

# WEIGHT LOSS MISTAKES AND SOLUTIONS



## How to Avoid Common Weight Loss Mistakes

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**Special Offer:**

The image displays three tablets showcasing the 'Smoothie Diet' program. The left tablet shows the 'Quick Start GUIDE' with the subtitle 'EVERYTHING YOU NEED TO START' and the author 'Drew Sgoutas, Ch'. The middle tablet features the main title 'The Smoothie DIET' with the tagline 'LOSE WEIGHT • FEEL AMAZING' and the author 'w Sgoutas, Ch AAD'. The right tablet displays the '3-DAY Detox' program with the subtitle 'CLEANSE • RESTORE • RE-BALANCE' and the author 'Drew Sgoutas, ChC, AADP'. A yellow measuring tape is coiled in front of the tablets. A green circular icon with a cloud and a downward arrow contains the text 'INSTANT DOWNLOAD'. At the bottom, a red banner with white text reads 'GET \$10 OFF Yes I Want To Lose Weight!'.

**"You didn't gain all your weight in one day; you won't lose it in one day. Be patient with yourself."**

***Jenna Wolfe***

**"Weight loss doesn't begin in the gym with a dumb bell; it starts in your head with a decision."**

***Toni Sorenson***

**"Fitness is like marriage, you can't cheat on it and expect it to work."**

***Bonnie Pfiester***

## What the Weight Loss Industry doesn't want you to know?

- Diet Food Is Not Healthy & They Do Not Work (Did you already know that Aspartame has been diagnosed to cause symptoms of cancer? There are a number of chemicals that are used in this diet or "health" food that are actually very toxic to our bodies. If you look at what ingredients diet food has, you'd be surprised at the amount of different chemicals within that are very unnatural to our bodies. Nobody knows what will happen to your body after consuming diet food for a prolonged period)
- Weight Loss Business Is A Repeat Business: If you get thin, they would be out of business. That's why you hear about more and more unbelievable stuff being put out for you to buy. Most diets don't work because they are not supposed to work. The diet industry involves HUGE amounts of money and it doesn't make sense (from a business point of view) for them to get you thin. It's a license to print money at the expense of your health.



- Eating Different Food In Certain Patterns Can Easily Make You Lose Weight: One of the most effective ways to lose weight is a method that makes your body's metabolic levels run high and your body burn fat in a natural way. Any external gimmick is bound to result in automatic failure (such as pills, potions). Why use gimmicks when the answer can be found within your own body?
- Working Out Is Not An Effective Way To Burn Fat (A workout has only a 20% effect on your weight loss journey. If you eat the right way, it's going to have up to an 80% positive effect on your body weight)
- By Keeping Your Metabolic Activity High You Can Lose Weight Without Any Extra Diet Food, Weight Loss Pills Or Any Other Gimmicks (that have little or no effect but empty your hard earned money from your wallet)

## Real Reasons Why You Are NOT Losing Weight

- You Believe That "Diet Food" Or "Health Food" Or Other Light Products Make You Thin: If you find yourself searching for the next great light meal or some diet food when you are grocery shopping or always asking for a diet coke, then you are facing a problem that many others are experiencing. You are trying to lose weight with the wrong products. All gimmicks such as "light food" or "diet food" are not going to get you anywhere besides spending your hard earned money. These things are only there to get you into a vicious cycle of gaining weight and even health problems (because these "health foods" tend to have quite a lot of chemicals in them and some artificial sweeteners have even been reported to be dangerous to consume(Aspartame to name one) )
- You Are Consuming Too Much High-Carb Food: Trying to eat all kinds of salads in hope of losing weight does not work. During the day you might eat bread, rice and other high-carbohydrate meals.

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It's been researched that carbohydrates trigger the brain to crave even more of it. This ends up causing a cycle which leads to eating becoming harder to control. As a result, you might be taking all kinds of snacks during the day. By engaging a high protein (and low-carb) diet you are not only going to feel hungry less often but it turns your body into a fat-burning machine (because your body needs a lot of energy to digest that meat).

