

# HOW TO **S**OLVE **Y**OUR **W**EIGHT **L**OSS **P**ROBLEMS FOR **L**IFE

*Diets Never Work..., but Habits Always Do!*  
*Why the Key to Healthy Weight Loss Is to Make a Habit of Boosting Your  
Metabolism*

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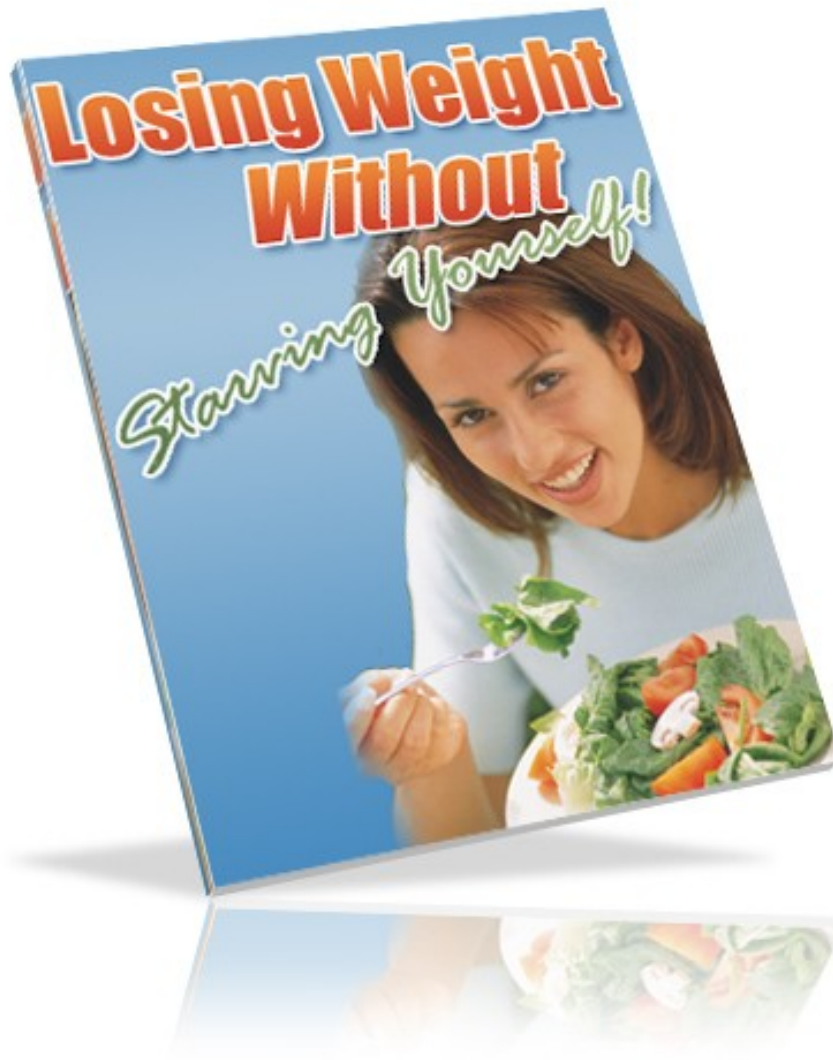
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## Introduction

I want to thank you and congratulate you for your interest in the book, *“How to Solve Your Weight Loss Problem for Life”*.

In the following pages you will learn how to develop habits and establish a lifestyle that accelerates your metabolism for weight loss!

Picking up and reading this book is a good sign. It means you are tired of all the diet or weight loss programs that offer themselves as if they are *cures* to a disease and want to take matters in your own hands. The drive you are feeling right now will provide you with the push you need for the following weeks. It may not be easy, but it is guaranteed to give you permanent results. This is because you will focus specifically on the simple premise of *accelerating your metabolism* and utilizing caloric deficit to start burning fat without introducing overcomplicated dietary overhauls.

