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FREE REPORT

“The Effective Yet Permanent Way to Lose Weight.”

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A few years ago, I was preparing to go for a family reunion with my husband. I had bought an outfit in what I thought was my size, but on the day it turned out, it was a few sizes too small and it ripped at the back as I attempted to squeeze into to it!

I was gutted and burst into tears just as my husband came into the room to see what was keeping me, needless to say we didn't go to the reunion which we had been so looking forward to.

For days, weeks and months after, I found myself sticking to a limited wardrobe and comfort eating which caused me much embarrassment and self loathing.

I finally decided I had enough of this and could and would do something about it. I am at my ideal weight now and my husband, family and friends are amazed at the difference.

Now I want to help others do it. I could have easily charged for this book but have such empathy with those who have suffered as I have I thought it was better I gave it away free. Money to me is not as important as helping others...

Why People Fail At Weight Loss

Why do so many people fail at losing weight? Is it because they are lazy? No. Is it because they are addicted to food? No. Is it because they aren't good at exercising? No. Failure at weight loss stems from a few main factors:

1) People don't truly understand the risks of being overweight. Why do most want to lose weight? Most would say to look better. Looking better certainly is a benefit of losing weight, but this shouldn't be the sole reason to lose weight.

There is a 1000 pound gorilla in the room and it's often ignored. Being overweight for a long period of time kills thousands of people each year.

Thousands of studies have shown and proven without any doubt that losing body fat will improve and lengthen your life. This eBook will give you a picture of the dangers of being overweight. Knowing the dangers of being overweight is a tremendous motivator to not only lose fat, but to keep it off.

2) People don't commit to permanent lifestyle changes. So many people think of a "diet" as something temporary. When they are on a "diet" they restrict themselves so much that they are miserable. Sooner or later failure is

inevitable because of the unreasonable demands of most "diets." Some of these diets force you to only eat certain foods (e.g., no carbs, special soups etc...) you, like myself, have probably tried them before. The key to losing weight long term is to make gradual lifestyle changes you can stick to forever.

3) Most individuals are not provided the truthful facts of losing weight and becoming healthier. With the conflicting information in the media, and all of the different lose weight quick fad diets; it's understandable why so many people

really don't know the truth about losing fat and keeping it off long term. We will go over the non-sense truth.

4) Most people don't understand they are constantly either gaining fat, or losing fat. There is no in-between. Some people justify bingeing or giving up because they hit a small road-block. This isn't an all or nothing game. For example, when I was overweight, if I ate an unhealthy lunch, I'd go ahead and eat an unhealthy

dinner since I already "messed up" the day. Or I'd say, I'll start eating healthy on Monday since I've already eaten poorly this weekend. Every person at times eats too much. The successful people will not let a road bump completely derail their entire lifestyle change. If you are not implementing positive lifestyle changes and losing weight, you are gaining weight. Again, there is no "in between".

5) Most people don't realize what they consume each day. So many overweight people eat thousands of extra calories and fat without realizing it. It's tough to know if you are gaining weight or losing weight each day unless you are keeping an eye on what you're consuming. Later in the eBook you will be given an easy way to keep track of your consumption.

This article was written by Rob B, the creator of FreeWeightloss.com, and the author of the [Ultimate Weight Loss eBook](#).

100 Painless Ways to Cut 100 or More Calories

"Losing weight can be as simple as cutting out a meatball here and an egg roll there." ~Elizabeth Somer, M.A., R.D.

REACHING YOUR FAT-LOSS GOALS may be easier than you think. To lose a pound of fat a month, all you need to do is cut 100 calories a day from your diet, assuming the intake and expenditure of all other calories remains the same. That's because a pound of body fat is equivalent to about 3,500 calories. So if you cut 100 calories a day for 31 days, you're cutting 3,100 calories--or about a pound.

Wait...a pound a month? Isn't that a little slow? Well, mounds of research indicate that you're more likely to keep weight off if you lose it slowly. Besides, losing a pound a month doesn't require drastic changes in your eating habits. It can be as simple as eating two egg rolls with your Chinese stir-fry instead of three. Here are 100 painless ways to cut 100 or more calories a day. As a bonus, they all reduce fat or sugar, which means, calorie for calorie, you're getting more vitamins and minerals.

