

**REVISED &
EXPANDED**

Secrets of Effective **WEIGHT LOSS**

**What Really Works To Get It Off
...AND KEEP IT OFF**



Secrets of Effective Weight Loss - 2016 Edition
What Really Works To Get It Off... And Keep It Off
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START DIET
TODAY

You're On Your Way!

So you've decided to lose weight. Congratulations, you can do it!

In this guide to fast and effective weight loss, we'll give you all the tools you need to succeed.

We'll help clear away all the usual stumbling blocks that trip up so many on their way to a healthier, slimmer body.

And we'll even share many "expert secrets" for making fitness fun, causing inches and pounds to vanish and never appear again.

But there's one thing only you can do: take action.

Step Off the Weight Loss Roller Coaster

I know, you've tried it all before. Every magazine at the checkout line has suckered you at least once into trying their latest diet.

But here's the good news. You don't have to dive headfirst into some crash starvation diet to make headway. In fact, I highly recommend you do NOT try it.

Sure, you might lose a few pounds to start. Mustering all the willpower you have you make it a day, or two, maybe even a week or longer. But eventually you always succumb to that gnawing urge to EAT something... anything... everything!

Soon you come to the conclusion there's no way on God's green earth you're ever going to be able to stick with such a diet. Depression sets in as you consider your "failure" and drown your sorrows deep in a bag of chips or pint of Häagen-Dazs®.

Sound familiar? Don't worry... no superhuman feats of self-discipline are required to win the battle of the bulge. In fact, you're going to enjoy this trip to a fitter, healthier you - I promise!

No more guilt. Just steady progress towards your final goal.

Let's get started!

Turning Foes Into Friends

Any time you set a worthwhile goal you're going to run into opposition.

You'd agree that improving your health and fitness is a worthwhile goal, right? So expect resistance.

When it comes to weight loss, the tools you use to create and measure progress may appear to be the bane of your existence when starting out. But a little ingenuity can turn these foes into friends and help you reach your weight loss goals faster than you ever thought possible.

Of course, before you can reach your weight loss goal, you first need to set one.

Setting a SMART Goal

"I need to lose weight" is a realization that led you to read this report.



"I will lose ten pounds and two inches off my waist by June 1st" is a goal.

The difference is **SMART**. SMART goals are:

Specific - Your goal must be specific. It may be to drop a certain number of pounds, inches, or dress sizes.

Measurable - How will you know when you've reached your goal? This goes hand in hand with setting a specific goal.

Attainable - If you weigh 240 pounds today, are you going to drop to 180 by the end of next week? Not likely. In fact, you're setting yourself up for failure unless you set a realistic, attainable goal. What is attainable? We'll cover that later in this report.

Relevant - Your goal must be relevant to your purpose. As long as your goal describes a specific, measurable and attainable weight loss or fitness purpose you should be alright here.

Time-bound - Put a deadline on your goal. Obviously, the date should be attainable to keep your goal SMART.

Don't worry about setting your goal right now. You'll have your chance a little later.

The One-Eyed Monster in the Bathroom

Do you have a one-eyed monster hiding in the corner of your bathroom? The little beast threatens to flash wicked numbers at you any time you dare to stand on it.

Maybe it would be a little friendlier if you stood on it... just one foot at a time.

Naturally that won't do. Your bathroom scale was designed for both feet at once. The trick is learning how to tame the wild beast and make it do your bidding.



Deep down, your scale really wants to turn those hurtful numbers into wonderful digits of praise. And it's even willing to help out.

You see, it's all a matter of psychology. By tracking your progress every day - even if you did NOTHING else - you're more likely to lose weight simply from the constant awareness of where you are.

Try this: Weigh yourself every single morning before breakfast. Keep a journal and track how much you weigh and the difference from yesterday. The effect of awareness will lead to subtle positive changes in the decisions you make throughout the day, whether you consciously make any changes to your diet and exercise routine or not.

The key here is not to get hung up on what your weight is. Simply stay aware of where you are and what direction you're moving. The scale is your friend.



One more thing... be aware that as you become more fit, you may hit plateaus in your weight loss or even gain weight as you transform fat into muscle. This is expected and normal. Which leads me to the next measuring tool you need to make friends with on your weight loss journey...

The Tale of the Tape

As your body burns off fat and builds muscle, a happy side effect is watching those inches disappear and finally being able to fit into those "skinny jeans" tucked away in the back of your closet.

But if you become overly focused on your physical weight alone, you might miss out on the joy of noticing these other positive changes in your body composition.

Worse, you may even get discouraged when you hit weight plateaus or move temporarily in the "wrong" direction - even though you're still making progress.

That's where the "tale of the tape" comes in.

When you look in the mirror every day, the gradual changes may not be immediately apparent. But that doesn't mean they aren't there. By taking key measurements daily, or at least weekly, you can easily track your progress even when the scale won't budge.

I found one of the easiest and most reliable methods for keeping track of your changing body with simple tape measurements in Tim Ferriss' book, *The 4-Hour Body*.



In it, Tim recommends measuring five locations: both upper arms (mid-bicep), waist (horizontal at your navel), hips (widest point between navel and legs), and both legs (mid-thigh). Add all five measurements together to arrive at a “Total Inches” or TI figure.

Even when the scale seems stuck you may find measurable changes in your body composition showing you’re still on track. Pick a day and time to take measurements on every week.

The Dreaded 4-Letter ‘D’ Word (and why you don’t have to fear it anymore)

Diet. It’s the four-letter word that strikes fear into the heart of food lovers everywhere.

Starting right now, let’s refine your understanding of the word. Your diet is nothing more than what you consume - no more, no less. You could be on a “diet” of ice cream and bon bons. You probably wouldn’t lose a ton of weight, but it would still be your diet, ok?

