

I am Gonna Lose Weight Even If It Kills Me ~ Dieting for The Right Reason ~ 59 Tips What You Need to Know to Make Losing Weight Effective



by Terry D. Clark

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with the greatest of care, and have made every effort to ensure the accuracy, we assume no responsibility or liability for errors, inaccuracies or omissions. Always check with your doctor to make sure you are healthy enough to start any diet plan -- It's just that simple.

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Tip 1. Raw Food Diet

Eating raw foods is natural. Our bodies thrive on all that is fresh and vital. A raw food diet (or increasing the amount of raw food that you eat) is bound to bring a feeling of increased wellbeing.

Raw food diets are based on unprocessed and uncooked plant foods, preferably organic, such as a variety of fresh fruits and veggies, nuts, seeds, grains, dried fruit, fresh juices and purified water. Why Raw Foods?

Basically a vegetarian diet, the raw food diet promotes eating and drinking 'living' foods. Living foods and juices contain the maximum amount of fibre found in raw produce, fibre that can be lost in processing. Such foods are easily metabolised and tend to be lower in calories than the average diet.

Heating food above 116°F destroys enzymes in food that aid in digestion and in absorption of food, diminishing its nutritional value.

Benefits of a Raw Food Diet:

A diet of at least 75% raw food offers numerous health benefits, such as increased energy, improved skin appearance, better digestion, weight loss and reduced risk of serious illnesses like heart disease, diabetes and cancer.

A raw food diet contains little or no saturated fats, is low in sodium, high in potassium, magnesium, folate and fibre.

Raw food diets are also excellent detox diets. Different combinations of raw, living foods and juices can be used for colon cleansing, liver cleansing, kidney cleansing and skin cleansing.

The Basics of a Raw Food Diet:

Any fresh fruits, vegetables, grains, seeds, beans, nuts, legumes, young coconut milk – even seaweed – can be menu items of a raw food diet. Your choice of foods may depend on your reasons for dieting, for example:

- sprouted brown rice slows glucose absorption and improves the metabolism

- cabbage supports healthy cellular function; radish leaves act as an anti-oxidant, as does Shitake mushroom

- carrots are a great source of vitamin A as well as encouraging healthy vision and a healthy cardio-vascular system

You can use a sprouter such as the Easy Green automatic sprouter to sprout seeds, grains, beans – even wheatgrass. Sprouts could be called a 'super food' – organic sprouts contain enormous levels of proteins, vitamins, minerals, trace minerals, chlorophyll pigments and enzymes, and are the ideal natural supplement.

Sprouts can be used in salads and soups, or can be juiced. Fresh juices are a great ready energy supply and a good quality juicer, such as the Kempo Greenpower juicer, produces living juices that are full of essential nutrients.

A great juicing recipe to complement a raw food diet is carrot juice with potato, fennel and apple. Simply juice 4 medium carrots, 2 apples, 1 small potato and 1 small stalk of fennel.

Fennel has been shown to reduce and control inflammation of arthritis, it evens mood fluctuation and depressive states and has the rare nutrient called manganese, plus zinc and vitamin B complex.

The nutritional value of grains and seeds is impressive. They contain most of the vitamins – particularly A, B, and E. They're also fantastic natural sources of unsaturated fatty acids and lecithin, and an excellent source of proteins.

You can even use soy milk makers (such as SoyQuick) to make non-dairy drinks from different beans, rice, nuts, seeds and grains to have with breakfast. If you want something a little more substantial than soy milk you can make your tofu (or, of course, visit a good health food shop).

Essentially, the idea of a raw food diet is to eat unprocessed foods for at least 75% of the time. If the idea of raw food isn't very appetising to you, you can warm the food a little as long as the food isn't heated above 116°F.
Cautionary Note:

As with any major change in diet, it's wise idea to consult your doctor before beginning a special diet. This is especially true for children, pregnant women, anyone with anemia and anyone with a pre-existing medical condition.

Even natural foods can conflict with certain medications, so please ask your doctor or pharmacist if you're taking any medication.

Because a raw food diet is detoxifying some people suffer a mild detox reaction including mild headaches, nausea and cravings. These symptoms may last for several days and you'll get more enjoyment out of your raw food diet if you cut down on things like meat, sugar and caffeine a week or so before commencing the diet.

A raw food diet is certainly a good way to improve your overall health and wellbeing. Like anything worthwhile it takes time, energy and commitment. Because many of the foods for this particular type of diet are made from

scratch there is some preparation time involved. There are many great products on the market that can help you prepare your own living food and save you some time as well.

Combined with regular exercise, a raw food diet is also an excellent weight loss method. If you've been feeling 'a little off', or just need a pick-me-up and some extra energy, then a raw food diet is certainly a good way to go.

