Thank you for your interest in our fantastic weight loss e book. You have made the right decision as this is a must have guide for anyone willing to lose weight and kick start a healthy living regime.

This guide is aimed at providing you the best possible weight loss advice and tips we can get to help and guide you in your weight loss journey. Hope this book is useful and helpful to you and hoping this can assist you to kick start on a new healthy living regime that will start changing your life forever. Please feel free to share this guide with your friends and families and refer them to our blog at www.weightlosstipsforever.com for all the weight loss tips and updates. Do not forget to subscribe so you don’t miss out on any new updates.
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# How to Lose Weight Forever Guide

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INTRODUCTION

Weight loss, dieting, slimming, fat loss, we've all heard it. In today’s world there is a huge need with people wanting to lose weight and feel better and great about themselves. And with all the latest diet plans and books coming out, it gets really confusing and frustrating with choosing the best ones to go for.

People spend millions on weight loss aids such as pills, books, plans and even surgery to look their best these days. But there is always a draw back with most of these options e.g. If you stop going on the diet pill, you are likely to gain all the weight back unless of course you stick to taking pills all your life, which I believe will be the worst solution. In addition to that, there is long term side effects with these diet pills, meaning you could end up causing more harm than good to your body so always read the precautions carefully and do not be overshadowed with the great weight loss promises on the outside and forget to examine the inside properly.

The same applies to diets and many weight loss plans, once you complete the 3 day diet, what happens next? Will you stick to that all your life? This is a question many fad or quick weight loss plans out there fail to answer. Or will you eat grapefruits everyday for the rest of your life on the grapefruit diet? It is no doubt, you end up gaining all you worked hard to shed in the first place because you end up frustrated and bored with what to do next, confused where to go next and miserable about your body in general. Well you can find out what exactly to do next with the tips and tricks in this guide and even more secrets in our website at www.weightlosstipsforever.com

Many people tend to use surgery for a quick fix, but is this really the best way weight loss solution? I’m not an expert on surgery but from others experience and what I’ve seen, I can assure you this is a NO solution to weight loss. Surgery is usually carried out in incurable weight situations where there is no other way out and some sort of action MUST be carried out. This needs to be addressed medically and must be highly recommended only by your doctor or medical professional. But it seems like people are now turning to this option to lose weight fast which shouldn’t be the case.

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Well all that said this guide is aimed at providing you with some of the best possible weight loss advice you will ever need to start losing weight the right way, and how not to fall back to those dirty frustrating habits.

FOOD AND THE BALANCED DIET

It is usually good to be aware of what types of foods to go for to attain a healthy balanced intake which is what I am going to talk on in this chapter. Eating a healthy balanced diet is the best way to keep all that unnecessary weight off both in the short and long term.

A good and healthy balanced diet is one which usually consists of lots of fruits, vegetables, healthy carbohydrates, fibre, protein, mineral salts and vitamins. This is usually low in fat (especially saturated fat), salt and sugar and high in fruit, vegetables and fibre. This also allows us to eat the right amount of foods from all the food groups as the body needs all the different varied nutrients in

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order to function properly. This can also make you less prone to illnesses and also help maintain a healthy body weight. The main food groups are;

**Carbohydrates**

This is the source for energy and acts like the body fuel. It is needed for the body to breath, move and function. Most people eliminate this from their diets which can be dangerous as it is needed to get the body moving. They come in two forms, simple and complex carbohydrates. Simple carbs are what I call the "Bad Carbs" and can be found in foods such as white sugar, chocolates, sweets, cakes, biscuits, cookies etc. Complex carbs on the other hand are the "Good Carbs" and can be found in foods such as fruits, vegetables and fibre.

**Protein**

This is needed for cell growth and tissue repair in the body and also helps in the formation and building of muscle. It helps in the repair of hair, skin, nails muscle and bones.

