THE 10 DAY
ANTI-INFLAMMATION
FAT BURNING PROGRAM

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Chapter 1

Introduction

Losing weight can be one of the most difficult things a person has to do. Like smoking, food is sometimes an addition. There are many reasons why someone may be overweight. In most cases, it is due to lack of exercise and eating the wrong foods. Often, people overeat out of habit. They may pick at food casually all day long or indulge in snacks that they love. In some cases, a woman has just had a child and needs to lose the excess weight that she gained after having the baby. This can be difficult as often a new baby is exhausting and distressing on the body. It can be tough to lose weight after giving birth, especially if you have other children to look out after.

My problems with weight gain didn't start until I was older. I was a skinny kid all my life and even into adulthood. Even after I had my kids, in my 20s, I managed to get off the weight by using just a diet and a little bit of exercise. I seemed to be one of the lucky ones who didn't have to struggle with weight, although I saw plenty of my friends and family members trying to get excess weight off. It did help that I had my children at a younger age and had them nearly three years apart - it gave my body a chance to get back into shape each time.

I remember when I turned 30, I started feeling as though I was putting on weight, and I was. A friend of mine told me that after 30, weight was more difficult to lose, so I joined a gym. I got back into shape. As a matter of fact, a good diet and exercise got me thinner than I was in high school. Although many people felt that at 5'7" and 118 pounds, I was far too thin. Over the years, I gradually gained the weight back. After I hit 40, I began to see that it was even more difficult to get the weight off. I went to another health club and got on a scale and saw I was 155 pounds. This was more than I weighed when I gave birth to my daughter.

It was harder to get the weight off after 40, but I managed. Then I turned 45 and it got even harder. For two years, I was not overweight, but not happy with my appearance. I no longer fit into my shorts and jeans and took to wearing elastic skirts all of the time to hide the excess weight. I would take some of the weight off, but then during the winter months, especially over the holiday season, it would creep back up. After the last holiday season, I found that I was up to 145, mostly due to eating foods that were delicious, but were no good for me. A sedentary lifestyle that we often have over the winter months also played into this fact.

This summer, however, I was determined to lose the weight that I gained and get back into my shorts that had been neglected for two summers. This time, however, I decided to do some investigating into weight loss and see which plans worked best. Naturally, I wanted to take off as much weight as possible in as little time as possible. I was able to lose 10 pounds in 10 days by using some of the tips in this book. Through diet and exercise, I then took off the remaining 9 pounds that was a bit more than my weight loss goal and now fit into my shorts.

Losing 10 pounds in 10 days is not as difficult as you think. Whether you just want to jump start a diet or if you are seeking a way to just rid yourself of some vanity weight, the methods in this book that I discuss are safe and will work for you. I also explore some unsafe ways that some people will tell you work with weight loss and why you should not try them as well as your ideal weight for your height and age. Many people, especially women, tend to have a distorted view of their bodies and what they should weigh. This is why before you attempt weight loss, you should not only have a goal in mind, but also make sure that this goal is a healthy goal that will make you look and feel better, as well as healthier, without looking gaunt.

Once you learn how to lose weight in this book, you will also know how to keep it off. In addition to teaching you how to lose 10 pounds in 10 days, this book also teaches you how to live a more healthy lifestyle, without having to join a gym, buy special foods or put out any money. After you lose the 10 pounds, you will feel much more empowered over your body and your health. Even if you have more weight to lose, this is a good start towards taking that weight off and keeping it off.

Many weight loss programs will tell you that you should only lose 2 pounds a week if you are on a diet. The reason for them telling you this is very simple - they want you to keep going to the program so that you can continue to pay. If you continue to follow the examples set forth in this book, you will not only be able to lose 10 pounds in 10 days, but you will also continue to be able to lose weight at an accelerated pace.

Chapter 2

Diet Dos and Don'ts

Diet is the most important aspect of weight loss. What you eat shows up all over your body. Those who tell you that you can take a magic pill and eat all the junk that you want and still lose weight are lying to you in order to sell pills, which are usually dangerous.

If you're serious about losing weight, there are certain foods that you can eat, and certain foods that you should not eat. This does not mean that you have to eat nothing but rabbit food, but it does mean that you have to pass up on that Big Mac with fries.

