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abc  
WEIGHT  
LOSS  
**HABITS**

YOU WEIGHT LOSS EXPERT JOURNEY BEGINS  
AND ENDS WITH HABITS

TERRY RICH

# INTRODUCTION

## *How Habits Affect Our Health*

*A change in a bad habit leads to a change in life*

- Jenny Craig

OUR HEALTH DEPENDS ON 60% of our habits and the way of life we lead. 60% of the quality of health and life expectancy depend on the behavior of the person.

Who could have believed that!

Health problems are caused by a number of factors, including smoking, alcohol abuse, malnutrition, and a passive lifestyle. These factors contribute to the rapid development of diseases, even from a genetic point of view. Human health is also affected by ecology (10-15%), as well as by the entire health system, depending on the development of the country (from 25% to 40%).

Our eating habits have a real impact on our health. What are the right choices to fully enjoy life? Focus on winning foods and good habits to adopt!

Because of everyday life, our concerns or lack of knowledge, we often have a lot of bad habits. These are long-term habits that can cause serious health problems.

There is a long list of habits that are very harmful to our health. They are harmful because they affect the important organs for the proper functioning of our body.

**Not drinking enough water:** If you do not drink enough water, the kidneys can be affected, because it is the element they need to perform their function such as eliminating toxins from the body and metabolic waste. According to the National Kidney Foundation of the United States, one should take 8 to 10 glasses of water a day.

**Fasting:** After hours of sleep, the body needs nutrients to recover, and it is possible, thanks to breakfast. By eliminating breakfast, blood sugar levels are high which leads to serious health problems, because high glucose levels are harmful to important organs such as the brain.

**Lack of sleep:** People who do not sleep the recommended hours of sleep between 8 and 10 hours are at risk of developing mental illness, according to a recent study from Northwestern University.

**Sedentary lifestyle:** This is one of the most harmful health habits and can trigger different types of cancer and even premature death. According to the World Health Organization, the lack of physical activity is the fourth leading cause of death in the world.

**Vision problems:** Spending a lot of time in front of the computer and other portable devices produces dryness and eye strain. According to the American Academy of Ophthalmology, this habit can cause serious diseases such as blindness.

**Stress:** it's one of the most difficult habits to master. However, you must make efforts because it is one of the main causes of heart attacks.

**Excess salt:** This habit affects many functions of the body because it causes hypertension that over time can cause serious heart problems.

**Smoking:** According to WHO, smoking affects 25% of the world's diseases. According to WHO, smoking accounts for 25% of the world's diseases. Unlike other habits, smoking is a habit that must be eliminated. Smoking in moderation is also dangerous.

**Unprotected sex:** Most sexually transmitted diseases have serious consequences and side effects on health. Condom use and having a stable partner are both ways to prevent them.

Our consciousness allows us to think and decide on complex situations. By dint of repeating certain tasks, we do them naturally without thinking. Take for example driving a vehicle and remember your first time! It took all your attention and energy, yet you are doing this today naturally, without thinking, while listening to music. Here, having these mechanisms is an excellent thing, but it is not always the same case.

### *How to stop a bad habit?*

HABITS CAN ALSO BE A POISON in many recurring situations, such as:

- Nibbling in front of the TV for hours
- Going regularly to fast food, drink sodas, eat industrial foods
- Taking the car for the least race, even 5 minutes from home
- Smoking cigarettes, weed, etc.
- Drinking alcohol (without moderation)

- Constantly complaining
- Neglecting workouts or exercises

All these "toxic" actions are habits that affect our health, our happiness, our productivity and that of others around us. Some of these mechanisms can be stopped by adopting a new approach that requires us to recognize the signal that makes us act.

### *Replacing a Bad Habit with a Good Habit*

FOR EXAMPLE, SOMEONE WHO is accustomed to going to fast food every weekend can well replace this habit by cooking good things at home, and eventually invite friends. It's both friendlier and 100 times better for your health!