Some proteins can however be high in fat especially the ones from animals, and should therefore be eaten in moderation such as egg yolks, peanut butter, diary products and meat. Good proteins can be found in lean sources such as; white meat, fish, and turkey, chicken, egg whites etc.
**Fats**

Yes we do need fats in the body but should however be consumed in moderation. This is a source of insulation for the body. Meaning if we don’t have any fats in the body, we cannot live as we will be just bones with nothing to insulate or cover us. Human beings have a certain amount of fatty tissue in them to help other nutrients of the body function properly. So don’t be fooled to thinking people have no fat at all in their body as they wont be living. Good fats are the polyunsaturated and monounsaturated fats and can be found in vegetable oils, and oily fishes. Bad fats are the trans fats and saturated fats which is usually very high in processed foods such as fries, etc.

**Vitamins& Minerals**

Vitamins and Minerals are essential for good health, growth, development and energy. They can also help prevent the body from certain diseases as they help to keep the body healthy.

Vitamins and minerals can be found in a large variety of fruits and vegetables which can be obtained by eating a healthy balanced diet.
WHY YOU ARE FAT

Before you find out how to lose weight, it will be best to first of all explore why you get fat in the first place. It is always best to find out the root of a problem in order to know what the best solution will be. There is high rate of obesity in our society today and is due to the types of many unhealthy foods readily available and affordable to us which doesn’t help this situation. Its no wonder we are all so concerned about our weights and need to make some enhancements to get this sorted once and for all.

Weight gain leads to obesity which as well all know is linked to illnesses such as cancer, diabetes, short life expectancy and many other deadly illnesses. Although a lot of people are trying to lose this weight, there are a few things that draw them back.

Below are my TOP 5 reasons why you are fat and those things that are probably drawing you back from losing weight.

**Laziness**

Laziness I will say is the biggest reason why you are gaining weight and piling all those pounds. Some people have that sluggish not bothered behaviour and attitude that causes them to be lazy. Such people just don’t see the need or feel like changing their lifestyles or doing anything at all. They sometimes think losing weight is as easy as gaining, and so tend to give up along the way because it isn’t all that easy. They are too lazy to look after themselves and think everything should be chewed and swallowed for them, or made easy for them. They don’t see the need giving up junk food because they cannot be bothered cooking, and just can’t find something active to do with themselves. "Bottom line is if you don’t work hard you will never be able to achieve anything in life". I could carry on naming a lot more things that make people lazy, but you might probably know most of this already. So instead of spending time watching TV, browsing on internet, playing computer games, and being a couch potato, why not get up that seat and have a little walk round the house,
do something a little active? It could make a little difference at least! You need to take action today or else you will always be left behind when others are going ahead. Or do you want to continue being a failure and left behind all your life? Why not battle this habit and start losing weight right now at http://www.shrinkage4u.com/Order-Shrinkage4u.php

**Lack of Willpower**

Another reason why you are fat is because of lack of willpower and self control. You start a healthy regime for a few days and then suddenly give up because you cannot go any further; “It’s too difficult, I don’t see any results, I’m a fat failure”, I’m a loser then you lose control of yourself. Before you know it you are treating yourself because you cannot do it.

So what then happens? You will never end up going anywhere or progressing. You must have the will and zeal to do something in order to achieve what you want out of it. Sometimes you just need to put in an extra effort and have more will power in order to achieve more. If you are trying to lose weight don’t expect to see results overnight as nothing good comes easy. If you lose the will to stick to a healthy regime, then it’s the same way your body will lose control and pile up uncontrollably. It’s no wonder you end up in the stressed category. Sometimes you underestimate yourself so much and fix your mind into thinking negative about yourself. "I am too fat to ever lose weight, keep fit or become healthy".

Have you tried changing your lifestyle and nothing happened because you were too fat to do so? Unless of course you were lazy and gave up along the way! Actions speak louder than words so why not stop complaining and find a way out.

**Skipping Breakfast**

Breakfast as they say breakfast is the first and most important meal of the day. Well that’s 100% true. As we said before, during sleep your body replenishes and refreshes itself both physically and mentally. Your body has been on an overnight fast, and has been deprived of food whilst you were asleep for 8 hours. All it needs now is something to fuel it up and wake it up to face the challenges of the day.

