

Welcome to Weight Loss Secrets Revealed

Inside this book you will find some great tips and secrets informing you in an easy to read and down to earth approach that will have you losing the pounds quickly but most importantly safely.

As always, it is best to consult a doctor or physician to determine if the methods are best for you before trying so as to maximize results and give you the body you desire.

Have fun with this and good luck and well done on taking your first step in losing weight and feeling great!

Chapters in 'Weight Loss Secrets Revealed'

- 1) Things to think about before starting your weight loss challenge**
- 2) Biggest weight loss secrets**
- 3) Understanding Natural Weight Loss**
- 4) Superfoods that help you lose weight**
- 5) Fast weight loss tips**
- 6) What should you know about weight loss diet pills?**
- 7) Natural Weight loss remedies**
- 8) 3 diet mistakes that you must not make**
- 9) The best exercises for weight loss**
- 10) How to lose 30lbs in 30 days**

Things to think about before starting your weight loss challenge

This is high time now! Your friends have been teasing you about how you have been turning into a round pot recently. You have to start your weight loss challenge today or you are just done.

But wait! Have you really thought it through? To be honest, jumping right into a weight loss routine can actually be bad for your overall health.

Your long-term measurable objective

Okay, the very first thing you have to decide is what you really want. Is it a toned body or buffed physique? Whatever you might think, getting slim is vastly different from bulking up! You have to follow different methodologies to achieve different results. So, when you are considering weight loss, always decide upon the final result before you take any action.

Bad weight loss products and programs

Do you think everyone who is promoting a weight loss program has studied Medical Science at Harvard University? Do NOT believe everything everyone says out there. You might end up with something that not only helps you lose your weight but also rather brings about further health problems. I have seen many examples in real life.

Your own unreliable health condition

Having said that, don't curse those weight loss products just yet. Look at the reviews for the product. Pay attention to what people who used the product are saying about it. Is it really working for others? If it actually is working for others, then perhaps it is your own body that is at fault and you should consult a physician to examine your current health situation.

In fact, you may find that your own body simply will not go for any sort of weight loss programs or products. Perhaps, you getting plumper by the day is just a symptom of a major health disorder. Instead, it would be best for you to focus more on that problem, and drop the weight loss idea at the moment.

Be kind to yourself

And last but not the least...remember to be kind to your body, to yourself. Weight loss can really help you shed the pounds, but you don't want to sacrifice your health and happiness in order to lose a little weight. Just keep it light and fun!

So, that's it. Keep these points in mind before you decide to jump into action. And yes, best of luck in your effort!

Biggest weight loss secrets

Trust me... this is the one BIG question in the minds of most people who want to lose those extra pounds. They have been trying everything and anything but nothing seems to work for them. And now, they are becoming unmotivated! Perhaps, they will have to keep dealing with the stress and frustration that is a result of being overweight.

NO! You don't have to. In this article, you will learn the fundamental secrets of losing weight. It may not be fast, but it IS certain.

The very first thing you have to change is your daily diet. You simply cannot eat pizzas all day and think that you should be getting skinnier. Cut down on the unhealthy food items that you might be used to consuming. Cut back on foods that are high in carbohydrates and sugars. As a matter of fact, decrease your overall carbohydrate intake and increase taking more protein instead. Unused carbohydrates get stored as fat in your body. But eating protein will increase your metabolism which can burn fat and also help grow more muscle, giving you that lean and toned body that you've always been looking for!

Remember to drink LOTS of water. Water helps to maintain your metabolism, cleanse and hydrate your system, and also keep up your energy level. A lot of daily water intake can curb your appetite even, which will help in your weight loss efforts.

The next part of the weight loss plan is daily exercise. Your cardio program is something you just can't miss here. Try running, fast walking, swimming, jump roping, or aerobic activity for a minimum of thirty minutes at least three days a week.

If you are trying to achieve a toned physique, you should also get into weight lifting as well. Keep it simple though, and don't strain yourself by using the complicated machines right off the bat. It has been said that the best overall results are achieved with a simple weight training program that involves free weights and basic nautilus machines. Get some dumbbells or barbells and you'll be just fine. Remember to increase the weight from time to time though. Try and work out every part of your body for at least once a week and remember to give adequate rest to your body to recover from the muscle wear and tear.