A smoker can initially switch to the electronic cigarette to stop drinking all the toxic products in the cigarette. The smoker will keep his smoking habits, so he will not miss it. He can then gradually decrease his doses of nicotine, until the day when he can completely replace this habit with a new one hour of sports per day and every desire to smoke, do 5 minutes of exercise.

In 2009, researchers at the NIH (National Institutes of Health) asked a panel of 1,600 obese people to note everything they ate during the day, every day. This simple habit allowed them to:

- Quickly identify problems
- Find better alternatives for health

The result? Six months after the beginning of this experiment, all the people who kept a daily diary listing everything they ate lost

twice as much weight as those who gave up the idea. The interesting part of this study is that the researchers did not ask the participants anything else, nor did they promulgate any tips for losing weight. They understood by themselves what was wrong, just by adopting this new habit.

Most diets to lose weight do not work in the long run because they want to be too strict. If a diet tells you to eat that, do that, do X-hours of sports a day, stop taking the escalator or elevator to take the stairs instead, how long do you think? We all end up letting go of the case after a few weeks, to the point of returning to its routine and gaining even more weight.

Adopting a single good habit, which is replaced by a bad one, can drastically change the situation. It will only be clearly ineffective and too pretentious to try to change everything in your life overnight, even with the best will.

#### Take Action

Once you have grasped the concept of habits and its importance, both to improve your personal and professional life, you can:

- List your bad habits
- Understand how they are triggered: what determining element makes you act (the sight, smell, a specific moment in the day)
- What are the "rewards": how you feel when you finish this action?

#### **Then:**

Find new habits that must be triggered instead of the bad ones and that must bring similar rewards. Keep in mind not to change everything overnight, for example, changing 5 bad habits at the same time may be too radical and will cause you to give up quickly.

Just as big buildings start with small stones, big changes start with small habits!

# 1

## *Eating Habits and Our Health*

*Do you live to eat or eat to live?*

-Debasish Mridha

WE ALL WANT TO LIVE FOR A LONG time and enjoy radiant health. The simple solution is to adopt a healthy diet to put the odds on our side! Even Hippocrates, the father of modern medicine, said: "Let your food be your medicine, and your medicine, your food." Unfortunately, under the influence of our environment and with the industrial food, we have more or less lost this ability to separate the wheat from the chaff.

We are looking for the magic potion or the miracle diet that will have beneficial effects on our body. However, the recent advances in nutrition tend towards this conclusion: there is no universal solution, because we all have a different background and environment. Because of that, it is difficult to prove that such a product will have such effect on us. The key to the well-being of our organ is a wide variety of fresh and colorful products, from all groups of food that are sure to meet the needs and tastes of all of us.

One of the most important discoveries of the last decade is that of the gut as the second brain of the body. This ultrasensitive organ, which scientists have not finished exploring, has over 100,000 billion bacteria in contact not only with the immune system but also with the nervous system. They form the intestinal micro-biota, commonly called the intestinal flora, which has recently been considered by the scientific community as an organ. It bears a

signature as unique as our DNA or our fingerprints. Inside our intestines, each has its own cocktail of warlike, allied and enemy bacteria, which react to everything we eat.

Among the main functions of our friendly bacteria: they help the digestion of food, promote the work of the immune system and signal the brain, for example in case of imbalance of the intestinal flora or to signal satiety.

A varied gut micro-biota is a guarantee of good health. But as age and our environment can impoverish it and, as a result, reduce our defenses against disease, we gain from giving it what it needs to remain effective. The more rich and diverse the intestinal flora, the better the immune system will tolerate beneficial microbes and eliminate organisms or pathogenic bacteria as quickly as possible.

If a simple magic wand fails to change our intestinal flora, there are however simple and foolproof solutions, starting with the addition to our menu of protective foods for the body. With a review of our habits at the table and taking supplements, we will quickly make a flourishing progress with our health.

Health and nutrition experts reiterate that it is good to eat vegetables and fruits, which are rich in vitamins, minerals, antioxidants and water. The more colorful and varied they are, the better we protect our cells against free radicals and cancer. As a bonus, they are low in calories, which helps maintain our healthy weight.