1. Spread 1 tablespoon of all-fruit jam on your toast rather than 1 1/2 tablespoons of butter.
2. Replace 1 cup of whole milk with 1/2 cup of non-fat milk.
3. Eat 2 poached eggs instead of 2 fried eggs.
4. Replace 1/2 cup of granola with 2 cups of Cheerios.
5. Instead of using whole milk and eggs to prepare 2 slices of French toast, use non-fat milk and egg whites.
6. Snack on an orange and a banana instead of a Snickers candy bar.
7. Munch on 35 pretzel sticks instead of 1 ounce of dry-roasted peanuts.
8. Replace 1 cup of sweetened applesauce with 1 cup of unsweetened applesauce.
9. On your lamb-and-vegetable kebab, replace 2 of the 4 chunks of meat with fresh whole mushrooms.
10. Dip an artichoke in 1 tablespoon of low-fat mayonnaise instead of 1 1/2 tablespoons of regular mayonnaise.
11. Steam your asparagus rather than sauté it in 1 tablespoon of butter or oil.
12. Instead of a 5-ounce glass of wine, opt for cherry-flavored sparkling water.
13. For a chewy snack, have 1/2 cup of dried fruit rather than 9 caramels.
14. Replace 3 slices of bacon with 3 slices of Light & Lean Canadian bacon.
15. Eat a Lender's egg bagel instead of a Sara Lee egg bagel.
16. Select 1 cup of home-style baked beans instead of an equal serving of baked beans with franks.
17. Replace 2 biscuits with 2 dinner rolls.
18. When making a sandwich, use 2 slices of Roman Light 7-grain bread instead of Pepperidge Farm wheat bread.
19. Eat 1/2 cup of steamed fresh broccoli instead of 1/2 cup of frozen broccoli in cheese sauce.
20. Make a burrito with 1/2 cup of fat-free refried beans and 1 ounce of nonfat cheese instead of the same amount of traditional refried beans and cheese.
21. Replace an apple muffin with a high-fiber English muffin.

22. Reduce a typical serving of chocolate cake (1/8 of a two-layer cake) by one third.
23. Switch from 1 cup of whole-milk hot chocolate to 1 cup of steamed 1% milk flavored with a dash of almond extract.
24. Replace 1 cup of caramel-coated popcorn with 2 1/2 cups of air-popped popcorn.
25. Switch from 1/2 cup of yogurt-covered raisins to 1/2 cup of plain raisins.
26. Snack on 1 cup of non-fat plain yogurt instead of 1 cup of custard-style yogurt.
27. Top your celery sticks with 2 tablespoons of fat-free cream cheese instead of 3 tablespoons of regular cream cheese.
28. Replace 2 fried-chicken drumsticks with 2 roasted drumsticks and a cup of peas and carrots.
29. Instead of eating 5 chocolate-chip cookies, savor the taste of 2.
30. Lighten your 2 cups of coffee with 2 tablespoons of evaporated non-fat milk instead of 2 tablespoons of half-and-half.
31. Replace a 12-ounce can of cola with a 12-ounce can of diet cola.
32. Thicken your cream sauce with 1 percent milk and corn starch instead of a roux of butter and flour.
33. At the appetizer tray, choose 4 fresh raw mushrooms instead of 4 batter fried mushrooms.
34. Use 2 tablespoons of fat-free sour cream instead of regular sour cream (on baked potatoes or in stroganoff). If done twice in the day, 100 calories will be cut.
35. Reduce the size of your steak from 4 1/2 ounces to 3 ounces.
36. Grill a cheese sandwich with non-stick cooking spray instead of margarine.
37. Replace 1 cup of chocolate ice cream with 2/3 cup of non-fat chocolate frozen yogurt.
38. Snack on 2 ounces of oven-baked potato chips instead of regular potato chips.
39. Instead of topping your salad with an ounce of croutons, get your crunch from 1/4 cup of chopped celery.
40. Instead of 1 cup of macaroni salad, eat 3 1/2 cups of spinach salad with 2 tablespoons of low-calorie dressing.
41. Cut the peanut butter on your sandwich from 2 tablespoons to 1 tablespoon.
42. Serve your turkey with 1/4 cup of cranberry sauce instead of 1/2 cup.
43. Order a sandwich on cracked wheat bread instead of a croissant.
44. Complement your hamburger with 1 1/4 ounces of oven-baked tortilla chips instead of a side of fries.
45. Split an apple Danish with a friend rather than eat the entire thing.
46. Order 2 slices of cheese pizza instead of 2 slices of pepperoni pizza.
47. Grab a Dole Fresh Lites Cherry frozen fruit bar instead of a Sunkist Coconut frozen fruit bar.
48. Snack on 1/2 cup of fruit cocktail canned in water instead of 1 cup of fruit cocktail canned in heavy syrup.
49. Switch from 1 cup of fruit punch to 1 cup of sparkling water flavored with 2 teaspoons of concentrated orange juice.
50. Instead of eating garlic bread made with butter, spread baked garlic cloves on French bread.
51. Rather than snack on 1 cup of grapefruit canned in syrup, peel and section 1 small grapefruit.
52. Dip your chips in 1/2 cup of salsa instead of 1/2 cup of guacamole.
53. Switch from 1/2 cup of Frusen Gladje butter pecan ice cream to Breyers butter pecan ice cream.

