

15 Ultimate Diet Tips



by Keith Smith

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Introduction

This ebook will give you 15 diet tips which can help to avoid diet pitfalls. It supports you to find the right methods and ways of thinking to achieve your goals.

Dieting is far too often approached from the mindset of impending failure. Too many people have tried and failed so many diets in their past that they try the next new diet with the absolute knowledge that they will fail in this attempt as well. Guess what? They will.

Henry Ford once said, "If you think you can or think you can't you will always be right." If you think you are going to fail at this diet you are dooming yourself to failure before you even deprive yourself of the first bite. Think about that before you begin because only a true masochist could find pleasure in perpetuating this vicious cycle without ever stopping to wonder why none of the other diets have worked for you. Henry Ford also said, "Failure is only the opportunity to begin again more intelligently". In case you were wondering I would say his words are quite profound. Seriously though, if you do not examine the reasons for your failures you are certainly dooming yourself to repeat them and if you are already planning to fail why on earth would you even try?

You are the only person who can take control of your need to eat. You are the only one who can pay attention and notice when you are eating for emotional fulfillment and when you are eating from necessity. You and you alone can get yourself out of your chair and on your feet. You are the only one that can take the responsibility for the condition in which you find yourself. There are medical exceptions but even in these situations if you are trying diet after diet and failing over and over again then you must at some point in time realize that it is quite likely not the diets that aren't working.

We must all be accountable for our successes and failures in life. It is no different when it comes to dieting. There are few better feelings in the world than for someone to notice and compliment your efforts. If you are very obese unfortunately, it may take a little more time for people to actually notice the weight you've lost. Too many men and women give up simply because no one noticed and that is an incredible shame. Give your dieting practices an opportunity to work before you decide they are a failure and you just might surprise yourself with a roaring success.

The truth is far too few people hold themselves accountable to their dieting and weight loss goals. This means that far too many people are giving up without really ever bothering to give it an effort. If you have an issue holding yourself accountable to your dieting plans, perhaps you would do well to diet with a partner. This helps you not only set goals but also to meet and exceed challenges along the way. A partner can also benefit from the partnership as he or she will be challenged and feel the need to perform better than if he or she were dieting alone.

You must hold yourself accountable to your stated dieting and weight loss goals in order to achieve any lasting results. If you have not had dieting success in the past, then perhaps it is time to bring some degree of accountability into the picture.

1. The Dieting Mindset

When it comes to dieting, far too many people set themselves up for failure before they even begin the process. They literally dread going on their diets and before they start the process are planning their mishaps along the way. Sad to say but true, far too many would be dieters are planning their first Rocky Road mishap while eating their last bowl of Rocky Road before the big event.

I have no idea why we tend to do this to ourselves but it is something I see everywhere dieter. The far too popular notion is that one must binge on the foods most loved and enjoyed before beginning the dieting process because these things must be completely eliminated in order to shed those unwanted pounds. If you are honest with yourself, nothing could be further from the truth. Moderation is simply a concept that many of us are loathe to embrace.

You must change your way of thinking about food and your personal enjoyment of food in order for any diet you embrace to be successful. Food isn't the enemy. And that is something that not enough people really understand. Even the 'tasty' foods aren't the enemy. The enemy is your personal inability to properly portion the foods you eat. The problem is that the vast majority of us eat the wrong foods far more often than we eat the right foods. This is where the problems lie.

Our bodies need the nutrients we are lacking by not eating the five servings of vegetables and three servings of fruit each day that we should consume. Our bodies know that something is missing and we feel hungry or deprived. If we were actually consuming the proper balance of fruits and veggies each day we would find that we were far less likely to feel hungry and desire those foods that aren't as healthy. This means we would be much more likely to enjoy them in moderation as they should be enjoyed.

Portion control is another problem that we have. We live in a society of "up selling". Super sized fries and empty calories by the gallon of your favorite cola are offered with almost every fast food meal that can be bought. You must learn to say no to these things and avoid situations in which you may feel tempted to partake in these up sized orders.

