

# Weight Loss Success Secrets for Women



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## Introduction

You've probably seen and heard all of the TV and Radio Ads circulating out there about taking off those unwanted pounds, or about how you can look like someone else...someone you are not, nor meant to be like. Well, I must say that these advertisements can be quite persuasive. Don't you think? Who wouldn't want to...

- Drop 2 Sizes in 2 weeks!
- Lose up to 10 pounds in a week!
- Be Slim and Trim for the Summer!
- And the list goes on...



Who can blame the Weight Loss Industry, and more specifically the diet pill and diet program manufacturers for capitalizing on all of our insecurities, fears, and frustrations in an effort to improve their bottom line? Well, one thing is for sure, we don't have to fall for it! We can do something about all of the lies being perpetuated by these companies. We have the power to take back our lives and to determine **who** we will be, **what** types of foods we will eat, **how much** food we will eat, **how much** we will weigh, and **how** we will look. No longer should we allow these decisions to be made by the industry whose primary motivation is to benefit financially from us.

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***As someone who has taken the bait before, my job is to help you to see through these claims, to something that is far better than the bill of goods that these weight loss companies are trying to sell you.***

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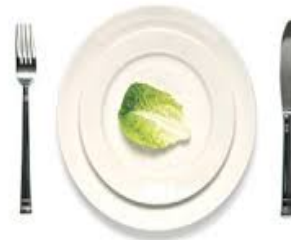
Historically, diet companies have told us that important reasons to lose weight are:

- ☑ To look good...Not necessarily for one's self, but to please others
- ☑ To look like so-and-so in that magazine, on TV, or in the Movies
- ☑ To be accepted by society
- ☑ To manipulate or persuade someone to do what you want

Unfortunately, this has created a situation in which we've become a Nation that is obsessed with weight and weight loss! We've become experts at creating diets to help people shred unwanted pounds in record amounts of time, and we have lost track of what is truly important...our health!

What **IS** happening in our culture now? A few thoughts...

- ☑ We're adopting unhealthy lifestyle practices
- ☑ We're adopting poor dietary practices
- ☑ We're exercising less
- ☑ We're worrying more...and about all the wrong things
- ☑ We're constantly comparing ourselves to one another as we ride that emotional roller-coaster each and every day



All with the hopes that we will eventually be happy, and feel accepted and loved by our peers.

This leads to my first question, which is...

## What's Wrong with Our American Culture?

Where do we begin? Well, let me share some statistics with you that might give you a good feel for where we're currently at and where we're headed as a Nation.

- ✓ 64% of United States residents are overweight
- ✓ 27% of Americans are considered obese
- ✓ Over 750 million people worldwide are classified as overweight
- ✓ In 2008, the weight loss market surpassed \$61 billion
- ✓ Obesity is responsible for over 400,000 deaths each year
- ✓ The total cost of overweight and obesity is 117 billion dollars
- ✓ The cost of lost productivity related to obesity among Americans age 17 to 64 is \$3.9 billion.

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***I don't know about you, but when I look at these numbers, I get angry; and the reason is because our Weight Loss Industry and the Media have led us down a path that's going to be hard for us to get off of.***

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It has become clear that we must be the ones to take better care of ourselves. We have to take back control of our lives! Too much is at stake. So, the burning question is...Why do we struggle with our weight as a Nation?

Aside from the obvious answer that was previously mentioned, I have a few ideas as to why we struggle in our culture to attain and maintain healthy weight. Doubtless, there are many more than I can list here, but I think these are definitely worth taking a look at. Consider the following possibilities:

- ☑ Our Busy Lives – We've all got something going on. This creates a unique challenge to eat well while on-the-run, and to combat temptations to make unhealthy food choices.
  
- ☑ Family & Culture – They play a big part in how we eat today. Though we, as adults, now have the freedom to make our own choices regarding what we eat, we tend to eat according to how our own parents raised us, subconsciously not realizing that we can change those patterns (particularly if they were unhealthy patterns of eating).
  
- ☑ Personal Habits – These are the nutritional choices we make given our current lifestyle.
  
- ☑ Lack of and/or Over-Knowledge – Though we have tons of information on how to eat well, I believe that there can be such a thing as information overload, particularly when we have to make sound nutritional decisions in light of conflicting information from the experts.