This entire book could be comprised of foods that you should not eat when you are on a diet. There are many foods out there that are delicious but are not good for you as they are high in fat or sugar. I am going to concentrate on foods that you will most likely eat in order to give you some diet dos and don'ts.

FOODS TO AVOID

The following are foods that you should avoid when you are seeking to lose 10 pounds in 10 days, or any time you are watching your weight. In fact, these foods are good to avoid…period:

- Fast foods
- Fried foods
- Products marked low fat or diet
- Cookies
- Candy
- Cakes and other sweets
- Frozen foods

Notice that this list does not include words like "carbs" or "trans fats" This is because dieting to lose weight is not a complicated plan. You do not have to cut out all of the foods that you eat or eat just protein, although you should increase your protein intake. You just have to avoid foods that are diet saboteurs.

Fast Foods

Fast foods are usually fried, greasy, high in fat, high in sugar, processed with chemicals or high in sodium. The first thing that you want to avoid when you are seeking a way to lose weight are any fast foods. That means any of them. Many of them are disguising themselves as "healthy foods." They're not. In order for fast food giants like McDonald's to offer salads, they have to be able to buy the ingredients so that they can be stored and distributed all over the country. Those "diet salads" often have more calories in them than some of the sandwiches, especially if you add the dressing, which is usually high in fat and sugar.

Take your lunch. Even if you take a peanut butter sandwich from home, you are still getting less calories than you would if you ate at fast food restaurants. Actually, peanut butter, although fatty, is very good for you as it is a good source of protein. You just do not want to overdo it.

One of the first things that you need to do if you are going to lose 10 pounds in 10 days is to give up the idea of eating out. Skip the muffin that you get in the morning and the lunch that you eat at a fast food joint in the afternoon. Take your lunch for 10 days and you will see a difference in your weight.

When I wanted to take off weight in the past, the first thing I did was eliminate McDonald's from my diet. I used to like McDonald's, but knew that a Big Mac, an order of fries and a Coke were more calorie content than my body needed for one meal (that typical menu is 1300 calories). I was never big on

calorie counting and prefer to do things simple, but I knew that the calories that I consumed for fast foods were more than those consumed from foods that I brought from home and didn't really fill me up. Make eating fast foods the first thing that you eliminate if you are trying to lose weight.

Do not be fooled by Subway ads that say you can lose weight by eating their foods. They consist of processed meats and cheeses that are not good for you, either. In order for fast foods to be mass produced as they are, they have to be treated with chemicals. If you want a vegetable sandwich, make it at home and bring it to work.

Fried Foods

Fried foods are delicious. Even bugs would taste good if they were deep fried. But foods that are deep fried are high in fat, usually unsaturated fat. While many restaurants are getting rid of trans fats in their foods, due to demands by the FDA and other legal authorities, fried foods are high in fat and are not good for any diet. They are also high in calories. Eat foods that are broiled or barbequed if you want to lose weight and stay away from anything fried.

Many people eat fried foods because they are inexpensive and filling. But fried foods are one of the main reasons why people put on weight in the first place. They do not offer you the nutritional value that you need for your body and what little value they do have is diminished by the fact that they are fried. When you cook, use a George Foreman Grill to make meats and even grill

vegetables. If you have to use any oils so foods will not stick, use Extra Virgin Olive Oil.

Products Marked Low Fat Or Diet

So many people think that they can eat so-called "diet" foods when they are on a diet. The stores are filled with these foods that are usually loaded with chemicals and often are no better for you than the regular foods. For example, Cheezits - one of my all-time favorite snacks. There is a low-fat variety of Cheezits that I actually prefer over the regular Cheezits. However, if you look at the fat and calorie content, you will see that there is not much difference.

Snackwells are the same. These are low fat cookies and cakes. What people do not realize is that they usually end up eating more of these foods because they feel that they are "diet" foods. Foods that are sweet and marked for being a diet food contain a sugar substitute (one of the many latest to come around) that is worse for you than actual sugar.