Here are some of the topics included in this book:

- *Understanding weight loss and weight gain in the simplest way possible*
- *Why your previous diet attempts failed*
- *Adopting the mindset and being in charge*
- *Managing your habits and solving the weight loss problem*
- *Your crash course to HIIT training and other*
- *Attaining and sustaining caloric deficit without calorie counting*
- *Adopting positive eating habits*
- *And many more!*

Thanks again for taking interest in this book, I hope you enjoy it!

## Chapter 1: The Weight Loss Problem

We have all been there. At some point, most people who are living with a more-than-necessary body weight have tried a diet or two only to be left clueless as to what went wrong. You may also have signed up for weight loss programs that still offer no permanent solution to your *weight loss problem*. Perhaps you may have experienced some results, but lacked the long-term drive to keep them forever and regain the few pounds you have worked so hard to lose. Oftentimes, people just give up and abandon all hopes for living a healthier and more physically active life.

### ***Chapter Summary:***

*\*\*Understanding Diets and Weight Loss Programs*

*\*\*How do you Actually Lose Weight?*

*\*\*Breaking Out of the Cycle; Changing Your Mindset*

Weight loss is an ordeal for millions of people all around the world. It is a problem that will not only diminish your self-confidence and make you miss opportunities for enjoyable experiences (especially physical ones); it will also put you at risk for numerous health complications. Since this probably is not your first time to read a book about weight loss, you should already know about the risks such as heart diseases, osteoarthritis, anxiety, and potentially cancer.

### ***Why Diets Fail***

Despite the attention given to treating obesity and providing millions of patients with the life they deserve, the cases of being overweight continues to *increase* in countries around the world, particularly in developing countries. There are several factors that lead to this dilemma. The most common being the inability of a weight loss program or diet to become sustainable for the long-term, which is indispensable for achieving permanent

results and for reaping the benefits of hard work. Why are such programs so hard to maintain anyway? The main reason is that most people are just *compelled* to stick to a diet or workout routines. They seldom feel genuinely enthusiastic about their new lifestyle and simply *suppress* their old habits without forming new ones to take their place.

It is also true that a lot of diets are too strict and encourages people to adopt eating habits that are simply not enjoyable. This leads to that person being either too hungry or too unsatisfied with his lifestyle. Either way, this may get that person to eventually quit.

There are many other things that failed dieters blame such as their *genetics, working conditions, lack of time, slow metabolism*, and so on. This human behavior has created countless of variables that a lot of people use as excuses to fail in achieving their weight loss goals. In the end, the only thing that is *constant* in every individual case of obesity is the *mindset* of that person; and this is the first thing you should look at when identifying why you are still struggling to lose weight.

### ***How You Actually Lose Weight***

Mindset and willpower are both extremely important in achieving weight loss; or anything for that matter. However, that does not mean the science behind the creation of diets and other weight loss programs are false. It all boils down to your metabolism and how your body obtains, stores, and expends energy. First of all, remember that there are only *three possible situations* that may affect your weight; caloric surplus, caloric deficit, and caloric balance. Here are brief explanations for each of these situations:

1. **Caloric Balance** – Your weight **remains the same** with a few fluctuations of 1 to 3 pounds. This occurs when your body is gaining just enough energy from food to support your daily needs. In other words, you are meeting the demands of your *maintenance calories* just enough as to not alter your weight in any way.
2. **Caloric Surplus** – Your weight **increases** and will only slow down or stop once you reach the uppermost ranges of the *Body Mass Index (BMI)*. This is the result if you continue to consume far more calories than what your body actually uses in order to function. As a result, the excess calories are stored into body fat. Stored fats can accumulate in various areas in your body including your thighs, arms, belly, and chin.
3. **Caloric Deficit** – Your weight **decreases** and your body slims down. This is the



dream for a lot of people suffering from obesity. Caloric deficit can be attained by consuming fewer calories than you need, burning *more calories* through higher levels of physical activity, or a combination of both. If your body cannot obtain energy from food, it resorts to using your reserves of fat for fuel.

If you are reading this book, then you are probably experiencing any of the first two situations. No matter who you are, where you live, or what you do, you need to achieve caloric deficit in order to shed the excess fat in your body. *All* weight loss programs aim to achieve caloric deficit as it is basically the only way to lose weight (unless you undergo surgery).