So, the question remains...How can we make the change to better nutrition and ultimately to a healthy and satisfying weight? I believe it begins with us realizing that we must bear full responsibility for our nutrition and weight loss efforts, and understanding that...

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*Through hard work and a gradual mindset change, we can reap great rewards and experience a tremendous amount of success!*

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Additionally, we need to understand that utilizing sound nutritional guidelines and principles for eating that, when done consistently, can make dramatic improvements in our nutrition, lead to better health, and help us attain and maintain healthy weight. But, before we get to the Success Secrets, we need to go back to basics; which leads to my second question...

## **Are You Eating The Right Foods?**

### **Americans & the New Food Guide Pyramid**

The New Food Guide Pyramid was developed to help the average American...people like you and me...eat better by making consistently good choices, day in, and day out. There are several areas of the pyramid that we need to be aware of as a way to increase our chances of improving our nutrition. Most Americans have no clue as to what these areas are and how to use them in order to have better nutrition and ultimately better health and healthy body weight. These areas include...

## **The Grains (Whole Grains) Food Group**

Whole grains provide us with essential vitamins and minerals for optimal health. Examples of products made up of health-promoting whole grains include those made with Whole Wheat, Buckwheat, Rye, and Pumpernickel. There are many others. The recommendation for Americans is to make at least ½ of the total grains eaten whole grains. Beware! Most Americans consume so many refined wheat products, such as white bread, or other heavily processed grains, conditions such as metabolic syndrome which includes diabetes and a host of other health problems, are rising significantly, and consequently, unhealthy weight gain (composed primarily of fat) becomes a concern.



## **The Fruits & Vegetables Group**

The benefits of eating fruits and vegetables are that they provide us with our essential vitamins, minerals, dietary fiber, & antioxidants for good health, energy, and vitality. It is recommended that we consume dark, colorful fruits & vegetables due to the antioxidants that they provide. Our consumption of fruits and vegetables should not be an option if we want good nutrition and optimal health. And is an absolute must if we want to attain and maintain a healthy body weight. It is not realistic to think that healthy weight can be achieved and successfully maintained without a commitment to eating more fruits and vegetables.

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***The recommendation is for about 5 – 9 servings of fruits and vegetables per day. Would it surprise you to know that most Americans don't come anywhere close to achieving this standard every day? Is it, then, any wonder why our waist lines are consistently expanding?***

## The Milk (Dairy) Group

Dairy Products provide us with essential protein for building healthy bodies and repairing body tissue, and also provide us with important fat-soluble vitamins and minerals. Three cups of fat free or 1% milk or an equivalent amount of cheese, yogurt, or other calcium-rich foods per day is the recommendation. Because dairy products also provide cholesterol, we should be mindful of how much we consume. The average American consumes far too many calories from this food group in the form of full-fat cheeses, milk, spreads, and ice cream, just to name a few of the major culprits. In addition, when attempts are then made to consume lower fat versions of these foods, often there is just an exchange of sugar for fat as a way to prevent a major loss of flavor. This helps to keep sales high for these products. Our job is to make sure you choose very wisely in this particular area due to the hidden risks that lurk when we attempt to make changes to lower-fat versions of common dairy products. This will serve to decrease cardiovascular disease risk over time, and significantly improve our chances of reducing our weight and our waist lines.



## The Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

This group provides us with another great source of protein for building and repairing body tissue, but again, must be approached with **extreme caution**. The recommendation is for Low-Fat or Lean Choices for Meats and Poultry. Consider Fish, Nuts, and Seeds as an alternative to Meats & Poultry. Also, we should consider dry beans and peas as an alternative to meats & poultry. Unfortunately, the majority of Americans are BIG meat eaters!! Though the protein is important, we must beware of the impact of the fat content on our weight and aware of the saturated fat content in these foods since it could increase Cardiovascular Disease Risk and potentially shorten our lives!

## **Some other Factors to Consider include...**

### **Our Daily Intake of Sodium**

Sodium is an essential mineral which is primarily responsible for muscle contraction in the body. Our focus should be on choosing and preparing foods with as little salt as possible since sodium is in much of what we eat. The recommendation is to **not** consume more than 2,300 mg/day, but would it surprise you to know that most Americans exceed this total by lunchtime on most days?