54. Use 1 tablespoon of mayonnaise in your tuna salad instead of 2 tablespoons.
55. Hold the tartar sauce on your fish sandwich, and squeeze lemon on it instead.
56. Replace 3 fish sticks with 3 ounces of grilled halibut.
57. In sandwich spreads or salads, use 3 teaspoons of dijonaise instead of 4 teaspoons of mayonnaise.
58. Use 2 tablespoons of light pancake syrup instead of 2 tablespoons of regular syrup.
59. Top your pasta with 1 cup of marinara sauce instead of 1/2 cup of Alfredo sauce.
60. For each serving of pasta salad you make, reduce the oil or mayonnaise by 1 tablespoon.
61. Replace 1/2 cup of peaches canned in extra-heavy syrup with 1/2 cup of peaches canned in water.
62. Prepare 1/2 cup of steamed peas and cauliflower instead of frozen peas and cauliflower in cream sauce.
63. Cut back on sampling during cooking. The following "tastes" have 100 calories: 4 tablespoons of beef stroganoff, 3 tablespoons of homemade chocolate pudding, 2 tablespoons of chocolate-chip cookie dough.
64. At an Italian restaurant, snack on a large breadstick instead of a slice of garlic bread.
65. Eat a 3/4-cup serving of pudding made with skim milk rather than a 1-cup serving of pudding made with whole milk.
66. Choose 1/2 cup of brown rice instead of 1 serving of frozen rice pilaf with green beans or 1 serving of frozen Oriental rice and vegetables.
67. Compliment your sandwich with 3/4 cup of split-pea soup instead of 1 cup of chunky bean and ham soup.
68. Replace 3 tablespoons of strawberry topping on your ice cream with 3/4 pint of fresh strawberries.
69. Pass on the second helping of mashed potatoes.
70. Eat 3 grilled prawns with cocktail sauce instead of 3 breaded and fried prawns.
71. Make a pie crust with 1 cup of Grape-Nuts cereal, 1/4 cup of concentrated apple juice and 1 tablespoon of cinnamon, instead of using a traditional grahamcracker crust. You'll save 100 calories per slice.
72. Replace 8 sticks of regular chewing gum with sugar-free chewing gum.
73. Snack on a papaya instead of a bag of M&Ms.
74. Substitute 3 ounces of scallops for 3 ounce of lean beef in your stir-fry.
75. Rather than spread 4 tablespoons of cream cheese on two slices of raisin bread, dip the bread in 1/2 cup non-fat apple-cinnamon yogurt.
76. Munch on 1 cup of frozen grapes instead of an ice cream sandwich.
77. Rather than drink a strawberry milkshake, make a smoothie of 2/3 cup of low-fat milk, 1/2 cup of strawberries and 1/2 a banana.
78. Replace 2 brownies with 2 fig bars.
79. Eat 2 meatballs instead of 4 with your spaghetti.
80. On a hot day, quench your thirst with a glass of ice water with lemon or mint instead of a can of light beer.
81. Eat 1/2 cup of black beans instead of 3 ounces of roast beef.
82. Replace 1 1/2 tablespoons of I Can't Believe It's Not Butter spread with 1 1/2 tablespoons of Nucoa Smart Beat margarine.
83. Choose 1 serving of vegetarian lasagna instead of lasagna with meat.
84. Eat 2 Kellogg's Nutri-Grain bars instead of 2 Kellogg's Pop-Tarts.
85. Drizzle 3 tablespoons of low-calorie French dressing on your salad instead of 2 tablespoons of blue cheese dressing.

