

**Need to lose  
10 pounds  
QUICK?**



**75 of the easiest,  
safest, and  
quickest ways  
to lose 10 pounds  
over and over again!**

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### **Need To Lose 10 Pounds Quick?**

#### **75 Of The Easiest and Quickest Ways To Lose 10 Pounds Over and Over Again**

There was a time in this world when the need to lose weight was completely unheard of. People ate well, but they worked well too. They woke up early in the morning and then engaged in a whole day's work. This work was mostly physical labor. People worked on fields digging, sowing, harvesting. They tilled they soil, rode horses, worked on farms and ranches. The result was that they could afford to eat almost anything they wanted in whatever quantities they wanted.

But that was ages ago. The world has changed so much since those days. Life styles have changed so much and the comforts and facilities have increased so much. But every rose has its thorn. As a result of all these comforts and amenities the state of physical well being has really changed. Most of us have sedentary jobs that demand little or no exercise at all. To put it simply, things have become so damn easy. And just as can be expected, weight gain has become a major concern for almost every city dweller.

During the period of thoughtless youth it is not such a major concern. The young practically eat nothing and so weight problems do not bother them so much. But as soon as you turn twenty, you start showing signs of weight gain and that too in all the wrong places.

It's not about the hourglass figure or the perfectly sculpted and toned body. It is more about staying fit and remaining healthy to ensure a long, disease free life.

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Every body knows that those extra pounds spell illness. All over the world people are switching to a healthier life style and the catch line is indeed weight loss.

This book is dedicated solely to the cause of losing weight and that too in the most surprising ways you ever heard of. There is only one thing that you have to bear in mind. Weight loss does not happen by itself. There are only two ways to accomplish it...

The first is by watching what you eat and the second is by seeing to it that your body gets the exercise that it needs.

As you go through the following pages, my hope is that you're continually amazed by all the "everyday" things you can be doing to lose 10 pounds...or more.



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### *Eating Tips*

1. Drink plenty of water. Your body needs a lot of water so give in to water. Water is not just a way to flush out toxin but if you have more water in your body you will generally feel healthier and fitter. This it self will discourage any tendency to gorge. The best thing about water is that is has no calories at all.

2. Stay away from sweetened bottle drinks, especially sodas. Hey all those colas and fizzy drinks are sweetened with sugar and sugar means calories. The more you can cut out on these sweetened bottle drinks, the better for you. So if you must drink sodas, then stick to diet sodas.

3. Eat fresh fruit instead of drinking fruit juice. Juice is often sweetened but fresh fruits have natural sugars. When you eat fruit, you are taking in a lot of fiber, which is needed by the body, and fruits of course are an excellent source of vitamins.

4. Start your day with a glass of water. As soon as you wake up, gulp down a glass of cool water. It's a wonderful way to start you day and you only need a

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lesser quantity of your breakfast drink after that. A glass of water lets out all your digestive juices and sort of lubricates the insides of your body. You may have your morning cup of tea but have it after a glass of water. It is good for you.

5. Include in your diet things that contain more water like tomatoes and watermelons. These things contain 90 to 95 % water so that there is nothing that you have to lose by feasting on them. They fill you up without adding to the pounds.

6. Choose fresh fruit to processed fruits. Processed and canned fruits do not have as much fiber as fresh fruit and processed and canned fruits are nearly always sweetened.

7. Increase your fiber intake. Like I mentioned, the body needs a lot of fiber. So try to include in your diet as many fruits and vegetables as you can.

8. Drink a glass of water before you start the meal. Water naturally needs some space so that you feel fuller without actually having to stuff yourself.

Have another glass of water while you are having the meal. Again this is another way of making yourself full

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so that you can actually rise from the table eating less but feeling full just the same. Instead of drinking it one gulp, take sips after each morsel. It will help the food to settle faster so that you get that feeling that you are full faster.

9. Go crazy on vegetables. Vegetables are your best bet when it comes to losing pounds. Nature has a terrific spread when it comes to choosing vegetables. And the leafy green vegetables are your best bet. Try to include a salad in you diet always.