### **The Amount of Exercise We Engage In**

Americans are encouraged to engage in regular physical activity and reduce sedentary activities (look for ways to be more active!!). We should strive to engage in exercise for at least 30 minutes/day most days of the week, if at all possible. How many of us are doing this?

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***Would it surprise you to know that more and more Americans are adopting both sedentary lifestyles and poor nutritional habits at the same time? That is a SURE recipe for disaster!***

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If your goal is to lose weight, it is a must that you begin and maintain some type of exercise routine. It will make the whole process of losing weight so much easier and faster. Modifying diet alone can be effective, but incorporating exercise into that mix can do wonders for your weight loss efforts, your energy levels, and your appearance.

### **Our Consumption of Added Fats, Sugars, & Alcohol**

As just one example, did you know that a 20 ounce Coke or other Soda contains approximately 12 ½ teaspoons of sugar? **WOW!** Most Americans practically live on sodas. Is it any wonder that we're having major health problems like diabetes and consistently suffering from lack of energy and obesity? Many of the weight-related disorders that we experience in our Nation could be significantly improved if we made a commitment to change in just this one area of our lives.

This leads me to my next question, which I'm sure you'll be interested to know the answer to...Which is...

## Why Are You Struggling to Lose Weight?

Many people (and you might be one of them) would answer that question with some sort of self-deprecating response such as I just don't have any will power, or —I can't seem to stop eating Chocolate. While those responses might be true...I would want to dig a little deeper than that to find the —real culprit, so to speak. Though I think it's very noble for many people, many of them women, to take responsibility for their actions, I believe that the answer lies somewhere where few people would know to look. While many failed and frustrated dieters may be quick to blame it on a lack of discipline, I believe the major key to our obesity epidemic may very well be physiological.

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*I am convinced that if we can just improve our body's ability to effectively and efficiently burn calories, we can significantly improve our ability to lose weight and actually keep it off!*

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The big issue, though, is how to go about this. Well, let's start with the basics—an equation for weight loss:

**Calories In < Calories Burned = Weight Loss**

Simply stated...if we consume fewer calories than we burn off in a given day, we should expect to lose weight. As simple as this equation may seem, why have so many frustrated folks (myself included) had trouble with weight loss, and why do so many continue to struggle? Well, my position is and will continue to be that our metabolism may not be working as efficiently as it should. Basically speaking, the process of Calories Burned in the above equation is due to metabolism. Metabolism is an extensive process, and there are a number of contributing factors to how well one can burn calories for energy on a daily basis. Some factors to consider include gender, age, and the amount of lean muscle tissue we possess, in addition to our nutritional status (i.e., the absence or presence of essential vitamins and minerals).



**Consider the following quote:**

*“Enzymes are crucial to metabolism because they allow organisms to drive desirable but thermodynamically unfavorable reactions by coupling them to favorable ones. Enzymes also allow the regulation of metabolic pathways in response to changes in the cell's environment or signals from other cells.” (wikipedia.org)*

In a nutshell, what we should understand about enzymes is that they're crucial to metabolism. If we're eating well, and providing our bodies with essential ingredients, that only represents part of the equation. The next step is for us to effectively utilize the nutrients in a way that optimizes our health. In the absence of key digestive enzymes, the effective breakdown of our food may be hindered and can potentially lead to digestive problems, and other disorders. As a result, key metabolic enzymes may be hindered from doing their primary job which is to facilitate the burning of those calories that we take in due to the fact that they're being asked to assist with digestion. In the end...

### **A Decrease in Metabolic Enzyme Activity = A Lower Metabolism**

I think it's pretty clear how that will affect us in the long run. What many people need to do in order to restore their metabolism is to begin supplementing with all natural, whole-food nutrients that provide those enzymes needed to jump-start a sluggish and impaired metabolism. I have seen and personally experienced the amazing results that come from a proper focus that is not just on the food we consume, but also on improving the way our bodies digest, absorb, and utilize the nutrients we take in.

I've personally and significantly benefitted from implementing a very unique and life-changing nutritional system that does more than just help with portion control and provide nutrients. It actually promotes improved metabolism to ensure optimal calorie burning...even when I was asleep at night. For me, that was hard to imagine. After so many years of being let down by diets and programs that could only take me so far or only get me mediocre results, I'm forever changed by what this one provided for me. It was something clearly beyond what I could have ever imagined.