Breakfast provides essential nutrients needed to start the day and for the body to function properly. If you don’t have breakfast, you are more likely to feel hungry and eat unnecessarily during the rest of the day. This is no wonder you are gaining the pounds.
Research has proven that people who have breakfast tend to snack and crave less during the rest of the day than those who don’t. Most people tend to ignore this from their diets because of lack of time. We know mornings can be rush hour for most people so much that they end up forgetting to have breakfast which can usually be the cause of people skipping this.

**Genetics**

Another reason why some people are fat could be linked to genetics. People with a family history and generation of obesity are more likely to be fat.

The reason why your friend stays slim even though they eat the same foods as you could be linked to genetics. Some people naturally have slim genes and quicker fat burning metabolisms than others. Your friend is not the same as you and if you find out this is the case; you will then need to change your own eating habits as everybody’s body system is different.

Do not be fooled by people around you with quick fat burning metabolisms. Note however that although your friend might be eating the junk and still staying slim, it is no good for their inner body and is gradually clogging their arteries which will affect them in the long term if habits are not changed.

The only way you can however fix this is by indulging in a good healthy eating and exercise regime. If this doesn’t solve the problem, then it will be best to consult your doctor for a medical solution as there are many medical measures out there than can cure obesity.

**Eating the Wrong Foods**

Last but not least you might be fat because you are just eating all the wrong types of food at the wrong times in the wrong quantities and at the wrong places.

Some people might be wondering why they eat less than their thin friends but still put on weight whilst their friends stay slim. This can be linked to your different metabolisms or can also be linked to the types of foods you eat; it’s not about the quantity of the food but the quality of the food. E.g. a mini bag of fries has lots more calories than a large plate of boiled vegetables. This means that you could eat those few fries and still gain weight and someone else will eat the large plate of veggies and still stay slim.

As we have now explored this, you obviously will be asking yourself what
the solution to this is. Check out the next chapter for some tips, and SUBSCRIBE for even more tips.

TIPS ON LOSING WEIGHT

The solution to target your weight will obviously be the opposite of the problems. If you are lazy - don’t be lazy, if you are eating the wrong foods - then eat the right foods, etc. But the question is how exactly will you go about doing this then given you cannot just reverse your lifestyle in a second? Well you can find that out via the tips below.

Enjoy Exercise

When we hear of exercise, the first thing that strikes our minds is the picture of someone sweating on the treadmill or jogging out on a cold winter morning. Well exercise is easier than you think. It could range from as little as stretching your muscles to walking to the nearby shops. So why not find exercises that best suit your taste and that you enjoy.

Think of something you enjoy doing and see how that can be transformed into an activity. It doesn’t have to involve 10 hours on the treadmill or some boring exercises. Try swimming, dancing classes, yoga, boxing, Pilates and even walking around the house. Check out fun exercises in your area and join them and see how all the time you waste on that couch watching TV could be transformed into something more enjoyable and productive. Find out more easy fat burning tips here http://dedegirl89.turbulence.hop.clickbank.net

Set realistic goals

This is another tip for losing weight. Think about an amazing event coming up and work hard towards looking your best in that occasion. It could be a wedding, birthday, holiday etc. You can always then think about these goals once you feel like indulging too much and see how much of a difference this will make.

Keep a diary of your progress as it helps you work on your downfall areas. Why not try buying a beautiful expensive outfit a size smaller and work towards fitting into that outfit. This will help improve your will power to stick to the regime.

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Breakfast is Key

As mentioned above this is the most important meal of the day. If you don’t have breakfast, you are more likely to feel hungry and eat unnecessarily during the rest of the day.

So why not try going to bed 10mins earlier so you can also wake up 10mins earlier, that way making some toast wont take up to 5mins of your time and you can even munch it on your way to work. Or even better if you love your sleep so much, why not grab an apple, a banana or a cereal bar and have it on the go if time is indeed your problem.