The reason “diet” provokes such a negative response is it’s commonly associated with food deprivation. Or at least deprivation of the foods we enjoy eating.

Later in this report I’ll show you how a few simple changes can make a significant difference. And no, you don’t have to eat only “rabbit food” to lose weight, either.

Tired of “Sweatin’ to the Oldies?”

No doubt the famous curly haired guy in the striped short shorts has helped a lot of folks work up a good sweat. And if that’s your cup of tea it can be a great way to get up and get moving around.

But if you don’t want to spend hours dancing in front of your television there are more effective ways to help your body burn off the fat in less time. I’ll share more on that in this report, too.

First... Is It A Medical Issue?

Is there a medical reason for your weight gain or inability to lose weight? Please discuss any specific medical concerns with your doctor before starting your weight loss program.

Here are a few of the most common medical culprits behind unexpected weight gain or an inability to lose weight, plus a starting point to learn more about each.



Hypothyroidism

When your thyroid fails to make enough thyroid hormone, unintentional weight gain can be an early symptom. Cold sensitivity, fatigue, constipation, depression, joint pain, muscle pain and/or weakness, and thin or brittle hair and/or fingernails are all potential warning signals.

For more information on Hypothyroidism:

<http://www.nlm.nih.gov/medlineplus/ency/article/000353.htm>

Cushing's Syndrome

Excess cortisol in your body, whether created by your adrenal glands or taken in corticosteroid medications, can lead to this potentially life-threatening disorder. Excess fat buildup in the face (called "moon face" as the face appears full, round and red), upper back and abdomen are hallmarks of Cushing's Syndrome. Other common symptoms include purple marks on the skin of your abdomen, thighs or breasts, thick skin with easy bruising, muscle weakness, bone tenderness, excess hair growth in women and decreased sexual desire in men.

For more information on Cushing's Syndrome:

<http://www.nlm.nih.gov/medlineplus/ency/article/000410.htm>

Diabetes

Maintaining a healthy weight is an important part of managing diabetes. Insulin taken to stabilize your blood sugar causes your body to store excess glucose in your bloodstream as fat. This is a simplification, but a real issue nonetheless for those with diabetes.

For more information on Diabetes:

<https://www.niddk.nih.gov/health-information/diabetes/diabetes-diet-eating>



Depression / Stress

When dealing with depression or stress, many of us turn to comfort foods. Chronic stress raises the level of cortisol our bodies produce which leads to extra deposits of fat around our midsection.

For more information on Depression:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0024767/>

5 Big Weight Loss LIES That Are Keeping You Fat

By now, you're probably an expert on the weight loss myths from ten years ago.

Myths like starving yourself to lose weight (it just makes your body hold on to fat)... crash dieting for fast weight loss (short-term effects with long-term damage)... and the big one, completely eliminating one food group, like carbs or fat (completely unsustainable).

But what about the new rumors going around? Here are the top five lies circulating today that will actually keep you from losing weight - if you fall for them.

1. Everything I eat needs to be "low" or "non" fat

Natural fat in food products isn't necessarily the culprit in our nation's widening waist-lines. When natural fat is removed, the flavor goes with it. Food companies add the flavor back with sugar or unnatural sweeteners, which slap on the pounds at least as quickly as the natural fat. (Not to mention the dangerous chemicals your food was exposed to in order to remove the fat in the first place!)

2. Lifting weights will make me bulky

Don't be so hasty to cut weight lifting out of your fitness regime. You're not going to bulk up without a LOT of high weight, low rep lifting work along with a high-protein, high-calorie diet. For weight loss, integrate both high and low rep weight sets into your fitness program to increase muscle endurance, stamina, and of course, muscle density. Higher muscle density increases your metabolism to shed pounds faster than ever.

3. "Healthy" restaurant menu items are just as healthy as cooking at home

Restaurants may try to tempt you with specially marked "low calorie" and "heart healthy" items. Don't fall for it. Unless you're cooking your food in your kitchen, you probably have no idea what butter is being slathered over your meals, what oil is being used for cooking, or how nutrient depleted your veggies are.

4. Salad is the best meal for weight loss.

Unless it's filled with a variety of dark leaves like arugula and kale, colorful vegetables, lean meats or seafood, and goodies like julienned carrots and diced egg, then salad is not a meal, it's a side. Plain iceberg lettuce is 95% water, which is why your body will be unsatisfied, most likely leading to a binge later. Eating is as much about filling your stomach as it is satisfying your eyes and taste buds, so don't be afraid to enjoy something more filling.

5. Exercising on an empty stomach will burn more fat

You might feel a little bit sick if you eat a big meal and then go for a long run, but exercising on a hungry stomach is counterproductive. You need energy for an effective calorie- and fat-burning workout. Without it, the intensity of your exercise - and your results - will suffer. Plus, once you get back, you're going to be so hungry that everything in the fridge will be fair game.

How to Lose Weight... And Keep It Off This Time

Any magazine at the checkout counter can tell you how to lose weight. The trick is keeping it off once you lose it.

I promised you a way to finally step off that weight loss roller coaster, so here it is in a nutshell...

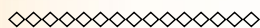
You have to make lasting changes to get lasting results.

Wait!

That sounds suspiciously like a never-ending weight loss diet, doesn't it? And never-ending exercise. And never-ending whatever else it is you have to do to lose weight.

Well, yes and no.

If you dread the actions you take to lose weight, you won't continue doing them. Whether you quit before or after you reach your weight loss goal is irrelevant, because eventually you're going to quit doing what you hate. And then you're going to put the weight right back on your body. Probably with a few extra pounds for good measure.



*Small deeds
done are better
than great deeds
planned.*

- Peter Marshall



Here's a better way. Pick one simple thing you can live with - and maybe even enjoy - that represents an incremental improvement in your physical fitness. Then do that one thing.

