



The Ultimate Weight Loss Guide

Best kept secrets for losing weight naturally

**31 Ways to help you control your weight
and keep it under control.**



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Boku International

The Ultimate Weight Loss Guide

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The Ultimate Weight Loss Guide
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I N T R O D U C T I O N

If you're one of the millions of Americans who have embraced a new diet, exercise program, or other weight loss solution, congratulations!

You're in good company. Your jeans are looser, you're more mobile, and you have renewed energy. What's the catch? The majority of weight losers will gain the weight back. Diets may work for a period of time but maintaining the new-found weight loss is the tough part. Diet pills, fad remedies, and drastic surgical methods all have consequences. The fact is, the human body responds best to nature and natural processes. This means approaching weight loss with an eye on natural products and solutions that are safe, easy to digest, and simple to use on a regular basis. No magic pills, potions, or bullets. Just sane and consistent food and exercise choices. But how do you know what choices to make? How do you make sense out of all the information—much of it conflicting—that goes around these days? This book will get you started with some of the best natural weight loss tips, which we call “secrets.”



P A R T O N E

Weight Loss vs. Weight Control

1

Chapter One

Information is Everything

Maintaining a healthy weight is a two-part process: weight loss and weight control. It's the latter we struggle with more than the former. If someone offered you a smart, sensible guide to eating, exercising, and understanding how the body works; one that would keep you at a healthy weight that you could follow for life, would you take it? Of course you would. So remember that healthy weight loss begins with understanding the intricacies of the human body...understanding how and why we get fat. Most diet plans focus on their isolated, pet issues, whether it's a low-carb diet, buying an all-in-one piece of workout equipment, or filling up on liquids. But none of these address the core underlying issues. They rarely educate the consumer or speak to all the possible factors that play a role in weight loss. No two people are the same and therefore, weight loss cannot be addressed as a one-size-fits-all remedy. Identifying the culprits that cause excess weight and choosing the right approach for your body type and lifestyle can make all the difference.

First, let's address weight loss. You've heard it before—eat those fruits, vegetables, and whole grains. Though practically a dietary cliché, it's still golden rule number one in maintaining a healthy diet, which will lead to weight loss. What to minimize in your diet? High fat foods, processed foods, trans fats, and sugar. While these guidelines are staples for a healthy food plan, they're still only part of the picture.

Once you've developed a habit of swapping Twinkies for almonds, and you notice weight loss, your next step is to maintain that desired weight. This requires lifestyle changes. But it's not as drastic as you may think. Often, it's what you're NOT eating that's making you fat and unhealthy. Rather than focus on dieting, starvation and all the things you need to STOP doing...try the simple approach of ADDING a few basic practices. The first, last and best secret to help control your weight is to add more healthy nutrition to your diet. Even if you don't stop all the bad eating habits right away, just adding super nutrition from nutrient-dense foods (later, we'll identify what some of these foods are), you'll be well on your way to a healthier, slimmer you. As we'll mention over and over, one of the easiest and most reliable ways to add high levels of nutrition to your diet is to take a green superfood drink once or twice per day. Boku Super Food is the one we've created from what we believe is the best formulation on the market. Later, we'll show you why and we'll discuss which foods are pound promoters and which ones can help you lose weight.

Sometimes it's necessary to reverse some of your long-held beliefs about health. For example, many people feel that they get enough nutrition from their food and shouldn't need any other supplements. Others believe that their vitamins are taking care of their supplemental needs. These are both beliefs that stem from lack of information. Our foods today largely come from industrial farms that load the soil with chemical fertilizers and pesticides that end up in your food and your body. Many vitamins and supplement products are chemically produced in laboratories and are often derived from questionable sources. Studies have shown that many vitamin products pass through the body virtually unchanged and unabsorbed by the body. In other words, the body recognizes these products as waste matter!

After nutrition, the next big part of weight control is committing to a regular exercise program. Thirty minutes a day or more is ideal but don't avoid exercise if you can't stick to that schedule. The person who has only 15 minutes a day to exercise will have gotten his blood pumping for 105 minutes a week, which would make a marked difference in weight compared to the person who didn't exercise at all. The same principal applies to physical health as it does to financial health: A little bit done over a long time has the ability to create compounded interest and big returns! That's why we recommend taking a little Boku Super Food and getting a few minutes of exercise every day over many years.

Finally, you may want to become more of a label watcher at the supermarket. The information in later sections will make you a savvy consumer but the key is to be diligent and watchful because it's easy to misread labels. For example, a common mistake is looking at how many calories are in a serving but then neglecting to notice that the manufacturer defines a serving as one cookie, not three. Observing ingredients such as fats, carbs, protein, and calories must become second nature in the fight against flab. The secrets of healthy weight loss are about knowledge, understanding the various weight loss options and making sensible decisions.

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Chapter Two **Why We Get Fat**

Diet

What causes people to gain weight is somewhat complex. Demystifying the processes of human biology makes fighting weight gain simpler. There is a system in place that regulates weight and holds the secret to taking those pounds off.

There are four key factors that contribute to weight gain. The first is diet. Within this category, three issues are paramount to America's weight problem. One, we are eating more calories than we burn. Two, we are eating the wrong foods. And three, we are not controlling our portions. Food is our nutrition source, made up mainly of proteins, carbohydrates, and fats. These ingredients contribute to calorie content, which are consumed, burned, and converted into energy. If we take in more calories than we burn, they will be stored as fat and we will gain weight. Reducing calorie intake or burning more through activity will reduce body weight. As we age, these factors become increasingly important because we begin to burn calories at

a slower rate. Fat accumulates more easily, and muscle (more of it means more calories burnt) decreases with age.

The term, “you are what you eat,” is a wise mantra for the weight loser. What we put into our bodies matters. Knowing to shun the cheeseburger and embrace salmon isn’t enough. Having an understanding of good fats versus bad fats, junk fillers versus healthy fillers, and knowing how to get an appropriate balance of favorable foods is important. Having an occasional indulgence is fine, but the majority of your diet should be filled with foods that will nourish, cause satiety, and provide energy.

Portion control is a weighty problem in America. The “all you can eat” food buffet is an unfortunate staple in this country that draws consumers in because of the appealing cost and the freedom to choose whatever we want in unlimited quantities. This causes us to overeat by exponential amounts. Even though our systems let us know when we’re full, we can’t help but go back for seconds or even thirds simply because they are available. Excess is an all-too-common American theme that extends to satisfying pleasures in all areas of life, including food. The most common reason we struggle with portion control is because we aren’t getting enough nutrition in our diets. Our body’s nutrient receptors signal our brains that we need more food to get more nutrition. Empty foods result in the body raising the “full” bar, so we don’t feel full as soon, thus eating more and more to get the nutrition the body craves. Digestion and the feeling of fullness don’t happen instantaneously, so we are tricked into believing that we still have plenty of room for more food.

