

# ENLARGE YOUR KNOWLEDGE ON WEIGHT LOSS AND CREATE OWN WEIGHT LOSS PLAN

## How To Read This E-Book

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## Calorie Cutting Food Swaps

If you're looking to succeed on your [weight loss](#) diet plan, it's vital that you take a look at some of the simple ways that you can go about reducing your calorie intake so that you can make fast progress without feeling like you're on a very strict diet.

If the truth is told, for many people there are some very small adjustments they could make to their normal diet intake that would have a huge impact on the fat loss results that they see.

By taking the time to learn what these adjustments are and then getting them in place, you can see for yourself just how powerful they can be.

Let's give you a few quick calorie cutting food swaps to think about.

### Swap: Granola For Oatmeal

The first great swap to make is to exchange out your usual bowl of granola in the morning for some oatmeal instead. Oatmeal is very high in fiber and completely sugar free, which cannot be said for most granola cereals.

By choosing oatmeal instead, you can easily save yourself 200-300 calories in the process.

### Swap: Beef For Fish

The next quick swap that you may want to consider is exchanging fish for beef. While beef definitely is a good protein source in your diet, fish would be a superior option.

Fish is lower in calories and completely fat free, so when you're really trying to get the weight off quickly, it'll help you get there faster.

Allow beef once per week to help keep your iron intake up, but then have fish or chicken the remaining nights instead.

### Swap: Juice For Real Fruit

Another smart swap for faster weight loss is to exchange juice for real fruit. Juice is very high in calories and will produce a rather rapid spike in blood glucose levels due to the lack of fiber it contains, while real fruit is the opposite.

Real fruit is going to be high in fiber and nutrients and will fill you up much more quickly and help to keep you satisfied. Many people make the mistake of thinking that juice is a very healthy selection, but that's not the case.

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## Swap: Pasta For Spaghetti Squash

Finally, the last swap that you should consider adding into your diet plan is spaghetti squash for pasta. Pasta is another very high calorie food is and is very easy to overeat on. If you want to maintain that reduced calorie intake for faster weight loss, then squash is the superior choice.

This vegetable can be eaten in much the same way as normal pasta would be, but will help shave off 200 calories or more from that meal.

So there you have just a few of the quick and easy swaps that you can start making today. They won't really change the overall meal that you're having, just change the total calorie content and help you move closer to your end goal. Some

times it's the smallest changes that can make the biggest difference so always look for these first in your diet plan before making larger-scale changes.

## Can Weight Loss Hypnosis Help You?

One of the hottest trends going around right now is that of weight loss hypnosis. People who have tried to diet before in the past and failed miserably are now giving this trend a try, hoping that it may hold the key that unlocks them to greater success.

But, will it really work? Is it the answer to your prayers?

There are a few things that you must understand first before you make an informed decision.

Let's go over what you need to know.

### You Must Be Suggestive

The very first thing that you must remember is the fact that in order for weight loss hypnotherapy to work, you do need to be suggestive.

Those who are easily moved into a suggestive state will be able to be hypnotized fairly readily, while those who can't, won't.

It's really as simple as that. Some people are great with hypnosis, but for others, the effects aren't going to have that much of an influence on them. Of course, this does in part depend on the skill of the hypnotist that you're working with, but keep in mind that some people will just find it naturally works better for them.

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It may be worth your while to be hypnotized for something relatively minor (such as for entertainment purposes) first to see how suggestible you really are.

## **You Will Still Have To Work**

Second, it's important that you do remember that just because you are hypnotized, this does not mean you won't have to do some work.

You're still going to have to put in effort to eat properly and exercise regularly. It won't take away from that so for those who hope this is some magic cure that means they will no longer have to even try and weight loss will just come right off, they are in for disappointment.

You do still have to put in effort to see results. Failing to believe that is setting yourself up to fail.

## **You May Need Repeat Sessions**

Finally, the last thing that you'll want to keep in mind if you're considering using hypnosis as a method of losing weight is the fact that you may need to get repeated sessions with the hypnotist.

Some people view it as a one-shot cure-all. They go once and magically, they are no longer doing behaviors that prevent weight gain from occurring.

While in a few cases it may be this simple, in most, it's more complex than that. Especially if your habits have been highly ingrained in you for years, you may require multiple sessions on an ongoing basis until you finally reach your goal weight.

And even then, you may still require occasional check-ups to ensure it doesn't become a problem again.

So if you're going to consider it, just be sure that you are open to the idea that it could be a long term endeavor.

So there you have the facts to know about this rising trend in weight loss. If you're really struggling, it may just be the thing to help you out.

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## Can You See Extreme Weight Loss And Stay Safe?