Once that small change has become an ingrained habit, which may take anywhere from 2-8 weeks, you're much more likely to continue to benefit on a permanent basis. Meaning the fat you lose and fitness you gain will last.

As you establish each new automatic behavior, you won't even think twice about it anymore. It'll simply be a part of who you are. And it won't feel like you're depriving yourself. Instead, you'll gain an appreciation for how much better you look and feel with every passing day.

The only question is which small change will you choose to make first?

Small Changes: Weight Loss Winners' Secrets

Small changes equal big results when you focus on the right areas. When it comes to losing weight, simple changes in diet, exercise, habits and even some supplements can help you lose weight faster than you ever thought possible.

By committing to only one or two small changes at a time you make it much easier to implement lifestyle changes that result in lasting weight loss. Better yet, as you continue approaching your optimum fitness level, you'll begin to enjoy the changes that are improving your life.

Serve From a Smaller Bowl

Believe it or not, even the size of the serving dish we take food from influences our behavior.

In a study published in The Journal of the American Medical Association, two groups of people were offered Chex Mix at a Super Bowl party. Half went to a buffet table with the snack offered in large capacity bowls. The other half went to an identical table - except the serving bowls were half the size. Serving scoops and plates were identical at both tables where participants served themselves as much as they wanted, then had their plates weighed.

Those who served themselves from the large bowls added 53% more food to their plate than those who served themselves from the small bowls. The takeaway here is simple: before placing food on the table, put it into a smaller bowl.

Another study found the same effect with serving spoon sizes. Those who used the larger spoons almost invariably took more food.

Separate Your Snacks

What you serve yourself is what you'll eat. That goes for snacks, too. In the past several years 100-Calorie Snack Packs have grown very popular. They're a convenient way to keep yourself from pigging out on a huge bag or box of your favorite snack food.



Of course, there's a catch. According to the Center for Science in the Public Interest, you're paying about 2½ times as much on average for the convenience of the smaller packaging.

Here's how to enjoy your favorite snacks in smaller bags without the bigger cost. Buy the big box or bag at the store for the savings, then separate it yourself into snack-sized Ziploc® bags. That way you can prevent overly padding your belly with fat or overly padding snack company bank accounts with your hard earned money.

Dining Out for Two (Meals)

Sure, it's great to enjoy a meal out with family or friends. But nearly every restaurant serves portions more suitable for a small family than an individual.

Avoid the temptation to overeat when eating out... ask your server to box half the food for you BEFORE bringing your plate to the table. That way you eat less now and get to enjoy two meals with a healthier portion size for the price of one.

Enjoy Breakfast Daily

A study of nearly 3,000 individuals who had lost an average of 70 pounds each and kept it off for at least a year found the vast majority of them (78%) regularly ate breakfast. Only 4% of the group reported never eating breakfast. Breakfast truly is the most important meal of the day - particularly if you want to lose weight and keep it off.

5 “Cheater” Comfort Foods that Actually Burn Fat

Comfort foods get a bad rap for being cheater foods ... foods that make you feel guilty, like you’re “cheating” on your diet. The truth is, some can actually help you burn more calories! So, if you’re having an off day, go ahead and indulge in these comfort foods. Your waistline will thank you!



Eat Breakfast, It’s Eggs-cellent!

Skipping breakfast when you’re trying to lose weight is counter-productive. For a quick, filling breakfast that’s chock-full of protein, eat whole eggs to keep you strong on the fat-fighting path.

Lunch: BLTA—Hold the mayo!

If you use turkey bacon, a BLTA might just be the ticket to curing your mid-diet despair. Lean meats like turkey give you the protein you need without the extra fat. Lettuce is celery’s infamous partner in negative calorie crime. Add a quarter or half of an avocado for a boost of fiber and protein, while the healthy mono-unsaturated fat oleic acid helps maintain your appetite. Sandwich all these delicious treats with whole wheat bread instead of white bread for an extra calorie burn during digestion.

Snack: Celery with Peanut Butter

Celery is known for its satisfying crunch, but it’s mostly fiber filled with water. Slap a spoonful of peanut butter in the trenches and you’ve got yourself some extra healthy fats and protein to help you feel full.

Dinner: Chili

In the mood for some spice? Toss black beans and kidney beans into your slow cooker with plenty of veggies, lean meats and / or seafood. Both black beans and kidney beans are high in protein and have no saturated fat. Skip the hamburger for leaner meats like turkey - but don’t forget the chili peppers! Capsaicin, the active compound in chili peppers that gives them their heat also causes thermogenesis, a heating up of the body that burns more calories, faster. Top with a pinch of low fat cheese, and enjoy - guilt free!

Dessert: Dark Chocolate

When you're losing weight, everything from potato chips to the year-old frozen Halloween candy found in the corner of your freezer looks delicious. But when it comes to choosing your sweets, go with high quality over high quantity. Find a fine dark chocolate bar that you can break off into pieces and indulge once in the evening. Choose one with almonds for an extra filling crunch.

Enjoy a Cup of Tea



Green tea has long been touted as a natural way to kick your metabolism up a notch. But there's another tea that does the same thing - more than twice as well. It's marketed as Wu-Long Tea (but called oolong tea in most studies).

These studies show that Wu-Long tea is a valuable weight loss drink thanks to where it's grown and the unique partial-fermentation processing used to prepare it. Wu-Long tea has been shown to boost metabolism as much as 10% and burn off fat anywhere from 12% to 43% faster.

How does it work? Scientists have found drinking the tea improves fat oxidation and helps reduce insulin spikes when drunk 15 minutes before eating carbohydrates.