The solution is to get more nutrition in your diet. Just by adding super nutrition like that found in Boku Super Food once or twice per day, you’ll be taking steps to restore your body’s natural intelligence. While many try to limit their food intake and control their portions, you can work with your body’s natural ability to control food intake by giving it the nutrition it craves *before you give it anything else!* All you need to do then is LISTEN to your body and don’t eat when you’re not hungry! We provide more information about this in Part Two of this book.

Exercise

Americans can be very sedentary. Being overweight remains the single biggest health risk in this country. Thirty-seven percent of the population is obese, defined as being more than 35 pounds overweight. These numbers are reaching alarming rates, and with good reason. There are over 200 television channels to choose from, movies to watch on television or on DVD, electronic games to be played, and then there's the Internet. It's easier to text-message friends or talk to them on the webcam than to actually get together.

Evolution also plays a role in why we are less active. It used to be that people got their exercise from working in the fields. Today, farming is no longer a common occupation and machinery has replaced most of the hand-work involved. In a nutshell, life is easier and more convenient. We have telephones, cars, remote controls, and home delivery service. These modern conveniences are modern inconveniences for our physical health. In the 21st Century, we have to search for ways to replace the activity that technology has helped to remove. Thankfully, there are fun ways to do this. All you have to do is look for them. We have some surprising suggestions in Part Two of this book.

Another important consideration is the kind of exercises we engage in. While any movement is beneficial, the key is to get the heart pumping. The heart is a muscle and requires movement just as much as any other muscle. With Eastern influences in the United States attracting great numbers of adherents, more people are participating in activities such as yoga, tai chi, qi gong, and other meditative arts. These disciplines have tremendous benefit for toning, improving flexibility, increasing balance, and clearing the mind. But they are not ideal for burning calories. Activities such as brisk walking, running, playing a sport, jogging on a treadmill, or taking an aerobics class are more likely to increase your heart rate and shed pounds. Our bodies were designed to be in motion. They have their own built-in intelligence systems that prompt us to move and keep active. Balanced with that is the relaxation system vying for attention. It is essential in maintaining a healthy weight to make a conscious choice to keep moving. According to the Centers for Disease Control (CDC), 25 percent of all Americans are living sedentary lives, while an additional 55 percent do not exercise enough on a regular basis.

Fat Cells

There are distinct biologically-based reasons for why we get fat. One of the biggest culprits is, aptly named, fat cells. The term for these fat cells is adipose tissue and it is located underneath the skin. Men tend to carry body fat in their chest, abdomen, and buttocks, while women generally store fat in their hips, waist, breasts, and buttocks. Any carbohydrates or proteins consumed that are in excess will not be burned and converted into energy but will be stored as fat. They will travel through the stomach and intestines and be converted into glycogen and triglycerides in the liver. The triglycerides are transported in the blood from the liver and deposited as adipose tissue cells beneath the skin and around the intestines.

Fat cells grow in number, a process called hyperplasia wherein more fat cells are created, typically during childhood and adolescence, pregnancy, or periods of quick weight gain. Not only do fat cells multiply and store more fat but they also grow in size, a process called hypertrophy. This occurs as we gain weight with age. Once fat cells are formed, they cannot be eliminated. They can reduce in size, however. When we diet, our systems tap into our fat storage, burning fat in the cells, and converting it into energy. Some controversy exists over whether we achieve a finite number of cells by the time we reach puberty or whether they continue to multiply into adulthood. Most research suggests that the former is true and this offers an explanation for why overweight children struggle to lose weight as adults more than their thinner counterparts. The theory is that the greater number of fat cells that are now stationary cannot be eliminated and can only decrease in size through greater effort. Another theory suggests that people who have larger numbers of fat cells will consume more food. Some health experts believe that the size of the fat cell is directly related to the hunger mechanism. The smaller the fat cell, the less appetite the individual has. Whether or not a propensity for weight gain is built into our genetics, a proper diet, exercise, and knowing the secrets to a natural weight loss still apply.

Metabolism

What does it mean when we refer to a thin person as having a high metabolism? And how important is metabolism in terms of our ability to lose weight? Simply defined, metabolism refers to the rate at which a person burns energy. Typically, people who have high metabolic rates burn calories

more quickly than people who struggle to keep the weight off. A person's natural metabolic rate can be influenced by paying attention to what is and isn't consumed. Other factors that influence a person's metabolism are age, sex, genetics, blood type, body size, and fat-to-muscle ratio. Each individual has an ideal basal metabolic rate (BMR), which is the measurement of the body's minimum requirements for energy in order for it to function optimally.

The easier side of the equation is to figure out what not to consume. The trickier part is knowing which foods will help increase one's metabolism. One of the key food categories in the metabolism game is fiber. Within this heading are fruits, vegetables, nuts, and whole grains. Parts of these foods have indigestible components that help slow down sugar absorption in the body. This food group also helps regulate the hormones that control appetite. Omega-3 fatty acids, found in fish oils, also improve metabolism because of their anti-inflammatory properties.

Two evil culprits to a healthy metabolism are processed foods and sugars. Any sugars not absorbed by the body and converted into energy go to the liver and are stored as fat. Two key hormone regulators related to metabolism are leptin and cortisol. Leptin is a natural appetite suppressant that works in conjunction with the part of the brain called the hypothalamus, which regulates hormone function, and fat and sugar metabolism. When leptin activity is working properly, it is regulating the body's energy and weight. When chemically processed foods are ingested, they can cause lesions in the hypothalamus, impairing its proper function. They, in turn, impede leptin's ability to regulate body weight.

Cortisol is a hormone that mobilizes the body's energy. High levels of stress can trigger an overload of cortisol, which can make the body sluggish. Although cortisol has been termed the stress hormone, some studies have shown that not everyone who experiences high stress levels will automatically have inflated cortisol levels. There is a condition affecting the adrenal glands called Cushing's Syndrome that is borne of excess cortisol production. This disease causes fat to accumulate mainly around the middle of the body but does not typically affect the arms and legs.

Body mass index (BMI) is a useful tool in assessing a person's weight category (underweight, average, or overweight) based on a height-to-

weight ratio. A high BMI indicates excessive body fat and a risk for obesity-related health problems. The CDC offers a BMI chart on their website at www.cdc.gov.

Metabolism may also be linked to a thyroid imbalance, either hypothyroidism (underactive), or hyperthyroidism (overactive). Hypothyroidism is more common and its symptoms can include chronic fatigue, weakness, weight gain, dry skin, brittle nails, and thinning hair. It can also include a low body temperature, constipation, and cold extremities. An underactive thyroid can also raise cholesterol levels and cause heart problems. A thyroid test will determine if there is an imbalance, although some studies have shown that the tests may not be sensitive enough to identify thyroid imbalances with 100 percent accuracy. One homeopathic method to test the thyroid is to take your body temperature for three mornings in a row by placing a thermometer under your armpit before even getting out of bed. If your temperature is 97.8 or less, it could indicate possible hypothyroidism.