### ***Changing Your Mindset***

Another explanation as to why people find it difficult to lose weight permanently is the *lack* of urgent indicators. Regardless of seriousness, most of the health hazards of being overweight will probably take years before they begin showing symptoms. On top of that, it just feels incredible to *eat* and sit around all day; watching movies, playing videogames, drinking with friends, and whatnot. And although medical experts have factual and scientific explanations for the processes involved in *weight gain*, they fail to provide enough emphasis on the *single most important factor* that makes the difference between your current self and the body of your dreams – your habits.

Some people argue that it is a mistake to label obesity as a *medical condition* rather than the result of poor self-discipline; and they are probably right. The notion that being overweight should be treated as a disease undermines the importance of willpower backed by motivated action that will eventually bring the results that matter. This alone makes it difficult for a person to sustain their efforts and forget that their habits are what ultimately *shaped* (no pun intended) them to be the people they are now.

You may argue that being overweight is in your blood. You may notice your father, mother, grandparents, siblings, and even your cousins have weight problems. However, the worst thing genetics can actually do to you is to provide you with an excuse; an easy way to drain your motivation. It sometimes prevents you from even trying at all. Remember that while some people may accumulate fat faster and lose them slower than others, becoming overweight due to anything *but* sustained caloric surplus is a biological impossibility.

On the other hand, caloric deficit is a biological possibility for *all* humans; no exceptions. This is why it is more than possible for everyone to shed pounds and achieve the weight they desire *if* they focus on attaining a lifestyle that boosts metabolism; so forget

overcomplicated and overhyped diets.

## Chapter 2: Understanding Habits

The human body undergoes several metabolism processes that allow it to function normally and survive. This includes your *digestion*, which is responsible for absorbing food to be used as energy for everyday things. In everything you do, you consume energy; but chances are, you are not expending enough energy to utilize everything you put in your body.

### ***Chapter Summary:***

***\*\*Introduction to Metabolism Acceleration***

***\*\*Learning What Habits Do to Your Weight***

***\*\*Getting Started with Your Plan of Action***

As stated in the previous chapter, it is impossible for you not to lose weight. Your body fat will react accordingly to your dietary and physical habits. Since your body fat works as a single system, you cannot *target* which area of fat to burn. This is why plans that focus on *trouble zones* (spot reduction) such as the belly and upper arms are utter nonsense. The good news is *all* the fat stored in your body can be used for energy, and that is what this book is all about. All you have to do is to *make* them available for your body.

### ***The Plan of Action***

The plan of action is simple; *accelerate your metabolism* and sustain caloric deficit until you reach your target weight. In order to achieve this, you will *eliminate* your habits that make you gain excess calories while adopting new ones that will make you burn them effectively.

To get started, you should perform a quick cleanup of the habits that contribute to your increase in caloric intake. These could be eating habits brought about by the lack of time-management and stress *or* habits that make you live a physically inactive life. These habits should be obvious to you by now, but as a guideline, here is a short list of such habits:

- **Eating While Watching (or any other activity)** – One of the most common bad habit that could be pumping you up with unwanted weight is having a bowl of popcorn or a bag of chips in hand as you watch a movie or a late-night show. The main problem with this habit is you can easily lose track of how much you have eaten since your mind is preoccupied with something else. Judging from the most common snack - a bowl of potato chips - this habit can make you gain an extra **155-310 calories** per day.
- **Being a Couch Potato** – In relation to the bad habit above, being a *couch potato* or just sitting around lazily for hours not only steals opportunities to burn fat; it also leads to other health complications. This includes anxiety, depression, high blood pressure, kidney stones, osteoporosis, diabetes, and even *cancer*. The damage from being a couch potato comes from *not* giving yourself even the littlest of opportunities to shed extra weight. If you were sitting for 2 *hours* trying to finish a movie, you deprived yourself the chance of burning **100-200 calories** when something as simple as *walking* or even *standing*.
- **Emotional (Stress) Eating** – Everyone knows that eating can be a soothing experience, especially with sweet treats. Unfortunately, a lot of people have adopted the habit of *emotional eating*, which is eating as means of stress relief. In addition to the added calories, emotional eating exacerbates the problem by doing little to suppress your appetite regardless of how many cups of ice cream or how many pieces of donuts you consume. You may not succumb to stress eating all the time, but when you do, you gain an excess of **200-500 calories** depending on your choice of comfort food.
- **Lack of Sleep** – Sleeping has many effects in your ability to lose or gain weight. First of all, sleep deprivation impedes the metabolism of carbohydrates; leading to the secretion of more *insulin*. Insulin is a hormone that triggers the storage and accumulation of body fat. Another hormone that sleep affects is *cortisol*, which controls your appetite. Although sleep has many other complex effects that affect your weight, keep in mind that sleeping alone can burn calories relative to your weight. This could be around **40-95 calories per hour**.
- **Starving Yourself** – The reason why a diet that includes skipping meals is destined to fail is because doing so most likely guarantees overeating in your next