Drinkers of the medicinal-grade version of the tea, available from **Okuma Tea**, who combine it with the recommended USDA diet, regular exercise and physician advice have lost an average of 1% to 2% of body weight - per week. That's not too shabby for a spot of tea.

Drink Water Before Every Meal

Your mother may have warned you not to drink too much before dinner so you wouldn't ruin your meal. She may have been onto something.

In multiple studies of older adults, those who drank two cups of water within 30 minutes of eating ate less and lost weight. In one 12 week study, those who drank the two glasses of water while on a calorie restricted diet lost 44% more weight than those on a calorie restricted diet alone.

Drink at least one glass of water before every meal. It'll help you eat less, improve digestion and keep things moving easily along by ensuring your body has the fluid it needs for the whole process of digestion and elimination.

Lemony Fresh

Drinking water is good... but adding lemon to it can make it great. Lemon juice helps detoxify your body, including removing bile from your liver. Cleansing your liver improves your body's ability to metabolize fat.



Recent research out of Japan showed polyphenols found in lemon peel made a significant difference in preventing weight gain in mice fed a high-fat diet compared to the control group.

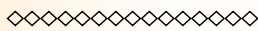
Lemons are also a source of pectin, a dietary fiber which delays food leaving your stomach, helping you feel full longer - up to four times longer according to a study by the U.S. Army.

By drinking a cup of water with a quarter-lemon wedge or larger in the morning and before each meal you'll enjoy a tasty, healthy beverage that will help you eat less, digest your food better and lose weight faster.

Take Your Time

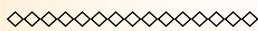
You may have heard that if you eat slower you'll feel full faster. It's true. Researchers at the University of Rhode Island found that those who ate a meal slowly not only felt more satiated, they also consumed about 10% fewer calories than those who ate the same meal quickly.

By taking your time and enjoying each meal, you'll feel pleasantly full when you're done eating and you'll cut back on calories automatically. Losing weight doesn't get much easier than that!



*Let him who would
enjoy a good future
waste none of his
present.*

- Roger Babson



Eat More Snacks

Yeah, baby! Alright, this tip isn't a license to pop open a family-size bag of Doritos and chow down. But there is good reason to reach for more snacks if you're trying to lose weight.

Recent research published in the Journal of the American Dietetic Association followed the food intake of three groups of participants: normal-weight individuals, those who were formerly overweight but had sustained weight loss back to normal, and currently overweight participants.

While all three groups ate three meals per day, both the normal-weight and sustained weight loss groups ate more snacks every day than the overweight group. The researchers' findings suggest the optimum eating frequency for sustained weight loss is three meals and two snacks per day.

It may seem counterintuitive at first to eat more to lose weight, but frequent healthy snacking helps in multiple ways. Snacks give you a between-meal energy boost and keeps hunger at bay so you don't overeat at your next meal. It also helps keep your blood sugar levels stable and your metabolism running at full speed.

Registered Dietitian Kari Hartel recommends keeping each of your two daily snacks around 200 calories or less and choosing snacks with protein, complex carbohydrates and good unsaturated fats.

3 Veggies that OBLITERATE Belly Bulge Fast

Vegetables are basically fiber, nutrients and water in one low-calorie package. They're great for supplementing a meal and for guilt-free snacking in between. Plus, the fiber content makes veggies take longer to digest than simple carbs, so they help you stay fuller, longer.

That's not to say that all veggies are made equal in the battle of the bulge. These three veggies top the list of the belly-fighting brood.



1. Broccoli

Broccoli is actually a type of cabbage, but with plenty of protein and fiber. As a complex carbohydrate, this cruciferous veggie will give your stomach something to mull over for hours at a time. (Plus, it only has 20 calories per cup!)

2. Eggplant

The curious aubergine can be a little bit intimidating to cook at first, but it is a satisfying veggie that adds fiber and protein to any stir-fry dish. Keep the skin on, sauté as you would a mushroom, and enjoy this low calorie belly-buster (just 35 calories per 3.5oz serving). You'll be pleasantly surprised at how well the eggplant soaks up flavor for a super satisfying dish.

3. Carrots

Who can say 'no' to the satisfying crunch of a carrot? With 2 grams of protein and 2.5 grams of fiber per cup, these low calorie fiber sticks will keep your tummy happy between meals. And as a bonus, you don't have to cook a carrot for it to be delicious!

Eat Filling Foods

When you're trying to lose weight—and keep it off—the worst thing that can strike is an overwhelming food craving. Eat proactively by grabbing one of these four naturally healthy and super-filling foods. They're packed with protein, fiber, and just enough fat to prevent future hunger attacks.

Oatmeal

Start your day with a bowl of oatmeal—and be amazed at how long it keeps you full! Oatmeal is considered a low-energy-dense food, which means you can eat more of it, get excellent nutrition, and feel full without consuming tons of calories.

Prunes

Prunes are high in fiber, which means you'll stay satisfied much longer than if you were eating a snack full of simple sugars. Prunes also provide just enough 'sweet' to satisfy those mid-morning cravings.

Nuts

Not in the mood for sweet? In small portions, nuts like almonds fight cravings with the power of protein and healthy fats. Don't go overboard though—those healthy fats can work against you if you take in too much. A good portion size is usually under 20 nuts.

Veggies & Dip

You'd be surprised how long it can take you to nosh your way through a sandwich-sized baggie of veggies. Carrots, peppers, celery, and cucumber are all fantastic for keeping your hunger at bay. Top it off with your favorite hummus and you have yourself a super healthy, filling snack.



Use Your Feet

Most of us sit far too long every day. We sit at home, at work and in the car. We hardly use our feet at all unless we make a point of doing so. But walking doesn't require anything except the ability to walk and perhaps some decent shoes.

