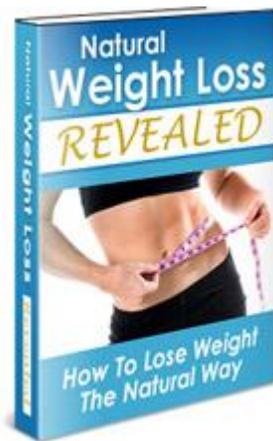


# Natural Weight Loss REVEALED



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## Introduction

Millions of people every year make a commitment to try and lose weight, yet many of those same people have a difficult time keeping that commitment and the weight stays on, and the hearts and bodies remain heavy.

There are diet plans, diet pills, crash diets, low-carb diets, high-protein diets – pretty much anything that you think of to lose that spare tire around your waist or the bulge in your buns. But, what works? Technically all of them will, but they might require making huge lifestyle changes in the process.

No matter what process you use to lose weight, it isn’t going to be an easy run. The bottom line is curbing how much you eat, or changing the foods you eat and matching it with appropriate exercise to create a net calorie deficiency. What’s that, you ask? We’ll get into that more later.

In this book we have tried to put together as much knowledge as possible on weight loss, so you can make an educated decision on your own weight loss plan.

Here's what we have inside:

- Why lose weight?
- The physical reason for weight gain
- Good nutrition
- The importance of exercise
- What plans are out there? Do they work?
- Putting together a plan
- The problems of the obese
- A healthier lifestyle
- And more!

I've tried to include as much information as I can about weight loss, so you won't leave this book with too many more questions to ask.

So, let's get started. We can get on the road to better health and a better body by putting in a little bit of effort for a huge reward.

**IMPORTANT: This book is intended to provide information and ideas pertaining to weight loss. It is NOT a substitute for professional advice from a dietician, nutritionist or your family practitioner. You should consult your physician before undertaking any sort of diet or extended physical exertion.**

**The publisher and author of this book will not be held responsible for any personal loss, health problem, or hardship that may come a result of reading this book.**

**We have made every effort to ensure the information in this book is accurate and up to date.**

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## Why Lose Weight?

Do you look in the mirror and you just don't like what you see? An inflatable tube has taken up residence on your waist, and your butt seems to have dropped a couple of inches. You take a look at your face and you start to see the development of a little bit of waddle underneath the chin.

What do you do? Why is this happening? Better yet, what is happening to my body when I gain weight? These are all fantastic questions that are going to be answered this book on how to lose weight, and keep it off.

Many people ogle the beautiful bodies on the beach – men and women alike. Nice, tight round bottoms, flat stomachs and well toned bodies. I'll be honest, there are some who don't need to do a darn thing and they stay in relatively good shape, but for the vast majority of people need to take notice of what they eat, how much they eat, and how much daily exercise they are getting.

Why does our weight matter so much to us? Probably for two reason – physical appearance and health.

### **Physical appearance**

No one really wants to be fat. Plain and simple. For many people physical appearance is linked directly to their self-esteem. If they

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believe their body is undesirable to others, they can become depressed, or stressed and it causes serious emotional problems. Worse yet, in some, it can trigger the impulse to eat even more, making the problem worse.

The emotional side of being obese is only just being charted in the medical world. It is already understood that a person's self worth and self-confidence can be shattered if they gain excess weight. But the emotional toll it can take over an extended period of time might be considerably more damaging.

Here's a quick test to see if you have experienced some sort of emotional response to weight gain:

- Have you ever looked in the mirror and thought, "I am so ugly"?
- Are you comfortable with the way you look when you look in the mirror?
- Are you concerned with what your partner thinks of your body?
- Are you conscious of other people looking at you when you go out, or are seen in public?

If you answered yes to any of those questions, it is obvious that your weight has some sort of emotional control over you. I don't think anyone wants his or her physical appearance to have that kind of control. So, as I see it, a person has two choices: Do something about it, or live with it – and the potential ongoing emotional turmoil.

I would strongly suggest doing something about it, and we are going to show you how throughout the rest of this book.

## Health concerns

You have no doubt heard the numerous health-related problems that come from being overweight. Even being 20 lbs. overweight can start to cause hidden health problems.

Instead of that lower back pain being from yesterday's squash game, it's because your body isn't used to carrying an extra 20 lbs. on the front end. Imagine right now if you were to strap a 20-pound weight to your belly and walk around with it all day long.

An extremely high weight can put considerable stress on your joints, especially if you aren't set up (height) to handle that sort of weight.

Then we get to the biggies – heart disease, stroke and high blood pressure. Oh, and don't forget diabetes. These are pretty serious players in the health world. In fact, they are the largest killers of human beings, in the world.

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### *Medical Fact:*

*In a study of 5881 people over a 14-year period, doctors revealed that someone who is merely 'overweight' has a 34% greater chance of heart failure. A person who is considered obese has a 104% increase in risk of heart failure over someone who is in their target weight range.*

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Do we have your attention?

## Overweight and obese

You might think, "what is the difference?" Medically speaking, there is a difference. Most doctors consider someone who is 20 to 30 per

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cent over their ideal body weight to be **obese**. You are considered overweight if you are over 25 on the body mass index. That's anywhere from 5 to 15 per cent over your ideal body weight.

Rather than try to tell you what your ideal body weight is, here is a great website that will tell you what your best weight would be (it also includes a table on BMI (body mass index)).

<http://www.halls.md/ideal-weight/body.htm>

Either way, you are at a much greater risk of having one of the above diseases by being overweight. If that isn't a reason why you should start trying to lose weight, I don't know what is.

So, if you've found that you are overweight or obese by doing the above calculations, and you are serious about losing those unwanted pounds, then you have a decision to make.

**Is it time to take action and make changes to your lifestyle that are going to make you healthier and happier?**

**We hope so!**

## Why We Gain Weight

There are many reasons why a person gains weight. It can be as simple as overeating and not getting enough exercise to counteract the number of calories that are being consumed, to it being a gene that is passed down generation to generation.

To properly understand how a person is going to lose weight, you do have to understand why we gain it. In this section we are going to describe the different reasons why we gain weight.

### **Consumption of calories**

This is when we just eat more calories than our bodies use each day. When we eat food our body converts the material into sugars. It is actually an evolutionary response our bodies have to store excess energy sources when food was scarce. When food wasn't readily available, humans were able to use their body fat as a means of sustaining their regular daily activities between other meals. It was easier for a person to get by when the food sources were low, if they had a little extra storage.

Even though our early ancestors began the storage of fat in their bodies, they had to work very hard to find or harvest food, so the excess fat was usually burned off. They didn't have the same problems with obesity that we do today.

Today, for the most part, food is readily available for each of us to consume. And, far too often we indulge ourselves in the edible luxuries that we have today.

So now today, we are forced to find alternative methods of trying to lose weight that has built up as storage for lasting between meals. Understanding how the body retains fat and how it is burned is our only weapon against gaining weight, as our bodies have not yet had the time to catch up to our rapid development in society, and our ability to produce food whenever we want it.

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