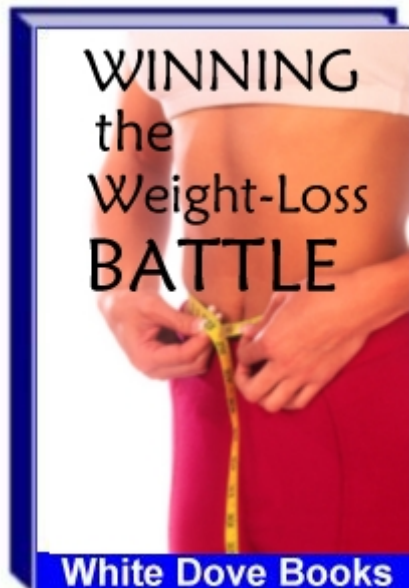


# Winning the Weight-Loss Battle



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# Weight Loss Basics

Although there are an ever-growing number of diet books, plans and groups, many people just want to achieve weight loss by sensible healthy eating, rather than following a particular fad or fashion. But where to start your weight loss program? Well, the most basic and probably one of the best guides that you have, is your own common sense.

Most dieters these days have already amassed enough information about what is and isn't good for weight loss, to be able to decide whether or not a particular food is healthy, or is likely to help, hinder or otherwise affect their diet.

Very often it all comes down to a matter of balance. You know that there are certain things that, unless you have particular medical problems, are generally thought to be good foods that can help you to be healthier and lose those extra pounds.

Most dieticians would agree that eating good portions of fresh fruit and vegetables every day is going to be good for you. Also unless you are on a low carb weight loss diet wholegrain foods such as

pasta, whole grain bread and rice are usually accepted as being beneficial, both generally and for weight loss.

These days drinking is also very much in focus for those who wish to achieve both weight loss and a benefit to their health. It is generally thought that too much alcohol is not a good and may bring about a variety of health problems, although small amounts may not be a bad thing.

Water, especially spring water, is thought by many nutritionists to be very beneficial to the health and there are some who say that it can also be helpful to those who are concerned about weight loss. Some encourage drinking water before meals as this can take the edge from the hunger and will let the dieter have smaller meals without feeling as though they haven't had enough.

Lean meat and fish and also the occasional portion of oily fish such as salmon, are another group of foods that are usually thought to be beneficial to weight loss and general health. And also seeds, pulses and many dieticians recommend nuts as being beneficial.

There are, of course, many foods that are not generally recommended by dieticians as be effective for weight loss, such as

refined sugar products and many fried and especially deep fried foods, such as French Fries. Although a certain amount of olive oil is recommended by many health professionals.

It is of course not just the food that you eat, but the way that you eat it that is thought to have an effect both on your health and your weight loss. Many people skip breakfast but many health professionals believe that this is not a good way, to either start the day, or to achieve any kind of weight loss benefit.

Generally it is a matter of good sense and a reasonable knowledge of what foods are good and should be eaten daily and what are not so good and should be eaten only occasionally. Despite having the ability to work out their own diet many still buy the many diet books that are on offer to have a specific plan to work to.

Some find that it helps to have it written down so that they know whether to eat a particular food or not. But if you want to there is no reason why you should not be able to decide on a good diet and healthy weight loss plan, although it is always a good idea to check with your doctor before you start a new diet.

# Weight Loss and Metabolism

How many times have you asked someone who appears to be eating large amounts of food, but maintaining the figure of an over enthusiastic long distance runner, how they manage it, only to receive the somewhat unlikely reply that it's just their metabolism? So what do you need to know about metabolism and how can it help you to achieve your weight loss goals?

The metabolic rate is simply the rate at which you use up energy as in calories. The higher the metabolic rate the more calories you burn, the better the weight loss. The lower the rate the fewer you burn. This can depend on a number of different factors.

Surprisingly and contrary to what appears to be basic logic, eating less can sometimes slow your diet down, or at least it can slow down the amount of weight loss. The thing is that many nutritionists believe that when you eat very small amounts of calories, the body “thinks” that there is not enough food available.

So in an effort to conserve the energy that is available it starts to slow the metabolism down, so that it can make the most use of the

reserves that it has. So it is possible that far from helping your diet, that eating too little can actually slow your weight loss.

The theory is that the body will then do everything to conserve the best stores of energy that it has. This means that it is possible that the body will, instead of using up the reserves of fat and making you thinner, actually start to use the muscle tissue and burn this so that it can maintain a reserve.

Possibly one way to make sure that this does not happen is to make sure that you are eating enough food to keep your body from believing that it should go into starvation mode. But, at the same time, to control your caloric intake so that you will achieve the weight loss that is suitable for you.

There is not an answer that will suit everyone as to how many calories is enough to help with your weight loss. The best way to work out what is best for you is to visit a qualified nutritionist who will be able to tell you the most appropriate amount of calories for your dietary requirements.

Although the metabolism can slow when dieting to achieve weight loss it is believed by some that exercise can help. This may help in



two ways. First the metabolic rate can be higher when exercising and so help to burn off those extra calories and help weight loss. Also exercising so that you gain more muscle can help to burn more calories as it thought that muscle burns calories more quickly than fat.

One of the best ways to improve your metabolic rate and at the same time gain more muscle and help weight loss is to do more exercise. This can not only help to burn calories but also to add to the amount of muscle and allow the body to burn the calories more efficiently.

## Low Fat Weight Loss Diets

Not as popular now as the more heavily publicized diets such as Atkins, South Beach and The GI diet, low fat diets still have a great deal to recommend them. Although diets based on lowering the amounts of carbohydrates, recommend the intake of a variety of fatty foods, many dietitians have long been of the opinion that a low fat and high fiber diet is the best combination for weight loss and health.

There have been many diet books covering the low fat weight loss diet, such as the Rosemary Connelly Diet. This maintained that a very low level of fat together with an increased amount of dietary fiber, as in whole meal bread, pasta and brown rice, would aid weight loss and help you to maintain a satisfactory level.

Although a low fat weight loss diet is generally considered to be one of the more sensible diets, you should always consult your doctor before starting a new pattern of eating. One of the easiest ways to start a low fat diet is to cut down on the amount of fried foods that you eat. There are perfectly acceptable alternative ways of cooking most foods that are normally fried. Even French fries

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