reason why people's reliance on dietary programs has increased to such an extent. It is medically recommended in most cases to have a dietary program that can supplement our various needs.

But, can we start out with a dietary program just like that? No, there are some things that we have to consider. This chapter is about getting started with a diet.



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## **Getting Started with a Diet**

When you have decided that you need a diet to supplement your body's nutritional requirements, you are not very much mistaken. It is true that today we are not living as healthily as we used to before.

Our foods have become more synthetic—the environment itself has become synthetic—and our lifestyles have gone too far away from the order of nature to be called as healthy. We are too consumed with our materialistic responsibilities to realize our body's physical demands any more.

So, looking for a diet is a good idea. But, if you have already started looking for diets, you might have understood that the whole activity is not as easy as you think.

You are not going to find a single diet that is perfect in all respects that you can use for yourself without any further ado. That is not going to happen. At the same time, you will see that there are hundreds of different diets out there. There are the very expensive ones and there are the very cheap ones.

There are some diets that will treat you to gourmet delicacies even when you are dieting and there are others that believe in the old system of making the body starve. One diet will keep away one particular nutrient, while another will keep away another nutrient, while a third diet will not have any restrictions whatsoever.

Confused already?

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If you are, it is not your fault at all. With the hundreds of diets out there, all of them with amazing promotional strategies and most of them with some great user reviews as well, it is understandable that you might find it difficult to find a diet that meets with your requirements.

In short, when you are looking for a diet, you need to check out the following things.

1. When a particular diet excites you, the first thing you should see is the concept behind the diet. Why does the diet work? What principle is it based on? What nutrients will it provide, and what will it restrict, if at all? These are the things that you have to look for. Your choice of diet should always depend on the theory behind its working.
2. Your next step will be to get as much information as you can about the diet. Visit the website first and see what they are telling. If you have any questions, you should contact them and find out more. Most of the reputed diets out there also give out eBooks that describe the diet in detail. You could order these eBooks, and actually you should do that because that gives you a perfect idea of what the diet is about.
3. Read the reviews on the diet. See how it has affected people who have used it already. Make sure to read a lot of reviews and read them on reputed websites so that you are certain you are not reading glowing reviews that have been planted by the company itself.
4. See if there are any drawbacks about the diet. Is there any reason why your body won't adjust with the diet well? Are there

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any special things to keep in mind? If you are skeptical about anything, make it a point to ask someone reputable.

5. What kind of support does the company provide? You should not be left in the lurch once the diet has started. This is very important. When dieting, you have to work closely with the people who have designed the diet, especially when it is something like Jenny Craig's program which delivers healthy meals to your doorstep for a fixed number of days.
6. Even if you feel everything is perfect, do not start out the diet without first seeking counsel from your doctor. Tell them about the diet and ask them whether it is safe for you to go ahead with it.

These are the basic points you should remember when planning a diet. Make sure you have covered all of them before going ahead.



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# Chapter 2:

## *Low Carb (No Carb) Diets*

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### Synopsis

Carbohydrates have often been singled out as the single largest cause of various physiological problems. These nutrients, though they are the primary sources of energy for the body, are also responsible for adding to the sugar content in the blood.

Most carbohydrates get readily converted into sugars and stay in the body till they are used. If the person does not exercise well, then these sugars can remain in the blood and cause other problems, weight gain being the least significant of them.

That is the reason there has been a theory that by reducing carbohydrates in the daily diet, a person can live healthier. The very popular—and also very controversial—Atkins Diet is based on that.

We start our discussions on diets with this diet. We see why it is controversial and what kind of people can benefit with the diet.



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## **Low Carb (No Carb) Diets**

Low carbohydrate diets (or no carbohydrate diets) are weight loss options that restrict the amount of carbohydrates ingested by a dieter, while increasing the amounts of proteins and fats eaten. Different diet options allow the consumption of different amounts of carbohydrates on a daily basis.

The most common of these diet types is the “Atkins Diet”. However, there are other famous weight loss programs such as the “South Beach Diet”. Here, we will focus on the Atkins Diet due to its popularity.

The Atkins Diet advertises a weight loss potential of 6 kilograms (13 pounds) over two weeks.

### ***What Is the Basic Philosophy behind the Diet?***

The principle behind the low carbohydrate diet is that carbohydrates result in an increase in blood sugar level as they are metabolized by the body.