People tend to overindulge in the low fat or diet snacks and foods that are out there, thinking that they are getting away with something. While you can replace your regular foods with low fat, you have to be aware of the chemicals that the foods may contain as well as the fact that they are not that much lower in calories. If you have a hankering for Cheezits, have only a small portion of the low fat type, but do not feel that because they are low fat, you can eat the entire box.

You are better off having real foods in your home than those that are marked low fat or diet as you

will not be tempted to over indulge in eating that will sabotage your diet.

Cookies, Candy, Cakes and Other Sweets

Stay away from sugar if you want to lose 10 pounds in 10 days. Sugar is one of the main reasons why people gain weight. Many people have a sweet tooth and cannot help but indulge in these foods. Sugar is processed through the system very quickly. It is hard on the digestive organs and causes them to work extra hard to process the foods for elimination. Sugar stays in the blood stream and turns to fat. While it can be difficult for anyone with a sweet tooth to give up sweets, it is essential that you do this if you want to lose weight.

Sweets do not offer you any nutritional value whatsoever. They do nothing to help your body and are considered empty calories. You are eating them for nothing and they are showing up as fat on your body. Some diets tell you to avoid all foods that contain simple carbohydrates, such as bread. But while breads have nutritional value and are at least filling, sweets offer you nothing. Nothing but calories that will pile up on your body.

Frozen Foods

Lean Cuisine? Do not bother. Stay away from all frozen foods. They are loaded with sodium. They have to be loaded with sodium in order to keep. Sodium will also make you retain water and will hamper your ability to lose weight. If you think that those diet foods that you see in the frozen food aisle are your answer when it comes to losing weight, think again. Not only do they have excessively small portions, but the sodium content negates the low calories in these meals.

By cooking at home and eating real foods, you can end up not only losing the weight that you want to lose, but also eating healthier Avoid fast foods, fried foods, sweets, diet foods and frozen foods if you want to lose weight.

FOODS TO EAT

When you are looking for foods to eat on your diet, look towards natural foods. Also be careful how you cook them. You should also increase your protein intake so that your body will burn more calories.

One important meal that you do not want to miss is breakfast. You should eat protein for breakfast when you want to lose weight fast as this will boost your metabolism and cause you to start burning fat early in the day. Foods to eat for breakfast should be high in protein, but not contain sugar. Stay away from so-called protein bars.

Hard boiled eggs, broiled meats and whole grains are a good choice for breakfast. A soft boiled or poached egg is also a good choice when it comes to early morning food because eggs are a good source of protein. Eggs have a bad rap as being high in cholesterol, although this is not true. Egg whites are a good source of protein and as long a they are not fried, they make a good breakfast choice.

Salads are good for lunch. You can try a low fat dressing, although you can easily make your own salad dressing. Use Extra Virgin Olive Oil and Balsamic Vinegar and add herbs like Oregano and Basil to the dressing and it will be low in fat and will not contain preservatives. Grilled vegetables are also a good choice for lunch meals.

You want to add protein to your diet, but not a lot of fat. Chicken breast is a good source of protein and if you broil it, you will be getting the benefits of the protein without the fat.

Fish is also an excellent source of protein as is red meat. A hamburger without a bun, for example, that has been barbequed, will give you protein that you need for the day.

If you have a sweet tooth, eat fruit. While fruits have sugar, unlike sweets they do supply your body with the nutrients that you need. Vegetables are also essential to a healthy diet. You can eat vegetables like celery and carrots all day long - they have minimal calories and you actually expend more calories to chew these vegetables than they contain.

In most cases, the foods to eat when you are trying to lose weight are common sense. If you know which foods to stay away from, you should know which foods to eat. Cooking the foods is very important. You should cook at home instead of eating out and watch the oils and seasonings that you use. Simple substitutions, like hamburger that you make at home or chicken breast, for lunch instead of a fast food sandwich, can make a tremendous impact when it comes to weight loss. Substituting fruit instead of eating cakes will also make a difference.

Eat three meals a day and do not eat in the evening. You can snack between meals on raw vegetables. You will find that by following this diet plan, you not only lose weight successfully, but also feel better as well.