Hyperthyroidism, though not typically associated with weight gain, is the more serious condition. Symptoms include increased energy and appetite, excessive sweating, nervousness, and muscle weakness. However, approximately 20 percent of people with hyperthyroidism do experience weight gain because of increased appetite and their inability to keep their weight down once they receive treatment for the condition.

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Chapter Three

What Happens When We Gain Weight?

The human body was created with a masterful plan, with every organ and system designed to work in harmony with the rest of the system. If one or more parts of this well-crafted machine are over-taxed, disease can occur. Carrying excessive weight can lead to a whole host of problems. Excess weight compromises the entire body, including every organ, muscle, and joint.

Circulation and the Heart

The heart is deeply affected by excess weight because the excess weight puts pressure on the heart to pump at an accelerated rate to accommodate the extra energy needed for mobilization. Heart disease becomes a risk because with increased weight comes higher LDL (the bad cholesterol) and triglyceride levels. The chain of events involved in compromising the heart and the circulation system goes something like this: excess body fat needs extra oxygen in order to live; this requires the blood vessels to circulate more blood to the fatty tissue areas; this puts undo pressure on the heart to pump more blood; more circulating blood means additional pressure on the

artery walls; increased pressure on the artery walls leads to higher blood pressure; high blood pressure leads to risks for a heart attack or other cardiovascular problems. Artherosclerosis, or hardening of the arteries, is approximately ten times more prevalent in obese individuals. With this condition, fatty deposits cling to the arteries that lead to the heart. Blockages begin to narrow the passageways, blocking the supply of blood, resulting in a heart attack. Blood clots can also become a problem, and can cause a stroke.

Diabetes

Perhaps one of the most common disorders directly related to excess weight is diabetes. According to the American Diabetes Association, roughly 17 million people in the United States, or one in three, are at risk for developing the condition. The disease is on a steady incline in this country, with currently 18.2 million Americans affected and approximately 5.2 million unaware they are carrying the disease.

There are two types of diabetes with one being much more prevalent than the other. Type one diabetes affects only five to ten percent of reported cases and is typically diagnosed in childhood or teenage years. This condition is caused by grossly insufficient levels of insulin, which is needed to transport sugars to the cells of the body in order to produce energy. People with type one diabetes are often thin and simply have a genetic predisposition to the disease. It is not lifestyle related but rather involves an innate malfunction in the production of insulin. This form of the disease needs to be treated with insulin and is a lifelong condition.

Type two diabetes is far more common and the one that is related to obesity because it often comes about because of poor food choices and lack of exercise. The result is the same as in type one where insulin production is compromised, but it is lifestyle and diet related. A diet that is high in sugars, carbs, fats, and excess caffeine typically lead to type two diabetes. The patient often doesn't present signs of the disease until mid to late adulthood but may have had it for years prior. Symptoms include excessive thirst, frequent urination, increased hunger, blurred vision, and fatigue. People with this form of diabetes are not insulin dependent as type one people are but there are definite dietary changes that can influence the condition.

Sugar is the number one culprit in the formation of type two diabetes. People with this condition must cut down on their sugar intake. The specific sugar evils are fructose (fruit and corn syrup), sucrose (cane and maple sugar), sorbitol, lactose (dairy products), corn starch, and dextrose. In the supermarket, it is essential to see if these ingredients are listed, and if they are, how far down on the list they appear.

Simple carbs and starches should also be limited and include those found in fruit, dairy, honey, and sugars. Complex carbs are less problematic but should still be watched. These are found in breads, pastas, rice, grains, and beans. Grains such as oats, bran, rye, and barley are the healthiest choices. Foods that aid in maintaining healthy blood sugar levels include dark green leafy vegetables, nuts, whole grain breads, chicken, potatoes, yams, and fish. There are also some herbs that have shown promise in regulating blood sugars and they include ginseng, garlic, fenugreek, bilberry, and olive extract. Vanadium, cinnamon, bitter melon, and chromium are additional supplements beneficial for the person with type two diabetes. Getting enough antioxidants is important because they act as fighters against free radicals, which are toxic elements that can damage the body. People with type two diabetes face the risk of limb amputation and blindness because of nerve and blood vessel damage, so taking a good multivitamin or spirulina (a healthy and powerful antioxidant) can help significantly.

Other Problems Related to Obesity

Because of the strain that excess weight puts upon every organ, muscle, bone, and joint, nearly every body part is compromised. Other common diseases found amongst obese people include gallstones, gastrointestinal disturbances, arthritis, osteoporosis, liver and kidney disease, cancer, gout, and stroke. A serious condition called sleep apnea is often associated with excess weight. This is a potentially dangerous condition that occurs during sleep where the person's breathing is interrupted at various intervals throughout the night. Each episode can last seconds or longer. Chronic snoring is the main symptom with numerous episodes of breath interruption that are often only diagnosed by a bedside partner. Other symptoms may include daytime sleepiness due to lack of restful sleep, waking up coughing or choking, headaches, and a sore throat. The dangers of sleep apnea are

related to lack of oxygen and can lead to more serious conditions involving heart attack or stroke.

Secrets of Natural Weight Loss

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Chapter Four

The Ultimate Secret of Natural Weight Loss: Nutrition

The first and last secret of natural weight loss can be wrapped up in a single word: nutrition. That's right, nutrition is the ultimate cure and the ultimate secret to weight management. Lack of nutrition can cause everything from low energy and a weak immune system to virtually every disease known to man! Nutrition provides the foundation for every living cell, every organ and every metabolic chemical in your body. Nutrition defines what you are made of. Abundant nutrition in your blood supplies your body with the very fuel for existence. Nutrition provides strength, energy and vitality while empowering you to fight disease and illness. Most important, it's the reason we eat in the first place and the lack of nutrition is the bottom line reason why we gain weight.

Hunger is more than just a craving to consume food. Hunger is really your body communicating its desire and basic need for vital nutrition! Taste buds are actually nutrient receptors designed to tell you what foods are nutritious and good for you. We are constantly fooling these receptors with sugar, salt, chemical food additives and artificial flavorings that make nutrient-depleted

foods taste good and appear healthy and nutritious. Your body doesn't want to be FOOLED and it doesn't want to be FULL. Your body wants FUEL. When you eat and fill up on nutritionally deficient food, of course you feel full, but there's a huge difference between being full and being satisfied. When you eat natural, nutrient-dense foods, you satisfy your body's need for fuel.