10. Eat intelligently. The difference between man and beast is that we are driven by intelligence while beasts are driven by instinct. Don't just eat something because you feel like eating it. Ask your self whether your body really needs it.

11. Watch what you eat. Keep a watchful eye on every thing that goes in. Sometimes the garnishes can be richer than the food itself. Accompaniments too can be very rich.

12. Quit snacking in between meals. Do not fall for snacks in between meals. This is especially true for those who have to travel a lot. They feel that the only time they can get a bite to eat is snacks and junk food. The main problem with most snacks and junk food is that they are

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usually less filling and contain a lot of fat and calories. Just think about French fries...tempting but terribly fattening.

13. Try to stick to black tea/coffee. Black tea or coffee can actually be good for you. But personally I would like to recommend tea rather than coffee. The caffeine in the coffee is not really good for you because it is an alkaloid and can affect other functions of your body like the metabolism.

14. Stay away from fried things. Fried things are an absolute no-no. The more fried things that you avoid, the lesser weight you will gain. Fried things are called so because they are fried in oil or fat. And even if the external oil is drained away, there is still a lot of hidden oil in it so stay away from it.

15. Make chocolates a luxury and not a routine. Chocolates are not or at least they should not be a part of your diet. So do not indulge too much in them. Even the bitter chocolates are not good for you because though the sugar is less there is still the cream in them.

16. 50 to 55% of your diet should be carbohydrates. It is a myth that you should try and avoid carbohydrates when you are on a diet. Rather the other way round I should

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say. Carbohydrates are a ready source of energy and so 50 to 55% of your diet should be carbohydrates.

25 to 30% of your diet should be proteins. Various processes and activities are going on in our bodies. Things are broken down and being built up again. Resistance has to be built up, recovery from disease too is needed and for all this the body needs plenty of proteins so see to it that 25 to 30 % of your diet consists of proteins.

Fats should only be 15 to 20 %. You need only this much of fat in your diet so keep it at that.

17. Do not skip meals. The worst things you can do while watching you diet is skip a meal. It has just the opposite effect of what you want. You need to have at least four regular meals every day.



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18. Try and adopt a vegetarian diet. A vegetarian diet is undoubtedly better for those of us watching our diet. There are a lot of advantages of keeping to a vegetarian diet but I don't want to sing an ode to vegetarianism now. What I would suggest is keep to a vegetarian diet as much as you can. Make a non-vegetarian diet a week end event or something if you find it impossible to give up eating all those animals.

19. Try to have breakfast within one hour of waking. It's always best to have breakfast within an hour of waking so that your body can charge itself with the energy it needs for the day. The idea is not to wait for your self to get really hungry. Breakfast is the most important meal of the day but that does not mean that it should be the most filling meal of the day.

20. Control that sweet tooth. Remember that sweet things generally mean more calories. It is natural that we have cravings for sweet things especially chocolates and other confectionary. Go easy on these things and each time you consume something sweet understand that it is going to add on somewhere.

21. Fresh vegetables are better than cooked or canned vegetables. Try to eat your vegetables raw. When you cook them, you are in fact taking away nearly half the

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vitamins in them. And canned vegetables too are processed and are not nearly half as good as fresh vegetables. When you buy your vegetables it would be a good thing to see if the label says that it is pesticide free.

22. Choose a variety of foods from all food groups every day. Change the items included in your diet every day. This is an excellent way of keeping deficiency diseases at bay.

23. Reduce your intake of pork. Pork is not something that can help you to lose weight. So the lesser pork you eat the better chances you have of losing weight. And remember that pork includes the pork products as well, things like bacon, ham and sausages.

24. Graze 5 to 6 times a day. Instead of sticking to just three meals a day, try grazing. Grazing means try having 5 or 6 smaller meals instead of three king sized meals. It is an excellent way of having smaller quantities of food.

25. Go ahead eat cheat food, but only for flavor. There are many things which you have to avoid from your diet but which you may have an undying craving for. Do not avoid them altogether. You could call them cheat foods and indulge in them once in a while. But take care just to

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