To be truly successful when dieting you need to embrace the process as building a healthier you rather than depriving yourself of something. Do not think of your weigh loss plan as something negative but rather a positive force in your life to make changes for the better. When you have negative thoughts do not direct them at your diet. When you feel deprived remind yourself that you are depriving your bones of carrying around that excess weight. Remind yourself that you are depriving your wardrobe of those bulky clothes that are designed to hide the bulges. Remind yourself that you are depriving your body of years of bulges and bringing back the body of your youth.

Do not get so caught up in the dieting process that you forget to enjoy some of the goodies that life has to offer. Watching your weight and counting your calories does not mean that you can never go over your allotment. The goal however is to find balance. If

you learn to portion your food correctly, indulge in moderation, and incorporate enjoyable calorie burning activities into your daily routine you may be amazed at the results.

Dieting for weight loss and health is only depriving if you allow it to be. If you cannot control yourself when it comes to indulging then by all means avoid indulging. However, if you can learn to incorporate those small treats into your routine in moderation and burn those extra calories as well, then you should find yourself a much happier and more successful 'dieter' than you have ever managed to be in the past.

2. Setting Goals when Dieting

As with most things in life, setting goals is very important when dieting. When you look at things truthfully and objectively you should notice that most of the things you've accomplished in life have been accomplished because you not only had a goal but also had a clearly planned and well thought out process for achieving that goal. That being said, why is goal setting so important when it comes to dieting?

First of all, it is difficult to achieve a goal if you do not have a clearly defined goal. There are times in life when it is almost impossible to tell whether you are succeeding or failing because you aren't certain exactly what the desired outcome should be. Identifying your dieting goals before you begin eliminates this particular possibility.

Second, having dieting goals gives you a measuring stick by which you can judge your process. This is important so that you know when your efforts are failing behind and when you're moving along schedule or ahead of schedule. In other words, you will know when to celebrate and when to give yourself a swift kick to the rear.

Now that we know why we set weight loss goals, let's discuss how we should go about setting those goals that are so important for dieting success. You want to set goals that are aggressive without being impossible to achieve. If you set goals that are beyond your reach you will find that frustration will be your dieting partner until you reach the point where you give up all together. In order to avoid this you should take great care to insure that your goals are possible for you to achieve.

When it comes to weight loss be specific when setting your goals. Rather than setting a total goal of 40 or 60 pounds start with a specific goal such as 10 pounds in one month. Then you can extend the goal to the next month until you've reached the overall goal of 40 or 60 pounds. It is much easier to lose 10 pounds four times than it is to lose 40 pounds at once. It's a trick of the mind but it works. Ten pounds sounds simple and achievable. Forty pounds sounds like an insurmountable obstacle.

Another thing about goals is that you want to hold yourself accountable but you shouldn't call the whole thing off if you only lose 9 pounds instead of 10. Instead, find out where you dropped the ball for the final pound and set your 10-pound goal for the next month.

You should also take great care that you are working with your personal goals and not the

goals that someone else is pushing on you. The truth is that if it's personal to you, it will be much more rewarding than if you are doing this for someone else. If your heart isn't in it, there are very few goals that are going to motivate you properly.

Finally, you should establish small (non-food) rewards for accomplishing your dieting goals. Perhaps your reward will be a new accessory for your new (or new old) wardrobe or a pedicure for your new look. Make your reward something fun and frivolous and teach yourself that accomplishing your goals can be accomplished by something other than food. This is a key to dieting successfully.

3. The biggest Dieting mistakes

There are many mistakes that are made on a near daily basis when it comes to dieting. While there are many real profound mistakes that go along with the territory there are a few that seem to have far more profound and lasting implications than others. Hopefully by learning about these mistakes you can learn to avoid them in your own weight loss pursuits.