Yes, I'm a changed woman...and forever I truly believe, but I realize that for many women...the Diet Dilemma will continue to be a way of life. But I really want them to know that there is something truly better.

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***Diets truly do not deliver what they promise...and for so many years I was living proof of that!***

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The recurring weight fluctuations, and the crippling and perpetual preoccupation (I would even venture to say obsession) with food was enough to cause despair, and led me to believe that there was no weight loss solution out there for me, or for anyone for that matter.

One thing that I began understanding then, and that I am convinced of now (and research will back me up on this one) is that Diets Do Not Work!

Which leads to the **BURNING** question...

## Why Is YOUR Diet Not Working?

All of the low calorie, low fat, low carbohydrate diets promise big things, but I think we all know, but sometimes are too desperate to admit, that big claims invariably lead to big letdown when it comes to weight loss diets and programs. Based upon my extensive experience, I have come up with five major reasons why these types of diets...and the multitude of others...will ultimately fail us!

### 1. They are way too specific and rigid to fit our busy lives.

These plans usually tell you what to do and what you should eat. They don't consider the fact that you might not actually like a particular type of food. In addition, these types of diets do not consider your busy lifestyle. They don't know that you have a daily to do list as long as the Golden Gate Bridge. They just tell you what to do and your job is to do it. Wouldn't it be nice to find a program that actually gave you the option to choose? Would it be nice to have a plan that made allowances for you to actually —cheat without having to go into your bedroom closet late at night just to eat something you like...all because of the sheer guilt and shame you feel when you stray from the plan. All of that leads to the obvious conclusion which is that these types of diets are nearly impossible to follow for long periods of time and are setting us up right, from the beginning, for epic failure.

### 2. They can be extremely dangerous



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Now, please know that not all diets fall into this category, but the question is would you know one when you see it? That being said, it's important that you be particularly watchful for low-carbohydrate diets because they can be especially dangerous if done for extended periods of time. The reason for this is because carbohydrates, contrary to what the low carbohydrate proponents will tell you, are a critically important energy source for our bodies. Also...

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***Watch out for very low calorie diets because they will actually act to lower your metabolism, not increase it!***

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Make sure that you be watchful for any diet that restricts the types of food you can intake because a larger variety of food is always better for overall quality nutrition, and subsequently weight loss, than just eating a single food or a limited variety of foods.

### **3. They can make you feel like an utter Failure**



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Most diets can be so restrictive and complicated that you're almost guaranteed to fail. Many of us want to lose weight so badly that we're willing to ignore the major inconsistencies between the diets and our own lifestyles. We trick ourselves into thinking that we can do what these diets require but quickly end up unhappy and frustrated as reality hits us that there is no compatibility between their requirements and our busy and multi-faceted lives. The end result is that we end up failing to see results and abandon the plan altogether. Another thing to consider with diets, in general, is that if many things in your life must change all at once, or in a short period of time, the diet is not likely to work long-term. When it comes to change, we have to understand that it takes time, and often-times, it can be a slow and sometimes painful process, but well worth it.

#### **4. Diets are Usually Temporary**

Many of us don't mind the temporary nature of the diets we use, but we need to be aware that if that's the approach we take, we need to know that we will eventually gain back that weight we worked so hard to lose. I know the following may seem somewhat of a silly exercise, but bear with me for a moment.

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***Here's a question to ask yourself as you consider the latest and greatest diet plan: Do I want to take weight off and gain it back again? Now, I know that your answer is NO, but in reality, that is exactly what always happens, every time we diet.***

We have these goals for ourselves that are not realistic, and it causes us to do things we wouldn't ordinarily do in order to lose weight. The problem is what next? If we don't realize the temporary nature of most diets, we're setting our own selves up for failure. Take my advice...**Don't Do Quick Weight Loss Diets!** They will fail every time because they may take the weight off, but they don't provide a solution for keeping it off. Isn't lasting weight loss what you ultimately want?

