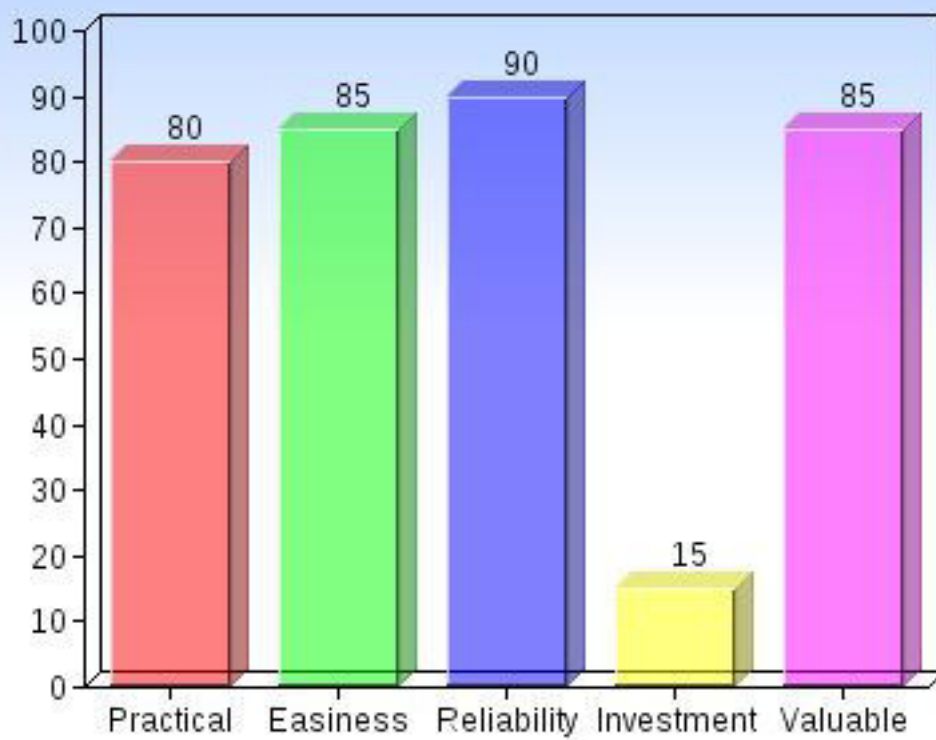




Fat Loss Factor (Value Graph)



By www.Compare-Review.Org

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1. Getting started on a diet.

Prior to starting on a diet, you need to make sure that you are fully committed about it. In other words, you need to have the discipline and the determination to follow through it, in order to attain your fitness goals. Aside from that, you should also have the right motivation to stay on track.

2. Eliminate excuses.

Many people today are not able to start on their diets, since they think that they are not too overweight, or they put it off for another day. To eliminate your excuses, you should face your problem head on, and recognize the fact that dieting is one of the solutions for it. Keep in mind that excuses may also appear even when you have already started; thus, you need to be prepared for them.

3. Gather as much information as you can.

If you have fully decided that dieting is the way to go in order to lose weight, then you should gather as much information as you can. You can also become more familiar of the nutritional facts behind different food items. For a great diet that can help you do this, [click here](#).

4. Determine more reasons to go on a diet.

Different people have different reasons in going on a diet. Some people need to do it to improve their health conditions, while others simply want to fit into their small sized clothing. Whatever your reasons are, you should always remind yourself of them, so that you would become more motivated in going through your diet.

5. Get emotionally involved.

Sparking your emotions to go on a diet is a good way to get started on it. This is because it can give your diet more purpose and meaning. Aside from that, it can also bring more passion and desire from you in losing weight. Therefore, you should constantly look at yourself on the mirror, and compare it to your pictures of yesteryears. By doing that, you would become more motivated in reaching your goals through your diet.