86. Replace 1 large flour tortilla with 1 six-inch corn tortilla.
87. Eat a turkey sandwich instead of a chicken salad sandwich.
88. Choose 4 1/2 ounces of tuna packed in water instead of 4 1/2 ounces of tuna packed in oil.
89. At Burger King, have a Whopper Jr. Sandwich with regular fries instead of a Whopper with Cheese Sandwich.
90. Order your Quarter Pounder without cheese.
91. At Jack in the Box, eat a regular taco instead of a super taco.
92. Fix 1 cup of turkey chilli with beans rather than regular chilli with no beans.
93. Use 1 cup of fat-free cottage cheese instead of regular cottage cheese.
94. Order a sandwich with barbecued chicken instead of barbecued pork.
95. Replace 1 cup of corn with 1 cup of carrots.
96. Reduce your helping of turkey stuffing from 1 cup to 2/3 cup.
97. Have a single scoop of ice cream instead of a double scoop.
98. Replace 2 ounces of corn chips with 2 ounces of Snack Well's wheat crackers.
99. Eat 1 hot dog at the baseball game instead of 2.
100. Shred 2 ounces of fat-free cheddar cheese on nachos instead of regular cheddar.

Elizabeth Somer, M.A., R.D., is a nutritionist in private practice and editor of the Nutrition Report. Her latest book is Nutrition for Women: The Complete Guide (New York: Henry Holt & Co., 1993).

Successful Weight loss

Successful weight loss is not only a combination of healthy eating, exercise and willpower, it's about information and knowledge.

Knowledge that some carbohydrates are good for you and some are not; for example, white flour based products like white bread converts to sugar. So, while you may have taken just one tea spoonful of (white) sugar and a little milk (full fat) in your cereal and wonder why you are gaining weight or not losing any, know that that toast that you had with white bread with a healthy dose of butter along with the type of milk, cereal and sugar you chose converted to sugar within you which equals increased fat. However, if you chose brown or whole meal bread for that piece of toast, and low fat milk for your cereal and chose healthy cereals like high fibre low salt and sugar types, you would have better results.

I could not stand wholemeal or brown bread when I was much younger and skinnier, but have realised that it is good for me because it won't turn to fat and really does taste good!

Wholemeal, wholegrain, low fat products are all good for you as they are slow releasing – they fill you up for longer and keep your energy levels up.

Understanding the difference between saturated fat (bad fat) and unsaturated fat ('good' fat) can make all the difference between weight gain and weight loss.

'A high intake of fat of all types, but particularly saturated fat, can increase the amount of cholesterol produced in your liver, and so the amount in your blood.

A high level of cholesterol in your blood is associated with increased risk of coronary heart disease.

What is cholesterol?

Cholesterol is a type of fat that is essential in small amounts for cells in your body (e.g. brain cells). It is only found in foods of animal origin, for example liver, egg yolk and shellfish.

Cholesterol is carried around the body in the blood by substances called lipoproteins (for example low density lipoprotein, LDL, and high density lipoprotein, HDL).

The lipoproteins also contain other types of fat. LDL is also called "bad cholesterol" because high levels of LDL in the blood lead to fat accumulating in and narrowing the vessel walls.

HDL is called "good cholesterol" because it retrieves cholesterol from body tissues and helps to transfer it to the liver for disposal.