Other strong fighters against healthy glitches is dietary fiber. They are found in vegetables and fruits, but also in whole grain products, as well as in legumes. They are not digested by our body, but rather form a gel (in the case of soluble fiber) or a sponge (insoluble fiber). They absorb water and release nutrients, such as fats and sugars, more slowly, which helps prevent diabetes and cholesterol.

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Do not neglect, proteins! They are essential for the preservation of our musculature, which needs reinforcement as we get older. They are found in meat, but also in its substitutes, such as eggs, legumes and tofu.

### *What about Almonds?*

ACCORDING TO A RECENT STUDY by researchers at the University of Florida, almonds help promote good intestinal health and control weight. They are high in fiber, which feeds friendly bacteria into our bodies and promotes regularity. intestinal. They also prove to be an excellent source of healthy proteins and fats that help lower cholesterol levels, as well as vitamins and minerals, including calcium, which is essential for bone health.

On a daily basis, an ounce of almonds (around 23 / day) is enough to calm hunger and is a good substitute for more caloric and less healthy snacks.

The bacteria found in fermented foods (yogurt, kefir, sauerkraut) also help to keep the intestinal flora healthy. However, we cannot attribute specific properties to them: bacterial strains are so numerous that science has not yet succeeded in demonstrating the virtues of each in the prevention of diseases such as cancer, diabetes, obesity and depression. Or the relief of inflammatory pain.

Some products are enriched with different probiotic strains, such as Lactobacillus or Bifidobacterium, friendly bacteria that do not have identical effects on the health of all. We must then determine the strain and the dose that will have the best impact on us. Until science gets this straight, diversity in our diet remains a priority.

## *Being Prebiotics*

PREBIOTICS, FOR THEIR PART, are ultranourrissant for our intestinal microorganisms. A wide variety of fruits, vegetables and fiber, all considered prebiotics, will help stimulate the good bacteria in the gut. The best-known fiber, inulin, is found among other things in asparagus, onions, garlic, chicory roots and Jerusalem artichokes.

In capsule, powder or milky formula, probiotic supplements (Bio-K +, but also Probaclac, for example) can contribute to the prevention of intestinal disorders related to taking an antibiotic or infections prevent and relieve gastroenteritis, colds, travelers' diarrhea or irritable bowel syndrome. We must, however, shop our probiotics: they are not all equal. To be probiotic, a food or supplement must have a scientific demonstration of its effect on health. In order to achieve this positive effect, we must consume 8 to 15 g per day. And this, on a regular basis. Alcohol, junk food, vinegars, marinades, refined sugars, stress or age are all factors affecting the intestinal flora. According to our way of life, it is advisable to take probiotics all year long to avoid any imbalance.

As a general rule, our body produces the enzymes necessary for the digestion of absorbed foods. But if they fail us, we can also turn to supplements. People with lactose intolerance, for example, have a deficiency of lactase, an enzyme that breaks down lactose into glucose. Lactase supplements before meals will help with digestion.

As for psyllium, a seed with laxative properties, it promotes cardiovascular and digestive health. As it can be difficult to absorb enough on a daily basis through our diet. The best practice is to include it in our diet in powder form. It is integrated, for example, in smoothies or smoothies. Combined with a low-fat balanced diet, a physical activity program and better water hydration, this high fiber intake put us on the right path to wellness.

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And whatever supplement we choose to take, experts recommend consulting our doctor first. The latter will take into account our general health, our medical and family history, our lifestyle and our prescribed medications to inform us in an informed way.

With menopause occur hormonal changes, including the decline of estrogen, which can lead to weight gain, especially in the abdomen where our vital organs are located. To achieve a healthy weight, there are some behaviors to adopt:

Eating Intuitively. Eating our meals on the run, without knowing the content of our plate, disturbs our signals of hunger and satiety. As a result, we eat excess food that does not meet our needs. Recognizing and listening to these signals, as a child, allows you to eat healthy and avoid weight gain.

Muffling diets. Restrictive diets are often ineffective. To regain a healthy weight and keep it lasting, it is enough to make rather minor changes to our lifestyle, such as eating in smaller plates, adding food champions and move.