### **5. Diets can Sap Your Energy**

Research studies show that drastic weight loss, below 1,200 calories per day, can actually work against our weight loss efforts because when we don't get enough calories, our metabolism will slow down. Studies also show that when we're on very low calorie diets, we can actually store fat instead of lose it. That's not what I want, and I know that's not what you want either. When our food consumption decreases, we can end up feeling physically drained and mentally fatigued. Though we think we're doing the right thing to take off the weight, it's actually working against us and ultimately, sabotaging our weight loss efforts!

**Not to mention...**

**(And this is a bonus because I'm just so fed up with the general American mind-set and attitude when it comes to food)**

## 6. Diets Give Food a Bad Rap

I love food, and I know you love it too. That is not a bad thing. Whenever we're told to stop eating the foods we love we can become obsessed with not having it and it can cause you to crave it even more...not necessarily healthy. I'm thoroughly convinced that there are not really any "bad" foods. The way to look at food is as either a high nutrient source or a low nutrient source. As someone who would want to lose weight and still be able to enjoy the foods that we like...our goal should be to not have too many of the low nutrient sources and eat them occasionally, but you don't need to eliminate these foods, unless there appears to be a serious issue with self-control.

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***The media and the weight loss industry would have you believe that you need to cut out the foods you enjoy...but that is very counterproductive, and is not a good strategy for anyone looking to lose weight successfully and keep it off.***

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I think I've said enough about WHY our diets don't work. It's clear that there is a serious disconnect between what we're hearing and what good nutritional and weight loss practice actually is. Is there a way to correct this? I honestly don't know. America seems really messed up right now. But one thing I can do is

offer you some hope and some insights from my own professional experiences. These are what I like to call my Success Secrets. Hopefully they will enlighten, encourage, and empower you toward your own weight loss success story.

**Now to the REALLY BIG question...**

### **What's The Secret to Successful Weight Loss?**

I don't think it would surprise you to know that there really is no secret, per se...but there are some very highly effective strategies, that when implemented, will get amazing results! I Actually Have 5 of them (My Success Secrets) that I'd like to offer to you. For starters, let's talk about what you can be doing on a daily basis to improve your health, nutrition, and weight loss efforts (and consequently, your results).

As we move forward, please, please, please keep in mind that the goal for all weight loss should be on **improving health**, first and foremost.

Some other great tips that might really help set you up for great things in your weight loss quest include the following:

- Get Professional Help in Determining whether you actually need to lose weight**

So many people have been told that they're not thin enough, and have been starving themselves for no good reason. If that's you, don't buy into the theory that thin is beautiful. Thin is thin. That's really neither here nor there in my mind. Now, there's nothing wrong with wanting to be a little thinner, but are you allowing yourself to be influenced by our cultural standards and qualifications of what makes a beautiful, attractive, and healthy person? Set your own standard. See a qualified counselor or weight management specialist if you need help wading through all the muck and mire in our weight-obsessed culture.

**Set Realistic Goals**

You may need to let go of some unrealistic expectations that you've held for so many years and become more honest with yourself about where you are and where you need to be to be healthy. We can tend to be overly critical of ourselves and micro-manage our figure. We are constantly critiquing our body parts (hips, thighs, butt, and the list goes on) which can tend to cause us to fail to see any good in the very beautiful bodies that we've been blessed with. Let's not allow that to continue...

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***Let's make a decision to stop criticizing ourselves, but instead celebrate our bodies while we work diligently to make them better.***

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**Address Unhealthy Lifestyle Habits**



These are the activities, practices, and life circumstances which tend to thwart your plans to lose weight. The most well-intentioned people can become stuck in habits and patterns of living which can keep us from moving forward in our weight loss efforts. As a word of advice, let's resolve to bring others whom we trust into what we are trying to accomplish...that includes our family and friends. They need to know what is going on so that they can help us. We need them if we are to see long-term success!

**Adopt New Patterns of Eating**

Remember, a healthy eating plan takes into account your likes and dislikes, and includes a variety of foods that give you enough calories and nutrients for good health. Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts in your weekly meal planning. Put together a meal plan that is low in saturated fats, trans-fats, cholesterol, sodium, and added sugars.