You Don't Have a Clear Goal: Weight loss as any other goal you might have should be clearly stated. "I want to lose XX pounds in XX days".

You're Counting Calories And Not Concentrating On Positive Results: This has been discussed many times over, but if you focus on how many calories you should take and so on, you are not concentrating on anything else such as the positive results you should have from your dieting. Your thoughts become negative, leading to negative results. Find out what type of diet or lifestyles are beneficial to weight loss and follow them. It's as simple as that. For the calorie counters: It doesn't matter if you count your calories or not, because your body will adjust to the diet very quickly. In other words: if you eat less calories, your body will spend less calories. It's simple and stupid.

## **7 Deadliest Weight Loss Mistakes**

### **Mistake #1: You're Eating Diet Food**

If you are eating diet food, you should stop immediately. Why? Well, first of all, they are not going to get you to lose weight (if you want to know why, then read the WEIGHT LOSS FUNNEL Report).

Second, you must understand what measures the manufacturer is taking in order to make that "regular food" into "diet food". In order to get the right texture and taste into their product, the manufacturer has to replace ingredients that are not "healthy" with chemicals to make it appear real. These chemicals are definitely not healthy and some sweeteners have even been reported to cause cancer (aspartame).

## DISCOVER THE FEMALE FAT-LOSS CODE MISSED BY MODERN MEDICINE



Diet food is often more expensive than regular food. A common misconception is that this price premium is due to the fact that diet food is actually healthier. In reality though, diet food is often mixed with chemicals to replace more natural ingredients that are in fact cheaper for the manufacturer.

Don't be fooled by the diet industry about "Diet Food" because they are actually going to make you gain more weight instead.

### **Mistake #2: Small Portions And Less Calories Intake**

If you think that eating small portions will allow you to slim down, then you are dreadfully wrong.

Body is very adaptable and it will adjust to your diet. If your intake is normally 2000 calories per day and you decide to reduce that amount to 1500, your body will quickly adjust to that and burn only that amount of calories.

This essentially means that if you decide to eat less in hope that you're going to lose weight, you are dead wrong.

### **Mistake #3: You Skip Breakfast**

Skipping breakfast is a major mistake because this is literally the most important meal in your day. After the night, your body starts suffering from a lack of food intake and your metabolism is low. The best way to fix this is to eat a healthy (big) breakfast, causing your metabolism to go back up.

When your metabolism is active, it will help burn energy and fats.

In short, you should never skip breakfast.

### **Mistake #4: Water Consumption Is Too Low**

60%-70% of your body is made up of water. This is why you need to have a healthy intake of water every day. If you are on a diet, you should keep an extra eye on the amount because if you don't drink enough water, your body will start storing water because it thinks that it's not going to get enough. This results in water retention which is detrimental to your overall weight loss plans.

As an essential guide to not only lose weight but stay healthy, drink lots of water.

### **Mistake #5: Salad As Main Meal**

Sure, salad has a smaller amount of calories. However, after you've eaten a salad you're pretty hungry again quite soon. Hence, if you eat only a salad as your main meal on a daily basis, you're probably lying to yourself that you don't feel hungry during the day.

After all, a light meal does not make your metabolism burn energy as if you've eaten a good steak! A balanced meal is in fact far more beneficial and will also help you keep away from those snacks!



### **Mistake #6: You Workout Hard In Order To Lose Weight**

If you believe that the harder the workout, the more weight you lose, you're probably going to end up being disappointed. Perhaps if your workout is burning 5000 calories, then maybe it will work. But why workout so hard for minimal to zero results?

A workout is good for your overall health and it'll firm up your muscles. Nonetheless, it doesn't get your weight down effectively enough. If you're going to the gym only to lose weight, you should instead consider something like a good healthy walk 30 minutes per day in order to lose weight through some physical activity.