If you're on a fat loss program at the moment, one of the top things that you may be questioning is just how fast you can lose weight and stay safe while you do it.

While you will always get those people who just want to lose weight and don't really give a care as to how they do it – they just want it gone now, most people do realize that health must remain a priority.

Besides, there's no point jeopardizing your future health just to fit into your skinny jeans in a week – not to mention torture yourself while you do it.

Instead, you want to take the moderate approach and lose weight quickly but without causing your body too much distress in the process.

So how fast can you lose weight? What's the most extreme rate of weight loss that you should even consider?

Let's have a look at what you should know with regards to this topic.

### **Your Diet Time Frame**

The very first thing that you must think about is how long you plan to use the diet. Are you just dieting for a week or so?

If that's the case, you can likely experience a slightly faster rate of total fat loss because you won't be starving your body for too long. Remember, all diets are essentially 'starving' you to some degree. How much is dependent on how severe the diet really is.

If you plan to diet for more than a couple weeks, you're better off accepting a slower rate of weight loss and making sure that it stays off for good.

### **How Much Weight You Have To Lose**

Moving along, also ask yourself how much weight you have to lose. Are we talking a couple pounds here?

Or are we talking 20-40? If you have more than 10 pounds to lose, you aren't going to do that using any extreme weight loss plans and stay safe.

If you have a few pounds to shed, then fine, you can likely do so without harm. Get on the intense diet and get off it just as fast.

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The more intense the diet is, the faster you'll lose that weight anyway, allowing you to come off that fast.

But, if you have many pounds to lose, you simply aren't ever going to lose them 'fast'.

## Your Body Tendency

Finally, also consider your body tendency. Do you tend to store fat easily? If so, your body isn't going to give it up so easily. In that situation, you may not perform so well on extreme weight loss diets. A more moderate approach will likely suite you better.

So there you have the main points to keep in mind as you go about your diet program. Extreme weight loss may be possible in some cases, but in many where there is more weight to lose, a moderate approach is the safest bet.

## Can You Trust A Weight Loss Chart?

As you go about your weight loss program plan, one thing that you'll want to consider is whether a weight loss chart is really the best way to measure how you're doing with your program.

Many people use weight loss charts as they assess their progress and how they're doing, and it can really control their emotions.

If they see that they are now in the 'normal weight' range, they get very excited –thinking they're doing everything perfectly.

If they're in the overweight category however, frustration will be apparent and they may give up entirely, thinking they'll just stay overweight permanently.

But there are some very negative things that can come about because of using a weight loss chart. Let's take a look at what these are so that you can form a complete picture in your mind on how they may be throwing you off.

## They Encourage Fast Weight Loss

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The first problem with weight loss charts is that they can encourage you to go to extremes with your diet plan if you're going to aim to see as fast of fat loss as possible.

Basically, if you see that you're in the overweight category and have 15 pounds to lose to get to normal weight, that gives you a firm amount of weight to shed and you may think the faster you can do this, the better. You definitely do not want to be classified as 'overweight'.

But remember, fast weight loss doesn't always mean safe or healthy weight loss. When you lose the weight too quickly, very often it'll come back on just as fast as it left.

A slow and steady approach is a far better way.

## **They Don't Factor Muscle In**

The second reason why a weight loss chart isn't going to be ideal is because they don't factor in muscle tissue. If you've been building a high amount of muscle through intense workout sessions or are just naturally muscular as you've been athletic your entire life, the weight loss chart will not account for this.

In fact, it may place you as overweight even though you actually have very little body fat on your body.

For these people, it's just not going to work for them and won't be a good idea to use. If you feel like you have a high percentage of muscle on your body and that is why you're so heavy, a far better plan would be to have a body fat test taken instead. That is really going to tell you the complete picture of what's going on there.

## **They May Not Be Right For Teens**

Finally, last but not least, if you're a teen or a parent of a teen who is using the chart for them, realize that teens do grow at different rates and it can take a bit of time for their body weight to normalize to the weight they will naturally be at as an adult.

For this reason, avoid using the weight loss charts for teens. If your teen or you are slightly heavy, be patient. Let your body finish its growth process and then you can focus on dieting if need be.

Instead, concentrate on eating right at this time and being active. That will be the far better approach.

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So there you have the top points that you must think about as you go about your diet and consider your method of assessments. Overall, weight loss charts typically are not the best approach to be using.

## Creating An Extreme Weight Loss Diet Plan

Looking for extreme weight loss success? Have a deadline to reach for your weight loss goals?