The major sources of saturated fat in the UK diet include:

- cooking fats and spreads (e.g. butter, margarine, lard),
- fatty meats and meat products, such as red meat and poultry skin,
- full fat milk, cheese and other dairy products,
- chips,
- biscuits, cakes & pastries, and
- sweets and chocolate.’(1)

Therefore, the knowledge that the type of food we eat and not necessarily the quantity of food eaten causes unnecessary weight gain would help in successful weight loss and help prevent the risk of a stroke or coronary.

Try introducing organic products into your diet today for increased health benefits.

One other important thing to note is that your ideal weight is dependent on your sex, age, and height. Understanding your bone structure or body frame is vital to accepting the weight that you should be i.e. a 35 year old female of 5’6” should range in weight from 118lbs to 155lbs this recommendation is based on a Body Mass Index (BMI) range of 19-25. Consequently, a woman who is big boned should not aim for a weight that is more suited to a smaller or medium framed person and vice versa.

Personally, I would say that the risk of heart attack and /or stroke is a great motivator in my weight loss/maintenance program so I am much more conscious of what I eat.

Written by Joyce Austin for Improve Weight Loss

(1) Cholesterol information taken from nhs.uk

Sensible Diet Tips

Start your diet with a food diary, record everything you eat, what you were doing at the time, and how you felt. That tells you about yourself, your temptation, the emotional states that encourage you to snack and may help you lose once you see how much you eat.

Instead of eating the forbidden piece of candy, brush your teeth. If you're about to cheat, allow yourself a treat, then eat only half a bite and throw the other half away. When hunger hits, wait 10 minutes before eating and see if it passes. Set attainable goals. Don't say, "I want to lose 50 pounds." Say, "I want to lose 5 pounds a month." Get enough sleep but not too much. Try to avoid sugar. Highly sweetened foods tend to make you crave more.

Drink six to eight glasses of water a day. Water itself helps cut down on water retention because it acts as a diuretic. Taken before meals, it dulls the appetite by giving you that "full feeling." Diet with a buddy. Support groups are important, and caring people can help one another succeed. Start your own, even with just one other person.

Substitute activity for eating. When the cravings hit, go to the "Y" or health club if possible; or dust, or walk around the block. This is especially helpful if you eat out of anger.

If the pie on the counter is just too great a temptation and you don't want to throw it away, freeze it. If you're a late-night eater, have a carbohydrate, such as a slice of bread or a cracker, before bedtime to cut down on cravings. Keep an orange slice or a glass of water by your bed to quiet the hunger pangs that wake you up.

If you use food as a reward, establish a new reward system. Buy yourself a non-edible reward. Write down everything you eat - - everything - including what you taste when you cook. If you monitor what you eat, you can't go off your diet. Weigh yourself once a week at the same time. Your weight fluctuates constantly and you can weigh more at night than you did in the morning, a downer if you stuck to your diet all day. Make dining an event. Eat from your own special plate, on your own special placemat, and borrow the Japanese art of food arranging to make your meal, no matter how meagre, look lovely. This is a trick that helps chronic over-eaters and bingers pay attention to their food instead of consuming it unconsciously.

Don't shop when you're hungry. You'll only buy more fattening food. Avoid finger foods that are easy to eat in large amounts. Avoid consuming large quantities of fattening liquids, which are so easy to overdo. And this includes alcoholic beverages. Keep plenty of crunchy foods like raw vegetables and air popped fat-free popcorn on hand. They're high in fiber, satisfying and filling.

Leave something on your plate, even if you are a charter member of the Clean The Plate Club. It's a good sign that you can stop eating when you want to, not just when your plate is empty.

Lose weight for yourself, not to please your husband, your parents or your friends. Make the kitchen off-limits at any time other than mealtime. Always eat at the table, never in front of the TV set or with the radio on. Concentrate on eating every mouthful slowly and savoring each morsel. Chew everything from 10 to 20 times and count! Never skip meals.

Submitted by Joe R.



Organo Gold - Your Health In A Cup!

Drinking coffee or tea can have a negative impact on the body over a period of time, but inspite of that not a lot of people are willing to give it up, even for HEALTH reasons!

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Organo Gold

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By infusing gourmet coffee and an ever expanding product line with the power of the Ganoderma Lucidum herb, Organo Gold has scientifically developed a healthy alternative to regular coffee that not only tastes great, but makes people feel great.

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