Every day we consume processed, garbage food that lacks the vital nutrition our body is screaming for and what happens? We feel full temporarily, but we have not satisfied our body's fundamental need for nutrition. As our body struggles to digest what we've eaten, it doesn't find this vital nutrition because ITS NOT THERE! So we are fundamentally still hungry...hungry for more nutrition. We may be full, but our bodies are not satisfied. We haven't supplied the necessary fuel. So the hunger alarm sounds again. Our bodies tell us we need more nutrients and send the appropriate signals out to get more nutrition. We feel hungry again and WE EAT AGAIN! By filling ourselves with this processed, nutrient deficient food, we continue the vicious cycle that has us eating more and more—causing unnecessary weight gain, sickness and disease.

At the core of every weight loss program should be a diet of super nutrition. With proper food nutrients and an element of control over toxic foods, you can eat small portions and never feel hungry. And if you add plenty of water and exercise, you'll feel energy like you haven't felt since childhood. You may not feel full, but once you've eaten, you'll be completely satisfied and you won't feel hungry. You won't desire snacks, sweets or salty foods. If you consume nutrient-dense health forming foods, you won't be suppressing your appetite, you'll be satisfying it.

Try this simple, amazing experiment: When you are hungry; eat several large leaves of raw, organic kale, which is a super, nutrient dense health forming food. Wait a few minutes and notice how your appetite is drastically reduced and you have no further craving, despite the fact you consumed so little! Notice your energy level. Your body knows that it is getting exceptional health creating sustenance and reduces your appetite to protect you from unnecessary over eating (which creates free radicals and speeds up the aging process).

Now for part two of the experiment: Next time, have a plate of pasta with marinara sauce from a jar. This is a processed and nutrient depleted food. Notice that despite feeling full, you still crave something more and maybe even feel a bit tired. Generally, we then have desert at this time—more nutrient depleted food that brings our energy down even further. With or without the desert, the body is not getting the fuel it really need—and the cravings continue!

What are the most nutrient-rich health forming foods on the planet? Here's a short list with some of the best choices:

- Kale, spinach, beet tops and all dark green leafy vegetables
- Spirulina and chlorella
- Herbs like dandelion leaf, nettle and parsley
- Bee pollen and royal jelly
- Dark red and purple fruits and berries
- Kelp and sea plants
- Taro root, orange tomatoes, carrots, and orange vegetables

The remaining secrets in this book should be used in concert with this first and ultimate secret to healthy weight loss: Increase your nutrition intake.

Secret #1

Green Super Foods, Concentrated Nutrition

The health industry's dirty little secret is that most vitamins and supplement products don't actually work effectively in your body. The body cannot break down and assimilate many supplement products and ends up passing them through your system virtually untouched! The best way to get healthy, assimilable nutrition is through food. Plants, vegetables, fruits and herbs...these are nature's gifts for the human body and they work. The problem is, most of us don't get enough of these in our daily food intake. What's worse is that many of our industrial food farms add harmful chemicals to our fruits and vegetables to preserve them throughout the long process of getting from the farm to the supermarket to your table.

Back in the 1980s and 1990s, many people got into “juicing” as a way to get concentrated nutrition from plants...and that was a great solution at the time. Today, we have an even better solution..one that gives you all the plant fiber as well as the nutrients and food value. It’s the green superfood powder drink mix.

Green superfood powder contains pure, dried and concentrated plants in powder form. A tablespoon of this powder is equivalent to a huge pile of fruits and vegetables. It’s like getting all of your nutrition in a single tablespoon. Some of the super nutrient-dense plants used in Boku Super Food green drink mix include:

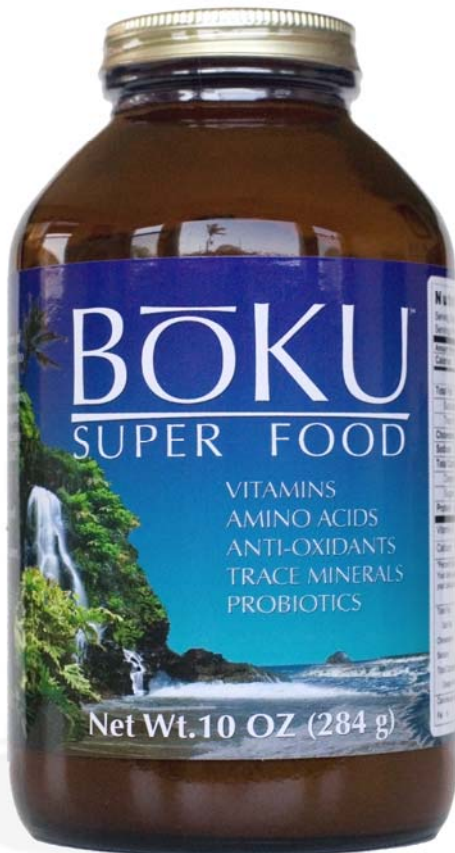
- Spirulina and Chlorella
- Maca Root
- Stinging Nettle
- Horsetail Herb
- Flax Seed Meal
- Wheat, Barley and Oat Grasses
- Alfalfa, Broccoli, Spinach, Kale and Dandelion Leaf Juices
- Nopal Cactus
- Papaya, Banana, Pomegranate, Acerola Cherry and other berries
- Kelp and other Seaweed
- Enzymes and Probiotic Cultures

This formulation was designed to provide high levels of nutrition that the body can absorb and assimilate. The probiotic cultures help to balance your intestinal flora, reduce yeast infection, and help with digestion and elimination. If you don’t take a probiotic supplement or eat plenty of live cultures, then getting this in a green drink, like Boku Super Food, is a good strategy.

You can mix your green powder with any fruit juice, soy milk, rice milk, almond milk or other liquid. It tastes great with orange juice, chocolate soy milk, tomato juice and other fruit juices.

Here’s the key: By taking a green drink every day, you’ll be giving your body more nutrition and, therefore, you will require less food to nourish your body. Very likely, you will lose weight as a result because you will probably crave less food and consequently eat less. Many people report that certain cravings go away when they take green superfoods regularly.

Take your green superfood drink every day in the morning and, if you like, again in the afternoon. Experiment with recipes and methods of taking the powder until you find the right combination for you. One important tip: be sure to shake the mixture in a shaker bottle or use a blender to mix it. This will help to eliminate any lumpy texture.



- **Vitamins**
- **Minerals**
- **Anti-Oxidants**
- **Phyto-Nutrients**
- **Enzymes**
- **Probiotics**

**Super Nutrient-Dense
Food for Your Body!**

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Chapter Five

Avoid Foods That Make You Fat

Food choices today are overwhelming. The good news is that companies have begun paying attention to emerging information on what makes for a healthy meal. The Food and Drug Administration (FDA) now requires manufacturers to list trans fatty acids (trans fats) as one of the nutritional criteria on packaged foods, predicting that this new regulation will prevent between 600 and 1,200 cases of coronary heart disease and 250 to 500 deaths each year. While this is helpful, your best defense is to be educated in the latest natural ingredients available to keep you on a healthy track.