Don't go for those useless weight loss pills or diet programs. Most of them don't work. Rather, go and consult a real-life, experienced, and qualified weight loss expert. He or she will be able to guide you through the process so you don't become unmotivated!

One more thing... Don't expect to see any results right away. Give it some time and your goal of losing thirty pounds will surely happen very soon.

Understanding Natural Weight Loss

Well to be honest, most weight loss programs are really hard to follow. Most of them want you to go out of your way to lose those extra pounds. Yes, it feels good to think about what it would be like to get the results you are looking for, but the process of doing so is really, really hard.

The truth is you can make a few changes here and there in your daily lifestyle and nothing more in order to achieve results. You DON'T have to hit the gym daily. You DON'T have to live on fruit juices every day. Just incorporate a healthy lifestyle and that's it. This is the basic concept of natural weight loss.

When it boils down to it, high pressure and tiresome weight loss programs are just not worth it. You only get one shot at life and that's it! Don't live in misery just to look a little slimmer than you are.

But that doesn't mean you have to lose your dream of wearing that tight waist evening gown that you saw the other day. In fact, if you fix some of your daily habits here and there, you simply won't believe the remarkable changes that you will see within a few weeks.

Here are a few things you have to keep in mind:

Natural Foods For Weight Loss

You have to eat the right foods. Don't eat unhealthy foods that are high in saturated fat, sugar, sodium, and other unhealthy ingredients. Instead, choose natural foods for weight loss such as fresh fruits and raw vegetables. They contain less fat and since they are uncooked, they preserve the essential nutrients for your body.

Also, you should select foods that have lots of fiber, protein, and all natural substances, and little calories, sugar, fat, and sodium. Some foods to consider include rice, fish, soy based products, almonds, avocados, and many more.

Water

Don't forget water after eating food. Water keeps your metabolism up and hydrates your entire body. It is very essential so make sure you incorporate it with everything you do.

Exercise

Engage in regular exercise. It will keep your mind fresh and your body energized and healthy. Add cardio to your daily workout routine and complement it with few minutes of yoga. Yoga rejuvenates your mind, body and soul, and is one of the most valuable gifts from the eastern culture.

Sleep

Remember to get enough sleep every day which will give your body sufficient time to repair from the strain of exercise and the stress of every day life. You need around 7-9 hours of good sleep every day.

Stress

This is one important item that cannot be stressed enough. You can spend as much money as you want on the most expensive weight loss program out there but if you are unhappy and stressed, you are not going to make any progress. In fact, stress has a negative impact on both your life and your weight loss efforts so it's important that you try to stay happy and charge forward.

Superfoods that help you lose weight

Many people who jump into the weight loss programs have a false notion. Just do lots of jumping around in a gym or any aerobics club, and you will lose weight. Or some people will simply try to tell you to curb down your daily diet, go on a fruit-juice-only diet for a month, and you will slim down. These are not always accurate solutions for getting rid of those extra pounds.

Remember, you get fat for two specific reasons:

1. You are just not eating the right foods. Eating unhealthy and unnatural foods will not help you lose weight. In fact, they will do just the opposite.
2. You have a slow mechanism. Your body is not using what you are eating. When it doesn't get used, it is not excreted but gets stored in your body as fat.

In this article, we will help you find superfoods to help with weight loss and also help build muscle.

Of course, eating is NOT the be-all and end-all of your weight loss program, but it definitely is the first step towards it.

Here is a list of foods that are great for promoting weight loss. Remember, foods are categorized into two categories, foods that help you bulk up and foods that help you slim down. We will look at the ones that can help you slim down.

Top Carbohydrates and Grains

Brown rice
Yams
Oatmeal
Sweet potatoes
White potatoes
Multi grain hot cereal mix (mainly composed of barley, oats, rye)
Whole wheat bread
Whole wheat pasta
Beans

Top Vegetables

Spinach
Asparagus
Broccoli
Salad greens
Pepper
Tomato
Onions
Cucumbers

Mushrooms
Zucchini

Top Lean Proteins

Casein or whey protein
Egg whites
Wild salmon
Turkey breast
Top round beefsteak
Flank beefsteak
Buffalo/bison
Trout

Top Fruits

Strawberries
Pineapple
Grapes
Grapefruits
Blueberries
Cantaloupes
Peaches
Oranges
Bananas

The above list of superfoods for weight loss is just some of the foods that you should consider incorporating into your diet. You don't have to include all of them, but you should consider them nonetheless because they are all natural and very beneficial for a successful dieting program.