6. Don't view dieting as something difficult to do.

When you are about to start on your diet program, one thing that can stop you from doing it is your thoughts about how difficult it can be. Thus, you should view it as something that is easy to do. Challenge yourself, and take it one step of the time. Don't do it in an abrupt manner, so that you would be able stay on it long enough to see your desired results.

7. Choosing your diet program.

There are lots of programs about dieting that are available today. However, proper selection is one of the keys in attaining success on it. To choose the best one, you should avoid those that are too restrictive. Aside from that, you should also choose a program, which has received positive reviews from people who have already gone through it.

8. Positive affirmations.

If you are having difficulties in staying on a diet or getting started with one, you can actually use positive affirmations for it. Positive affirmations means that you are going to feed your subconscious mind with positive statements, about what you want to attain. By doing that, you can have the right mindset in starting on your diet, or in staying on it.

9. Get the support that you need.

There is no need to be alone when it comes to dieting. Although other members of your family may not follow a diet, they can actually support you on it, so that you would be able to attain your goals. To achieve that, you should tell them about your diet. By doing that, they can help you get started on your diet. Aside from that, they can also constantly remind you of the right foods to eat.

10. Make dieting easier for you to do.

Some people may find the first few days of dieting to be quite difficult. Thus, you should come up with a solution to make it easier for you. One of the things that you can do about it is to make sure that your refrigerator only contains the healthy foods that you can eat. Aside from that, you should also start with healthier foods that you really like.

11. Eat only if you are really hungry.

There are times when a person eats when he is not hungry. There are many possible reasons behind this, which can include stress, emotions, habit, and such. Thus, you should become more aware whether your urge to eat is dictated by your stomach or something else. If you are unsure, drink a glass of water instead, or if you really have to, then you should get a healthy snack.

12. MSG filled foods.

There are lots of food items that are filled with MSG these days. Most of the foods that contain this substance are those that are highly processed. Aside from the fact that such a substance can harm your body, it can also add more fat to it. Thus, you should avoid eating food items that contain MSG as much as you can.

13. Get enough rest.

When you are well rested, your body would be able to do its work

in repairing damage tissues, and such. However, if you do the opposite, then it can make you gain more weight. This is because lack of rest can slow down your metabolism. Aside from that, it can also boost your appetite to some extent, when your body is trying to compensate for the lack of sleep.

14. Focus on fiber.

In coming up with your own diet program, you should eat foods that are loaded with fiber. Fiber can help in flushing out dangerous toxins from your body which is a major focus in my book [Fat Loss Factor](#). Aside from that, it can also suppress your appetite naturally by prolonging the digestion process. Additionally, it can also lower down your blood cholesterol levels.

15. Find a more personalized program.

If you want to follow a certain diet program to lose weight, it is best to find one that is going to be created just for you. There are many experts in this field, who are more than willing to help out people in losing weight. Find these experts, and have them assess your present situation, so that they can come up with a diet program, which is specifically made just for you.

16. Become more conscious of calories.

In achieving weight loss, you need to provide your body with lesser amounts of calories, and burning more of it. One of the things you can do is to check the food items you purchase from the grocery for its caloric content. Aside from that, you can also do some research about how much calories you could be burning on a day to day basis.

17. Avoid soda drinks.

Sodas are loaded with calories, which can result to faster weight

gain. Although there are diet sodas available, they are actually still loaded with empty calories and chemicals, which are not good for your health. Thus, it is best to simply avoid them. Focus more on drinking fresh water, or natural fruit juices.

18. Eat to survive, and not the other way around.

Eating should be done in order for you to live. In other words, you should view eating, as something that you need to do, in order to provide your body with adequate amounts of nutrients in order for it to maintain its health. You should avoid thinking that you are living to eat, since that can get you to gain weight in no time.

19. Avoid fast food chains.

Whenever you go to work, you may find yourself frequenting fast food chains on a regular basis, since you don't have enough time to go home for lunch. If you check the types of foods that are served in these outlets, in most cases, they are usually filled with fats and oil. Aside from that, they are also highly processed. Thus, it is time that you cook your own lunch and bring it with you at the office.