Perhaps the single largest mistake that dieters make is adopting an all or nothing attitude. These are the dieters that scour the pantry and the refrigerator removing anything that could be seen as a potential source of temptation. They embark on a dietary regimen that is nearly impossible to maintain and believe that all is lost the moment they stray from the strict guidelines of their diet.

While this may work for some in the short term, it sets them up for failure, frustration, and ill will towards the entire dieting process. The important thing when it comes to dieting is the goal. Your goal is to shed pounds. There are many ways in which this can be done that do not require starving yourself or punishing yourself in the process.

Another great mistake when it comes to dieting is selecting a diet plan where you eat the same thing every day. Despite our human need for structure and routine we tend to enjoy changing our lunch routine on occasion. Select a diet or new nutrition plan that allows you to enjoy a wide variety of foods rather than one that limits you to the same meal or meal selection day in and day out.

Other common mistakes include depriving yourself of everything you enjoy. One thing that we often forget is the importance of moderation. Fill up on servings of fruits and vegetables but allow yourself to enjoy the occasional indulgence for the sake of sanity. If you never allow yourself to enjoy a taste of chocolate, why on earth would you want to live forever? Seriously, do not forget to enjoy food for the sake of dieting. There is nothing wrong or sinful about enjoying food. The problem lies when you enjoy only the wrong sorts of foods.

You should also avoid the mistake of not setting goals. While you do not want to set goals that are impossible to achieve you should also avoid the opposite end of the spectrum, which involves having no goals at all. Those who set aggressive goals that are achievable

will see the greatest degree of success. Making those goals public and asking for support is another thing that will help you achieve greater success. This is one reason the Weight Watchers program has enjoyed the phenomenal success it has.

The final mistake when it comes to dieting that is made all too often is giving up. We all have setbacks along the way. Even those who have achieved monumental dieting success have met with failure on the road. The end result however, for those who stick with the plan is a healthier body and that is something that is worth fighting for. Your goals may get side tracked but you can set new goals. You may have had a bad day or even a bad week when it comes to your dietary goals and plans. Do not let this defeat your desires to become a healthier you.

Learn to overcome those mistakes and move on from them. Let your failures teach you as much as your successes and you should be well on your way to the healthier person that you know is hiding inside. Whether you want to get rid of 10 pounds or 210 pounds the only way to achieve that goal and make it last is by dedicating yourself to the process of becoming a healthier person. A healthy person has healthy eating habits and doesn't starve him or herself. Nor does a healthy person binge on things that aren't healthy. Learn to enjoy food in moderation and you should be well on your way to the success you seek.

4. Dieting for Weight Loss

The most common reason that people cite for dieting today is weight loss. While most of us would love to claim the noble mantle of dieting for health the vast majority of us are doing so for vanity. This, however, is a perfectly acceptable and plausible reason for making the lifestyle changes that are necessary in order to diet. In fact, this reason might prove to be a far greater motivator than many of the other commonly stated reasons for dieting.

When dieting for weight loss one of the most common complaints is constantly feeling hungry. In order to help combat this, you might want to incorporate some of the following strategies into your dieting program. First of all, eat more high fiber foods. Whole grains, apples, pears, and lima beans are a great source of fiber as are many breakfast cereals. Easy does it however when it comes to fiber as it may be filling but there are some unpleasant side effects that may accompany heavy fiber eating (remember that beans are a good source of fiber). Try using a product such as Bean-o when consuming larger amounts of fiber. You might also try spreading your fiber intake throughout the day rather than consuming all your daily fiber at once.

Another method for feeling fuller when dieting is to drink plenty of water while dieting. Water provides an important service to the body and is very necessary when it comes to delivering all the nutrients where they need to go. Water also helps regulate your metabolism, which is very important to the dieting and weight loss process. Additionally, water will help your skin retain its elasticity so that your skin can go more easily back into place once the serious weight loss begins.