Eating together. People who cook and eat with their loved ones or friends would have healthier eating habits and better chances of maintaining good health.

Gluten, milk, and sugar. Some foods are declared responsible for all our problems. But if gluten is an irritant for a small part of the population that does not tolerate it (those who suffer from celiac disease, for example), it remains harmless for others. Same thing for dairy products, considered harmful by the followers of the hypotoxic food. To eat varied, balanced and without restrictions, we choose what suits us and we take the allegations peddled by everyone with a grain of salt!

5 herbal ingredients drink that burn fats and lose weight!

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## *The Journey to a Healthy Lifestyle*

*Be the change you want to see in the world*

-Ghandi

LIFESTYLE, GENETIC PREDISPOSITIONS, and environmental factors are often implicated as major causes of cancer. On the other hand, it should be known that the disease is not only physically explained as it is sometimes catalyzed by emotional trauma. In what ways do diseases linked to chemical imbalances such as stress and anxiety profoundly impacts our body? How to positively influence our health by taking into account certain mechanisms of chemical actions and processes?

Each of our thoughts produces an emotion, counting over 3500 neurochemical reactions in the brain. If we generate negative thoughts, then we produce neurochemicals such as cortisol (the hormone generated during stressful periods), substance P. (associated with the regulation of mood disorders, anxiety, respiratory rhythm, nausea and pain) and adrenaline (in response to stress or physical activity).

If we generate positive thoughts, then we produce for example serotonin (responsible for well-being) or dopamine (responsible for pleasure).

Therefore, our thoughts and emotions dictate the functioning of our body. If you can change your thoughts and perceptions, then

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neurochemical and primary processes will accompany your transformation.

By treating only the symptoms, the source of the problem remains.

Our dogmatic health system is so obsessed with different drug treatments that it refuses to see the multiple factors potentially responsible for the disease.

The thoughts and beliefs present in our minds are largely responsible for the emotional responses that lead to depression, anxiety, and addiction. The basis of our emotional state directly affects our lifestyle choices (exercise, eating habits, drugs, alcohol consumption).

The work of neuroscientist Antonio Damasio focuses on the study of the neural bases of cognition and behavior. And among his main discoveries, we note not only the identification of neuronal sites involved in the process of emotions, but also the demonstration that emotions are involved in decision-making.

The mind and body are very interconnected. Doctors make a mistake by treating only the physical symptoms and not the plain causes. We all know traumatic experiences that distance us from the unconditional love existing among all of us. We must know ourselves deeply and try to remedy our emotional pain. They prevent us from feeling the unconditional love that lies before our eyes.

Our rulers and the media have always conditioned us to the feeling of guilt. Count the time you spend either feeling guilty, the victim or accusing the other.

The system will only fund research if it is profitable

There are, for example, hundreds of people trying to cure the disease by developing an addiction to Ayahuasca, a Liana-based drink traditionally consumed by shamans of the Indian tribes of the

Amazon, used for its healing ability associated with local beliefs and practices. This plant is to consume in a legal and regulated.

Unfortunately, no one is studying this herb for healing purposes.

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The focus of medical research in the United States, for example, depends only on two organizations, the National Education Association (NEA) and the American Medical Association (AMA), the largest medical association, and medical students from the United States.

These organizations are largely funded by the Rockefellers, Rothschild and Morgan families, who also reap the benefits of their involvement in the pharmaceutical industry. This is perfectly explained in the documentary Thrive, produced by Foster Gamble.

How Can We Change Things?

There are many ways to foster change, but the first is to be fully responsible for our own lives. First and foremost, it is crucial to remove the victim's outfit and decide to capture a maximum of positive waves.

It is important to generate stimulating thoughts in order to switch to a positive state of mind. And to get out of the usual consumption patterns where we are encouraged to appropriate material goods to be satisfied. This process could remain infinite if we do not identify our real needs that do not cost a penny.

Let's get out of the habitual modes of behavior that capitalist society has instilled in us and refocus on a healthier, authentic and

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