20. Eat foods that are low in calorie and are harder to process.

Foods like apples, celery, and other fruits and vegetables, are usually low in caloric content. Aside from that, they are also harder to process. Because of that, you would actually be feeding your body with lesser amounts of calories. Aside from that, your body would also need to burn more of it, in order to process them. Thus, eat more of these types of foods to lose weight.

21. Eat slower.

When you eat fast, the tendency is that, you would be able to consume more foods than you really need. Thus, it is best to eat

at a slower rate. When you do this, you would actually feel that you are already full, when you have not been able to consume a whole plate of food yet. This is because, it usually takes a certain period of time, for your stomach to send a signal to your brain that it already has enough food in it.

22. If you eat breakfast, eat this:

What do most people eat for breakfast? Sugar, sugar and more sugar! Just look at all the sugary cereals out there. Doughnuts, pastries, bagels. Way too many carbs. This causes an insulin spike and gives you that mid morning crash. If you are eating breakfast, make sure that it consists of proteins and healthy fats such as eggs and bacon.

23. Don't drink a lot of water or other drinks with a meal.

Drinking liquids with a meal can actually make you feel bloated. When you get used to it, you may let your stomach be able to adjust to it, which can result to binge eating. Thus, it is best to minimize your liquid intake during meal times. Drinking a glass of water should be done, only after 10 to 15 minutes of eating.

24. Chew your foods properly.

When you eat, it is best that you chew your foods thoroughly. This can ensure proper digestion and assimilation of nutrients in your body. Aside from that, it can also make you eat slower than usual, which is a good thing. Chew your foods as much as you can, to achieve your goals soon.

25. Eating prior to going to bed.

If it is your usual practice to eat before going to bed, you should make sure that you do it 3 hours before. This is because, when you sleep, your body would actually have a slower metabolic rate.

In other words, if you eat lots of foods just before you sleep, then your body would be able to accumulate lots of excess nutrients from it, and convert it to stored fats.

26. Clear your cupboard of unhealthy foods.

When you see chips and other unhealthy foods that you like, you will be tempted to eat them. Thus, it is best if you won't see them at all. With that, it is time that you clear your cupboard of these unhealthy food items. Aside from that, you should replace them with foods that are recommended in my book [Fat Loss Factor](#).

27. Having protein drinks.

If you like having protein drinks in order to provide your body with adequate amounts of protein, you should carefully select it. Choose those that contain whey protein instead of soy protein. This is because whey protein is easier for your body to absorb. Aside from that, it is also a healthier source of protein.

28. Eat more spicy foods.

There is a good reason why one would start to perspire when he eats spicy foods. Spicy foods can actually boost up your metabolism. In other words, it can help your body in burning more fats and calories to reduce weight. Thus, it is best if you add more pepper into some of your recipes, so that you can make them taste better, aside from helping you lose weight.

29. Eating fruits and vegetables.

Eating fruits and vegetables is one of the best things to do to lose weight since they are filled with vitamins and minerals, as well as enzymes. However, it is best if you consume them in their raw form. This is because processing or cooking them would kill the essential nutrients and enzymes.

30. Purchase healthier snack items.

There may be times when you want to munch on something, especially when you are not doing anything. To ensure that it won't make you gain more weight, you should purchase and stock healthier snack items like yogurt, nuts, fruits, and such. By doing that, you are assured that you won't be providing your body with unnecessary calories when you eat your snacks.

31. Go organic.

Although fruits and vegetables are food items that you want to include in your diet, you should still be more cautious in purchasing them. This is because some farmers may have used lots of chemicals like fertilizers and insecticides in growing them. To avoid having to experience negative side effects from it, always purchase those that were grown organically.

32. Avoid simple carbohydrates.

Foods that have simple carbohydrates are high in glycemic content. Thus, it is best to go with food items that have complex carbohydrates. By doing that, you are ensuring that your body is able to maintain healthier blood cholesterol levels. Aside from that, foods that are good sources of complex carbohydrates are also harder to process, which can result to more calories and fats burned.