Since walking is a great way to add more physical activity to your daily life, walk more every chance you get:

- Take a walk during breaks and after meals
- Use the stairs instead of the elevator
- Park at the far end of the parking lot (you may save time instead of waiting for a parking spot up close anyhow)
- Visit your coworker at her desk instead of sending an email

Want to get even more out of your walking? Here's a few pointers:

- Walk on hills whenever possible to get the extra workout benefit
- Try intervals by walking extra fast two minutes out of every ten - the goal is to increase your heart rate then let it settle as you continue walking
- Go "off road" - softer surfaces cause your muscles to work harder (if you're close to a beach, a walk in soft sand will give you a great workout!)
- Wear a pedometer and take note of how far you walk every day. A review of 26 studies found those who wore a pedometer walked on average nearly a mile more per day than those who didn't. Those who set step goals each day walked even further, so get a pedometer and each day see how many more steps you can walk than yesterday.



Television Time Swap

The National Weight Control Registry tracks over 10,000 individuals who have lost at least 30 pounds and kept it off for a year or longer. According to their website, nearly two-thirds of registry members watch fewer than 10 hours of television per week. But a whopping 90% of them exercise an average of one hour per day.

Compare those figures with the average American adult who watches at least 28 hours of TV every week. And less than 5% of adults get even 30 minutes of moderate or greater intensity physical activity per day at least five days per week (when actually measured by an accelerometer device to keep reporting honest).

If that sounds like you, here's an easy switch. Pick your least favorite television show each day and stop watching it. Then do something active during that time instead.

By the way, researchers found that those who either watched more TV at the beginning of the study or at the one-year follow up were significantly more likely to regain weight - regardless of their exercise or diet. So to keep it off... turn it off and leave it off.

Sit Actively

Dr. James Levine, a leading researcher on inactivity at the Mayo Clinic, has studied the effects of sitting around on our health for over 12 years. The problem isn't really with sitting... it's inactivity.

According to Dr. Mark Hamilton, another inactivity researcher at the Pennington Biomedical Research Center, our calorie-burning rate drops to about one calorie per minute as soon as we sit still. And after just 24 hours of remaining sedentary, our insulin loses 40% of its ability to handle excess blood sugar while our HDL cholesterol (the good kind) begins to drop as the enzymes responsible for breaking up fat in our bloodstream loses 75% of their effectiveness.

By carefully monitoring both lean and mildly obese sedentary volunteers with a device which measured body postures and movements every half-second for 10 days, Dr. Levine found lean individuals sat around two hours less per day.

But that's only half the story.

Dr. Levine also discovered the lean individuals moved a whole lot more during periods of sitting due to unconscious fidgeting, little movements, and a tendency to get up from sitting more frequently. Every tiny activity, even as benign as bending over to tie your shoe, results in a measurable microburst of increased expended energy.

Here's how you can use this information to fight the debilitating effects of sitting

even if you have a desk job or drive for a living. Make it a point to move around in your seat more. Stretch frequently. Do small exercises at your desk or at rest stops. Shift position regularly.

Want to make movement while sitting automatic? Try sitting on a durable burst-resistant exercise ball. It's called active sitting because your muscles have to work a little to keep you upright as opposed to just, well, sitting there doing nothing.

Besides burning more calories and helping prevent the drop in insulin and enzyme effectiveness in your body, you'll even begin building up your core muscles for better abs. All while sitting!



Sleep Well

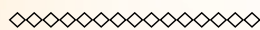
If you're burning the candle at both ends you're not doing your waistline any favors. Failing to get at least 7 to 8 hours of sleep each night interferes with appetite-related hormones responsible for appetite regulation.

According to noted sleep researcher Dr. James B. Maas, sleep deprivation leads to overeating as you crave more sugars and other carbohydrates due to lower leptin levels in your brain and higher ghrelin levels in your stomach.

Other research backs this up, showing those who sleep six hours a night have a 23% higher risk of obesity than those getting a full night's rest, while those getting only five hours sleep a night increase their chances of obesity by 50%.

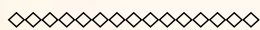
Want to lose the belly? Get a solid 8 hours of sleep every night. Need some help getting a good night's rest? Here's some tips sure to have you snoozing in no time:

- **Avoid caffeine late in the day.** Caffeine affects your body for up to 8 hours, so switch to decaf or herbal teas after lunch. Watch out for caffeinated drinks like sodas and hot chocolate, too.
- **Exercise earlier** - at least 45 minutes to an hour before bedtime. Exercise is important and will help you obtain a more restful sleep, but your body needs time to wind down.
- **Avoid drinking before bedtime.** Give your body at least an hour to eliminate excess fluids. Otherwise you're more likely to wake for a midnight bathroom run to empty your bladder.
- **Stick to a schedule** so your body can get into a routine. Keep the same bedtime and waking routine even on non-workdays for improved sleep quality.



*A good laugh
and a long sleep
are the best
cures in the
doctor's book.*

- Irish Proverb





- **Skip long naps** as they can throw off your sleep cycle. Power naps of 15-20 minutes are better.
- **Find your best sleep position.** Back sleep is recommended as the most stable position for the spine. Placing a pillow under your legs can reduce lower back stress. If you prefer sleeping on your side, try placing a pillow between your legs for better hip support and comfort. Experiment to find what helps you get the best night's sleep without waking up sore.
- **Use the right size and number of pillows.** Your head and neck should maintain a roughly straight line while you sleep. Your head should not be propped up or tilted down at an angle.
- **Dress (or undress) for comfort** so heat or cold won't keep you awake or prevent you from sleeping through the night.
- **Keep your room dark.** Turn off the lights, close the curtains, even cover electronic lights if you have to. If you must use a TV or radio to fall asleep, use the sleep timer.
- **Eat a "sleepy snack"** such as turkey, yogurt, or peanuts. These all have high levels of tryptophan which helps your body produce serotonin and relax for sleep - but eat them an hour before bed.
- **Use a natural herbal sleep aid** to help you sleep without feeling drugged in the morning or getting hooked on sleeping pills. Our favorite, **Sleepzyme®**, includes 10 powerful natural sleep aids and even comes with a free Healthy Sleep Kit with a 90-day supply.



