

Table of Contents

Foreword

Chapter 1: ***Introduction***

Chapter 2:

Healthy Eating Habits Tips

Chapter 3:

Food Quantities and Weight Loss

Chapter 4:

A Balanced Diet in Weight Loss

Chapter 5:

The Blood Type Principle of Weight Loss

Chapter 6:

The Science of Weight Loss

Chapter 7:

The Magic Bullet of Protein

Chapter 8:

Meal Timing

Chapter 9:

Calorie Counting Is Dead

Wrapping Up

Benefits of Right Food to Health

Foreword

The first chapter of this course is focused on how changing lifestyle – more healthful diets and more exercises - helps you to lose weight and gain good health, and why starving yourself to lose weight is unnecessary and even dangerous. Chapters 9 to 10 are about healthy eating habits, food combinations and quantities that promotes weight loss, the science of losing weight, contribution of protein to getting fit, timing your meals, and the health benefits of eating the right foods. Get all the info you need here.



Eat More, Not Less to Lose Weight!

Build Your Health and Your Body by Eating Right, Not Less!

Chapter 1:

Introduction

Synopsis

This course teaches you how to lose weight without the customary calorie counting that is often the basis of most weight loss diets. To be sure, low-calorie diets are too fast but it is a well-known fact that they pose special hardships and gains are hard to sustain. Composed of 10 chapters, this course provides you with greater understanding of the needs of your body and how this knowledge help you follow a diet that induces weight loss and sustains your gains without effort.

Weight loss should result in a healthier you, not just a slimmer you. There are a variety of methods that try to make you believe you can solve your weight issues easily and fast. There are miracle diet pills and diets that drastically reduce your calorie and your general food consumption levels promising rapid weight reduction, which in the end leave you grappling with tremendous hunger pangs and dangerous side effects.

Losing Weight Naturally

There are no such things as miracle treatments for a weight loss problem. Of course, it is possible to become slim through the use of fad diets, but you will not be healthy because crash diets deny you nutrients that are necessary for your body to function properly.

It weakens your health and what's more you are likely to go back to your former eating habits since the fad diet taught you nothing. You will be having the same problem again and again. Worse, according to studies people who have undergone repetitive weight loss diets, then became permanently overweight, and are in worse health than those who hadn't tried solving their weight problems at all.

Change Your Lifestyle

Changing your lifestyle is actually the most effective way of losing weight and staying healthy. A switch from a calorie-loaded diet to a low calorie diet is a must. You do not actually have to reduce food intake, just eat healthful foods - more vegetables and fruits, lean meats, whole grains and others.

Regular exercise should also help you lose weight as well as maintaining good health. Since you are taking in fewer calories from your diet, your workouts should be burning fat deposits in your body.

The workouts may not be even programmed. Sports and games like tennis or basketball are excellent exercise and if you feel like other forms of exercise are a chore. You can actually enjoy the games though, especially when you play with friends, which means turning exercise into a habit will not be difficult.

The process of getting you down to your appropriate weight through the natural method may be slow, but you feel good the whole time and maintaining gains does not require doing anything outside of your established daily routine.

Here is a great course to try:

<https://bit.ly/3b4PP7s>



Chapter 2: *Healthy Eating Habit Tips*

Synopsis

In a world where fast food is considered a real meal, no wonder there are so many people in a bad shape. The rate of obese people is a cause for alarm but this can all change if everyone gets educated on healthy eating habits.

The secret to healthy eating is all about balance. It's having all the right nutrients, vitamins and calories in one meal. There's really no need to deprive yourself from food that you like. It's about having all of these foods, but in moderation. Like the old saying goes, too much of anything is bad. This can be applied greatly to the food you eat.

The truth is, what you consume everyday greatly affects your whole attitude and energy level for the whole day. Sure it is convenient but there's so much more to life than a cheeseburger meal or Chinese food take out. It's tasty and you can't help craving it, but experimenting in your kitchen can easily result in the best meal of your life.

So here are some tips for healthy eating habits for a better you:

One Step at a Time

If you are just starting to change into a healthier lifestyle, then do it slowly. Your body has been accustomed to old ways and if you change drastically, it is likely that you will also give up easily.

Eat at Home

Whenever you eat out, you do not have any control on the portions that you will have. You might end up eating more than you need to.

