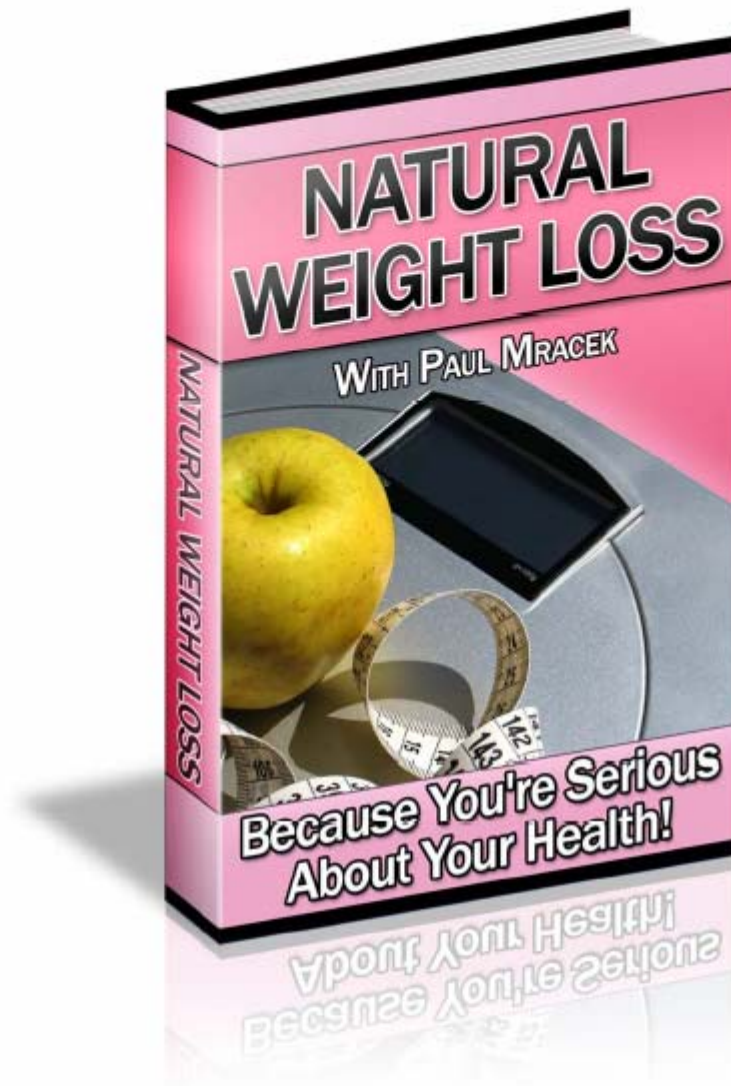


Natural Weight Loss



Lose Weight The Natural Way!

With Paul Mracek

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Natural Weight Loss

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Introduction

I already know two things about you. (1) You are an intelligent person (2) who has a weighty problem. I know that you are intelligent because you are seeking help to solve your problem and that is always the second step to solving a problem. The first one is acknowledging that there is, in fact, a problem that needs to be solved.

You need to lose some weight and it might surprise you to know that how much weight you need or want to lose is not an issue. It really doesn't much matter whether you need to lose 10 pounds, 110 pounds or more....the process for losing weight is exactly the same for every pound that must be lost. Not only is the process the same but the formula for losing a pound is the same as well. We will discuss the process and the formula later in this book.

You have no doubt discovered that there are as many weight loss 'experts' as there are weight loss programs. You can find programs and gurus that will swear that counting carbohydrates is the only way to go and you will find programs and gurus that promise counting fat grams is the only way to go. You can find calorie charts and carbohydrate charts and fat gram charts everywhere. Some of them are even free.

The truth of the matter is that, yes, you are going to have to count something.....calories, fat, carbohydrates...or with some plans 'points'. No matter...you will be counting something. We will be discussing the various counting options and then because you are an intelligent person you can choose for yourself what program will be the best one for you based on the facts that you will learn.

Here we will also be talking about ways to help you stay with your 'healthier eating plan' (never use the four letter word 'diet') long enough to learn how to manage your eating habits and thus your weight for the rest of your life.

Diet pills and physically altering surgeries are an option today. You have seen the 'miracles' of enormous weight loss by prominent people who have opted for these solutions. You will find out what those diet pills and surgeries are and the risks involved for opting for those solutions yourself.

We will begin by discussing the differences between natural and unnatural weight loss. You are an intelligent person. Read and decide for yourself which way is the right way for you.

Natural Weight Loss

Chapter I

Natural vs. Unnatural Weight Loss

Natural Weight Loss

Natural weight loss occurs when your body burns more energy than it is supplied with. What I mean by that is that food is the body's energy source. That is what the purpose of food is basically. Energy is measured in calories so I'm not advocating a calorie counting diet for you when I use the word 'calorie'.

The body burns that energy with every movement. Reach up and scratch your nose and you have burned some energy. Our bodies' burn energy even without movement. Our brains alone burn about 400 calories a day just thinking. We burn calories when we sleep.

If you ever watch sporting events, you might have heard sportscasters tell you that a participant in a bicycle race can lose up to 10 pounds just during the race and that is true. Some of that weight loss is fluid but most athletes know to replace lost fluid. Most of that weight loss that the sportscasters are talking about is actually caused by the body burning stored fat because the athlete is burning more energy than he is consuming.

Nobody reading this is likely to be one of those athletes who can burn 10 pounds of weight off while riding a bicycle, swimming or playing football but this is natural weight loss. **Natural weight loss means burning more calories than are being consumed through food and drink over a 24 hour period without the aid of pills or surgical procedures.**

Unnatural Weight Loss

There have been a lot of well publicized weight loss pills and pill combinations in recent years. Many have been proven to be unsafe for extended use while others have been proven to be down right deadly. When over weight patients ask their doctors for appetite suppressant pills, many times these doctors will quickly prescribe them and then fail to oversee their use or, even worse, they will fail to take their time to counsel their patients on the dangers of using these kinds of drugs.

It is very tempting to use diet pills in the quest for weight loss. Imagine the idea of just popping a little pill in and presto the weight is gone. Unfortunately, diet pills don't work like that. There really isn't a little magic pill. Unless a reduced calorie diet and exercise are used in conjunction with diet pills, the pills themselves will have no affect whatsoever on a person's weight.

What Causes Weight Loss

Food Consumption Affects Weight Loss

The first thing that you need to know is that 1 pound of body weight is equal to 3500 calories. If you gain a pound that means that you consumed 3500 calories more than you burned. If you lose a pound that means that you have burned 3500 calories more than you consumed. That figure does not change whether the calories are consumed from fat or carbohydrates or whether they were burned by riding a bicycle, swimming or just veging out in front of the TV. A calorie is a calorie is a calorie. This is important information in your quest for weight loss and weight control so make note of it.

1 pound of body weight gained or lost = 3500 calories.

The trick to losing weight is to eat fewer calories AND burn more calories each day. That is the basis that all 'diets' (there is that four letter word again) are based upon no matter whether you are counting calories, fat grams or carbohydrates.

We hope you enjoyed your taste of Natural Weight Loss the hidden truth by Paul Mracek