



**An Effortless Way To Lose Weight**

**Without All The Hard Work**

**This eBook is proudly brought to you by Lea Davies**

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This book is created and written by Lea Davies.

Lea is passionate about reaching out and helping others with weight issues

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# PART 1

## Introduction

Hi,

Before we begin, I would like to make it clear that you must be in the right frame of mind, and really want to lose weight.

**Attitude is everything.**

Let go of any anxieties that you may have, Relax and enjoy the ride.

It's easier to lose weight than you think it is, and I'm going to show you how to do it, but before you go on to part 2, we need to take a look at your mindset and how you may see yourself.



Now, get naked, take a good look in the mirror, and hone in on your positive attributes.

What's that I hear you say? “there’s nothing here that I like. I don't have any good points”. You shouldn't think that for one minute, because you do. Everyone does. Now, imagine that your body isn't yours, it's your best friend's, and she's asked you to pick out her good points. ....I'll bet you can see them now!

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Decide what shape you are from the following style guide in Part 2, and experiment with clothing that you already have, and maybe modifying a few pieces.

Use the tips from the style guide, and you'll find that you already look slimmer.

Once you feel better about your appearance, it will give you that extra push, and you'll find it easier to make a few simple change's in your lifestyle, and most importantly.....lose weight. I did.

Now bring out the best of the beautiful woman that you are, and flaunt her.

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# PART 2

## Style Guide



### **Apple Shape.**

This means that you have a bigger upper and mid-section, so the best approach is to bring more attention to the lower part of your body and to create longer lines.

Empire style tops and dresses (high waistline just under your boobs) would look great on you, as would v-necks, but steer well clear of halter-necks and trousers with puffy side pockets.

### **Pear Shape.**

Are you smaller on top and wider at the bottom?...Then this is your shape.

Bring attention to the upper part of your body by wearing some bold accessories such as a neck scarf, necklace and earrings.

Definitely no clothing with bulky side pockets, but off the shoulder and square neck tops will help you to create balance.

## **Hourglass shape.**

Do you have a full bust, full hips and a small waistline?.....Wow.....

If you are lucky enough to be blessed with this Marilyn Monroe figure, who, by the way, at one point of her life, was a size 16, then the wrap style top or dress would look fantastic on you, as they accentuate the waistline.

Fitted tops that go in at the waist would also look great, as would low waisted trousers with a slight flare at the bottom for balance.

Avoid over stated tops and blouses with ruffles, and the importance of a well fitted bra cannot be over emphasised.

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# PART 3.

## READY ?... Here we go

### **This is what I did.**

I stopped eating Bread, Potato's, Rice and Pasta, but generally ate anything else that I wanted.

**Breakfast** would be cereals, Usually bran flakes or anything that doesn't need sugar to be added, with soya milk if possible, (That isn't as gross as it sounds, honest :-)) or skimmed or semi-skimmed milk.

**Lunch** might be lean Ham, with grilled Tomato's and copious amounts of Mushroom's, and my **Evening meal** would be what I would normally eat, but without Potato's. I would bulk it up with veggies that I enjoy, so I wouldn't be left feeling hungry (see part 4 on negative calories) or it could be 2 large, skinned chicken legs that I would sprinkle with garlic granules, and salad, or battered fish with salad.

I never felt the need for after's, but if you do, then fruit is the way to go.

So, by avoiding those four things, and allowing the tip's below to become a way of life, I achieved **AMAZING** results, and lost **49lbs (3½ stone) in 8 weeks!!**

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But right now, you might be thinking “I don't think that I can go without those things, it's too hard”, but if you really, and I do mean really want to lose weight, then you can, and will.

Don't think about the food you can't eat.... think about all the lovely, and nutritious food that you **can** eat...I promise you, it isn't hard. If I can do it, so can **YOU**.

It's all in the mind. Think about your relationship with food. Are you constantly thinking about it?....Is it the most important thing in your life?....if it is, then find something else to focus on.

Try planning a reunion with people that you haven't seen for years and imagine them commenting on how great you look.

Play it out in your mind. Picture yourself with the slim body that you've always wanted, smiling, happy.

Take a moment. look. This is what you want. Now, set your focus there. That's what I did. My focus, was a family wedding.

## **Tips that work !**

- ✔ You must be in the right frame of mind before you decide on any course of action.
- ✔ Avoid fashion magazines. They can make you feel miserable if your not as slim as the models featured in them.
- ✔ Don't buy fattening or unhealthy foods. If they're not in your cupboard, you can't eat them.



- ✔ **NEVER** go food shopping when you are hungry.
  
- ✔ After eating, wash your plate and cutlery and put them away. Don't make mealtime a focal point. Out of sight, out of mind.
  
- ✔ Drink plenty of water. This gets rid of toxins and fat deposits from your body.
  
- ✔ Don't skip breakfast. You will only eat more at lunchtime.
  
- ✔ Switch to soya milk for cereals
  
- ✔ Drink a glass of water 30 minutes before you eat. It will help to make you feel fuller.
  
- ✔ Avoid all soft fizzy drinks. Especially diet one's.
  
- ✔ Don't eat for at least 2 hour's before going to bed.
  
- ✔ Listen to music whilst exercising.
  
- ✔ After eating, brush your teeth so the taste isn't left in your mouth. Your teeth will love it too.

- ✔ When a food label says “low in fat” that space has probably been filled with Carbohydrates (sugars), so there really is no gain. It's either fat or it's sugar.
  
- ✔ You could try having larger meals earlier in the day. You will feel less hungry and be better able to burn the calories during the day.
  
- ✔ Take care not to eat too late as you are more likely to be less active in the evenings.
  
- ✔ Use a smaller plate.
  
- ✔ Never just dive into any heavy exercise if you are not used to doing any. This can do more harm than good if you injure yourself. Start slow and build up gradually.
  
- ✔ Try not to focus on food as the be all and end all. Put your attention elsewhere.

**They worked for me, and they'll work for you too!!**

**You can make today the first day of the rest of your life!!**

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