meal. Furthermore, you may be forced to skip a meal because you fail to plan ahead of time. This often occurs at work, on a long road trip, or heading out in general. Take note of this bad habit since this one of the first ones you will be dealing with in the following chapters. Keep in mind that an overeater, especially someone with an already identified weight problem, can eat up to a whopping **1,000 calories** in one meal if they are in the *mood*.

- **Too Much Beer (or any alcoholic beverage)** – In addition to keeping you awake at night and leading to the lack of sleep, drinking alcohol can contribute not just to a bigger belly but a bigger body. The main problem is that alcohol is metabolized first by the body as an energy source, which adds a roadblock to attaining caloric deficit. Sure, occasional drinking is not really condemnable since most people do it, even those who stay in shape. But make sure it stays that way - *occasional*. Sure, not all drinks are calorie powerhouses. But in one casual night of drinking, an average drinker can gain anywhere between **300 and 700 calories**; depending on their drink.

There are other obvious activities that may contribute to your weight gain, but the root cause will always be living a lifestyle that sustains caloric surplus. Taking a look at the list above, it should be easy to tell that calories can quickly add up if you do not keep track of your habits. This is why your next priority is to clean it up as soon as possible.

### ***Cleaning Up your Lifestyle***

The premise of performing a *cleanse* is brilliant, but then again, most people focus mainly in cleaning up their diet with little attention to their other weight-gaining habits. In this version of a cleanse, you will prohibit yourself from doing any of your bad habits, and you will do this as long *as they are still considered as habits*.

## Chapter 3: The Habit Cleanup

There is a clear reason as to why people are susceptible to forming bad habits that can lead to weight gain. Since these experiences are pleasurable to the brain, a behavior that will make that person engage more in such activities would arise. Thanks to the *American Medical Association* for announcing that obesity is a disease, a lot of overweight people forget that they gradually grew heavier while they did nothing about it.

### ***Chapter Summary:***

***\*\*How to Eliminate Bad Habits***

***\*\*The 21-day Habit Formation Theory***

***\*\*Your Habit Replacement Guide***

Eliminating habits, especially the ones that you have been doing over the years, is never a simple task. Habits, good or bad, are formed in a process that experts refer to as *context-dependent repetition*, where the human brain forms strong connections between a *trigger* and a *response* with a repeated activity. For example, you have a bad habit of emotional eating right after doing overtime work. Overtime work is the trigger and stress eating is the response. It makes sense that if you want to eliminate a bad habit or the *response*, you need to stay away from your triggers. However, if it is this simple, then everyone would be living perfect lives.

The key is to make sure you have *no time* to perform your response even if you were exposed to the trigger. First, you need to identify the exact trigger for a particular bad habit; after which, you should *schedule to do something else* once you find yourself in a situation where encountering the trigger would be inevitable, preferably with a more positive activity. In other words, you simply need to *replace* the habit.

## ***The 21-day Habit Formation Theory***

A lot of people believe in the premise that doing something every day for *21 consecutive days* immediately turns that activity into a permanent habit. It can be used to form habits for saving money, organization, productivity, and so on. However, some people think that the 21-day habit formation theory is overhyped and does not always work.