Quit Your Aerobics Class

This little tip may sound like sacrilege to some exercise fanatics. That's because we all know you have to eat less than you burn off to keep from getting fat. So, spending hours every week doing aerobics should be just the ticket, right?

Wrong. While aerobics burn off more calories than sitting around, spending hours every week in the aerobic zone also trains your body to become more efficient, meaning you eventually end up burning less calories for the same amount and intensity of exercise. It also results in reduced heart and lung capacity while you spend hours beating up your body, particularly your joints, just to burn off less and less calories.

How would you like to cut back your exercise time by 75% and burn three times as much fat as your old aerobics class? That's what you can expect when you replace aerobics with high intensity interval training.

High intensity interval training, or HIIT, is an entirely different way of exercising. During aerobics you try to maintain a moderately high heart rate for an extended period of time. But HIIT quickly pumps up the intensity well past the aerobic zone into



the anaerobic zone where you're practically out of breath - sometimes in as little as one minute. Then you let your heart rate return to normal and repeat.

By pushing yourself hard for short periods of time then allowing your body to fully recover before continuing exercise, HIIT causes your heart and lung capacity to expand - the opposite of cardio and aerobic workouts.

An amazing side effect of HIIT is the post-workout fat burning process it creates called excess post-oxygen consumption, or EPOC. Your HIIT workout, which may have lasted only 5-15 minutes total, will continue to burn fat at an accelerated rate for the next 24-48 hours, burning about three times the fat of cardio or aerobics exercise in a fraction of the workout time.

Less time exercising, better health and up to two days of increased fat burning from every short workout - what's not to love?

Want to give HIIT a try? I highly recommend Dr. Al Sears' **PACE Program**. At the very least, if you love aerobics and want to continue with it, at least mix in some strength training and interval training. A good mix would be strength/interval training 2-3x/week and aerobics/cardio 1-2x/week.



Hypnosis

If you've ever tried to lose weight before and failed... or you'd simply like a clinically proven way to improve your lasting weight loss results by 146% (that's more than double!)... you really need to look into weight loss hypnosis.

No, this isn't some stage show act where you end up clucking like a chicken or losing control of your own actions. Far from it. Hypnosis is simply a relaxed state of focused attention that allows people to control and change mental and physiological patterns that can't be changed in everyday awareness.

Numerous clinical studies over the past 30 years have proven hypnosis works, but honestly, the best way to overcome skepticism in this area is to give it a try. You can look for a professional hypnotherapist locally, but that can get rather pricy.

Much less expensive, and just as effective for most people, is an at-home program from a reputable hypnotherapist. For weight loss, the only hypnosis program I recommend is the one by certified hypnotherapist Dr. Roberta Temes. In just 20 minutes a day, you'll complete her program in three weeks. You can download her program and get started right away. You'll find it at the **Hypnosis Network**.



A Little Help From Your Friends

When fighting the battle of the bulge, encouragement from others can be a welcome help. Here are several ways your family, friends or coworkers can help you reach your weight loss goals:

Share Your Goals

Going public with our goals can be a tremendous motivator for us to push forward even when we don't feel like it. If you're not ready to share your goals with the world, at least choose a trusted friend

who can cheer you on at every milestone and encourage you when you hit a setback.

Stay Accountable

Going public with our goals is a start... now take the next step and set a regular time to report on your progress. This could be a weekly weigh-in with other friends trying to lose weight or even a nightly check-in where you email your daily food journal to an accountability partner.

An accountability partner can also be your emergency lifeline on speed dial when you have a major craving. Your accountability partner can be especially helpful when you're on the ledge ready to stuff your face with every carbohydrate within a 15-minute drive.

Friendly Competition

Have some friends or coworkers who want to lose weight, too? Set up a friendly competition to keep everyone motivated. Usually anywhere from 4 to 12 weeks is a good timeframe. You want enough time to see an impact, but not so long you lose interest in the competition.

If everyone chips in you can even have a prize for the challenge winner. The winner might get all the prize money, or the money could buy a gift certificate to a local health food store, clothing store, or spa.

Here are a few challenge goals you could use (pick one per challenge or prize):

- Lose the most pounds
- Lose the most body fat (BMI)
- Lose the most inches





Photograph Your Food

Keeping a journal of the food you eat is a highly effective way to keep from overeating. Just the act of recording everything that goes into your mouth is a deterrent. But a written journal isn't as effective as it could be for one big reason: the food is usually recorded after it has already been eaten.

Researchers at the University of Wisconsin-Madison decided to investigate how keeping both a written and photo food journal would improve eating decisions. Participants in their study not only wrote down what they ate, but they also took a photo of everything they were going to eat - obviously, before they ate it.

Since the photo had to be taken before eating their food, participants had the opportunity to reconsider their food choice before eating. Many participants reported changed decisions, such as turning down a jumbo bag of M&Ms, because they didn't want to take the photo and write it down.

You can try the same experiment on yourself. This is really easy if you carry around a mobile phone with a camera. Just snap a picture.

Better yet, snap a picture then share it with the world on a site like [Flickr.com](https://www.flickr.com) your Facebook page.

Yes, There's an App for That!

There's no shortage of websites out there to help you lose weight. Some are completely free with easy to use weight & exercise journals, complete food databases for easily looking up calorie and nutritional information and large communities of folks from around the world working together to lose weight.