Whatever the case, if you are in a hurry to shed the excess weight you're carrying around, chances are you're on the hunt for one of the ultra low calorie diets out there. In fact, as much as you hate to admit it, you may have even typed in 'Crash Diet' in the Google search bar.

You aren't messing around here – you need that weight gone yesterday!

But, before you run off on a poorly designed extreme weight loss diet plan, it's worthwhile to take a bit of time to educate yourself on how to do this correctly. While you should never use an extreme [weight loss diet plan](#) for the long haul (as they will cause harm regardless if carried out for extended periods of time), over the short term, if done right, they can be safe to use.

Let's go over the main points that you must know if you're going to be creating an extreme weight loss diet plan for yourself.

### **Focus On Protein**

The first component to get in place on any extreme weight loss diet plan is protein. Protein is what will make sure that you aren't burning up lean muscle mass as you go about the diet plan, so what will keep your metabolism running on high over the long term.

If you start to lose lean muscle mass, which is quite common on extreme weight loss plans, you're headed for long-term trouble.

You do not want to miss this point. Each and every meal and snack that you consume should have protein laid out as its base.



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## Get Your Greens

Second, make sure that you get your greens in. Eating enough vegetables on a fat loss diet plan is going to be incredibly important because these are the foods that are going to provide the most nourishment overall to the body and help to also keep you regular due to their fiber content.

Plus, they're also incredibly low in calories. So for any dieter on an intense diet program, that's really a win-win scenario.

Eating more greens throughout this diet is only going to make your life that much easier.

## Drink More Water

Next up, make sure that you stay well hydrated. Very low calorie diet plans do tend to have dehydrating effects on the body, so to avoid this from happening to you, make sure that you are staying as well hydrated as possible.

Aim for 8-10 glasses of clear fluid each and every day – more if needed.

## Keep A Calendar

Finally, last but not least, make sure that you keep a calendar of your time on the diet. Track how long it has been since you started and at two weeks, come off that diet. Doing it any longer than this period of time is only going to set you up to fail.

So there you have the main points to know about extreme weight loss diets. Do these wisely and you will see fast results and meet your weight loss deadline.

## Detoxing 101: How To Detox Safely

One type of diet program set-up that many people are starting to think about and look into more often these days is a detox diet. The idea behind detox diets is that you'll remove all the toxic waste that's impacting your body, creating a leaner and firmer figure in the process.

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In addition to that, you'll also improve your health and help ensure that you are able to burn fat optimally throughout the day.

This all sounds very appealing to most people and is what they're primary after with their goals, so it seems pretty clear that a detox plan is a smart way to go.

But is it? The fact of the matter is that when they aren't done correctly, detox diets are not going to be ideal for health, body composition changes, or for any other benefit that you may have in mind. They can be downright dangerous when done improperly, so this isn't something to just jump on like another quick-fix diet plan.

Let's have a quick look at a few of the main tips to know so that you can detox safely.

## **Get Sufficient Protein**

The very first thing that you must do in order to detox properly is to ensure that you are taking in sufficient protein throughout the day. This is perhaps the biggest mistake that most people are making – they're not taking in enough protein and thus end up losing lean muscle mass.

Most detox diet plans do not provide any protein at all, so this is something that you'll have to adjust with the program that you're using.

For best results, aim to get one gram of protein per pound of body weight each day. If you'd prefer not to use whole foods to do this as you feel it will take away from the 'detox' effect, a protein supplement is your next best choice.

## **Watch Your Calorie Level**

Moving on, the second thing to watch is your calorie level. It's vital that you are consuming an adequate number of calories to keep up with your activity level. Most detox diets will naturally be lower in calories, so as you go on them, make sure that you curtail on the amount of physical activity you plan to perform.

On those days where you are more active, think about doubling up on the fruit servings you're eating and possibly adding in some healthy fats such as nuts or healthy oils.

This will provide you with the extra energy you need at this point. If you begin to lose lean muscle mass, it will just be a downward spiral from there.

## **Limit Your Detox Length**

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Another thing to remember is that you should limit the length of the detox plan you use. Don't detox diet for any longer than one week total. Anything more than this is likely to put you at a nutritional deficiency and will definitely have an influence on how you feel on a day to day basis.

Instead, keep the detox short and sweet. When done properly, this is all the time that you'll really need to spend on it.

### Supplement

Finally, last but not least, consider [supplementation](#). Taking a multivitamin is the perfect way to provide assurance that you aren't missing out on any nutrients and that you aren't going to do long-term harm to the body.

You will be low in calcium, iron, zinc, along with vitamin B in most instances while detoxing, so the multi will provide some relief.

So there you have the primary things that you should note about detox diets. Be sure to use them wisely and you will feel great and see optimal results.