Secret #2

Processed Foods, More Chemical Than Nutritional

We touched upon processed foods earlier, but why are they players in the fat war? In a nutshell, because they are loaded with chemicals that are needed in order to increase shelf life. The plight of these food manufacturers is, unfortunately, in direct opposition to the health of the individual. Processed foods offer very little in terms of nutrition, including vitamins, minerals, and important enzymes required for proper cell function. They can even cause

harm with toxicities and carcinogens that the body is not designed to ingest. This can lead to diseases, including cancer.

There are many ways in which foods are chemically treated, none of which are healthy. Foods can be canned, sprayed, waxed, or irradiated. Lunch meats may be highly processed, and artificial flavors abound in many foods, with monosodium glutamate and the sweetener, aspartame, being two of the worst ingredients. Many commercially packaged cakes, cookies, and crackers are made with white flour, which is not the flour's natural color. White flour has actually been bleached to be made more appealing but the bleaching process adds a potentially harmful chemical called alloxan.

In short, avoid processed foods and food additives at all costs. Some, like nitrites and nitrates, are worse than others...but they are all unhealthy and potentially damaging.

Secret #3

Dairy Products: Not For Human Consumption

Dairy products have also come under scrutiny, with good reason. People typically associate food borne illnesses with food, but the fact is that many of these devastating illnesses can come from dairy products. Salmonella poisoning, made up of a sneaky bacteria that lives in the intestines, is often found in eggs but will not cause them or tainted meats to look, smell, or taste unusual. Listeria is another harmful bacteria that thrives in cheeses, particularly the soft varieties, such as blue cheese, feta, and brie. A third bacteria, called staphylococcus, is transmitted between cows during the milking process, and is passed on to the consumer. Also found in milk and eggs, this alarming disease can be fatal. (Note that yogurt products offer healthy live cultures that may off-set the above problems, especially if made with whole or raw milk.)

Dairy products are among the most common causes of food allergies, not only due to the bacteria and indigestible proteins in them, but also due to the hormones that leech into the products from factory farming methods. If you want to lose weight, stay away from dairy.

Secret #4**High Fructose Corn Syrup: Worse than Plain Sugar**

Even though sugar gets a deservedly bad rap, its evil cousin, high fructose corn syrup, is even worse. Many dietary experts point to this ingredient as a leader in the obesity promotion department. Again, manufacturers are looking to save money and since high fructose corn syrup is cheaper than sugar, guess which sweetener they favor? The United States Agriculture Department reports that this additive accounts for 60 pounds per person in the U.S. as compared to only half a pound 30 years ago. The product is made from corn starch and is not as easily digested as sugar. It contains slightly higher levels of fructose than traditional sugar, which is bad news. Rather than being converted into energy by insulin, it is usually stored automatically in the liver as fat. The highest concentrates of the stuff is found in soft drinks, fruit juices, and processed foods.

Secret #5**Saturated Fats, Trans Fats, and the Foods That Harbor Them**

Usually the word fat conjures up negative images and symbolizes something we should avoid. But good fats (the unsaturated variety for the most part) are actually a necessary part of a healthy diet. Within the category of unsaturated fats, there are monounsaturated and polyunsaturated fats. Both help lower the bad cholesterol (LDL) but monounsaturated fats are more beneficial because they also raise the good cholesterol (HDL), while polyunsaturated fats may actually lower it.

Saturated fats and trans fats are the ones that must be avoided, particularly for people looking to lose weight. Trans fats are formed during the process of hydrogenation (a method of converting unsaturated fats into saturated fats to make margarine, shortening, and some cooking oils.) Partially hydrogenated vegetable oils provide about three-quarters of the trans fatty acids in the U.S. diet, according to the American Heart Association, so look for this term on food labels. Foods that typically carry trans fats are cakes, cookies, crackers, French fries, butter, potato chips, and microwave popcorn. Saturated fats are found mainly in animal foods, such as beef, veal, lamb, pork, poultry, butter, cream, milk, and other dairy products that are made from whole milk. Plant-based oils, such as coconut and palm kernel oils are also high in saturated fats.

Secret #6

The Good Oils, The Bad Oils, and The Ugly Oils

The choice of cooking oils is nearly dizzying. Choosing the healthy ones is about knowing which ones are trans fat-free and naturally low in saturated fats. But there are other complications, even with so-called healthy vegetable oils. For example, soybean, walnut, canola, corn, and safflower oils should be kept to a minimum due to their harmful effects on the thyroid and metabolism. The best oils are olive, flaxseed, sesame, and coconut oils.

Oils high in saturated fats include palm kernel oil, palm, and coconut. The worst culprits are those containing trans fats, such as butter, lard, tallow, and shortenings.

Secret #7

Why the Liver Does Not Process Fats and Proteins Well – The Need for Cleanse

The liver is the powerhouse of the body. Its crucial role is to flush toxins from our systems, whether they come from poor food choices or the environment. The liver is our largest internal organ and is responsible for breaking down and eliminating harmful substances that are constantly circulating throughout the body. The liver acts as a purifier, filtering out what is harmful to the body. When the liver is not functioning optimally, our immune systems can become severely compromised. Ingredients that can be caustic to maintaining a healthy liver include alcohol, tobacco, coffee, white bread and sugar, medications, and cooking oils that are not cold-pressed. Also excess indigestible proteins from dairy products and whey protein can weaken the liver. When these products are ingested, the liver must work overtime to combat their harmful effects. It cannot easily process many of these materials and that's why a liver cleanse is essential to assist the liver in expelling toxins more effectively and to improve proper bile flow, a process responsible for food digestion and the prevention of gallstones.

The liver is our key player in the processing of fat. If the liver is not functioning well, then fats are not going to be digested and eliminated properly and they will be stored in the body in all sorts of unhealthy way. Cleanse the liver and you'll cleanse your entire body.

6

Chapter Six

Eat Foods That Make You Thin

We talk about reducing and cutting and eliminating whenever we talk about losing weight. But there are many foods that you can eat that actually help you lose weight by eating them. This next set of secrets will give you some of the details.

Secret #8

Omega-3 Fatty Acids and How They Remove the Bad Fat

Omega-3 is a polyunsaturated essential fatty acid (EFA) that is crucial for overall health. Since the human body does not manufacture EFAs, we must get them from outside sources. These fats work on a cellular level to reduce inflammation, thereby helping to prevent such conditions as heart disease and arthritis. They are also known for reducing LDL cholesterol levels and high blood pressure.

Omega-3 is most abundantly found in fish oils but it is important to note that there are two different forms of fatty acids at work—Omega-3 and

Omega-6. While Omega-3 tends to reduce inflammation, Omega-6 promotes it. These two elements work in tandem where the ideal diet would consist of 25 percent Omega-6 and 75 percent Omega-3. Unfortunately, the American diet is backwards and is richer in Omega-6 fatty acids. Green leafy vegetables are sources of Omega-6 that you probably don't want to do away with, due to their healthy nutritional content, but sunflower and corn oils are good candidates for reduction of Omega-6 fatty acids.