### **Mistake #7: You're Not Setting Any Goals**

If you don't set any specific goal such as 7 pounds in two months, then you're not going to lose weight. The truth is that setting goals is a very important part in your weight loss journey. It's all about setting realistic goals. If you set a goal of 30 pounds in 30 days, then it's not going to work and you'll be disappointed afterwards.

Worse still, this small failure might lead to your giving up on weight loss completely.

If you set up realistic goals that you can achieve, then it's more likely going to happen. Once it happens, you will gain a positive experience and can set another goal that is going to get you even closer to your ideal body weight.

## **Effective Methods To Losing Weight**

### **A. "Metabolism Booster" Method**

This method is about a conservative weight loss method. It's not a rapid way, but it's excellent if you really want lose weight steadily and for the long term. You can also keep your ideal weight once you've used some of the quicker methods below. But as we all know that if you want to keep your weight from fluctuating, then you should be aware that most of the quick diets yo-yo your pounds back in no-time. To avoid this, you should watch what you eat as well as the quantity.

1. Eat at least 6 or 7 times a day.
2. Never eat too much. You should always stop right before you are full
3. Drink lots of water on a daily basis (Remember the 8x8 rule: Eight 8-ounce glasses of water per day, that is around 1.9 liters)
4. Don't do heavy exercises, but regular walks of at least 30 minutes every day (6x a week)
5. Pure, organic food without any conservative chemicals (Many ready made "TV-dinners" contains many toxic chemicals)
6. Try eating as much as protein every meal as you can (but still remember rule #2)
7. Avoid carbohydrate products such as spaghetti, rice, potatoes, bread but instead eat fresh vegetables.

This is not as strict as a low-carb diet, but more of a lifestyle you should be following because high-carbohydrate meals tend to make people fat. Forget about salad-only meals because it doesn't give you the protein you need. Turkey, Sea bass and other types of "white" meat are good for this purpose.

Always try to replace the high-carb ingredients with vegetables whenever possible.



## **B. "Kill The Carbs" Method**

Low-carbohydrate diets have been around for a long time and there is still some controversy about whether it's safe or not.

Before you start this diet, you must understand that this might be rather taxing on your body so be sure to consult your physician before undergoing it. People with kidney disorders should not try this. The same precautions apply to pregnant women as well as people with diabetes.

The basics of a low-carbohydrate diet are about eating protein rich food so that your body doesn't use carbohydrates as the main source of energy, but rather your own body fat.

There are different phases in this lifestyle (or you can take it as a diet as well):

1. Induction: Your carbohydrate intake must be less than 20 grams for the first 14 days. Following that, your body will enter a state of

ketosis. This means that your body will burn its own fat because it's accustomed to get that energy from your carbohydrate intake. When that is not available it will use the body fat to get energy instead. This is an extremely effective way of burning fat.

2. Then you should be gradually increasing the carbohydrate intake by about 5 grams a day. You are going to reach a state where the total amount of carbohydrates is around 30-90 grams per day. Once you spot an increase in your body weight, you should go 5 grams back. What amounts to 5 grams then? A handful of peanuts, one cup of strawberries, etc. Know your food and be careful about it.

Check your local library for a list of what amount of carbohydrate a particular food has.

You should also get some vitamins because you might initially feel drained as the state of ketosis prohibits you from eating large amounts of fresh vegetables. Exercising should also be on your daily menu, but not a hard workout. Instead, walking or some other light activity will be far more effective for this cause. Once you stop this diet, you should be VERY careful about how much and what you eat because if you don't watch out, the pounds can come back very quickly.



### **C. "Shift Those Friggin' Calories" Method**

Calories shifting is something people have had tremendous success with. It's about giving your brain the thought that your body has gotten a good healthy sized meal with many calories. The result of this is that it will start burning more calories than you've taken in. However, this is by no means about counting any calories. And because you are eating in certain patterns, your body does not get used to any single pattern and adjusts for it by lowering your metabolism. Instead, your metabolism is kept high at all times, which results in effective fat burning capabilities.