**Plan for Regular Physical Activity**

Any amount of physical activity is better than none. In general, 30 minutes of moderate physical activity on most or all days of the week for good health is what is recommended. You may want to do more than 30 minutes if you want to really accelerate your weight loss efforts, but 30 minutes will definitely get results. If your schedule is very busy or fairly unpredictable, you can even break up your exercise sessions into 10 minute segments if necessary. Do those activities that you enjoy. Don't bother with exercises that you don't like or cause pain and discomfort. There are so many exercises that produce the desired results, so you don't need to worry yourself with activities that you don't want to do. For those of you who struggle with starting an exercise program, remember that even activities such as housework can be beneficial.

**Most Importantly...Don't Give Up!!**

It's very important that you know that it will take a valiant effort for you to attain and maintain your weight loss, but it will be so worth it!!

**I Must Make A Confession!**

*Ok, here is where I come clean...*

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***Up until now, I've been holding back a little about what can really revolutionized your weight loss and your life. I really do have a little Recipe for Success that I have used with many clients over the years with astounding success...the 30 pounds in 12 weeks kind of success!***

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And as amazing as that sounds, the most astounding thing about that is that I have been able to help my clients keep their weight off too! That's pretty cool stuff because many have never ever been able to do that before. But you know what? There's even more to the story than this!

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***Not only have my clients been able to keep the weight off long-term, but they've also been able to still eat normal food. They still eat tasty treats like cake, ice cream, chips... all the normal stuff.***

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***Now it is in clearly controlled amounts and at planned intervals for sure***, but guess what? They're eating the foods they like and learning that they don't need to cut stuff out of their diet because others tell them it's bad, or for fear that it will cause them to get fat! I now know that the key to long-term successful weight loss is not just about the types of foods we eat, but also, and perhaps most importantly, about **how** we eat. Believe it or not there's a way to eat that maximizes everything you are working so hard to achieve with your nutritional and weight loss efforts.

**By using these 5 simple strategies (What I refer to as "The 5 E's of Weight Loss Success") on a daily basis, you will begin to really experience some good results with your weight loss efforts.**

### **1. Eat breakfast**

We have all heard that breakfast is the most important meal of the day because it jump-starts our metabolism for the day and promotes more calorie-burning throughout the day. Well, this is all true! One additional consideration that many people do not know about regarding the impact of breakfast on our weight loss efforts is that when we don't eat breakfast, we're setting ourselves up for major failure. Not only does metabolism not respond as efficiently as it could when we skip breakfast, but we also can end up with dangerously low blood sugar causing us to have unusual cravings for unhealthy fatty and sugary foods. Even a cup of fresh fruit juice or a piece of fruit or vegetable could be enough to get you going for the day.

## 2. Eat More Food...Not Less

This one sounds a bit strange, I must admit. The whole concept of eating more food probably does not sound very attractive to you as a strategy to lose weight. You might be all for it were it not for those feared extra pounds that might result from indulging yourself. Well, let me explain a little something to you. Something that many people fail to realize...Something that is creating lots of disillusioned dieters. That something is...

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*When we eat less food than we legitimately need, we actually end up revving DOWN our metabolism...not  
revving it up!*

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I don't know about you, but I don't know of too many women who can afford to have that happening to them. How about you? The reason that our metabolism slows down when we eat less calories than our bodies require is due to the fact that the speed of our metabolism is dependent upon us consuming an appropriate amount of energy (food) in order to maintain it at the level we need. If we stop eating (such as through fasts), skip meals, or eat seriously small portions of food, we are pushing our bodies into "**survival mode**", which means that our metabolism begins to slow down because it thinks we're trying to starve it. The funny thing is...that's exactly what we're doing. It's, then, no wonder why we can't seem to lose weight when we resort to tactics like this.

### 3. Eat Your Biggest Meal for Lunch

This is another strategy that may sound a bit foreign to you. You might be thinking “Everybody I know eats their biggest meal for dinner, so what’s the deal?” Well, I’m going to let you in on a little secret here. Did you know that metabolism, much like our energy levels throughout the day, is much higher around lunch time (typically between 10 am – 2 pm) than it is at dinner time (usually between 4 pm – 7 pm). That being said...