Tip 2. 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.

Tip 3.7 Ways to Make Alkaline Diet Benefit You

The premise of an alkaline diet is that the nutrients found in supplements, alkalizing foods, and water can bring the body back to balance. These vitamins, minerals, and herbs infuse the body with new energy, vitality, and better health.

Alkaline foods and water must be consumed in order to provide nutrients the body needs to neutralize acids and toxins in the blood, lymph, tissues, and cells.

When pH balance inside the body is 'out of balance' the body tries to correct that sensitive pH balance. That process shows up as uncomfortable symptoms, including colds, flues, allergies, diseases, viruses, and bacteria.

When the pH level in our body is unbalanced, almost any area of the body can be affected. For example when the nervous system is effected as the result of unbalanced pH balance it shows up in the form of the depression. When cardiovascular system is effected we could have heart disease or experience other heart-related problems, including thickening and hardening of the arteries, coronary heard disease, pain or discomfort in the chest, stroke, high blood pressure, and heart failure. When muscles are effected we often feel fatigue and lack of energy. When skin is effected by improper pH balance we age quicker than normal.

When the body's pH level is in balance, the body reaches ideal weight and corrects negative health challenges naturally.

Transition to a more alkaline healthy diet requires a shift in attitude towards food. The important point to remember is that small changes go a long way. Add more alkaline foods to your diet gradually.

7 Sure-fire ways to make alkaline diet benefit you:

- 1) Reduce the consumption of sugar and products made from sugar, including soda pop, pies, ice cream, jello, jams & jellies, artificial juices, puddings, doughnuts, corn syrups, chewing gum, sweetened drinks, cookies, breakfast cereals, liqueurs, mixed drinks.

- 2) Avoid processed foods and condiments including ketchup, salad dressings, pickles, luncheon meats, canned fruits, breads, relish, cheese dips, peanut butter, prepared seafood, frozen vegetables, crackers, canned soups, hot dogs, sausages, sweetened yogurt.

- 3) Avoid cooking and heating foods and drinks in microwave.

- 4) Avoid dairy, meats, fried foods and fast foods.

- 5) Increase your consumption of raw vegetables and raw fresh fruits (without sugar). You should include raw vegetables in every meal. If your breakfast is so small that you only eat toast or cereal, stop eating toast and take fresh fruits or vegetable juices instead. If your lunches are usually consist of sandwiches try to substitute it with a raw salad or a vegetable juice. Have a large salad before you eat a heavy entree at dinner. This way, you will be sure to eat all of the salad instead of finding yourself too full to finish it.

- 6) Grains form the base of a balanced diet and are important in maintaining the alkaline balance in the body. Grains are great source of vitamins, minerals, and essential nutrients, including folic acid, fiber, carbohydrates antioxidants and phytoestrogens. The Department of Food and Science and Nutrition at University of Minnesota determined that consumption of whole grains reduces the risk of chronic diseases including cancer and cardiovascular disease. By eating grains you can eat less but feel full.

Grains should comprise about 20% of your diet.

7) Don't forget to hydrate. Drink at least half of your body weight in ounces of good quality of water each day. Add liquid minerals to increase the quality of water.

If you follow these easy 7 steps it will allow you to create the proper alkaline balance within your body.

Creating the proper alkaline balance within your body will bring you increased quality of life. You'll start seeing immediate improvements in your health. Your energy will increase, your concentration will be stronger. You'll build strength, stamina, and resistance to diseases. Your entire body will function more efficiently just like it was meant to do.

Tip 4. 10 Diet Rules You Can Break

There are actually diet rules out there that are meant to be broken? Yes, recently many dated diet guidelines and myths are up for speculation. You've probably heard all these silly rules before, but experts weigh-in on the worthiness of these supposed truisms - most of which won't help you lose weight or make dieting any easier.

10 Food Rules You Can Ignore:

1. Eating at night will pile on the pounds. The total calories you consume over a 24-hour period or over a week is what causes you to gain weight, and when you eat these calories doesn't matter.

2. It's best to eat at the same times every day. Eat when you're hungry, not when the clock says it's time to eat.

3. Dieting with a buddy always makes weight loss easier. Common goals may pay off but weight loss is a personal journey.

4. Dietary fat keeps you feeling full longer, so you'll eat less. Fat does take longer to digest, but it will not help you control your appetite. Foods likely to fight off hunger the longest are protein foods, followed by carbohydrates, then fats.

5. When you blow your diet, you might as well wait until the next day to get back on track. Nothing could be farther from the truth- always try to get right back on track with your next meal.

6. Refusing food at a party or when visiting is rude. Turning down food that you know will blow your diet is socially acceptable.