The greatest sources of Omega-3s are salmon, mackerel, sardines, halibut, and herring. They not only lower bad cholesterol and triglyceride levels, and raise HDL levels, but they are also an excellent source of protein. For non-fish eaters, supplements are available but there are also other foods rich in Omega-3s, including flaxseeds, walnuts, soybeans, spinach, kale, broccoli, beans, and tofu. Cooking oils richest in Omega-3 are flaxseed and rapeseed, while corn, safflower, and sunflower oils are rich in Omega-6. Foods rich in Omega-6 include leafy vegetables, seeds, nuts, and grains.

Boku Super Food contains Omega-3 fatty acids from flaxseed meal, plus dandelion and spirulina which can help curb appetite and enzymes and probiotic nutrients which are known to help digestion.



Secret #9

Nutrient Foods That Curb the Appetite

It seems that television boasts one commercial after another for the latest appetite-suppressant pill. These remedies seem like a quick and easy solution, but many questions arise as to their true benefit. Some are loaded with unnecessary and indigestible fillers, are not meant to be taken long term, have unwanted side effects, are costly, and offer no nutritional value. Once again, turning to nature is the best answer for curbing the appetite. The following are some of the more valuable foods and herbs that can help you say no to excess food.

- Spirulina--this protein-rich algae is also loaded with vitamin B, beta carotene, and iron. Spirulina comes in powder form that is easily mixed into shakes and smoothies. It also comes in pill form.

- Dandelion--a good source of vitamins A, B, C, and D, dandelion is good for the liver and acts as a natural diuretic. It can be found in teas or pill form.
- Chickweed--this food inhibits appetite while providing great nutritional value, including being rich in iron, copper, and calcium. This plant can be eaten raw or added to salads, or may be taken in capsule form.
- Banaba Leaf--A medical plant used in Southeast Asia, this herb regulates blood sugar and promotes healthy insulin levels, helping to moderate cravings and caloric consumption. It is taken in supplement form.
- Psyllium--This natural form of fiber aids weight loss by creating a sense of fullness, particularly when taken before a meal or with a large glass of water. It is found in powder and pill form.
- White Willow Bark--This herb carries anti-inflammatory properties and increases norepinephrine levels, which may stimulate fat metabolism, leading to weight loss.

Secret #10

How Green Tea and Olive Leaves Help You Lose Weight

Green tea has become the darling of health food for many reasons. All teas contain polyphenols which have cancer-fighting antioxidant properties and anti-inflammatory elements. But green tea rises above the others because it contains catechins - polyphenols that not only contain antioxidants and anti-inflammatory properties, but also contribute to loss of body fat and the lowering of bad cholesterol levels. Green tea has been known to increase the process of thermogenesis, a mechanism that turns calories into energy. This is likely related to the flavonoids found in the tea, a substance that works in connection with norepinephrine, a chemical in the nervous system related to calorie burning.

Mediterranean countries have been using olive leaf extract for centuries for the promotion of good health and weight reduction. Taken in supplement form, olive leaves also contain polyphenols. With no known side effects, this herb is an excellent immune system supporter whose key ingredient is oleuropein, a substance that eliminates viruses, bacteria, and parasites. By acting as a natural antibiotic, it keeps the body at peak performance, including keeping sluggishness and fatigue at bay, which increases energy and leads to weight loss.

Secret #11

Four Fibrous Foods to Fell Fat

Fiber is a dream item in the weight loss game for two very good reasons. Fibrous foods have no calories and are high in bulk, which means they create a feeling of fullness fairly quickly. The result is lower calorie consumption and a feeling of satiety. These foods also help slow sugar absorption and regulate the hormones that control appetite.

The largest fiber food groups are fruits (apples, oranges, bananas, and berries), vegetables (peas, artichokes, broccoli, asparagus), beans (navy lentil, kidney, pinto), and whole grains (brown rice, oats, bulgar, couscous, whole wheat bread, pasta, cereals.) According to nutrition experts, in addition to being weight loss inducers, cholesterol-friendly, and decreasing your risk of heart disease and stroke, these foods can also control blood pressure, prevent some types of cancer, severely lower your risk for diverticulitis (a painful intestinal disorder), and guard against cataract and macular degeneration, two common causes of vision loss.

Secret #12

Guar Gum and High Bulking Foods

Insoluble fiber fights fat. These high bulk foods do this by mixing with water upon ingestion and then expanding. It tricks your system into believing it is full and quiets the hunger mechanism. Insoluble fiber is not digested in the body but rather, is passed through your body, helping to remove toxins in your colon along the way. It is not absorbed into the bloodstream and therefore carries no caloric value. Some high-bulking foods include bran, wheat, oat, seeds, nuts, fruit skins, beans, and dark green leafy vegetables.

Guar gum is a fiber that comes from an Indian cluster bean and is often used in weight reduction because it creates a feeling of fullness in the same way the above foods do. It is used as a food additive and has also shown promise in reducing cholesterol. Diabetics, however, should not use guar gum and like many powdered forms of fiber, there is always the risk of esophageal obstruction when water is added because it causes the fiber to expand.

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Chapter Seven

Cleanse and Detoxify

Toxins are everywhere. Not only are they in foods but the environment bombards our systems with chemicals and other harmful substances on a daily basis, from house cleaning products to pesticides to the air we breathe. Our best defense is to cleanse and detoxify our bodies and restore them to their natural state of health.

Secret #13

Natures Powerful Colon Cleansers

Excessive weight is sometimes related to an improperly functioning colon. Poor food choices can cause food and toxins to get stuck in the intestines, causing constipation. A stagnant colon can also lead to fatigue, abdominal discomfort, and weight gain. Caffeine, sugar, white flour, fried foods, and lack of sufficient water can all lead to a sluggish colon. Not only is improper elimination potentially harmful to your health, but it causes a cycle that leads to poor digestion, blood and liver toxicity and even bloating.

There are a number of effective natural ingredients available to help flush the colon and restore it to its properly functioning state. One is Cascara Sagrada, a gentle but powerful herb that acts as a natural laxative. Another is Slipper Elm Bark, an herb that has been highly successful in restoring regular bowel activity. Fennel is another commonly used herb that aids in digestion and intestinal cleansing. Bulking agents, like flaxseed meal, lecithin and guar gum can help push waste through the intestinal tract, while bentonite and zeolite clays and activated charcoal help “pull” toxins from the intestines. Together, these ingredients make a complete cleansing system.

NOTE: Pregnant women and those with intestinal blockages should not use a colon cleanse.