True, there may neither be factual nor scientific evidence to prove that you can establish permanent habits by doing the activity for 21 consecutive days straight, but since it encourages consistent context-dependent repetition for a prolonged period of time (three weeks), there is no other way to best describe a habit formation process than what the 21-day theory already did.

With this being said, the next step is to start *reconfiguring* your schedule for the next three weeks (and hopefully many more weeks beyond that) and loading it with better habits that is targeted for your main goal; to accelerate your metabolism and lose fat rocket fast.

If you still have not identified all your weight-gaining habits after what you have learned in the previous chapter, it is recommended that you get started right away by listing down the top **10** bad habits that you deem responsible for your current situation. Of course, you do not exactly have to fill this number, but you should use this as an upper limit to make the process of forming habits in 21 days easier.

## ***Creating a Habit Replacement Guide***

For the following chapters of this book, you will start learning new activities that should be as mentally engaging as the bad habits you have identified earlier. Let us start with the simplest and easiest habit that you can do *today* which will make you burn up to **300 calories**. Since this activity can be easily repeated throughout the day with little preparation, it is a good idea to use it as a replacement for the bad habit that affects you the most frequently.

## ***Taking Brisk Walks***

*Why:*

- *It is easy to do for someone with weight loss problems*
- *It is stress-busting*
- *It can burn up to 300 calories in 30 minutes*
- *It improves overall cardiovascular health (for more intense exercises)*
- *It strengthens leg muscles*
- *It promotes better sleep (when done in the afternoon or night)*
- *It sharpens focus and stimulates creativity*

*How:*

- *Walk briskly for 5,000-10,000 steps to burn 300-600 calories in a day*
- *Be mentally engaged in the activity*

One of the simplest and most straightforward ways to extend caloric deficit and get your metabolism running is to exercise. *Walking* is basically the basest form of a *cardio exercise* that can burn through your caloric reserves without exerting too much strain in your body. Let us face it; if you are already suffering from weight problems, then physical exercises are probably not the easiest thing to do. However, walking is a different story. It is an activity that anyone can do regardless of weight and age. It is also something that you can always make time for.

Remember that the physical benefits of brisk walking reaches beyond the amount of calories burnt in one session. In addition to boosting your metabolism further by improving the circulation of blood and oxygen throughout your system, habitual walkers find out that walking induces an almost trancelike state, especially when done at night. Just like how taking long showers in a tranquil environment can relax the mind, brisk walking can engage the attention of a person without becoming too boring or tiresome, making it easy to walk greater distances than if you jogged.

All you need to do to get started is comfortable clothing, an appropriate pair of sports



shoes for walking (anything that is durable and comfortable), a jug of water, and your cellphone for music and in case of emergencies. For most busy individuals, this habit is best done in the evening after work and a few hours before sleeping.

For this habit, be sure to identify a trigger that formerly starts a bad habit as a response. For example, changing into home clothes after work usually leads to the habit of lying down on your couch with a bowl of popcorn and TV remote/game console controller in hand. Instead of this, you should change into your *walking gear* right after work with your phone and a jug of water in hand.

Lastly, you can use a free mobile application to help keep track of your steps or distance and improve the overall experience of walking. There are such applications that are free for Android and iPhone devices such as *Runtastic*, *Runkeeper*, *MapMyWalk*, and *Nike+*.

## Chapter 4: More Easy and Active Habits

Brisk walking with substantial calorie burn (30-60 minutes) may not be that easy to fit into your schedule, and is probably not the best replacement for *all* of your bad habits. True, brisk walking alone is highly effective for burning fat over time, but it is simply not enough to help you get rid of your weight problem. At the most, a person can only sustain a brisk walking session *once a day* for the long-term, but doing it two or more times a day would be overkill. Fortunately, there are plenty of other activities that can boost your metabolism and burn excess calories while taking significantly less time.