Learn to control your portions. We live in a world where portions are over inflated and super sized so often that we no longer know what an appropriate portion looks like. Restaurant meals are quite often more than adequate for at least two full meals and that is before salads, soups, appetizers, or desserts have been ordered. Learning to portion correctly can save you from over loading your calorie intake for the day massively. It can also help you get extra helpings of the lower calorie foods such as lettuce and other vegetables rather than taking such large portions of calorie rich starches or fried foods.

Do not go “Gung Ho”. There are limits to what the body and the mind can handle. When you go on a diet you are making a drastic change to your bodies caloric intake. If you go overboard you can lead to health risks along the way. Begin cutting calories a little at a time and incorporate changes as you go rather than going in with an all or nothing attitude. If you go overboard with your dieting plans chances are that you are dooming your diet to failure.

Take your diet one step at a time for the best results and be sure to incorporate extra physical activity into the mix. Even gardening when done on a regular basis can burn calories, so can cleaning the house, and playing with the little ones. Take a walk to the park or the corner store rather than getting in the car and pull a wagon or push a stroller while you’re at it. The added weight will be just enough resistance to burn a few extra calories.

Dieting for weight loss does not necessarily have to be a major sacrifice on your part but in order to be successful it will be a radical change in lifestyle, particularly if you need to lose more than a few vanity pounds. The health implications of losing the weight are well worth the required effort and should not be taken lightly no matter how excited you are about your new body that is hiding inside your old one.

5. Dieting for Health

There is no greater reason to diet than for your personal health and well being. Those of us who are overweight know better than most the risks and possible consequences that may result because of our weight. Much like smokers however, the risks do not always seem quite so cut and dry until we reach our very own turning point. Whether your eating habits are born of an addiction to certain foods, an emotional need, or years of learned behavior and conditioning things will not change until you completely adjust your eating habits and your lifestyle choices.

Dieting for many has become a lifestyle in and of itself with people rapidly flip-flopping or yo-yoing from one diet to another with little success and growing despair over a sheer lack of results. The truth is that until you decide to forgive yourself for your failures and get right back on the wagon, so to speak, after falling off no diet is going to be successful. A simple diet isn’t going to magically make the pounds disappear and constantly depriving yourself of those things you enjoy most may have a more detrimental effect than a positive effect.

The number one thing most people need to learn is that dieting isn't always a good thing. What most people who are overweight need more than anything else is to incorporate positive lifestyle changes into their daily routines. People scoff at the notion of taking the stairs or parking farther away and yet those are perfectly plausible methods of working a little more physical activity into your day. If those do not work for you how about learning to dance? Seriously, there are beginner dance classes in most communities that will welcome and invite dances of all ages, sizes, and fitness levels if you are willing to make the effort. What a great way to get fit, learn something new, and have fun without feeling deprived.

Another great thing about an activity such as a dance class (consider ballroom dancing with your significant other) is that you are not eating or tempted to eat during the time that you are dancing in most cases. Another great thing is that you are burning those calories you didn't eat. If dancing isn't your thing, try joining a walking club or finding another hobby. Anything that gets you on your feet and away from the temptation of your refrigerator is a good thing when it comes to dieting and weight loss. You cannot lose a significant amount of weight by dieting alone. You must incorporate physical fitness into your daily routine in order to achieve those immediate and visually stunning results that many dieters are hoping to achieve.

Another pitfall when it comes to dieting is that people give up far too quickly. Just as the results are beginning and progressing people get tired of the process or frustrated that they aren't accomplishing enough dramatic weight loss as quickly as they had hoped and give up all together marking off yet another failure when they could have achieved greater success than ever before if they had stuck with their original diet plan a little longer.

One more thing you should remember when it comes to dieting is that the scale can be your best friend or your worst enemy when dieting. If you are weighing yourself every day in hopes of watching the scale tick off yet another pound you are dooming yourself to failure. You will never achieve the results you are hoping for if you are going into depressive bouts of Rocky Road or Chunky Monkey every night because you didn't lose 10 pounds overnight.