This results in a reciprocal rise in insulin levels. Insulin controls the blood sugar levels but also causes fat deposition. Low carbohydrate ingestion results in less insulin production by the pancreas and therefore less fat deposits in the fat storing cells.

By restricting the “bad” carbohydrates in the diet such as white refined rice, bread, pastas and potatoes as well as sweet desserts, those who support this diet suggest weight loss will occur. Many supporters also encourage eating of “good” carbohydrates by eating

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foods such as fruit and vegetables as the major supplier of daily carbohydrate requirements.

### ***What Support Is Offered by the Parent Company?***

The book “Atkins Diet for You” is the key text for the program. It is purchased online and provides directions to a personalized approach to the program taking into consideration gender and age and other factors.

The Atkins Diet provides online support through its website. On this site, dieters on the weight loss program have access to peer support, a library of information, recipes and books and store information to purchase other dieting aids.

The program is free, with optional diet supplements in the form of protein bars and shakes to supplement the weight loss programs.

### ***How does the Diet Work?***

The program focuses on a four-phase approach to weight loss and maintenance. An individual enters the program at the point they feel is most suited to their needs.

The four phases commence with almost no carbohydrates in the diet to produce a very quick weight loss. The dieter then progresses to the next phase for continued weight loss but at a slower pace. They are allowed increased carbohydrates as well as a broader range of food choices.

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The third phase is close to goal weight phase and permits more carbohydrates and the final phase is maintenance phase, which allows a reduced carbohydrate but otherwise normal diet based on eating proteins, healthy fats, and enough carbohydrate to provide energy needs.

The Atkins diet is a controversial diet because of its severe restrictions on carbohydrates, which contradicts much of the available research on the role of carbohydrates in a healthy diet.

The major use of carbohydrates by the body is to produce energy and the restrictions on carbohydrate ingestion can lead to lower energy levels. It has proven successful and particularly when supervised by a medical advisor.

Many weight loss programs focus their programs on modified forms of the low carbohydrate diet.



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# Chapter 3:

## *Women's Health Look Good Naked Diet*

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### Synopsis

This diet is one that has been especially designed for women; after all, it is designed by Women's Health.

This diet takes into account the dietary requirements of women, and straightaway comes to the point by mentioning what foods the typical female diet lacks in today.

The diet lists our 20 foods that women must consume if they want their health to stay in top condition.

The Look Good Naked diet has also received a lot of flak, mainly because of its name, which reeks of female vanity about their appearance.

Though the diet itself has been well-received, the intention of the people behind developing the diet has always been a point of apprehension.

Read about this diet and see what it can give you. If you fit the bill, this could be a very easy way of getting back into shape.

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## **Women's Health Look Good Naked Diet**

The Women's Health Look Good Naked Diet is a 6-week weight loss program that is detailed in a book of the same name. As is suggested by the producers of the diet, this is a women's diet program.

Over a period of 6 weeks the diet is said to help you lose weight and tone your body so you feel and look good. During the diet, the program promises you will reshape your body.

An interesting twist to the diet it is focus on improving your self-confidence and a crash course in "sexiness" so you not only look good but feel good at the end of the 6 weeks.

### ***What Is the Basic Philosophy behind the Diet?***

The program focuses on 20 foods that are described as foods that will you lose weight and burn fat for a flat belly and will form the basis of your diet for the duration of the program.

The program goal is to help the dieter improve their self-confidence not just lose weight. It is easy to dress to look good on the outside, but it is equally important to feel good on the inside. The program itself combines a focus on exercise and diet to achieve weight loss.

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## ***What Support Is Offered by the Parent Organization?***

Women's Health provides online support through a website dedicated to the program. Besides many online resources, there is also an opt in email that people can choose to receive.

Similar to other book focused diets, there is no meetings to attend. The program is free other than buying the book, however there is optional plan providing access to online tools to track progress that costs extra.

The book is sold with a DVD and other free gifts to assist the dieter achieve their goal.

## ***How Does the Diet Work?***

The Look Good Naked Diet book once purchased contains all the necessary information for the dieter to participate in the diet in their own home. The diet is started with a two-day detoxification program followed by a diet intake that focuses on a daily intake of 1400 calories.

The menu provided involves focus on 20 foods Meals are prepared around these foods and the dieter also incorporates two sessions of cardio workouts and two of strength training every week.

There is also the chance to select a preferred work out once a week. The program promises a weight loss of approximately 8 pounds in the first month.

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