### ***Chapter Summary:***

***\*\*Introduction to HIIT (High-Intensity Interval Training)***

***\*\*What Is the Afterburn Effect and Why You Need It***

***\*\*Simple HIIT Exercises to Rocket Boost Your Metabolism***

The next step to accelerating your metabolism and losing weight is to introduce *High-Intensity Interval Training* or *HIIT* habits in your lifestyle. The concept of HIIT is simple; you aim to work *harder* and not *longer*. In bodybuilding, lifters emphasize the importance of lifting heavier weights instead of performing more repetitions. This is because performing a burst of an exercise with higher intensity is shown to give significantly faster results than a lengthened exercise with relatively low intensity. This effect is comparable to what HIIT can offer those with weight loss problems.

In addition to burning more calories and contributing to caloric deficit with the exercise itself, HIIT induces the *Afterburn effect*. The Afterburn effect boosts your metabolism and burns even more calories *after* the exercise. This effect is also known as the *Excess Post Exercise Oxygen Consumption*. During this effect, the body undergoes numerous processes such as hormone rebalancing, cell reparation, and anabolism. In turn, the body utilizes energy for these processes while restoring ample oxygen distribution. The harder the activity was before EPOC, the harder your body works and the more calories are burnt. In short, HIIT is just a practice that fully utilizes the Excess Post Exercise Oxygen Consumption (EPOC) of the body to burn even more fat.

There are plenty of ways to take advantage of the afterburn effect through HIIT. The good news is it does not require any complicated effects. All you need to do is to perform exercises that burn calories in a more intense manner.

### ***Using HIIT Training to Lose Weight Faster***

*Why:*

- *Shorter exercises can easily replace your bad habit responses*
- *You can have plenty of exercises to enjoy*
- *HIIT can burn up to 500-600 more calories per day*

*How:*

- *Replace a habit (response) with a 10-30 minute HIIT session*

Another reason as to why walking is the best first step to a lifestyle for accelerated metabolism is because it can ease you into more intense cardio activities. These activities include:

- ***Jumping Rope***
- ***Sprinting/Running***
- ***Swimming***
- ***Lunges***
- ***Cycling***
- ***Knee-ups***

- *Jumping Jacks*

- *Push-ups*

Just like walking, repeating the same HIIT exercise in one day can be too tiring. The only exception is for the easier exercises such as using a jumping rope and performing jumping jacks. These exercises may be repeated multiple times a day with little risk of injury. With this in mind, they can be used to replace a lot of bad health habits in a day. To ensure success and safety, perform the exercise for **10-second bursts** with full intensity and **rest for 20 seconds**. Be sure to consult your doctor before engaging in a lifestyle with HIIT training, especially if you have existing heart conditions and other health concerns.

### ***Can I use HIIT to Gain Lean Muscle While Losing Weight?***

Theoretically, it should be impossible to see success in a training routine that is aimed for muscle growth while you are also focusing on losing weight. Why? The simplest explanation is that muscle growth requires *caloric surplus* while weight loss requires *caloric deficit*, and as described back in the first chapter, these two are complete opposites and therefore cannot occur simultaneously.

However, there are special conditions that may allow an individual to lose weight *faster* while also growing muscle in the process. In the bodybuilding community, there is what is known as *body recomposition*, which is the process of gaining muscle while burning fat at the same time. Weighty people who never built muscles before can easily take advantage of body recomposition by accelerating metabolism in combination with specific HIIT exercises.

Keep in mind that recomposition has no set effect in your weight. While burning fat and gaining muscle, you could be losing weight, gaining weight, or making little difference to it depending on your training routine and current body composition.

## **Chapter 5: Adjusting Your Meal Habits**

Now that you are slowly adjusting your daily activities as you form habits that accelerate your metabolism and promote caloric deficit, your next goal is to employ meal habits that comprise mainly of two things: controlling the amount and *time* in which you have your meals.

### ***Chapter Summary:***

*\*\*The Only Changes You Need in Your Diet*

*\*\*The Meal Habits That Will Maximize Caloric Deficit While Keeping You Healthy*

*\*\*Not-so-friendly Foods for Accelerated Metabolism*

The first thing you need to know is that there will be no set rules on what type of food you should eat, although there is a basic list of foods you need to avoid in order to make sure that you are staying away from junk. This is crucial if you want to remain healthy and energized throughout your new lifestyle, especially since you are still adapting to the habits you have set for yourself for the next 3 weeks.