7. Skipping a meal every now and then will help you lose. Skipping a meal means you will be so hungry at the next meal that you are likely to overeat. This can also help lead to a slowdown of your metabolism.

8. Bread is fattening, nuts are fattening, pasta is fattening. Whole-wheat bread/pasta is a great source of nutrients, and it won't make you gain weight more than any other food with the same number of calories.

9. All calories are equal. This is somewhat true, however; you'll get more nutrients from a 100-calorie apple than from a 100-calorie portion of white bread. Choose healthier items if you are losing weight, or controlling your

hunger.

10. If you don't clean your plate, you're wasting food. If you just don't feel right leaving the table until you've cleaned your plate, underestimate your hunger and put less food on your plate to begin with, or you may overeat.

Don't believe everything you hear! Much of it is just superstition. Now you can tell your friends the real truth. In the end, nutrition experts say, many of the food and dieting rules we hold dear are meant to be broken - without guilt!

Tip 5. 10 Ways To Get More Antioxidants Into Your Diet

It's no secret that antioxidants are incredibly beneficial to good health. It's believed the antioxidants in food can help prevent cancer, reverse or slow aging, enhance your immune system, increase your energy and improve heart and other organ health.

Given all we know about antioxidants and their beneficial properties, it's amazing more people don't get enough fruits and vegetables, the primary sources of antioxidants. Experts recommend a minimum of 5 servings of fruits and vegetables daily, but say getting 7-10 servings is best.

There are 10 steps to getting more antioxidants into your diet.

1. Breakfast

Breakfast doesn't have to be a hurried toaster tart on the way out the door. Throw some strawberries, 100% juice and yogurt into a blender; pour your delicious mixture into a cup and head out the door. You've just added one to three servings of fruits to your daily intake. Or throw some berries onto your cold or hot cereal.

Say you truly have no time in the morning and usually grab something on the run. Even the Golden Arches can be some help here. Order a fruit and yogurt parfait and some apple slices. For about \$2, you have a breakfast providing one to two servings of fruit.

2.Snacks

Here's an easy way to get more antioxidants in your diet. How about a handful of raisins for a snack, or some fresh red grapes? Dip some strawberries in yogurt. You'll feel decadent, but the berries provide the color you're looking for. Need crunch? How about some baby carrots dipped in hummus? Consider a handful of pecans for crunch and a nice antioxidant boost.

3.Lunch and dinner

It might sound trite, but adding a salad to each of your main daily meals can add loads to your overall health and well-being. They don't have to be boring, and they don't have to be just salad greens. If you're going classic, add some red pepper slices to your green salad, some tomatoes to the Greek salad, or tart cranberries to your field greens. Whip up a broccoli salad for lunch, or be adventurous and mix up a rice salad with a mélange of fresh vegetables like string beans, tomatoes, peppers and red onions.

4.Dessert

Berries, with or without whipped cream or chocolate are a wonderful way to end your day of healthy, antioxidant-rich eating.

5. Beverages

Replace your soda with tea or coffee, both of which boast antioxidant compounds. Have a glass of wine with dinner, or for a real change of pace, pour a glass of chai tea.

6. Think outside the box

We know we can get our antioxidant fix from berries, salads and the like, but researchers say powerful antioxidants can also be found in a variety of unexpected foods, like russet potatoes, artichokes, and small red beans. The beans, in fact, may have more antioxidant power than blueberries, experts say. So to your rice salad full of vegetables, add some beans for even more antioxidants.

7. Cook lightly

You think you're being good, preparing vegetables each night for your family's dinner. But if you're overcooking the vegetables, you're cooking out a lot of the beneficial properties of the antioxidants. Steam (don't boil) vegetables, and stop cooking them when they will have all of their bright color and most of their bite.

8. Plant a garden

Experts believe that people who plant and harvest vegetables from their own yards are far more likely to eat more vegetables and fruits than people

who buy their produce from the store. So plant a garden, watch it grow and eat the fruits (literally) of your labor.

9. Take your healthy diet on vacation

Too many of us consider going on vacation an opportunity to take a vacation from everything, including healthy eating. Think of vacation as a way to be introduced to new foods. Order an interesting vegetable dish in a restaurant and then pay attention to how the chef prepared the dish.

10. Learn to cook

If you're cooking, you're not opening bags and boxes. Cooking involves scrubbing and peeling vegetables, preparing whole foods and paying attention to how things are cooked. If you're ordering out every night, you're far less likely to be eating the whole foods and natural fruits and vegetables that provide the base for our antioxidant intake.

Tip 6. Acid Vs Alkaline Diet

Our body's internal system needs a PH of just above 7.0; our immunologic, enzymatic and repair mechanisms all function at their best in this alkaline range.

If our body becomes over acidic, i.e. under a PH of 7, you may start to experience a combination of these symptoms;

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