## Diet Tricks To Beat A Weight Loss Plateau

If you're on a diet program and have recently noticed that the weight you were losing has seemed to have slowed and it seems like it's been forever since you've shed a few pounds, it might be time to consider that you are stuck in a diet plateau.

Many people will face a diet plateau at some point or another as they do tend to be incredibly common along the weight loss journey. This is especially the case if you've been using a lower calorie diet for an extended period of time as the body will be fighting hard to help keep you from starving to death.

But, if you approach the plateau in the proper manner, you should be able to bust through it relatively easily and get back on track to maximum success.

Let's go over a few of the smart diet tricks that you can use to bust through any plateau you face.

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## **Zig-Zag Your Calorie Intake**

The very first thing that you should do is zig-zag your calorie intake. What this does is essentially tricks your body. At first it may have thought it caught on to you and slowed its metabolic rate down to the amount of food that you were eating.

But, if you then add a much higher calorie day into the mix, you confuse it. Now it's getting more fuel, so it may start to speed up again to compensate for this.

Your body does try and maintain homeostasis as best as possible, so it will speed up and slow down with just three to five days of intense dieting.

By having some low and some high calorie days throughout the week, you never give it this consecutive period where receiving the same amount of fuel, day after day.

## **Eat More Variety**

The second dietary strategy that you can use to bust through a plateau is to try and consume as much variety as you possibly can. Don't gravitate to the same three foods over and over again.

Mix it up, as long as they stay healthy.

While this won't have an incredibly huge impact on your progress, it still can make a difference and every little bit will add up.

## **Add A Two To Four Day Diet Break**

Finally, if you've been dieting intensely for quite some time, it may just be time to consider a two to four day diet break. Sometimes a one day high calorie day isn't enough to get things kick-started again and you instead need to elevate calories and keep them there for a longer period of time.

A short break off your diet and eating at maintenance levels can be just the thing to get you out of the plateau and on track again. So next time you feel like your progress is moving slower than it should, consider these strategies. Using them should get you moving forward again so that you don't end up any more frustrated than you already are.

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## Dieting Over 50: Is There A Difference?

If you're someone who's beyond the age of 50 who is looking to lose some body fat, you might start to wonder if there should be a difference in the approach you use versus the approach of someone who is younger.

After all, your body is different now than when you were in your twenties, so it only stands to reason that you may need to use a different type of diet.

So what differences should someone over 50 take note of? What alternations will best help you see success?

Let's go over the main things that you should know so that you can get right on track to progress.

### **Alterations To Your Calorie Intake**

The very first thing that you will likely want to do is use a slightly lower calorie intake at this point in your life. Now, there is the common saying that the metabolism naturally slows with age. While this is true, it's not for the reason many people believe.

The primary reason why your metabolism will decrease as you get older is because you're losing lean muscle tissue. If you're someone who has been active for the last 20 years, then you likely don't need to use a reduced calorie intake as you will have more lean muscle tissue.

If you haven't been exercising though, then a slightly lower calorie diet is in order. Try starting at around 10 or 11 calories per pound of body weight.

At this point in your life you may not be quite as physically active overall either as you were when you were younger, so that will also factor into your total daily calorie burn.

### **Accounting For Nutritional Deficiencies**

Another adjustment that you should make is accounting for nutritional deficiencies. Those who are older will want to really make sure that they are taking in enough calcium, iron, and B vitamins.

This will help ensure that they maintain strong bones and high energy levels. In addition to that, make sure that you're taking in a very high quantity of fresh fruits and vegetables daily on whatever diet you choose as these will help to protect against some of the common diseases that can develop as the years go on.

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## **Adding Extra Protein**

Finally, the last thing that you should adjust on your diet protocol is your protein intake. Many older individuals are not getting enough protein total, so it's important that you bump up your intake.

Additionally, since you aren't quite as active as you were when you were younger, having more protein in the diet will help to further safeguard against lean muscle tissue loss, so will help to keep your metabolism higher long term.

Remember to add plenty of low fat dairy sources of protein in particular such as Greek yogurt, skim milk, and low-fat cottage cheese as these are both high in protein and high in calcium, so will really help you along your way.

So there you have everything that you need to know about dieting past 50. While the general approach should still be quite similar, making these few additional changes would be well worth your while.

## Exercising While Detoxing: What You Need To Know

If you're gearing up to begin a detox diet plan, one thing that you do need to be careful and aware over is how much exercise you're doing. Exercising when you're using a very low calorie intake is going to set you up for some problems as the body simply doesn't have enough fuel to complete each session.

While you may be able to get through the first one or two days perfectly fine, after that, you'll be facing some problems.