One thing to keep in mind about your diet is that it doesn't have to take away from your daily enjoyment in life. In fact, your diet should meet three conditions:

1. You should enjoy your food
2. Your diet should help you become leaner
3. It improves your lifestyle and agrees with your body

It is your body, and you need to take care of it. If you are truly serious about losing the weight, then it is up to you to take action.

Fast weight loss tips

So you have a big event at the end of the month and you still don't fit into the slender evening gown, what are you going to do?

Of course, you contacted the fitness instructor at your local gym and all he could provide you with was a lengthy six-month plan. But that definitely won't help you now. What you need is some fast weight loss tips.

So, not wasting any more time, here are ten tips for you to get on with your fast weight loss program:

1. Reduce fat - Recent surveys show that obesity (or overweight) can be caused by a diet that is high in fat. Always restrict your intake of fat products to twenty five percent of your total calorie intake. If you simply cannot avoid fat, then choose foods that have unsaturated fat.
2. Cut down on sugar - Sugar is directly related to increased calorie consumption. Eating more foods that are loaded with sugar will always make your body lose chromium, which is required to help burn those extra pounds quickly.
3. Drink LOTS of water - Judy Dodd, past president of the American Dietetic Association, advises, in order to keep your body nutrients balanced, you need to drink lots of fresh, pure, unflavored water every day. Water helps in the absorption and transport of nutrients and wastes in and out of the body. So, you need to drink at least 8-10 glasses of water or half-ounce per body weight every day, whichever is more.
4. Increase your fiber take - You should increase your fiber intake because you eat less yet feel full. Moreover, fiber helps in digestion and bowel movement, thus keeping you healthy. Fill your daily diet with raw vegetables, fruits and whole cereals and grains. The more full you feel, the less you will eat which will help you lose weight fast.
5. Treat food allergies - Consult with your physician about treating any food allergies that you might have. This may be the cause of your unlimited food craving and overeating spree. Just don't let it be a roadblock in your quick weight loss plan.
6. Get lots of rest - Sleep rejuvenates your body and mind, thus keeping your whole physiology in order. You'll have more energy to complete your much needed daily exercise routines and other fast weight loss activities when you get the right amount of sleep.
7. Eat small meals throughout the day - Not only is this good for digestion, but it also prevents you from consuming overly large portions when you finally do get a chance to eat.

If you keep these weight loss tips in mind, and implement a regular exercise routine, you will see fast weight loss results, guaranteed.

What should you know about weight loss diet pills?

Okay, let's talk about something as controversial and popular as weight loss diet pills. In the media, newspapers, health and fitness magazines, or on the internet, you are most certainly going to find several ads, slogans, and testimonials that claim that they are the best solution for weight loss.

But the most important question is - do they WORK?

Well, the answer is yes and no.

First of all, don't believe all of the fake, unproven advertisements that show the ultimate 'get slim fast' schemes that claim to have the product that is 'the one' you were always looking for. Their ultimate weight loss secret pills probably won't help you get out of those baggy jeans in order to flaunt your sexy body around.

Most weight loss diet pills fall into two categories, fat trapping or fat burning. Fat trapping supplements prevent you from digesting the fat content that you eat, thus keeping you from getting fat. Fat burning supplements take on a different approach. They help in burning the stored fat in the body which is also supposed to prevent you from getting fat.

Both of these categories have their own disadvantages.

Most fat trapping supplements contain chitosan. It comes from powdered shells of crabs, shellfish and shrimp. It prevents your body from digesting the fat. But seldom do you see any obvious results? No. Moreover, they are quite costly. Chitosan is just another form of fiber, and why would you pay that much for fiber when you can always get cheaper alternatives?

What about the fat burning supplements? Well there comes the safety issue. Most of these weight loss pills contain ephedrine, which helps you burn fat but increases your chances of heart blockage, high blood pressure, and cholesterol. Of course, CLA fat loss pills are a little safer, but then again, how are you, an average person, supposed to know all these inside secrets?

All you care about is losing the extra pounds as quickly and as easily as possible. But that actually takes more time than you think. In most cases if you try these solutions, you only end up losing water weight, which comes back anyway and leaves you right where you left off.