When it comes to dieting there are very few diets that work. There are however, many lifestyle changes that when practiced consistently and aggressively will work. The thing to remember is that you are the one who must work because it is quite unlikely that any diet will work without your commitment.

6. Dieting with a busy schedule

Many of us find that the number one hindrance to our diet success is the lack of time to prepare the proper meals and snacks for our dietary needs. It is often much more convenient to throw one thing in the crock pot for the family or resort to the fast food last resort rather than preparing the healthy and nutritious meal that we should be eating.

There are things you can do however that will reduce the temptation to hit the drive thru and keep you on course with your dieting needs. The first of these is a process known as once a week cooking. With this method you cook enough meals to last you a week on one day. This means that for every night of the week you have a diet friendly meal ready to go. If your entire family is dieting or eating healthier with you, this works for this situation as well. Dieting and incorporating healthier eating habits into the food for your entire family is a great way to set an example for your children will keeping you motivated and removing temptation.

With once a week cooking you freeze the food that won't be immediately consumed and thaw it the morning you will be eating the food to cook when you arrive home after work or decide it is time for your evening meal. This is a process that works well no matter how many soccer games, dance practices, and band recitals you have on your calendar for the week. You can manage to stick to your diet while having a great meal for your family each and every night of the week.

You should also make sure to have a nice supply and cleaned and cut fruits, vegetables, and salad ingredients in your refrigerator in order to make these dishes readily assessable for quick lunches or snacks. Having these foods readily available will help you resist the temptation to snack on higher calorie prepackaged food while also helping to insure that you have a ready supply of fresh fruits and vegetables to help you get your 5 servings a day.

You should also keep some conveniently packaged yogurt on hand as a good quick and easy dairy product. Sugar free pudding cups are another decent snack for those who need something quick and easy to have on hand. Preparation and planning are essential to successfully meeting your weight loss goals. By preparing as much of the food as possible ahead of time you will never even miss the convenience of those high calorie pre packaged meals and snacks that so many of us survive on when not dieting.

Another time saver is to work your fitness opportunities into the course of your day. Rather than performing one lengthy workout each day, try to find methods of bringing a little fitness activity into the most mundane portions of your day (go stair climbing at lunch, park on the top level of the parking garage and walk down-then up when returning-the stairs), park far away from the door of the supermarket and see if your mall has a walking path that is clearly marked. You'll be amazed at the hidden opportunities many of us have for exercising during our busy days. The trick is often in discovering the activities rather than the time.

When all is said and done, dieting doesn't have to be as time consuming as you may think it is. There are all kinds of prepackaged plans for dieters however if that is the choice you feel is best for you. Whether you are going with Lean Cuisine meals, Weight Watchers frozen entrees, Jenny Craig, or the Slim Fast program there are all kinds of opportunities to work dieting and fitness into even the busiest of schedules. When planning your dieting practices be sure to consider the tips and advice mentioned above.

7. 3 Hour Dieting

When it comes to the world of dieting you will find that there are many diet, weight loss, and fitness plans on the market. It takes years for some to become a contender and others remain a best-kept secret of sorts. One such 'best kept' secret would be the 3 Hour Diet that was designed by Jorge Cruise. I am sure that there are many reading along and chuckling under your breath that there is no way one can lose weight by eating every three hours however the science behind the theory is fairly common and Jorge Cruise is a mainstay in the fitness industry.

The long and short of this diet operates with the knowledge that if you do not feed your body accurately and regularly your body will go into what is called 'starvation mode'. In this mode your body holds onto the fat rather than burning it up and consuming it for use. This means that your body is burning muscle rather than fat to take the energy it needs in order to function.

With the 3 Hour Diet you will not feel hungry all the time, in fact, there are many who claim they are constantly setting alarms and reminding themselves to eat. You will also learn the proper foods to eat in order to achieve the best possible results. The key is in learning which foods are right for you when dieting with this plan. You can purchase the book *The 3-Hour Diet* by Jorge Cruise and you can sign up online for more information about the weight plan itself and how to incorporate it into your busy routine.