Cleanse and Detoxify with Boku Super Cleanse

Step 1

Gently and effectively move the bowels while cleansing and detoxifying with oregano (anti-bacterial), peppermint (anti-inflammatory), fennel, rhubarb and other herbs.

Step 2

Pull toxins from the digestive and intestinal tract with zeolite clay, activated charcoal, Slippery Elm and other herbs.



Secret #14**Another Herbal Colon Cleaner: Yerba Mate**

Yerba Mate is a medicinal tea indigenous to Paraguay that acts as a natural stimulant with virtually no side effects. It is rich in vitamins, minerals, and antioxidants and also used to cleanse and detoxify the blood, combat fatigue, boost immunity, and control the appetite. Since this green leaf wonder is native to South America, it is much more abundant there, so we must rely on reputable sources to import it. To make sure you're getting quality yerba mate, look for an organically grown product with low dust and no sticks or stems. This will ensure the purest form. Avoid bagged yerba mate tea and try to find bulk herbs.

Secret #15**Olive Oil Liver Cleanse**

Earlier, we discussed the important role of the liver in flushing out toxins in the body and how an occasional liver cleanse can be beneficial. There are a number of ways to perform a liver cleanse, from simple use of olive oil to a combination formula of herbs. Apple juice and extra-virgin olive oil is an effective and simple way to cleanse the liver. An Epsom salt, grapefruit, and apple juice combination is another option. Some people add a little lemon juice to the mix as well. These ingredients can also be consumed separately but most people find it easiest to combine them into a drink and take it before bedtime. A typical liver cleanse recipe might include one cup of water, a tablespoon of Epsom salt, one cup of olive oil, and two grapefruits combined in a blender. For a more aggressive cleanse, some common herbs used for a liver purification include milk thistle, dandelion root, mung bean, lycii berries, and cynara scolymus. People who are pregnant or have liver disease should consult a health practitioner before attempting any liver purification.

Secret #16

Lose Weight With Java

While some controversy surrounds the idea of the “coffee enema,” some swear by it. The difference between a coffee enema and a traditional saline enema is the caffeine. Using coffee in this manner produces different effects than by ingesting it orally. The coffee is absorbed into the anal veins and then travels to the liver where the enzymes work to release toxins. It actually helps to produce more bile and get it to flow more efficiently. Weight loss results from completely flushing out the intestines. To perform a coffee enema, use three tablespoons of organic coffee and boil it in one quart of water for about 20 minutes. Let it sit until it becomes room temperature. Pour it into an enema bag and use as you would a traditional enema. Fifteen minutes later, expel the contents. It is essential that the coffee be organic because commercially grown coffees are not designed to enter the body in this manner. Some medical professionals do not endorse the coffee enema and it is advisable to check with a health professional before attempting it to rule out any contraindications.

Secret #17

Diuretics for Weight Loss

Since our bodies are approximately 70 percent water, it makes sense that water loss will equal weight loss. Using a diuretic to eliminate water weight will also decrease bloating, cramping, and abdominal discomfort. Some herbs that act as a natural diuretic include celery seed, goldenrod, cornsilk, ginseng, danshen root, magnolia bark, and Oriental water plantain. These herbs help eliminate water weight by decreasing fullness in the abdomen, working with the urinary system, reducing inflammation, releasing toxins, and promoting blood flow. Green tea is another good diuretic.

Secret #18

Lose Weight With Water

Water is perhaps the most natural ingredient we could possibly consume. While it is not exactly a weight loss remedy, it does contribute to shedding pounds in a number of ways. Water helps metabolize fats and sugars, and in expediting the metabolism, weight loss follows. Water intake also enhances nutrient absorption, which maximizes the benefit of vitamin and minerals gleaned from foods. Water is also crucial in helping the liver

convert fats into energy. Drinking water may fill you up temporarily but does not typically act as an appetite suppressant alone. Having it during meals can create a feeling of fullness, which can prevent overeating. There are many foods that have a high water content such as salads, soups, fruits, and vegetables. A diet rich in these foods can contribute tremendously to your ideal daily water intake, which is estimated to be eight eight-ounce glasses per day, although some health professionals believe this is more than necessary.

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Chapter Eight

Improve Digestion and Metabolism

Good digestion ensures good nutrition. Good nutrition ensures healthy weight loss, both through natural appetite suppression and increased metabolism. Many Americans suffer from slow metabolism due to dietary deficiencies. Following are some of the secrets to increasing metabolism and improving digestion.

Secret #19

Liver Tonics

We know that the most important job of the liver is to flush toxins from the body and that a liver cleanse can aid tremendously in its ability to do that when the liver is overloaded with unwanted metabolic substances. Now it's time to talk about what to actually feed the liver to keep it functioning properly. Liver tonics have been used for centuries in the form of herbs, foods, and tinctures to keep this masterful organ happy. Some of the best ingredients we can feed the liver are: a potent mix of B family vitamins, folic

acid, zinc, lecithin, milk thistle, and slippery elm bark. Foods that enhance proper liver function include apples, broccoli, cabbage, garlic, tomatoes, asparagus, papaya, walnuts, and avocado.

Secret #20

Live Cultures are Good for Digestion

Not all bacteria belong in the enemy category. There are friendly bacteria that do our bodies a great deal of good. Foods that fall under the category of being probiotics, or having live cultures, provide our systems with the needed good bacteria that work to aid in digestion, boosting immunity, and combating harmful organisms. Probiotics can also help with excessive gas and be used as a diarrhea and yeast preventative. One of the most common bacteria is lactobacillus acidophilus and can be found in foods as well as in various supplement forms. Foods that contain live cultures include yogurt, miso, sauerkraut, kefir, and dahi.

Secret #21

Metabolism Support

In order to maintain metabolic harmony and ensure that this important weight busting system is working optimally, it may be helpful to supplement your diet with some nourishing herbs that will stimulate metabolic function and balance the thyroid. Though some of these ingredients may be available in tea form, most are found in tablets or capsules. These substances include Wild Indigo, Guggal, No Ma Huang, Devil Club Jambul, Kelp, Una de Gato, and Gymnema. The best news of all is that pure cocoa is high on the list. Look for organic dark chocolate products with the highest cacao rating you can find, although the higher the number, the more bitter the taste. Dark chocolate is loaded with antioxidants, magnesium, copper, and potassium. These energizing ingredients will boost your metabolism, so indulge – without overdoing it!

Secret #22

What Will Slow Your Metabolism?

We already know that a slower metabolism can lead to weight gain. Just to enforce the issue and clearly state what foods are most likely to slow your metabolism, these are the worst culprits: processed foods, fat, sugars, and foods with trans fats. Within these categories are hot dogs, sugar-laden

cereals, cakes, cookies, crackers, peanut butter, packaged foods, soy sauce, fried foods, butter, and cream. While this is not a comprehensive list, it includes some of the worst offenders.