To sum it up, looking at the potential advantages and supposed disadvantages, it is NOT worth it. Forget about those weight loss diet pills. Rather, consult a qualified and experienced fitness expert for a diet plan. He will definitely help out with a time-tested proven plan that can safely and effectively help you lose weight. It may take some time but it will work.

Natural Weight loss remedies

Look around and you will see an advertisement about the latest, super-effective weight loss pills or supplements in the market. Yes, they promise much but hardly deliver. And there's a reason why they don't.

All of them are ARTIFICIAL! And why would you ever go for something that is artificial? Artificial items simply don't agree with your body, and harms your overall health most of the time. And even worse, they simply don't work in most cases! Even if they do, it is not worth the money you pay for them. So, forget about all those weight loss pills or diet loss products.

Instead, go the natural way. Ask any good experienced fitness instructor and they will suggest that you partake in a lengthy six-month plan rather than advising you to pop a pill for the next couple of days.

There are a few guidelines that you have to maintain if you really want to see any results with your natural weight loss plan.

Food - Don't starve yourself, but eat the right foods. It's important that you choose the right foods that can help you reduce fat while increasing the intake of healthy, all natural ingredients. Eat lots of raw vegetables, fruits, and whole grains. Fill your diet with fiber. It will help in digestion plus facilitate regular bowel activity. Don't eat foods that are high in fat or sugar. Simply put, just stick to healthy foods.

Water - Water is one of the most important items that should be a part of all natural weight loss remedies. Water hydrates your body, helps in the transportation of nutrients, helps in digestion, and provides a number of other benefits. Drink around 8-10 glasses of water, or half-ounce per body weight every day, whichever is more.

Exercise - Exercise is very important and must be incorporated into any natural weight loss plan. There are a number of activities that you can participate in such as going to the gym, joining the aerobics club, or attending a yoga workshop. Weight problems can develop simply because of a lack of physical activity. When you are young, this might not be a problem. But as you start to age your natural metabolism starts to slow down, and your body is affected more and more by your actions.

Sleep - The body needs time to repair and rejuvenate itself. In order to do so it must get 7 to 9 hours of rest each and every day.

Natural weight loss is NOT a difficult thing to do, but does take discipline and determination on your part in order to be successful.

3 diet mistakes that you must not make

Obesity is a very serious problem that millions of people have to deal with on a regular basis. The health risks that are associated with are reason enough to make a change, but often times people want to change for a number of other reasons as well. Perhaps they're just not happy with their appearance. Maybe they are self conscious about what people think of them. Maybe their feeling the pressures of family life by not being able to participate in family functions as much as they would like to.

There are many things that can be done to help lose weight and look and feel better. Exercising, getting on a routine weight loss schedule, and simply changing your daily lifestyle are great strategies that can promote weight loss.

Sometimes, however, people make mistakes in their efforts, and their progress may be negatively affected by that. One aspect of weight loss that many people make mistakes on is their diet.

Here are 3 diet mistakes that you must not make:

1. Consuming too many carbohydrates and fatty foods. Instead, increase your protein and fiber intake. Protein will increase your muscle building and fat burning abilities, while fiber will improve digestion and limit hunger. Always go lean proteins such as chicken breasts, fish, eggs, and natural vegetables such as cabbage, broccoli, and other healthy fibrous vegetables.
2. Too much junk food. Stay away from pizza and burgers. Don't snack on cookies or other items that are filled with sugar. All of these items contain saturated fat, which certainly doesn't help your weight loss plan, and are just bad for your overall health.
3. Not drinking enough water. Water is an essential item that needs to be incorporated into every diet to help with metabolism as well as the digestion of foods.

There are a number of other mistakes that people often make when dieting. One common mistake that people make is consuming too much alcohol, caffeine, and tobacco. These items simply do not benefit you in any way. In fact, they actually do more harm than good.

Avoiding these 3 diet mistakes and sticking to a solid weight loss plan is a sure fire way to shed the extra pounds that you have always wanted to shed. Obesity doesn't have to be a problem in your life anymore. If you make an honest effort to eliminate bad habits, eat right, and exercise regularly, you will surely get on the right track to becoming much healthier and happier.

The best exercises for weight loss

No, I am not going to spit out a long list of best exercises for weight loss here. But I will tell you what the best exercise is in reality.