Eat Slowly

Chew your food slowly as if it were your last spoonful. Research has proven that it takes the brain about 10 - 15 minutes to be alerted of food in the body once consumed.

This means that if you eat quickly, it doesn’t give your brain enough time to determine whether you are full or not, thus making consumption of food more. Eating slowly will give your brain enough time to determine this and hence help you eat less. Try this and see how much of a difference it will make.

Substitute

Substitution is another great way to keep all that unnecessary weight off for god. If it is proving hard to keep up with all the healthy food, why not go for low fat versions of the ones you enjoy e.g. you can try the baked crisps instead of the full fat ones. If you still don’t feel the low fat versions then try to eat half of the original version. Here are a few ways ideas on substitution;

- Swap white starchy sugary foods for wholemeal ones. The fibre in the wholemeal digests slowly, thus making you to feel less hungry e.g. white bread for brown, white pasta for brown etc.

- Drink semi skimmed or skimmed milk instead of full fat ones. The skimmed
milk has the saturated fat extracted from it and thus a good choice.

- Cook your own homemade meals instead of quick fast food ones. That way you know exactly what is in your food and how it has been prepared. This is also a cheaper alternative and can save you lots of pennies.

- Take the stairs instead of the lift

- If you drive, park at least 5-10 minutes then continue to by foot.

**SOLUTION**

Well why don’t you start losing weight right now and getting rid of this fats by ordering your own copy of the Shrinkage4u Plan at [http://www.shrinkage4u.com/Order-Shrinkage4u.php](http://www.shrinkage4u.com/Order-Shrinkage4u.php)

**CONCLUSION**

Well now that we have explored the weight loss guide and some tips to help and guide you with losing weight, why not start changing your life this very moment. The weight loss misery will never be solved unless you take some sort of action. As they say "Actions Speak Louder than Words or Knowledge" so why not take action today and start changing your life forever. Well you might be asking yourself but HOW will you start losing weight then?

Want to find out the best way to start losing weight? Then get your own copy of the ‘The Shrinkage4u Plan’ at [www.shrinkage4u.com](http://www.shrinkage4u.com). Don’t forget to subscribe at our blog on [www.weightlosstipsforever.com](http://www.weightlosstipsforever.com) for all the latest updates to keep you going.

Hope this guide has been helpful to you and the information contained will be beneficial to you in one way or another. Remember to share this with your friends and families by referring them to our blog.

Yours in health,

The Weight Loss Team
RESOURCES

Below are some useful resources that will help you a great deal on your weight loss journey. Check them out and start losing weight now.

- Want to find out the best way to burn fat the easy and the right way, then [http://dedegirl89.turbulence.hop.clickbank.net](http://dedegirl89.turbulence.hop.clickbank.net) for amazing ways to get rid of that extra flab.
- You can also [http://76b133kardjiuykn-lhflfbpao.hop.clickbank.net](http://76b133kardjiuykn-lhflfbpao.hop.clickbank.net/) for even more interesting fat burning tips.

- The best way to lose weight is to start your first two days on a detox/cleansing diet. Want to find out how to flush that fat and start losing weight? Then visit [http://dedegirl89.cbprint.hop.clickbank.net](http://dedegirl89.cbprint.hop.clickbank.net/)

- Want to look slim and toned like a model? Then Click here [http://dedegirl89.dnlbook.hop.clickbank.net](http://dedegirl89.dnlbook.hop.clickbank.net) and find out how models do it.

- Want to lose weight fast. [http://dedegirl89.wlgrail.hop.clickbank.net](http://dedegirl89.wlgrail.hop.clickbank.net) and get results in just days.
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- Find out at amazing diet programme to get you started on losing weight right now. You wont believe how amazing this plan will help you lose that excess. [http://dedegirl89.stripfat.hop.clickbank.net](http://dedegirl89.stripfat.hop.clickbank.net) and start losing weight.