I do recommend purchasing the book if you are seriously considering this as your method of dieting as there are many wonderful hints, tips, and tricks that are mentioned in the book to help you keep things going no matter how busy and hectic your lifestyle may be. One thing you need to keep in mind is that dieting with a program such as this is no small commitment. You need to stick to the timetable as much as possible in order to achieve the results this plan is famous for. If you aren't willing to eat every three hours then this plan really may not be the plan for you.

Otherwise, if this is something you would be interested in, I highly recommend it. There are special considerations based on the amount you weight currently and the amount of weight you are hoping to lose. It is best if you are honest throughout the process in order to achieve the best possible and most immediate results. The claim is that you can lose as many as 10 pounds in the first two weeks and there are those that have claimed to do just that over and over again. This is a diet that even many celebrities endorse for quick and immediate results.

The good and the bad about 3 hour dieting is that it is effective but takes a very real commitment on the part of the one that is dieting. This diet is one that is taking the world by storm. If you haven't heard of it before now, please take the time to check it out and see if this is something you could incorporate into your life. The results that have been reported as a result of this diet as nothing short of phenomenal. If there were one diet I would recommend above others for those who hate feeling hungry, it would be this diet.

8. Dieting and Fitness

In order to living a long and healthy life, there are two necessary ingredients: diet and fitness. While some believe that they are one thing all together, nothing could be further from the truth. It is quite possible to have a perfectly healthy diet with deplorable fitness habits. It is equally possible to be very physically fit with less than savory eating habits.

There's a clever little line in the Jimmy Buffet song "Fruitcakes" when his 'lady' is lamenting:

"I treat my body like a temple

You treat yours like a tent"

I can't help but think of this line whenever I think about all the people around the world who are going on these garbage in, garbage out diet plans hoping to achieve the weight loss success of those who are endorsing these products.

To be completely honest, it is possible to shed pounds through diet alone. It is difficult but possible. It is also possible to be physically fit and have a few extra pounds hanging around. To a large degree we are what we eat. If we consume a high fat low substance diet our bodies are going to lack the fuel required to burn the fat. At the same time if we aren't providing our bodies with the tools it needs to build muscle it doesn't matter how many weights we lift.

When it comes to diet and fitness, the best results are achieved when they work together rather than separately. Use your fitness routine to burn excess calories and use your diet in order to properly provide your body the nutrients and fuel it needs to build muscle. I've heard many times in my life that a pound of muscle weighs less than a pound of fat. While this is not true at all, a pound is a pound regardless; a pound of muscle occupies less space on the body than a pound of fat. Pound for pound, I would much rather mine be composed of muscle than fat. Dieting alone does not build muscle and that is something you will do well to remember in your efforts.

You should also realize that as you are building muscle you may be shedding inches while not showing a great deal of progress on the scale. It is very important that you keep this in mind throughout the weight loss process. Do not measure your progress by the scales alone or you will achieve misleading results. The problem is that far too many people do just this and get frustrated and give up when they are actually making progress. Do not allow yourself to be a victim of the scales. Look in the mirror, try on your tight pants, and measure your waistline. Measure your success by how you feel after climbing a flight of stairs not by how many pounds fell of the scale this week.

By incorporating fitness into your diet routine you are also enabling your body to burn off any extra calories you may have consumed during the day. This means that if you want to

have a small 'cheat' during your day, you can make up for it by burning a few more calories than normal in the evening. This isn't something that should happen often but an occasional occurrence isn't going to make or break your diet.

You should also look at dieting and fitness as a ball and glove type of relationship. While you can play ball without the glove, it seems to work so much better if you have both. Diet and fitness when combined can create fantastic weight loss results for those who take them both seriously. The thing to remember is that neither works as well alone and neither will work unless you are willing to do the work. You must make this a priority in your life in order to achieve the best possible results.