So what should you be doing with your exercise while on that detox diet approach? Let's go over the most important things to remember.

## **Cut Back On Duration**

The very first thing that you must do is make sure that you are watching the total duration of any sessions that you plan to perform. Aim to limit your cardio workouts to just 20 minutes maximum and for the time being while on your detox diet, strength training should be kept low as well.

One set of each major lift so that you are hitting each muscle group in the body will be sufficient to retain lean muscle mass and make sure that you keep your strength where it needs to be.

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## Limit The Intensity

The second thing that you should be thinking about as you go about your workouts is that the intensity needs to be lower. Don't attempt interval training at this time. It will simply be too much for your body to handle.

Instead, consider moderate, steady state cardio training. While you may have heard in the past this is the most non-effective variety for fat loss to occur, it's what you need to do right now. It's all your body will be capable of handling at this point in time.

## Consider Relaxation Focused Workouts

Finally, the last thing that you should be thinking about is the possibility of shifting your workouts away from the 'everyday' and instead using just strictly relaxation focused workout sessions.

This could include a lengthy stretching session, some yoga, pilates, or anything else that keeps your total intensity down and puts you in a relaxed frame of mind.

These forms of activities will still keep you active but won't tax the body like an intense cardio or weight lifting workout would, which is precisely what you're looking for right now.

So there you have the primary points to keep in mind regarding your workouts while detoxing. If you are detoxing properly, you should only have to carry out the detox for about one week total before resuming a more standard diet plan, so even if you choose to take the week off exercise entirely, it's really not going to have that large of a negative influence on your progress.

More importantly is that you focus on eating right and taking in as many fresh fruits and vegetable as possible during this time to really see the full effects of what the detox has to offer.

## How To Deal With An Injury

There's no question that one of the most frustrating times is when you suffer an injury. You were highly motivated with your program, giving it your all each and every session and then out of nowhere, you become injured.

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Now you're sidelined, frustrated, and feel like all that hard work is flying right out the window.

How do you deal?

Fortunately, an injury doesn't have to mean a terribly large set-back if you know how to approach it properly.

Let's look at some key things that you should be doing now that you're in this situation. Remember that prevention is always the best strategy so maintaining proper form during your workouts is a must. If you do that, you can avoid this situation altogether.

But since you're here now, let's look at what you should do.

## **Consider An Altered Workout**

The very first thing that you should do is assess whether you may still be able to continue with portions of your workout that are unaffected by your injury. For example, if it's knee pain that you're experiencing, this doesn't mean that you have to forgo your upper body workouts.

You should still try and get those in on a regular basis as this will help to keep your metabolism high and prevent muscle mass loss.

Try and make the most of what you can do and you'll feel a lot less frustrated about the whole situation.

## **Increase Your Knowledge Base**

If you are in fact going to be completely sidelined for whatever reason, then it's time to turn your focus elsewhere. To prevent getting too down about the scenario, use this time to enhance your knowledge base and learn some new workout facts to help you improve further.

Research up on the latest workout techniques and diet programs that you can implement in your routine to take your progress even further.

Knowledge is power when it comes to weight loss progress so use the downtime wisely.

## **Focus On Your Diet**

Another important thing to do at this point is cut back on your diet plan slightly. Since you won't be hitting the gym as often, you won't be burning off as many calories as you normally do. To prevent



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Weight gain from occurring, knock your calorie intake back by 200-400 per day according to how long and hard your workout sessions were.

Diet is really the most important factor for weight loss success anyway, so if you get this right then weight gain shouldn't be a concern.

## **Perform Healing Activities**

Finally, make sure to stay up on any exercises that you've been prescribed by physical therapists to get past this injury. Some people get into such a slump that they don't even want to do that, but if you want to make a speedy recovery, it's really necessary.

Do whatever you are supposed to that will enable you to get back into the gym sooner so that you can start training hard again.

So there you have the important things to note about dealing with an injury. If you maintain a positive mindset through this then it really doesn't have to impact you in a negative way and you can still progress further along the road to weight loss success.

## How Weight Loss Hypnosis Assists Fat Loss

If you're someone who is really struggling with your diet plan and just can't seem to see the results you're after, one thing that you may be considering trying is weight loss hypnosis. You may have heard many great things about this from others and now be wondering if perhaps it could be the thing that helps you get through your dietary hurdles.

So what's the truth about weight loss hypnosis?

Can it really help you lose weight?

By understanding how this works in the first place, you can get a better grasp on the answer to this question.

## **Fixing Bad Behaviors**

The first way that weight loss hypnosis can potentially help you is by allowing you to rid some of the bad behaviors you're doing that are causing you to become overweight.

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