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*Doesn't it make sense for us to feed ourselves the most food when we have a better ability to burn off those calories?*

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Imagine having a large pasta meal, complete with meatballs, French bread, topped off with Iced Tea and a large piece of Pecan Pie for lunch. Big meal, isn't it? If you're like me, you're definitely full, and probably a little over-stuffed, but the earlier time of the day has enough activity as well as physical and mental stimulation to keep you from snoozing at your office desk. Now, imagine having the same meal at around 6:30 pm. Again, if you're like me, you probably have just sealed your fate for the rest of the night. The result is likely to be lethargy, drowsiness, and just plain old laziness. Not only are you feeling that way, but your metabolism is feeling that way too. Now you're asking your metabolism to work its magic, and it's just not in the mood. If we could work toward developing a habit of having our largest meals for lunch and having a small, but satisfying meal for dinner, we'd see some great results over time as far as weight loss goes.

#### **4. Eat an Early Dinner**

This one relates to the previous point I made about not overtaxing our metabolism when it's actually not at its peak of performance, which is what happens when we eat heavy meals late in the day. Since metabolism slows as the day progresses, and usually is on the downslide during our typical dinner-time hours, it would be a better strategy to try to eat your light, yet satisfying dinner before or at around 5 pm (optimally), but certainly no later than 6 pm if at all possible. This will help you to burn more calories than you would if you were to eat your Dinner time meal after 6 pm. If you are like me, you want all the help you can get.

#### **5. Eat All of Your Meals Before 8 pm**

Our culture has started and perpetuated a trend toward late night snacking. For me, that's an area that has been a weakness for me, but which I am seeing great success in. When the kids are in bed, I can often find myself focused on achieving maximum relaxation, and that usually involves the TV and a snack. Sometimes that involves the TV and a very unhealthy snack. Ice cream, cake, cookies, chips...are just a few of the foods I can gravitate to when the hour gets late and I have started my decompression process. I've had to teach myself that if I want to have that snack, and hopefully I have selected a fairly healthy option, then I will need to have it before 8 pm if I don't want to have major negative ramifications from it the next morning and beyond. So, I'm growing in this area, and I hope that, if this area is a struggle for you, that you will see that it is a process that you can see success in, but it will take some time and a serious commitment to changing some of your late night bad habits.

***Bonus: (This is My 6th “E” in my Weight Loss Success Plan). It’s actually not just a sixth strategy, but so much more!)***

***This one strategy has been shown to be the #1 Critical KEY to My Success.***

***What is it, you ask?***

***Read below to find out!***

## **6. Incorporate Plant-Based Nutrition into Your Life**

The truth of the matter is that in the past, I utilized the 5 E’s (or strategies) personally and with my weight loss clients with modest success, but one of the major problems that I’ve had to deal with over so many years has been all of the negative effects of the yo-yo dieting, and disordered eating on my body. Yes, I would see some decent results, but they were usually modest due to my malfunctioning, and nearly broken metabolism.

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***Even my best efforts would produce, maybe, 5-15 pounds of weight loss, which isn’t bad at all, however...I would end up just about killing myself just to get these results and would then gain it back...Not very encouraging!***

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I felt like I should be getting better results considering the amount of effort I was giving, but it was not until I found out about the amazing impact of **plant-based nutrition** on weight loss [SUCCESSFUL WEIGHT LOSS...that is the kind of weight loss that comes off easily, **AND STAYS OFF!**]...that I realized it was possible to achieve a healthy weight FOREVER! That revelation was truly exciting! It was so encouraging to see myself and my clients consistently losing an average of 2-4 pounds a week like clockwork each and every week...and not actually kill ourselves in the process. I was so surprised to learn that when I incorporated plant-based nutrition into my eating plan that I was not required to cut out all of the foods that I had grown to love. That knowledge alone permitted me some flexibility and variety in my diet, and freed me up to finally enjoy my life again. This also made things easy on my clients, as they had always been told by other professionals to stop eating the foods they enjoyed (the FUN FOODS) if they wanted to lose weight. This was **NO LONGER** the case!

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*When I began incorporating plant-based nutrition into my clients' daily nutritional plan, they began to see that their nearly broken metabolism was finally being restored after so many years of struggle.*

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That was the **ABSOLUTE KEY** to success and what I want to encourage you to think long and hard about for yourself. Are you working hard and yet, still struggling to lose weight?

If so, please read on because I think you'll be amazed by how easy it can be to lose weight with the right kind of nutritional support. You'll also be surprised to learn that you don't have to struggle to lose weight anymore.

