

Take healthy lunches and snacks to work such as fruit, ...

Eat more, NOT LESS: Eating less than required to support your basal metabolism will slow your metabolism down. Metabolism is raised and blood sugar level kept stable with regular healthy eating. It also helps prevent bingeing because you never feel famished. But PLEASE, CLEAN HEALTHY FOOD.

2. Snacking is good: If you want to burn fat and prevent your body from gaining back the fat, you must stabilize your blood sugar. In order to do this, you need to eat every two to three hours, which includes healthy snacking (mid morning and mid afternoon). Fasting, skipping meals or overly restrictive diets will enable you to lose weight but only in a short term; the weight you lose is water weight and muscle tissue. When you restrict your food intake, your body instinctively thinks it's being starved and shifts into a protective mode by slowing down your metabolism and storing nearly all your calories as body fat. Losing muscles is the last thing you want.
3. Drink more Water: Drink eight glasses of water a day between meals. Have a large glass of water 20 to 30 minutes before meals. Other drinks to include are herbal teas and vegetable juices. If you are exercising, you should be drinking more. Fizzy drinks, juices, and coffees full of caffeine don't count. Lack of water can slow the metabolic rate just as lack of food can. Since water is the body's most important nutrition, the liver will turn its attention to water retention instead of doing other duties such as burning fat. Dehydration (because it causes headaches), lack of concentration and fatigue is often mistaken for hunger.
4. Don't drink too much with your meals: Do not drink copious amount of liquids with meals, not even still water. Have a glass of water about half an hour before you eat and take only little sips during meals if you must. FIZZY DRINKS ARE BANNED.
5. Eat FRUIT FIRST: Have a fruit, say, an apple 30mins before a meal. Studies show it is a good way to feel satisfied.
6. Find out what's eating you: The desire to eat foods that aren't healthy is often triggered by stress, boredom, loneliness, anger, depression and often emotions. Learning to deal with emotions without food is a significant skill that will greatly serve long term weight control.
7. Slow down: Eating slowly is one of the methods that can help take off pounds. That's because from the time you begin eating, it takes the brain 20 minutes to start signaling feeling of fullness. Fast eaters often eat beyond their true level of fullness before the 20 minutes signal has had a chance to set it. So slow down, take smaller bites and enjoy every tasty morsel. Nutrient uptake is more effective too. When you slow down your food, you are not able to digest your food nutrients as effectively. Eating too quickly can overload your stomach causing gas and bloating. Also you tend to gulp more, when you eat quickly. So remember to eat healthy regular meals and eat them slowly to release the food nutrients properly.
8. Don't shop when you're hungry: You will end up buying all kinds of things you know you shouldn't. Eat something before you go; make a shopping list and stick to it.
9. Be prepared: Be prepared in order to avoid temptation. Take healthy lunches and snacks to work such as fruit, vegetable sticks (carrots) nuts, seeds, organic water crackers, avocados and herbal teas.
10. Eat in the Raw: Every time you eat something cooked, take something raw with it, e.g. salad. Raw foods are the only source of food enzymes, a catalyst for weight balance.
11. Breakfast like a king: Eat breakfast like a king, lunch like a queen and dinner like a pauper. Make sure you eat more at lunch time than for dinner.
12. Early to bed: Get to bed by 10:30pm. Your liver and gall bladder need to do their detoxing work between 11pm and 2pm. Healthy liver help balance weight. Studies show that sleeping before midnight and having regular sleeping and waking times is healthiest for the body. You need a good eight hours sleep. Being tired slows your metabolism and affects your food choices. Making you go for high calorie, fatty foods for a fast, brief, energy burst.
13. Eat dinner early: Dinner should be no later than 6 to 7pm or three hours before you go to bed, if possible. Unless you want to gain weight and feel sluggish, of course.
14. Eat when calm: If you are upset, wait until the feeling passes or lessens and then eat. Do not attempt to eat a full meal if you are stressed out or upset, best to opt for juices (fresh) or soup (pepper soup) that day, because they are much easier for digestion.
15. Throw out your scales: If you want to have a positive, passionate relationship with food, you have to look at food in a whole different way (RESPECT IT). Give up weighing or jumping on and off scale so that you don't end up losing HOPE instead of the WEIGHT. Lots of factors affect the scale. Your clothes can never lie; let that be your measurement tape.

TESTIMONY

My name is Gloria, a regular reader of the Sunday Vanguard Allure Magazine. Since I discovered the "Body perfect column" it has helped me greatly, it helped me discover the truth about this weight loss thing. I've been to places or seen people who claim to be specialist, who recommend that I eat whatever I like, while I take their drugs or drink their herbs; meanwhile I purge so much and look lean and sick, when I take those drugs or herbs but once I stop the drugs and herbs, I put on extra weight and became lazy. I visited BODY PERFECT, did the amazing miracle detox and started my eating clean for life programme. Truth is bitter, but it must be said and it will set you free; YOU CAN'T EAT THE JUNK unhealthy food YOU LIKE AND LOSE WEIGHT; no drugs can help on that. Thanks to Kathy for letting me know that.

Am a changed person now, full of energy, slimmer, healthier and wow; my skin says it all. Kathy, keep up the good work. became lazy. I visited BODY PERFECT, did the amazing miracle detox and started my eating clean for life programme. Truth is bitter, but it must be said and it will set you free; YOU CAN'T EAT THE JUNK unhealthy food YOU LIKE AND LOSE WEIGHT; no drugs can help on that. Thanks to Kathy for letting me know that. Am a changed person now, full of energy, slimmer, healthier and wow; my skin says it all. Kathy, keep up the good work.

Gloria, Lagos

DETOX SOLUTION

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(A). Miracle detox: This is a fat flush detox plan that cleanses the accumulated fats in your tissues and liver, and purges fluid build-up from your system. It also prevents new fats, in the form of triglycerides from forming. It is a one week programme that re-establishes a beneficial fat ration for your body composition, which sets the stage for continuous fat burning and appetite control. Its major ingredients are cranberries (unsweetened), cinnamon (which is a blood sugar stabilizer, ginger (which is a powerful fat flusher) and apple cider vinegar - (comes with eating plan during the detox and after the detox). 08072444513

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