And in today's connected world, you're as close as your phone to the calorie-counting help you're looking for. The online communities below are free to join and include free apps for either iPhone or Android to take with you on the go.

FatSecret (App: Calorie Counter by FatSecret)

SparkPeople (App: Calorie Counter & Diet Tracker by SparkPeople)

The Three Biggest Weight Loss Secrets

Everything I've shared with you so far can make a significant difference in reaching your long-term weight loss goals. Clearly, keeping the right mindset, eating smart and regular exercise will take you far along the path towards your ultimate weight loss goal.

But what I'm about to share with you now are three of the lesser known... but perhaps the most critical... weight loss secrets that will ensure you not only lose that stubborn body fat, but help you keep it off forever.

Princeton Study Shows Easiest Way to Avoid Obesity

It's common knowledge that eating tons of sugar is less than healthy. But when you're trying to lose weight, one sugar stands above the rest as a wrecker of waistlines.

Researchers at Princeton University recently discovered that high fructose corn syrup (HFCS) actually causes your body to trap fat faster than regular sucrose and can lead to morbid obesity much faster than natural sugars.

It's true that corn syrup is a "natural" sweetener. But after the chemical processing that makes the substance so cheap - and sweet for profit-pinching food companies - its chemical makeup morphs into a fat-generating monster. Take a look at the shocking Princeton study results...



Natural and not-so-bad-for-you sweeteners are roughly 50% glucose and 50% fructose. In their study, Princeton researchers observed that rats drinking this type of sugar (in a higher concentration than their HFCS drinking counterparts) gained some weight, but did not show signs of obesity.

High fructose corn syrup is 55% fructose, 42% glucose, and 3% saccharides. It's this imbalance that leads to the "high fructose" moniker. Rats in the Princeton study drinking this chemical concoction (in only HALF the concentration found in most sodas) "ballooned," developed metabolic syndrome and were found to have high levels of circulating triglycerides - all signs of obesity.

The average American consumes 60 pounds of high fructose corn syrup every year. So it's no surprise that 1 in 3 Americans are now considered obese.

How can you avoid this chemical fat monger and set your body free from fat? Food companies certainly haven't made it easy. High fructose corn syrup is in practically every sweet drink and most processed foods in the market.

Here are some quick tips to cut out as much of this fat trap as possible:

- Avoid processed foods. Processed foods are notorious for hiding high fructose corn syrup in everything from cereal to mayonnaise. By sticking to the outside circumference of the grocery store, you're more likely to pick foods that are whole and unprocessed without HFCS.
- When you must have a food product that is processed - like ketchup - look for "NO high fructose corn syrup" labels. They are becoming more and more popular as the demand has risen. It will be slightly more expensive, but your waistline - and life! - is worth it.



- Avoid soda and sweetened juices. The benefits of drinking more water are enough to fill an entire book. It's better for your health to ditch soda altogether.

Keep Things Moving Along

According to Dr. Bernard Jensen, death begins in the colon. During his years at the National College of Chiropractic in Chicago, Dr. Jensen discovered a troubling secret in the college's anatomy laboratory: 95% of people are constipated, even severely constipated, without ever knowing it.

In the college laboratory, autopsies were performed on 300 bodies. Of those individuals, 285 had claimed before death to have no constipation and normal bowel movements - some with five or six daily. Only 15 indicated any difficulty.

But upon post-mortem examination, the exact opposite was found. 285 of the 300 had colons encrusted with backed up fecal matter, with some of the colons severely distended to as much as 12 inches in diameter (normal is two to three inches).

In his book, *Dr. Jensen's Guide to Better Bowel Care*, Dr. Jensen notes that the high fiber content of raw vegetables is helpful in decreasing bowel transit time and minimizing putrefaction and resulting toxic byproducts. Keeping your colon clear is also important for ensuring your body absorbs needed nutrients through the intestinal walls.

So what does this mean for you?

Before starting a weight loss program, a proper colon cleanse prepares your body to absorb and best utilize your new, healthier diet. Nutrition from the foods you eat and supplements you take can then be fully utilized. Many who try our natural colon cleanse supplement, **Natural Cleanse**, drop five to 20 pounds as caked up crud in their intestines is flushed away.

Plus... keeping your colon clean may literally save your life. So make a colon cleanse a priority as part of your weight loss efforts.

Supplement Wisely

You may be tempted to take a diet pill to lose weight quickly. Generally speaking... bad idea.

Most pharmaceutical diet pills carry major health risks. Side effects include high blood pressure, heart palpitations, anxiety, insomnia, stroke and heart attack. And let's not forget about death. That's a pretty severe side effect.

And you know what really takes the cake? Most diet pills don't even work long-term! They may help you lose weight at first, but are either too dangerous to continue taking or ineffective at helping you keep the weight off once you lose it.



Even “natural diet pills” rarely help much for sustained weight loss. That’s because most natural diet aids rely largely on caffeine as its key weight loss booster.

Boosting your caffeine intake will make you urinate more and may - briefly - help suppress your appetite, possibly helping you lose weight at first. But that’s water weight you’re losing, not fat loss.

More importantly, there’s no evidence long-term consumption of caffeine helps you keep the weight off. Obviously, if you’re already a caffeinated coffee or tea drinker, a little more caffeine probably won’t help you at all.

So are there any safe, natural supplements that actually help you drop fat and keep it off?

Yes!

After spending over a year investigating the reasons people struggle with weight loss and supplements that can safely help, I have found not one but several natural supplements that work great.

Pretty much across the board I’ve found the best natural weight loss supplements have ingredients that help you restore the natural balance our bodies try to maintain... but no longer can on their own. These are some of the most effective ones I’ve found...