33. Eat at your dining table.

When you eat elsewhere around your house, there may be a tendency that you could eat more than you should. This is because playing on your computer, or watching the television may distract your brain from accepting the signal from your stomach that it is already full. Therefore, if you want to lose weight, you should eat at your dining table.

34. Eat before visiting the grocery store.

When you shop for grocery items, it is best that you eat beforehand. This is because going inside a grocery store, when you are feeling hungry can make you purchase more food items than you need. In fact, it can even make you purchase foods that are not healthy. Thus, it is best to grab a snack before you go to the store. This way, you can stick to your list of items you want to buy.

35. Minimize eating at restaurants.

When you are on a diet, eating at a restaurant can actually get you off track. This is because most foods that are served in restaurants are cooked with lots of oil. Aside from that, some can also serve foods that are highly processed. Thus, it is best that you set a limit in eating out. Instead of doing it two or three times a week, bring it down to one, or once in every two weeks.

36. Be aware of the things that can trigger you to eat.

There are certain factors, which can make you eat more foods than you need. Some of which would include bad relationships, stress, work conflict, and many more. Thus, it is best that you become more aware of them. By doing that, you would be able to control your hunger pangs by preventing such things to affect you.

37. Proper records keeping.

In following a diet, in most cases, you are doing it to lose weight. When it comes to that, it is best if you keep a record on how much weight you are able to shed off as the weeks go by. By doing that, you would see if there are certain adjustments you need to make. Aside from that, it can also ensure that you are motivated in keeping up with it.

38. Controlling your portion.

To make sure that you stay on track with your diet, one of the things you need to do is to control your food intake. To achieve that, what you can do is to use a smaller plate when you eat. Doing that would ensure that you can limit your food intake, since you won't be able to put more food than it can accommodate.

39. What to include in every meal.

To ensure that your body is provided with its needed vitamins and minerals in every meal, you should make it a practice to include fruits and vegetables. This would ensure that your body does not only get its needed vitamins and minerals, but fiber as well. When you do that, it can effectively suppress your appetite to a certain degree, due to their high fiber content.

40. Enjoy your meal.

Enjoying your food does not necessarily mean that you eat it as fast as you can. It means that you should savor it more. Try to appreciate its looks, smell, taste, and texture. When you do that, you would have a more pleasant experience in eating. Aside from that, it can also make you eat slower, which is a good thing to do to achieve weight loss. [Fat Loss Factor](#) has fantastic recipes to help you enjoy your meal.

41. Cut your cravings for chocolates.

Many people, especially women love to eat chocolates. However, if you want to achieve your fitness goals, then you should cut your cravings for it. Always remember that chocolates are filled with a lot of fats and calories, which can make you gain more weight. Therefore, you should not include them in your grocery list.

42. Ignore your BMI.

Be more familiar with your Basal Metabolic Rate. This is a better indicator for health and weight loss. The Body Mass Index or BMI is just your height ratio to your weight ratio and does not take into account muscle mass.

43. Reward yourself from time to time.

Whenever you achieve your short term goals, such as losing 5 to 10 pounds in a week or two through dieting, you should come up with a way to reward yourself. One example is to purchase a smaller shirt or a smaller sized pants. By doing that, you will become more motivated in achieving more.

44. Purchase a log book.

Use a log book or even a simple notebook to note down the foods that you have eaten for the day. Aside from that, it should also contain the foods that you are planning to eat for the following days. By doing that, you can prevent unconscious eating, and be on your way to better health with your diet.

45. Hide your TV's remote control.

When you are on a diet, it is also best if you do other things that can help in achieving your goals. One of which is to increase your daily physical activities such as hiding the TV remote control. By doing this, you will need to stand up in order to change the channel.