Look, surf the internet or ask any fitness instructor and they can always line up a list of exercises which will probably help you burn fat and get slim. But the drawback is that you might find them exhausting to keep up with, especially when they involve complex gym machines, or you might be hard pressed to incorporate that intensive workout in your daily routine (though I don't think anyone can be that busy to not be able to spare one hour on their body).

Here are some common exercises that you will find many others participating in.

1. Run five miles each day
2. Walk on the treadmill for one hour
3. Swim fifteen laps every day

Sometimes, however, there simply isn't enough time in the day for activities such as these, so you have to be able to find activities that you can incorporate into your schedule.

One thing that you want to keep in mind when identifying the best exercises for weight loss is that they should be...

1. Easy to do
2. Fun to do
3. Intense enough to get your heart rate up

So, you are into golf? Why not go and play eighteen holes? The only condition is that you cannot use a golf cart. If you have kids, go and give them piggyback rides for a half hour. Go and do some gardening. Go trail hiking with your spouse. Do something. Do ANYTHING! Anything will do as long as it maintains the three above conditions.

The critical aspect of exercise that will help you achieve your weight loss goals is to keep your heart rate up and keep your body moving.

And here's an advanced tip for those of you, who are really serious about this whole weight loss thing.

Never work out too much at one time. Doing so can actually negate your efforts by overworking your body. If you are going to spend thirty minutes on cardio activity, spend the first half on intensive cardio activity and the last half on cool down activities. The key is to vary the intensity of your workouts.

This method is basically called 'interval method'.

When you incorporate the 'interval method' into your workout, your metabolism will remain high for a longer period of time after you stop doing the activity.

You need to treat interval workout just like any other workout. Do it on a regular basis, perhaps every day or every other day for at least a half an hour.

Give your body lots of rest to repair from muscle wear and tear, and drink lots of water to avoid muscle cramping. Needless to say, weight loss takes a lot of dedication and effort, and if you want to see any noticeable results, then you have to be willing to go the extra mile.

How to lose 30lbs in 30 days

How to lose 30lbs in 30 days? How to lose weight fast, and even faster? Anyone that has ever dealt with a weight problem understands that it doesn't feel good to have to wear baggy clothes just to hide those extra pounds. You just want to get out and show off your sexy physique to everyone, right? But what can you do to make that happen?

Well, you can do a lot...you CAN lose 30lbs within 30 days indeed. How about that? But it's going to take some discipline and effort on your part if you really want to see it happen.

The very first thing that you should know about losing weight fast is that it doesn't happen overnight by taking some overpriced weight loss pills. In fact, they can actually do you more harm than good because they contain harmful ingredients such as ephedrine, which is not good for your heart, blood pressure, or cholesterol. If diet pills are something that you are considering, do yourself a favor and forget about them.

There are plenty of all natural weight loss efforts that can help you lose 30lbs in 30 days.

Here are a couple guidelines that can help you reach your goal:

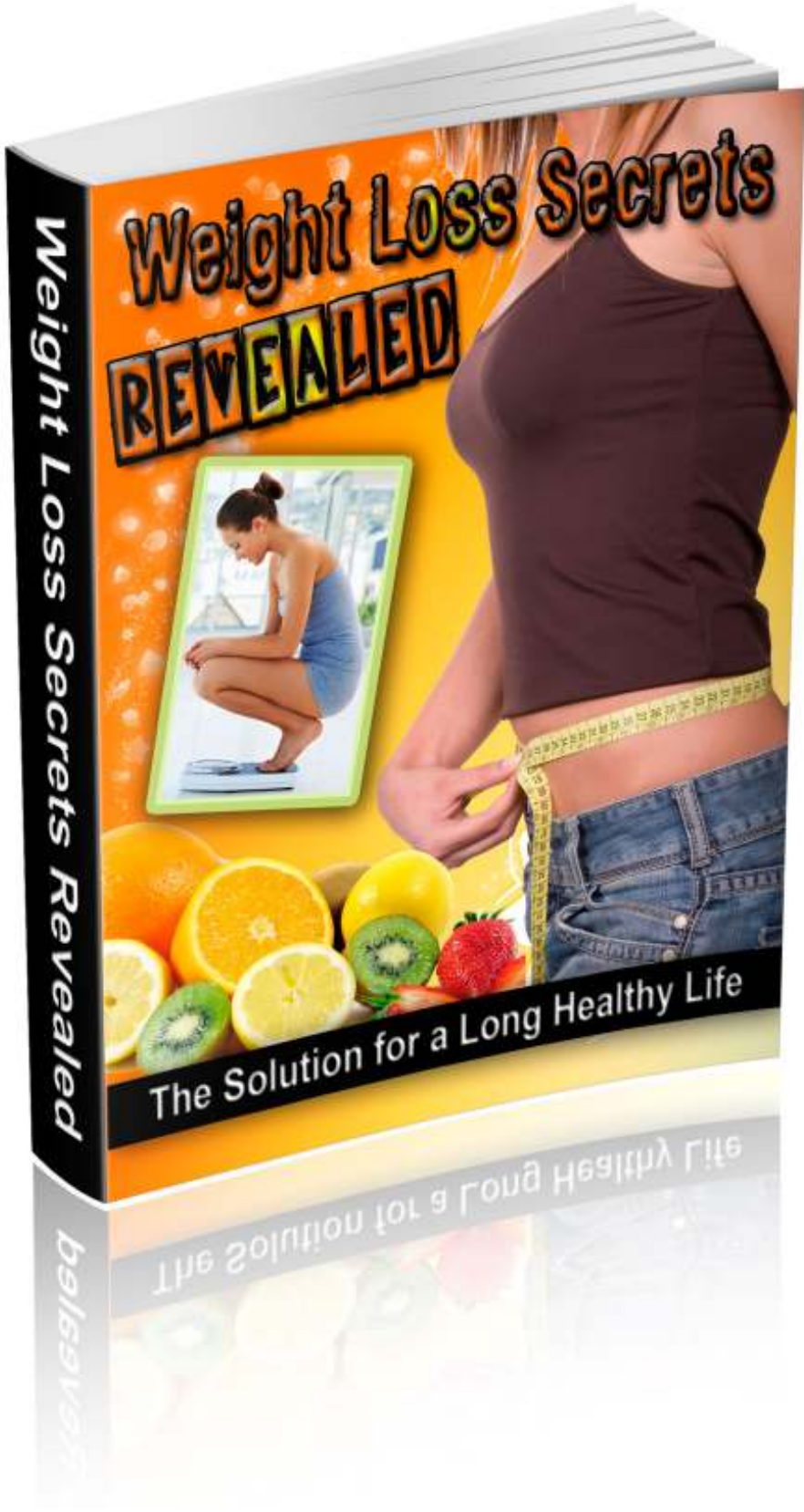
1. Eat the right foods. Losing weight quickly is going to be a conscientious effort on your part that will involve staying away from unhealthy foods that are loaded with sugar, fat, sodium, calories, cholesterol, and any other harmful and unnatural ingredient that you can think of. Instead, you'll want to stick to all natural foods such as vegetables, fruits, nuts, whole grains, soy based products, and extra lean proteins.
2. Exercise regularly. Don't be lazy! It may sound harsh but it's the absolute truth. You have to exercise on a regular basis otherwise your natural fat burning processes will begin to disappear, and your body will begin retaining more fat. Exercising on a regular basis, perhaps every day will help speed up your metabolism and get you on your way to losing those 30lbs.
3. Drink pure, fresh water. Drink at least 8-10 glasses every single day. Drink more if you want to. The idea is to keep water in your daily diet because it helps keep you hydrated, cleanses your body, and helps keep your body refreshed at all times.
4. Get enough sleep. While the proper diet and right amount of exercise are important, you also have to make a valid effort to get the right amount of sleep. Studies suggest that the average human being should get anywhere from 7 to 9 hours of sleep per night. When you are able to do so, your body will be well rested and able to perform all of it's natural processes in the most effective manner possible. Not only that, but you will have more energy to make progress towards losing 30lbs in 30 days.

THANK YOU

I hope that you have enjoyed and learnt about some great tips and tricks and solid advice concerning weight loss.

Remember that the journey might be tough but **KEEP GOING** until you reach your goals and then be sure to maintain that level of weight.

I wish you all the best for the future and good health too.



Weight Loss Secrets Revealed

Weight Loss Secrets REVEALED



The Solution for a Long Healthy Life

Weight Loss Secrets Revealed

The Solution for a Long Healthy Life