One thing that you have to remember is to eat only until you are not hungry any longer. Instead of stuffing yourself until you cannot eat any more, eat until you no longer have a hungry feeling. When you do have a feeling of hunger, eat something that is not one of the foods to avoid and then wait 20 minutes before you snack again. Often, it takes some time for the signal that we are no longer hungry to travel to the brain. You do not need to starve yourself to lose weight. You can do so and even be healthier at the same time if you follow this type of diet.

Chapter 3

Green Tea Does It Work?

There has been a lot of talk about green tea and how it can work for diets. Does green tea work to help you lose weight? Yes. As long as it is home brewed, unsweetened green tea. If you think that you can drink gallons of sweetened green tea and lose weight, think again.

Green tea has health benefits that are not found in black tea. In general, tea is a drink that is good for you. There are hundreds of different teas and many different flavored green teas. You can have green tea either caffeinated of de-caffeinated. This acts as a diuretic and will cleanse out the system. I drink green tea all day long and have managed to maintain my weight after losing the weight I wanted to lose while going back to my regular diet.

While water works well as a diuretic, green tea is more stimulating. Speaking from someone who has tried both, green tea works better when it comes to dropping the pounds than just drinking plain water. I drink de-caffeinated green tea that I brew myself. You do end up visiting the bathroom often when you drink tea or water all day long, but you also manage to cleanse out your system and keep off the weight.

You should look for green tea in bags or loose that you can brew at home. One of the nicest aspects about green tea is that you can drink it hot or cold. It is easy to make iced green tea even without a tea maker. You just need to have tea bags, a container and boiling water. Put the tea bags into the container, add the boiling water and let it brew for about five minutes. Then fill up the rest of the container with cold water and remove the tea bags.

Refrigerate it and you will have iced tea that you can drink all day long.

You can find flavors of green tea in the grocery store that do not contain any calories. Natural green tea, however, works the best. You should not add sugar to the tea as this will defeat the purpose in drinking it.

If you do not like the taste of green tea unsweetened, then drink water. You will find that you take off your water weight, which is usually about five pounds, right away by drinking plenty of green tea or water throughout the day. Not only will it help you lose weight, it also keeps you filled up. You tend to want to eat less when you drink unsweetened drinks all day long. To the contrary, sweetened drinks, even those that are made with artificial sweeteners, make you want to eat more.

Stay away from canned green teas or those that are sold in the stores that are already brewed. They will not allow you to lose weight but can also contribute to you gaining weight. You can also make "sun tea" by putting tea bags into cold water and putting the container by the sunlight. It will brew naturally throughout the day and the taste is often better than if you make it with boiling water.

There are diet green teas that are on the market that are supposed to let you lose more weight. These diet teas are usually heavily concentrated in caffeine. You can get the best effects, without the jitters that you get from taking in too much caffeine, by drinking regular green tea.

If you drink caffeinated green tea, switch to decaffeinated green tea as the day wears on so that you will not be kept awake by the effects of the caffeine. You may want to switch your morning drink from coffee to green tea so that you can get a head start on the day. Although both contain caffeine, the caffeine in coffee is more potent than that in the green tea and less of a diuretic.

Chapter 4

Body Cleansers

You have probably seen the many ads for body cleansers that are also used for weight loss. These are usually comprised of water mixed with some herbs that are supposed to flush out your system and let you lose weight. Many of these body cleansers sell for $50 and up. Save your money.

The way that body cleansers, or detoxifiers as they are also called, work is to cause you to drink a solution and then follow it with two large glasses of water. You can get the same effect by drinking a glass of green tea and then following it with two glasses of water. You will be going to the bathroom repeatedly and flushing out your system.

Flushing out your system is good for weight loss, but you do not want to overdo it, and you certainly do not want to spend a lot of money on water. If you are interested in this form of weight loss, you can use a detoxifier once every few days that you make yourself. You can add herbal ingredients such

as lemon pepper to water and drink it down. But green tea is much more pleasant.

There is such a thing as drinking too much water. You do not want to overload your system with water on a regular basis as it is bad for the kidneys. You should drink 6 to 8 glasses of green tea or water a day to lose weight or maintain weight loss. Drinking too much water can be very trying on the kidneys.