### ***Taking Smaller Meals Frequently***

*Why:*

- *It will keep your cravings at bay round the clock*
- *It will grant you more control over your portions*

- *It can actually reduce your overall daily caloric intake*
- *You can satisfy your taste buds with different kinds of food*
- *It can keep your blood sugar levels in control*

*How:*

- *Never go for 6 hours without eating a small meal*
- *Eat 4-5 small meals per day*

In the distant past, people used to think that if you want to lose weight, you need to eat *less*. This makes sense since the less food you put in your body, the less calories it absorbs. As this happens, your body relies more on stored fats for energy; but this entire process involves other effects that can be detrimental to the outcome. Not only is it not healthy, it can also increase the amount of carbs you eat in a day.

As described in Chapter 2, this mentality leads to the bad habit of overeating, which is brought about by the need of your body to satisfy your hunger. On the other hand, if you develop the habit of eating just so you can suppress your appetite, then you can have full control of how much calories you gain without the influence of satiety.

Also, it is essential that you make sure you are having *small meals* that, when combined, will not make you go over your maintenance calories. Note that it is perfectly fine to eat and provide your body with 100% of your maintenance calories in a day since you are already sustaining caloric deficit from walking and HIIT exercises. This is what makes this plan sustainable in the first place. For this purpose, you need to estimate your maintenance calories to make sure you do not go over it. You can use free online calorie calculators such as:

[www.calculator.net/calorie-calculator.html](http://www.calculator.net/calorie-calculator.html)

[www.freedieting.com/tools/calorie\\_calculator.htm](http://www.freedieting.com/tools/calorie_calculator.htm)

[www.active.com/fitness/calculators/calories](http://www.active.com/fitness/calculators/calories)

## ***Drinking Water before Meals***

*Why:*

- *It increases satiety by filling the stomach*
- *It improves digestion*
- *It allows you to save up to 50 calories in a meal*

*How:*

- *Drink 16 ounces of water within 10 minutes before meals*

An average adult should hydrate with up to 10 glasses of water to maintain good health. If you incorporate this habit with the 4-5 meals you have each day, then you only need 6-5 more glasses to meet this quota. Hopefully, this will be filled whenever you rehydrate after walking or an HIIT exercise.

## ***Chew Food Properly***

*Why:*

- *It increases satiety even with small meals*
- *It allows you to enjoy the taste of food more*

*How:*

- *Chew 30-40 times with every bite before swallowing*

It is a known fact that whenever food enters the stomach, it takes a while before the *full* signals reach your brain. This is one of the underlying reasons why eating too quickly

almost always leads to overeating. If you take your time and chew your food thoroughly, you can give your system an ample amount of time to verify if you have already eaten enough. In addition to this, chewing your food properly will also improve digestion, not to mention that it will allow you to savor the taste.

### ***Foods to Avoid***

Remember that this book does not encourage you to completely ignore the importance of proper nourishment to become healthy. To supplement your new lifestyle, you have to avoid foods that lack the nutritional value to make them worth the calories they come with. Without further ado, here is a short list of foods you should stay away from to sustain a healthy caloric deficit:

- *Foods high in sugar*
- *Commercially packaged products*
- *Canned foods*
- *Fried foods*
- *Foods (and beverages) with artificial sweeteners*



## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to establish a lifestyle filled with habits for a boosted metabolism!

**Also, don't forget to get YOUR FREE BONUS BOOK at the end of this book!**

The next step is to enjoy adding just about any habit in your life using the methods you have learned in this book. After all, there should be a lot of new things you want to try after achieving a healthier, slimmer body!

Thank you and good luck!