Stop Counting the Calories

Do not be obsessed about that. Instead, look at food in terms of color and freshness. Greens are always good. Colorful fruits are also great for a person's body. These are the food that your body needs more of. So do not feel afraid to eat more of these.

Do Not Skip Meals

If your goal is to lose weight, then it is much better to eat small portions of food 5- 6 times a day. Skipping meals will only retain the fat in your body and may result in overeating.

Snack Healthy

When you're feeling hungry, instead of reaching out for the cupcake, grab that carrot stick instead. Some good examples of food to snack on are fruits, nuts, raisins, cranberries, whole grain crackers, etc.

Enjoy Your Meal

Do not rush the eating process. Take your time and chew your food slowly. When you're already feeling full, then stop eating. Listen to what your body tells you.

Remember to Drink a Lot of Water

Sometimes people confuse thirst with hunger and eat when all they needed was just a glass of water. Drinking water is also good for cleansing the body from toxins and helps in having better digestion.

Along with these tips, you should always remember to have not just good eating habits but also a healthy lifestyle. This means making an effort to exercise regularly. If you are a smoker, then consider quitting and lastly, drink alcoholic beverages moderately.

Chapter 3:

Food Quantities and Weight Loss

Synopsis

When trying to lose weight, dieters tend to focus on the quantity of the food they intake. If you are one of these people wanting to shed pounds, listen up. Here's something that you need to keep in mind:

CHOOSE QUALITY OVER QUANTITY ALL THE TIME.

Most people on a diet tend to drastically cut down on food. Some even starve themselves thinking if they do not eat food, they won't gain weight. Sure, that is true. However, it will also not help you lose weight. In fact, if you stop eating, your body will work on keeping your fats so that you can have the energy you need during the day.

So what does a person have to do? What is the right quantity of food to eat during a diet? How often can a person eat? All of these questions will be answered in this article, so continue reading on.

Small Portions Several Times throughout the Day

Most experts say that there are many more benefits when it comes to losing weight if you eat 5-6 meals per day compared to 3 meals. Granted the meals are small, of course. The reason for this is because your body will have balanced levels of sugar in the blood. Meaning, you won't be feeling intense hunger. When a person is hungry, they tend to eat more than usual.

Eating smaller portions throughout the day will also reduce cholesterol. In studies done by experts, it was proven that having smaller meals consumed 6 times a day decreased cholesterol levels by 5 percent.

Fill that Plate Up with the Right Kind of Stuff

What a person eats greatly affects their weight loss or weight gain. This is why dietitians encourage people to go for quality over quantity. A good example is you might have eaten only crackers for lunch today but also had a huge jug of sweetened drinks. Then that sweetened drink is the culprit when it comes to your weight gain.

If you had a large bowl of fresh salad and water, then that would have been considered a better meal on a diet than the crackers with a sweetened drink. It is much better for the body to take foods that are less in carbohydrates. Taking away bread, pasta, rice or potatoes and replacing it with vegetables will definitely help cut back on fat.

If you are the type of person who will feel full only if you see large portions of food on your plate, then the solution is to fill your plate with the right kind of food. Think colorful fruits and vegetables. Deep colors mean higher content of vitamins, minerals and antioxidants. All of these is what your body needs every day.

To commit to a long-term diet, it is important to **like what you eat**. If you hate the thought of just eating vegetables or fruits all day, then do some research on diet recipes. Eating meat is encouraged, so don't cut back on that. As long as it is not always deep fried, then it's still good.

It's really important to enjoy the process. Otherwise, you will easily go back to your old routine. Just remember, too much of anything is bad. Keep everything well balanced and eat only when your body is telling you it's hungry.



Chapter 4:

Synopsis

If you have noticed, just a quick search of weight loss on the Internet will immediately provide you with weight loss products like diet pills, weight loss programs and even gym memberships. These can cost a great deal of money and most of them are not even effective. So why not go back to basics and do the easiest and the cheapest thing you can do to lose weight: adopt a balanced diet.

Achieving a balanced diet includes eating the right kind and amount of food that will give you enough nutrients to sustain weight loss. Ideally, your diet should be heavier in fruits and vegetables, whole carbohydrates and low in dietary fats.

Additionally, lean proteins, and lots of water for hydration and exercise are important. Even though we all have different nutrient needs and metabolisms, all these factors are still important to achieve weight loss in the safest and cheapest way.