Just like diet pills, body cleansers are sold to the public as the magic way to lose weight without trying. Many of these cleansers are sold to supposedly detoxify the body against toxins and also drugs that you may be taking. You can get the same detoxification from drinking unsweetened liquids and water.

While it can be frustrating when you are trying to lose weight and you may want to reach out to something that will allow you to do this easier, you

are wasting your money and your time by purchasing weight loss body cleansing products. Again, there is no "magic" way to lose weight. Taking off 10 pounds will take you 10 days if you follow this healthy regime. It will work and what is more, you will feel healthier. The only thing that will be heavier on you will be your pockets from the money that you saved from falling prey to products that are designed for those with more money than sense.

Chapter 5

Why Starvation Does Not Work

One way that I used to diet all the time is exceptionally unhealthy. I did this often in my early 40s and used to wonder why I was unable to lose anything more than 5 pounds. This is called the "starvation diet."

A friend of mine explained to me that not only is the starvation diet a dangerous way to diet, but it is also ineffective. The starvation diet is just what it sounds like - not eating. Or eating a piece of bread all day long. Naturally, this is not healthy for you, but people do it anyway. The reason people use the starvation diet is because they are desperate to lose weight and feel that by consuming no calories, they will take the pounds off.

You can lose weight, naturally, by starving. But it will take you a long time. On top of that, you will be unhealthy and feel sick. You will feel weak and tired all the time. You may faint. A woman in a town a few miles away killed a child on a bicycle because she fainted at the wheel of her car after going on a starvation diet.

When I used to starve myself, I would be able to take off five pounds right away. However, this is normal in weight loss. This is water weight and will come off no matter what type of diet you try. Then I would get frustrated because I wasn't able to take off any more weight. This was because my metabolism had shut down, only I didn't know this until years later.

In order to burn off the fat on your body, you need to have a healthy metabolism. Your metabolism is what burns off the calories. In order for your metabolism to work properly, it needs fuel. It is just like a machine, without fuel, it shuts down. Just like

your car does not run without gasoline, your metabolism does not run without food.

What happens when your metabolism shuts down?

When your metabolism shuts down, your body goes into "starvation mode." Your body is smart - a lot smarter than you think. When the body senses that it is not getting fuel, it starts to shut down, just like a machine. That means that everything starts to shut down, including your immune system.

You do not burn off calories when your metabolism shuts down. You end up staying at a stalemate when it comes to weight loss. You also find that your immune system shuts down. This is why I used to always feel sick when I tried to starve myself thin.

Starvation diets do not work and are very unhealthy. While you can get past starvation mode and eventually start to lose weight, you will be doing so at great risk to your health. Often, this type of thinking and dieting method leads to anorexia, a condition that causes someone to have a distorted view of their body and feel that if they eat anything, they will become fat. This is a psychological disorder that can occur when someone feels in control, perhaps for the first time, of their weight. It will lead to a complete shut-down of the organs and death.

There is another reason that starvation diets do not work. After a while, when your body is crying out for food, you will start to feel as though you are very weak and will most likely give in to temptation. You will probably gorge yourself on something that is not good for you. Then you might try to starve again. This is known as binge eating and often results in just the opposite effect. You actually gain the weight that you lost and then some. On top of that, you are taking chances with your health in this manner.
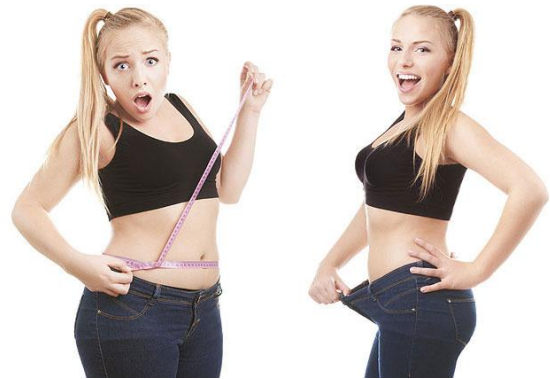
You can lose weight in 10 days. You do not have to starve yourself to do it. In fact, if you starve yourself, you will not lose the 10 pounds, but probably about five pounds. Then you will feel sick and weak and most likely, get disgusted with the entire thing and eat, gaining the weight that you lost back and then some.