The best part of this diet is that you are eating from all the food fields that your body needs; vegetables, fruits, meat, etc - so it's very natural and going to get that fat burning at a high rate. Nevertheless, you need to be strict about the amount you are eating. You should not exceed a certain amount of a particular food type.

This method also brings about quite some variety and you can even choose from the various food types once you find something attractive and tasty. Despite that, you need to first have a balanced diet that your body is accustomed to. Hence, in order for this to work, you should have a normal diet comprising normal food like a regular breakfast, healthy lunches and a proper dinner. This is the foundation which works as a springboard for your calories shifting program.

Day 1: High Calories (+400 cal)

Day 2: High Calories (+200 cal)

Day 3: Low Calories (-500 cal)

Day 4: High Calories (+100 cal)

Day 5: Low Calories (-400 cal)

... And So On (Variation is the key – your metabolism thinks it's going to get a basic amount of energy, but then it gets less – You lose weight)

You should not be eating more or less than 4 times a day (every 2,5 – 3 hours).

You must be aware that there are certain food types you should be eating others you should abstain from.

Get a good book listing calorie values of different food and make a list items that you're about to eat. Then simply make a 10-day plan shifting calories daily. You should make that list once and then never look back on your calories. If you think only about how many calories you've eaten, you become insane just because you have to watch and read everything all the time. Just make a list of your food and then just follow your plan. Don't over-complicate matters.



## **Why Going To The Gym Is Only Good For Firming Up Your Body And Not Effective For Quick Weight Loss**

Let's face the facts: If you really want to lose weight quickly, then going to the gym is not the answer, because it has been researched that your body does not effectively burn fat from a hard workout, but instead from what you eat.

Sure, working out is healthy and should be endorsed but it has little

to nothing to do with quick weight loss.

Instead of killing yourself at gym, what you should do is have a healthy walk for at least 30 minutes a day. Only 30 minutes daily can (and certainly will) result in better health, increased energy and more weight loss (when connected with a proper diet). By having this type of walks daily, you will get into better shape and your weight will definitely go down.

Quick instructions:

1. Tempo should not be too quick
2. Walking and talking should be possible the same time
3. You should be ready for a quick walk without any preparation and equipment
4. The longer the better, 45 or 60 minutes will not harm you, quite the contrary

Your Mental Goal Is A Huge Factor (And How Your Attitude Will Affect Your Results)

You should always set goals when losing weight. If you don't set your goals, then it's very possible that your whole dieting plan might not go the way you imagine it.

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## List the following:

1. What is your current situation right now? List all your eating habits, food preferences, everything that could affect your weight loss. Working out, etc.
2. What is the reason you want to lose weight? This could be an upcoming event, summer, or even for a certain special someone. List the single BIGGEST reason you can think of.
3. What are the benefits you get from your weight loss? List AS MANY as you can. It can be health, better energy, admired by partner, etc. This should be your main motivator.
4. Your Goal. "I want to lose XX lbs of weight in XX days" - Write this in bold and make it really sink in. I would personally say that putting more than 10 lbs per 2 weeks is not realistic, especially if this is your first attempt at a goal like this. Be realistic. You must write "I want" not "I wish".

Write everything down and look at that paper every day. Put it into a place where you can see it. Once you see it every day, you will constantly be reminded of WHY you do this and what the benefits are.

## GET THE BODY YOU DESERVE!



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**BE PERSISTENT ONCE YOU TAKE ACTION BECAUSE IT'S NOT GOING TO BE EASY STEPPING OUT OF YOUR COMFORT ZONE.**

You must definitely want to lose weight.

If you see yourself making excuses rather than STARTING a diet that is effective, you should think about why you don't really want to lose weight. You must be able to step out of your comfort zone and JUST DO IT!