The Benefits of a Balanced Diet

Opting for a balanced diet to maintain a healthy weight is important in order to achieve weight loss since you are still supplying your body the right amount of vitamins and minerals it needs to function

properly. When combined with consistent exercise, it is inevitable that you will lose weight without risking any health problems.

Maintaining a balanced diet with the aim of losing weight is beneficial as compared to products that promise a quick and easy way to weight loss. First, it lessens the risk of your developing cardiovascular diseases like heart diseases and diabetes. It can also aid you in controlling these conditions if ever you are suffering from one. This healthy regimen also promotes regular metabolism and a healthy digestive system, which will enable you to lose bad fats and absorb the good ones.

Aside from that, the choice of eating a balanced diet will definitely boost your confidence knowing that you will achieve your desired weight in the healthiest way possible.

How to Start Right

Starting out can be quite a challenge but it should be easy. Always remember the basics of eating more whole-carbohydrates by avoiding foods like chocolates, ice creams, chips, sodas, cookies, cakes and many others. These types of foods contain high amounts of sugar, cholesterol, salt and other unwanted substances.

These foods are also called 'empty calories' since they do not provide nutrients other than calories. Choose to drink fresh fruit juice instead of sodas, as they add approximately 500 calories more to your diet.

With that in mind, plan your meal correctly by adding more of the good kinds of food. You can have a high-fiber cereal with low-fat milk at breakfast, and then lunch would be a grilled turkey sandwich over whole wheat bread and a vegetable salad. Dinner can be baked fish and vegetables.

These are just a few of the simple dishes you can make and they are even easier to prepare. Just keep in mind that every meal should contain a variety of foods, such as fruits, lean proteins, vegetables and high-fiber carbohydrates.



Chapter 5: *The Blood Type Principles of Weight Loss*

Synopsis

A lot of people are now understanding the importance of having a healthy body. This is why there is a surge in the health and fitness industry. A lot more people are now going to the gym to try different forms of exercise to get in shape.

People are also trying different kinds of diets, from Atkins to Paleo to South Beach to Weight Watchers. All of these are effective, though some more than others. But did you know that there's a diet that is designed for your blood type? If you have tried almost all of the famous diet trends available and have not seen a lot of results, then this might be the perfect one for you.

This diet was designed by Doctor Peter D'Amado and is called The Blood Group Diet. This new diet is gaining more popularity because a lot of the big names in Hollywood say it's the reason for their amazing bodies. Actors like Courtney Cox and Cheryl Cole swear by it.

So what exactly is The Blood Group Diet and how does it work?

It is believed that each blood group reacts differently to each food. So if you follow the diet designed for you, the chances of losing weight will be higher because your body will absorb food more efficiently.

Let's look at the diet closely. If you have **Blood Type O**, which is the most common blood type in humans, then the diet should be similar to Paleo where it is encouraged to eat more like "hunter-gatherer" style. This means eating food that was available to our ancestors before agriculture growth and advancement in technology happened. High protein and low in carbohydrates is the way to go.

Along with this diet, blood type O people should also do a lot of high intensity cardio like running to complement the diet.

Blood Type A diet is almost the opposite of the diet suggested to Blood Type O. Meaning, their bodies are much more accepting to the more "modern" food. A vegan diet is encouraged, so this means lots of vegetables and carbohydrates like rice, pasta and cereals. However, meat and dairy products such as milk, cheese or butter should be avoided. Meat should be taken in very little quantity.

Blood type A diet is best done with slow and relaxing exercise such as yoga or Pilates.

Blood Type AB can be defined as the most lenient diet. This rare blood type works well with almost every food but with moderation. They have a good immune system, which means they can handle dairy, meat and carbs well. However, vegetables are the most encouraged food to eat. The rest should be eaten in little portions.

When it comes to exercises, Blood type AB should combine both calming and high intensity workouts.

Blood Type B has the least restrictions. Vegetables, fruits, meat, dairy, seafood, rice - these can all be taken as long as it's part of a balanced diet and not taken in big quantities. The only food to avoid are processed foods such as the ones that can be bought in a can (luncheon meat, hotdog, ham etc.)

Any activity that involves exercising the brain such as tennis, golf, hiking is the best form of exercise for this blood type.



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