46. Burn more calories while riding a bus.

When you are riding a bus, there are certain things that you can do to burn more calories. One of which is to answer a crossword puzzle, or to get involved with any kind of mind boggling games. This would help in sharpening your mind, as well as get you nearer to your goals by burning more calories.

47. Purchase smaller dining and kitchen utensils.

If one of your problems in achieving your weight loss goals is to control your food intake, then it is time to purchase smaller dining and kitchen utensils. When you have such things, you would be cooking lesser amounts of foods. Aside from that, it would also help in limiting your portions.

48. Sign up with an online diet forum.

There are lots of people around the world who are involved in certain types of diet programs. To connect to them, all you need to do is to sign up with online diet forums. When you do that, you can share your experiences to them, as well as learn from theirs. Aside from that, it can also get you motivated more in aiming for your goals.

49. Use the weighing scale, but not too often.

To properly monitor your progress in getting involved with your chosen diet program, it is best if you use a scale for it. However, you should not use it too often. When you step on the weight scale every day, you actually would not be able to appreciate your drop in weight. Thus, it is best if you do it on a weekly basis instead, so that you can see a larger difference. You also need to realize that weight isn't the only thing that matters. In my program [Fat Loss Factor](#), we go over several other measurements that will help you accurately measure your new body.

50. Steer clear of coffee shops to stay on top of things.

If you are on a diet, it is best that you avoid visiting your favorite coffee shops. This is because, most of the time, when you step inside a coffee shop, you may end up ordering not just a cup of coffee, but also a piece or two of their delicious pastries. Aside from that, iced coffees can also be loaded with calories that you

don't want.

51. Think positive.

Thinking positive is not just all about personal development. It can also be applied in losing weight through your diet. For example, if you are not so sure that you can follow your diet for a long time, then thinking positive about it should help. When you convince yourself that you can do it through positive thinking, you will eventually have the drive to keep up with your diet program to achieve your dreams.

52. Time between your food intakes.

When it comes to the way that you eat, you should not go for more than 3 hours without eating. This is because, when you prolong the intervals between having a meals and snacks, it can actually encourage binge eating. Thus, you should make it a practice to grab something healthy to munch on every 2 to 3 hours.

53. List down the risks of becoming overweight.

Make a list of all the risks that you are putting yourself into in becoming overweight. Once your list is done, place it on the door of your refrigerator. By doing that, you will be reminded of the consequences of eating too much, each time you attempt to open your refrigerator. Thus, it can help you to stay on track.

54. Include a good source of protein in every meal.

Each time you eat, you should include a good source of protein such as eggs, chicken, fish, lean meat, and such. By doing that, you can ensure that you are providing your body with more muscle building nutrients. Aside from that, it can also suppress your appetite, since proteins are usually harder to digest.

55. Bring a home cooked meal at the office.

When you are at work, you may be tempted to visit the nearby fast food chain to grab lunch. Since eating at fast food chains may encourage you to eat unhealthy foods, then it is best to bring your own meal. By doing that, you won't just be making sure that you stick to your diet, but it can also help you save money.

56. Eat eggs during breakfast.

When you eat your breakfast, it is best if you include eggs in it. This is because eggs are filled with quality protein called albumin. Aside from that, it can also provide you with energy giving nutrients. Thus, it can help you attain higher metabolism, and would make you more energetic throughout the day. For great breakfast recipes, [check out my book here.](#)

57. Avoid alcohol

If you are fond of drinking beers with your friends, then you may have to minimize it. This is because, beers are actually loaded with lots of calories. Therefore, it is not a good thing to do, when you are on a diet, since it may prevent you from achieving your goals.

58. Follow the diet program that works for you.

Keep in mind that not every diet program can work to everyone else. Therefore, you should stick to something, which you believe works for you. By doing that, you won't have to force yourself into doing things that you don't want. Aside from that, it can also make your goals more achievable.

59. Develop a strong desire to lose weight.

When you have a very strong desire or passion to lose weight, then each time you wake up in the morning, you would already be

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