9. Dieting for Fertility

Obesity has many negative health consequences. Some are better known and documented than others. Recent studies have shown that yet another potential consequence of obesity is difficulty when it comes to conceiving a baby. Fertility troubles are a growing problem in this country and around the world. One reason that is being hailed as a very viable culprit is obesity.

While most people look immediately to the female in the relationship for this particular problem the facts indicate that male obesity can also lead to a low sperm count, which can also hamper fertility efforts and progress.

Our bodies were designed for specific purposes. It is utterly amazing how well each part of the human body works to support the others. There are very few machines that can compete with the genius of the design of the human body. After thousands of years to study the human body there are still many mysteries hidden within. The truth comes down to this however, we put things into our bodies, and abuse our bodies in ways that our bodies were simply not designed to take and yet we still manage to adapt and survive many of these things.

It's amazing when you think about that the human body endures the many things it does without permanent and irrevocable damage. The good news for those attempting to conceive is that the human body also has the remarkable ability to heal itself. This means that those who find their efforts to conceive have been hampered by obesity have also seen positive changes by losing as little as five to ten percent of your ability to conceive.

If both partners are overweight then it might be a good idea to work together to shed those unwanted pounds and adopt a healthier, more active lifestyle. Being active when trying to conceive and throughout the pregnancy is a good idea for the female in the relationship at any rate as this can help in the process of labor and delivery.

If you are trying to conceive without success and have been doing so for more than a year it is probably in your best interest to seek the services of a fertility specialist in order to rule out other possible considerations. Though it is rarely a bad idea to adopt a healthier lifestyle you should also consult your doctor before beginning a strict diet or weight loss

regimen in order to make sure there aren't other factors that may be causing your weight issues. This is particularly true if you have gained a good deal of weight in a rather short amount of time.

In addition to conception difficulty obesity can also lead to a greater risk of miscarriage once conception has occurred. Obesity also leads to a greater risk of conditions such as gestational diabetes during the pregnancy, pre-eclampsia, and in some cases still birth and birth defects. It is no small hindrance to a healthy pregnancy and should be carefully considered before attempting to conceive.

Another consideration when it comes to obesity and fertility is that being overweight can also hamper the affects of fertility treatments. This means that the process is typically lengthier and will cost significantly more over time than if obesity were not a factor. When coupled with the risks to the baby this is something that should not be taken lightly when making plans for fertility treatments.

If your BMI is greater than 30 there are many fertility clinics that simply will not offer their services. Some limit it to greater than 35 and others 40. If you feel that fertility treatments are the only course of action available to you and your BMI is greater than 30, the first suggestion you are likely to hear is the suggestion that you make serious weight loss efforts and lifestyle changes before proceeding. You may find that once you begin to shed the pounds, fertility intervention is no longer necessary.

10. Dieting by Weight Loss Surgery

There are many pills, potions, lotions, powders, and creams that promise to melt off the pounds you've put on while you sleep. The sad truth is that only one pill sold over the counter at this point in time has the FDA back up its claims of aiding in weight loss period. This drug would be the over the counter form of the drug that has been prescribed as Xenical. In the over the counter form it is known as Alli. Alli along with diet and exercise is known to boost the weight loss process to provide more immediate and long lasting results.

With any medication such as this there are those that will tout its effectiveness as well as those that will shout out the dangers of this chemical we are potentially introducing to our bodies. The one thing that is important to remember is that Alli holds no claims to work without consistent weight loss and fitness efforts on your part. This product is meant to supplement your own efforts not to work as a substitute for your own efforts.

It should be mentioned that there are consequences that occur as the result of taking Alli and not following up with a diet that is low in fat. Among the side effects that can result are flatulence, loose stools, and bowel incontinence. This is not a drug for the faint of heart nor is it a medication for those that are not completely dedicated to the cause of losing weight and dieting.