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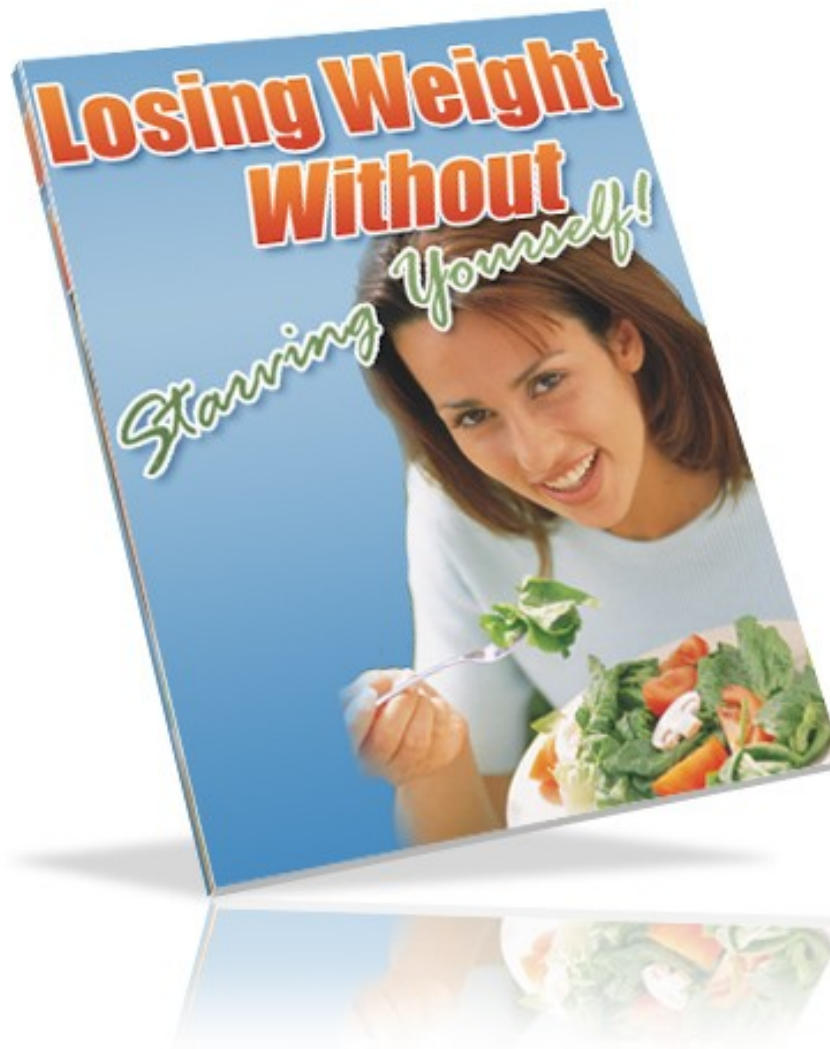
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***Inside these pages is a wealth of information about losing weight and still feeling like you're cheating on your diet. What can you find?***

- Information about metabolism and why it controls your weight loss.
- Putting yourself into the right mindset to lose weight
- What foods you can eat
- What foods you CAN'T eat
- How to shop for the right foods

- And much, much more!

This book takes the advice of nutritionists, diet experts, and even the Mayo Clinic to offer YOU the best advice around on how to lose weight and not feel hungry in the process. After all, that's why most people hate the thought of dieting.

Some people think that eating salads every day is the only way to lose weight. Well, it's a good start, but, really, truly, how long do you think it will take before you dread the mere sight of a lettuce leaf?

The truth is that salads alone just can't satisfy the needs of the average person. It'll work for a while, but you run the risk of falling hopelessly off your diet – and quickly at that!

Believe it or not,

**You Can Enjoy Regular Food And Still Lose Weight!**

It's true! I didn't think so either until I read this book! The secret to losing weight without starving yourself is right here inside these pages. Plus it gives you some excellent advice on what foods you should eat, portion sizes, number of meals and exercise regimens. In fact, you will read about:

- A great fat burning exercise workout
- Toning exercises
- Exercise to banish cellulite
- Walking for weight loss
- And other forms of exercise to help you along!
- When there are over fifty percent of our fellow Americans who are out there struggling with their weight, there's really no reason NOT to buy this book.



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