Some foods contain goitrogens which are substances that interfere with proper functioning of the thyroid. This can lead to hypothyroidism, which can cause weight gain. These foods are healthy as long as they are not causing a disruption in the thyroid gland, and they include soybeans, Brussels sprouts, turnips, mustard, peanuts, radishes, broccoli, and strawberries.

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Chapter Nine

Get Some Exercise!

You knew this was coming. Exercise is a necessary part of any health program, whether or not it involves losing weight. But losing weight can be accomplished much faster and easier with the addition of exercise. Here are some secrets to getting the most.

Secret #23

You Have to Sweat to Lose Weight

The issue of whether or not you must sweat to lose weight carries validity on both sides of the scale. The body is designed to maintain a normal temperature. During a vigorous workout, the body will automatically heat up. In order to cool down, the sweat glands kick in and do their job. This loss of fluids causes weight loss. However, on the other side of this equation, this water weight must be replaced in order to avoid dehydration. Again, the body looks out for itself and the thirst mechanism lets us know it's time to replenish those fluids. So we drink and put the water back in. While it seems like a useless cycle, it really isn't. Sweating purges toxins from the body, which leads to more efficient and productive endocrine system. Combating any of

the body's sluggish systems can aid in the weight loss battle. It also feels good, as though we're shedding unwanted substances, which we are.

Secret #24

Walking, Running, and Bike Riding are the Best Exercises

There are all kinds of exercises and as stated earlier, some of them are better suited for creating a more limber body as opposed to promoting weight loss. Most of those fall under the category of the Oriental or Eastern practices, such as yoga or tai chi. When shedding excess pounds is the goal, you need to look for activities that will get the blood pumping and the calories burning. Cardiovascular fitness exercises are the most beneficial because they lower blood pressure, reduce body fat storage, increase oxygen consumption, and causes weight loss. Some of the best exercises to accomplish this include bike riding, brisk walking, running, and swimming. These activities employ every bone, joint, muscle, and organ in the body. They provide a total body workout with a special focus on the big muscles (the legs) and body core. Concentrating on a particular area is fine (for example, if abs are a problem, there's nothing wrong with doing sit ups), but for maximum weight loss, putting the entire body to work is best.

Secret #25

Sex is a Great Workout!

Does the idea of a sex diet sound good to you? Good, because sex burns calories. And let's face it, there are many advantages to this bedroom fat burner. It's fun, builds intimacy, and works all areas of the body. There are no restrictions and plenty of room for creativity. Sex builds a more limber body, increases your heart rate, and gets the blood pumping. Bedroom gymnastics can replace a food craving and relieve stress. You'll sweat, tone your muscles, and best of all, lose weight. If you're working hard at traditional weight loss exercises, you deserve to incorporate some fun into your battle of the bulge, so go for it!

Secret #26

Keep Your Body Moving

The human body was designed to be in motion. There are many clues to this concept. Stagnation causes weight gain and disease. Hospital patients who are immobile need to be physically moved or else they develop bed sores.

Being still for too long causes muscular stiffness and pain. There are many ways nature lets us know that our bodies are supposed to be moving. Whether you break a sweat or not is secondary to the idea that it's important to just keep those limbs, organs, joints, bones, and muscles active. Even the simplest of activities increases energy, improves the mind's clarity, generates weight loss by burning calories, and keeps every bodily system functioning optimally.

There are myriad ways to keep moving without having to indulge in formal exercises. For example, try walking to the store instead of driving. Take the dog for a walk instead of a romp in the backyard. Don't have a dog? Offer to walk your neighbor's dog. Do housework--vacuum, scrub the bath tub, mop the floor, and enjoy a clean house while dropping inches. Jog in place while watching television. Do leg lifts while reading. Play a heart-stomping CD and dance. Use the stairs instead of the elevator.

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Chapter Ten

There's An Emotional Side to Losing Weight

Anyone who's ever struggled with weight knows that there are not only physical reasons why the pounds add up, but there's a psychological component as well. The mind is actually a powerful player in the weight loss game. Nature designed us so that our biology and psychology work in tandem with each other. This means that we must be mindful of the emotional reasons for overeating and how to combat those.

Secret #27

The Food Industry's Dirty Little Secret: Hunger is Not an Emotion

As mentioned in the first secret in this book, hunger is not an emotion. In fact, it's not even an urge to fill up your stomach. Rather, it's the body sending signals that it needs fuel...in the form of nutrient-rich foods. Food shows, commercials and restaurant ads help to establish and re-enforce the connection between the sight of food and happiness. Eating tasty food is supposed to leave us feeling happy. Eating at certain restaurants is supposed to make us happier. The more we connect eating with happiness, the more money the food industry will make.

Remember, food does not make us happy. If used properly, food satisfies our body's need for fuel, so we can have the energy and vitality we need to function well. And that can lead to happiness.

Secret #28

Food Addiction, An American Epidemic

For some people, eating is not about hunger but rather it is about addiction. Often this means that there are one or more underlying issues that prompt the person to grab food (usually unhealthy comfort food) instead of working through the problem with a more practical approach. Seeing a counselor who specializes in food addiction issues can be a tremendous help. For those who clearly know what they are compensating for can work at it to make more healthy conscious choices when emotional issues arise. Recognizing that opening the refrigerator is a procrastination for facing an uncomfortable situation is the first step in closing it.

Secret #29

Avoid Impulse Buys

Keep in mind that supermarkets are designed to promote impulse buying and that this is something you must make a conscious effort not to fall prey to. They're hoping that while you're standing in line that you'll grab that candy bar two inches away from you and toss it into your cart. Don't do it. Most of the items are deliberately small and enticing, designed to seduce you at the last minute. They are also almost always the unhealthiest food items, loaded with fat and sugar. If you are feeling particularly distracted by them, try reading a magazine instead. Luckily, most supermarkets also offer those as last minute impulse buys as well. Or start a conversation with the person behind you. Or take this time to make a cell phone call. Each time you avoid an impulse buy, you will feel empowered and this will likely inspire you to do it again next time.

Secret #30

Add an Alternative Weight Control Method

Many alternative health approaches have shown such great success that they are practically mainstream. Many of them are ideal for the weight loss seeker because they work in combination with the inseparable relationship between the body and mind. Some of these methods include biofeedback,

acupuncture, counseling, aromatherapy, support groups, nutritionists, and meditation. There are many others but these are some of the most popular approaches. Find the best practitioners by asking how long they've been in practice, what methods they use, their success rates, and what kind of training or licensing they have.

Secret #31

Give Yourself a Break!

Lastly, don't be too hard on yourself. Losing weight takes knowledge, effort, and determination. And it doesn't happen over night. But when you see the pounds beginning to disappear, try rewarding yourself. Go to the movies, get a massage, take that vacation, buy those shoes you've had your eye on. You deserve it. And if you fall off the weight loss wagon, don't stress. Just get back on. It's always there for you.



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