While Alli is not the overall solution that so many are hoping for, it can lead to more substantial effects for your efforts and that is nothing to overlook when it comes to importance. According to the website for Alli you have as much as 50% greater weight loss potential when you combine Alli with diet and exercise than dieting and exercise alone would bring. This is a huge break through for the weight loss community and diet industry at large.

While this isn't the magic pill that will melt off the pounds as you sleep it is a pill that is documented to get results and some of these results are quite impressive for those who stick to the plan. If you have been struggling with dieting, diet plans, weight loss, and incorporating a bold and beneficial fitness routine into your life there is no time like the present to check out Alli and see what outstanding results this product can introduce into your fitness plan.

If Alli helps even a tenth of those who decide to take it achieve their fitness and weight loss goals then this is the miracle product we hoped it would be. Most miracles, after all don't come free and most of them do not come for less than \$100 a bottle for certain.

If you are one of the many out there who is struggling with obesity and feels hopeless when it comes to controlling your weight and your life, then perhaps Alli is the answer to your prayers. My best recommendation is to discuss this product seriously with your doctor before making any sort of commitment in order to decide if you are committed enough and ready to take the next step or if your physician feels this may not be in your best interest at the time.

11. Dieting by Weight Loss Surgery

Those who are what is considered morbidly obese have few options when it comes to losing weight when time is of the essence. Many have bounced from one diet to the next for the vast majority of their lives only to find failure after failure and a growing sense of hopelessness and helplessness.

One common misconception when it comes to the morbidly obese is that they did it to themselves and if they didn't want to be overweight they wouldn't be. While this is nice in theory it isn't always true in practice. There are certain medical conditions that can result in a person being unable to control the weight they gain. There are also environmental issues that can affect the weight of a person as well. It's ironic that in many cases alcoholics and drug addicts are treated and viewed with greater compassion than someone who is obese.

The surgery itself is major surgery and not an option that should be taken lightly and without a great deal of thought. Most people find that weight loss surgery involves a major change in lifestyle before and after as well as an entirely new way of eating that is a lifelong commitment. Because of the life altering changes that result from this surgery it is recommended that those receiving the surgery have a BMI that is greater than 40. This

means that it is recommended for men who are greater than 100 pounds overweight and women who overweight by 80 or more pounds.

You should carefully weigh the benefits and the risks of a surgery such as this before deciding that this is the course of action you need to take. The risks are great with this surgery and should not be overlooked in desperation to shed the weight you've wanted to shed for so long. Nutritional deficiencies occur in almost 20% of those who have received this sort of surgery as the result of insufficient nutrients. This can lead to osteoporosis and other conditions as you age. Complications can result from the surgery itself. You can have lifelong issues when consuming too much or the wrong sorts of foods, and there are some who achieve their goals only to find that the weight comes back in time. As with anything in life there are no guarantees when it comes to weight loss surgery.

In order to determine whether or not this surgery will be beneficial to you, you may want to ask yourself the following questions.

Is my weight significantly hampering day-to-day activities?

Is my weight causing other secondary conditions that may be harmful to my health?

Is my weight something I honestly feel I can take control of on my own?

Can I commit to the lifelong consequences and follow up that will be required?

The problem with most people who find the need to resort to weight loss surgery is that they cannot take control of their bodies back. The odds of a good candidate for weight loss surgery losing the weight of his or her own design are very slim as he or she has most likely tried and failed every diet in the books.

Only you can determine whether or not weight loss surgery is a viable option for your weight loss needs. If you decide that this is something you are interested in learning more about, be sure to discuss the possible consequences thoroughly with your physician.

12. Weight Watchers Dieting

There are very few organizations that have achieved the lasting success of Weight Watchers. They have been around quite a while and show no signs of stopping. More importantly, their success stories speak volumes for those who join and stick with the program. So what makes this program so successful when many others come and go?

Community

Believe it or not, one of the most important things about Weight Watchers secret to success, so to speak, is the sense of community that is forged between the men and women who are trying to lose weight. There is something humbling and exciting about

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