I can honestly say that my life, after being introduced to proper nutritional supplementation and the amazing impact of digestive enzymes, has been totally changed. I can also say that with this innovative approach, my clients have also achieved results that have far exceeded all of their expectations.

So, what actually makes for effective and lasting weight loss supplementation? It absolutely must contain all of the critical nutrients needed to support you and your body's varied metabolic systems. With proper nutrition, you'll be able to experience actual metabolic healing. How many times have you wished that your metabolism was faster? Well, when you start fueling your body properly with good nutrition it will burn calories much faster metabolism so that you will experience better weight loss results.

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*A faster-burning metabolism is something that most women only DREAM about! They want it in the worst way, but don't really know how to make it happen!*

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**Now that you know that nutrition is a major player in this process, what will you do with this information?**

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*Remember, my definition of weight loss success is that you'll be able to lose the weight you desire and be able to keep it off. No other definition or result will do!*

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**Please don't settle for anything less than that.**

**Onward I go to one final and most critical question...**

**What's Your Next Step?**

If you're currently on a weight loss program or have been disappointed by past diet failures then it is very important to any future weight loss success you hope to achieve, that you ask yourself the following three questions (and please be honest with yourself...you have nothing to lose, but possibly everything to gain):

**1. Does the weight loss program I'm using or the ones I've used in the past have an exit strategy or a plan to maintain the weight that I lost?**

Many Quick Weight Loss Programs are designed to help you lose weight quickly...how about that! Sounds like they're doing their job quite well, doesn't it? Well, that depends upon whether you want to just lose weight or lose weight and **KEEP IT OFF!** Many dieters lack a longer-term view of how weight loss should BEST be lost. I don't really know of too many dieters who want to lose weight, then gain it all back within a year of reaching their weight loss goal.

**2. Can your program provide you with the flexibility needed to lose weight in a safe and healthy manner, while not adding too many unrealistic restrictions to your life?**

Many programs will guarantee weight loss through strict adherence to food plans, shakes, drugs, or other weight loss protocols indefinitely, but fail to consider the long-term implications that result when we are asked to change our normal way of life (ie, personal dietary or fitness habits) too quickly and for too significant a period of time. Many of us have developed routines, preferences, and other lifestyle and nutritional habits that are extremely difficult to break. As a result, we typically respond better, long-term, to change plans that are gradual and progressive, and which allow for small and measurable change toward long-term weight loss success.

**3. Are you committed to the LONG-TERM as it pertains to weight loss, or are you of the “Quick Fix” mentality.**

Be honest with yourself! The answer to this question will ultimately determine your approach to weight loss, and most importantly, will determine your chances of success. If you tend to use methods that are severely restrictive or that don't necessarily consider your current lifestyle, situation, or special circumstances, then we definitely need to connect because **THERE IS A BETTER WAY!**

If you find that the weight loss program you are currently using does not, at a minimum, meet the three previous considerations, then consider what a plant-based plan that allows you the freedom to actually live your life while you lose weight can do for you.

Please reach out to us at 706-675-5157 or at our website at [www.2goodhealth.biz](http://www.2goodhealth.biz) so that we can talk about your weight loss goals and how regular exercise, combined with proper nutrition and healthy nutritional supplementation can help you achieve your goals. You'll find it very refreshing to be able to lose your weight in a way that actually **IMPROVES YOUR HEALTH** rather than causing you to suffer physically and emotionally throughout the process.

I am confident that together we will help you to achieve true weight loss success and become your very best...inside and out! And remember, while the weight loss companies and the media like to tell you what to do and then leave you out there all alone to struggle on your own, I'm going to be here for you every step of the way. You can always reach out to me, day or night, and it will be my absolute pleasure to assist you! That's what you can count on from me. Why? Quite simply because I've been there, and I've done that...and I have found a better way.

Thank you so very much for reading this report. I trust that it benefitted you immensely. Please, if you know of someone who would benefit from what you're reading, you have my permission to download a copy of this report and pass it along to them. Just as I've dedicated myself to helping you, I'll be equally devoted to them as well. I sincerely hope to have the opportunity to meet you in the near future, just so we can talk and get to know one another. Always know that your success is my success!