

Health and Weight Loss Tips

1. Start with a goal. Healthy body fat percentages are around 18% for females and 10% for males.

2. Never miss a breakfast. Most people don't even eat breakfast. To get used to it, slowly bring in your favorite foods during that time of the day. After a while, you will develop an appetite. It takes about 3 weeks to get used to a new habit. After that point, you will look forward to eating breakfast. Note: For those who are significantly overweight, or desire faster weight loss, attempt to make breakfast the largest meal of your day. To accomplish this, simply subtract some of the smaller items from lunch or dinner, and add them to your breakfast. This will take advantage of the body's faster morning metabolism, and you will be eating less throughout the day as your metabolism slows down. Larger meals eaten later in the day are more likely to be stored as fat due to the body's slower rate of metabolism.

3. Chew your food slowly. This will make you eat less and give you a greater feeling of fullness.

4. You do not always have to "clean your plate." Stop eating when you feel comfortable, so that you do not promote weight gain. Never stuff yourself!

5. Devote your time to an activity other than eating that makes you feel good. Some studies have shown that people do not overeat because of hunger, but actually derive a sensual pleasure from eating.

6. Eat small meals frequently. Four to six small meals per day is ideal. This will stimulate an increase in the body's metabolism, maintains the body's blood glucose levels, creates consistent energy levels, and even reduces the feelings of hunger.

7. Remove all of the sugar from your home. Sugar hinders the body's immune system, lowers your vitality, and is linked to weight gain. It has no nutritive value that can not be obtained from other sources.

8. Lose weight slowly. 2 to 2 ½ per week is about right. Losing weight faster than that will result in a loss of muscle tissue. Muscle tissue is the most metabolically active tissue in the body, and it actually helps you burn calories.

9. Lower your bad fat intake and increase your good fats. Less fried fast foods, margarine, and vegetable oils. Use organic Coconut oil to cook and bake with and olive oil to top things with never heat olive oil, eat real butter

10. Eat foods high in fiber. They aid in the regulation of the gastrointestinal system. They also bind with fats, so they are less absorbable to the body. Great sources are raw fruits and vegetables, oatmeal (not the instant kind), and grain products.

11. Eliminate junk foods. They create nutrient deficiencies, are high in saturated fats, and can lead to cravings that will cause you to overeat.

12. Include aerobics in your workout program. They will stimulate an increase in your metabolism long after the activity is completed.

13. Drink a quart of water for every 50 lbs you weigh every day. Thirst is not a good indicator of your body's need for water. It is the last sign that your body needs water.

14. Avoid eating when you are angry, upset, or depressed. Stress impairs the body's ability to digest and absorb food. It also makes you eat more. Instead takes some deep breaths, and commit your problems to paper. You will think more clearly and feel relieved.

15. Cut out the bread altogether for 3 weeks. When you do reintroduce it into your diet, choose only whole and sprouted grain breads.

16. Cut down on your television viewing. Studies show that people who watch 3 hours of TV per day are twice as likely to be obese as those who watch less than 1 hour per day. Also, your brain functions less while watching TV than sleeping.