Chromium

One of the largest barriers to losing weight and keeping it off is food cravings. And one of the biggest culprits behind those drive-you-to-the-refrigerator-and-devour-everything cravings is high blood sugar.

Practically a modern-day plague in many western nations, high blood sugar not only causes you to eat more - it also tends to get stored as extra fat. Not to mention the potentially severe health consequences of letting blood sugar run rampant in your body.

That’s where chromium shines. Chromium is practically a magical mineral for blood sugar as it promotes the production of insulin to help your body maintain normal blood sugar levels. That’s great for your health and even better for your waistline as chromium’s effect on blood sugar helps curb those powerful food cravings.

HGH Stimulators

HGH, short for human growth hormone, is responsible for the healthy growth and maintenance of your brain tissue, libido, hair, skin and nails. More importantly for losing



weight, HGH helps prevent the loss of muscle mass, keeps your metabolism running hot and your energy level high.

In a study reported in the New England Journal of Medicine, older patients who received a synthetic injectable HGH experienced over a 14 percent reduction in body fat and an 8 percent gain in muscle mass in six months... without ANY changes to their diet or exercise.

Here's why HGH worked so well for older study participants. By your mid-30s, the amount of HGH your body produces drops - dramatically. Your body still makes a little, but it quickly becomes increasingly difficult to win the battle of the bulge once the decline in HGH starts.

But who wants to be injected with synthetic anything?

Fortunately, there are a number of completely safe and clinically proven supplements that help your body replenish its natural supply of human growth hormone. Basically, these are the amino acid building blocks your body uses to create the hormones, including L-Glutamine, L-Arginine, L-Valine, L-Isoleucine, L-Tyrosine and L-Glycine.

Metabolism Boosters

Human growth hormone isn't the only metabolism booster out there. DHEA (Dehydroepiandrosterone), Colustrum and even the antler velvet from elks - the most regenerative mammal tissue known to man - have amazing metabolism boosting properties along with other positive health benefits.

Appetite Suppressants

While chromium plays an important role in reducing cravings caused by high blood sugar, other supplements can improve neurotransmissions that affect hunger and mood (which plays a role in emotional eating).

Two of these important supplements include the amino acid GABA (gamma-Aminobutyric acid) and extract from a tropical legume called cowhage (*Mucuna pruriens*).

Where to Find Them

You may find some of these supplements at your local health food store but others can be hard to come by. Many of these supplements work synergistically, working even better as a team than alone. But if you wanted to buy them all separately you'd better have deep pockets filled with cash.

Besides that, during our research we also discovered another disturbing fact right in The



Physicians' Desk Reference: only 10% to 20% of ingredients contained in diet supplements like these actually get absorbed. It's just a limitation of the delivery system of most supplements taken in pill form.

That's why we recently embarked on a search for a better way to deliver the weight loss benefits of these important natural weight loss supplements.

And guess what... we found a way to bypass your entire digestive system and get those supplements right in your bloodstream.

No, it's not an injection. It's called a sublingual delivery system. All you do is spray the ingredients in liquid form under your tongue... and they're absorbed almost instantly into your bloodstream.

Of course, the problem then became where do we find all these ingredients in a single, convenient spray? The answer was we didn't. So we teamed up with Living Well Nutraceuticals™ to develop a clinically superior weight loss spray like nothing else on the market. It's called ThinMist™ and it has every single one of the safe, natural weight loss boosting ingredients I just told you about, plus many others I don't have space to tell you about here.

If you want to lose weight fast, you'll definitely want to take a closer look at ThinMist™. You can find out all about it and take advantage of the current special on our website at <http://www.losethebackpain.com/weightlossspray.html>.

On Your Mark, Get Set...



In order to get from one place to another, you need directions. Accurate directions require both a starting point as well as a destination. Losing weight isn't much different.

Right now, before you do anything else, I want you to do six things. You may not like the first three, but it's critically important that you complete each of these tasks now:

1. Weigh yourself and write it down
2. Measure yourself with a tape measure and write it down
3. Take a "before photo" of yourself in your bathing suit
4. Write down what weight and/or size you want to be and when
5. Write down WHY being that weight and/or size is important to you
6. Plan your rewards

Numbers 1 & 2 help you know where you are right now. You may not choose to track both measurements throughout your weight loss journey, but when you reach your goal you may want to compare where you are then with where you came from.

Number 3 may be the most important step in your entire weight loss plan. You want to lose weight because you are dissatisfied with where you are now. Put your before photo somewhere you will see it every day. This photo will be a constant reminder of why you're making these changes in your life. It'll also be a wonderful reminder of how far you came once you reach your goal - you'll want to take an "after photo" then to compare it with.

Number 4 is your measurable goal. Don't forget it should also be attainable. Most weight loss experts recommend shooting for a half pound to a pound of weight loss per week for a sustainable pattern. On the other hand, it's not uncommon to lose several pounds in the first week or two if you're overweight and just getting started with diet and exercise improvements.

Number 5 makes your weight loss real. Let's say you want to be down to 160 pounds at the end of 12 weeks. Why is that important to you? What would dropping to that weight mean to you? What is your real reason for losing weight - is it because of a physical condition? Low self-esteem? Figure out what that is, then write down how you will feel about yourself once you reach your goal.

Number 6 is where you get to have some fun. Losing weight and getting fit is a worthy goal. But it's still a challenge. That's why you should plan now how you're going to reward yourself when you hit your target weight or fitness goal. If you have a long ways to go to reach your "real" goal, set smaller goals on the way. Maybe after you drop 20 pounds you will treat yourself to a massage, buy a new suit, or get a new mountain bike. Be creative!

Now it's time to get it done and make it real. As you reach your weight loss goals, be sure to share your success with us on our [Success Story](#) page!

Now... GO!



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