Chapter 6

What You Drink! Watch What You Drink!

I used to work with a woman who complained that she could not lose weight. She was doing all of the right things - eating the right foods and exercising constantly. In fact, she seemed to eat less than me and definitely, by her accounts, exercised more than me, but she still could not lose weight. I figured she just had a low metabolism and that mine was higher. Then one evening after work, when our group went out to dinner, I saw why she was not losing weight.

After her fourth cocktail, she said that she was drinking more than she was used to. Apparently, she drank a few cocktails at night, every night. In fact, everyone in the entire department knew that this woman liked to drink but me. This was why she was not losing weight.

When you are dieting to try to lose weight, you often concentrate on the foods that you are eating. This is good - you need to watch what you eat when you are trying to lose weight. But you also need to watch what you drink.

Whenever I wanted to lose five pounds in a week without really putting myself out, I skipped the cream and sugar in my coffee. This simple thing allowed me to lose weight. I did not put that much sugar in my coffee nor cream. But I realized that sugar is really an enemy of those who are trying to lose weight.

Alcohol is filled with sugar. People think that they can have wine and get away with drinking and still lose weight. While red wine may be good for you in some capacity, it is not good for you when you are trying to lose weight. No alcohol is good for you - it all contains sugar. Some of it contains more sugar than others. Mixed drinks, such as cocktails, usually contain the most sugar. Beer is high in sugar. White wine is high in sugar. The lowest sugar content that you can get in alcohol is from a very dry, red wine. But you should still avoid that when you are trying to lose weight.

Soda is off limits. It is nothing more than liquid candy. Even diet soda is bad for you and will not promote weight loss, but rather weight gain. The carbonation in the soda leads to addition weight and hampers weight loss efforts. You should not drink soda or diet soda when you are trying to lose weight.

Milk is high in fat and should be off limits. Juices, while some of them being good for you, are high in sugar and are off limits when you are dieting to lose weight. You should watch juices anyway as many of them contain very little fruit juice and a whole lot of sugar.

Energy drinks and sports drinks are also high in sugar content and need to be avoided when you are trying to lose weight. You should not be drinking anything but water and perhaps black coffee and tea, when you are seeking a way to lose weight.

It is just as important to watch what you drink as what you eat when you are dieting.

You may be consuming hundreds of calories a day with what you drink. The reason my colleague at work could not lose weight was because she was consuming more than the calorie content that her body needed through her alcohol intake. She was never going to lose the weight as long as she continued to drink.

For some people, a simple switch to water from their everyday drinks can make all the difference in the world when it comes to weight loss. I knew a woman who was a heavy cola drinker who switched to water and claimed to have lost 30 pounds in a month just from making this simple lifestyle change.

If you want to lose weight, you need to not only watch what you eat, but also watch what you drink. Water, unsweetened coffee and unsweetened tea have no calories. Drink these only and stay away from so-called diet drinks as they will prohibit your weight loss efforts.

Chapter 7

Why You Need To Exercise

D ieting without exercise is a complete waste of time. Remember when we talked about metabolism? It gets revved up when you exercise. Exercise will not only help you burn off fat and promote weight loss, it will also make you feel more energized and emotionally healthy as well. If you think that you can just diet yourself thin, think again. You need to exercise in order to lose weight.

It is also important the type of exercise that you do. You need to do cardiovascular exercises in order to lose weight. Cardiovascular exercises get your heart pumping and your metabolism going. They are exercises such as the following:

- Running
- Speed walking
- Jogging
- Elliptical training
- Stair stepping
- Rowing
- Jumping
- Dancing

All of these get your heart rate climbing and help you burn off calories. While toning and yoga exercises are a good way to relax, cardiovascular exercises are a good way to get energy and burn fat. This is the reason that you need to do them as early in the day as possible.

You should set your alarm for 15 minutes earlier than usual and make it a point to exercise in the morning. You do not have to buy expensive gym equipment for your home. You do not have to buy into a gym membership, although this is not a bad idea. You just have to get your heart going in the morning by exercising and raising your metabolism. When you combine cardiovascular exercises with protein in the morning, you are setting your metabolism up to burn off calories during the day. By simply adding 15 minutes of exercises in the morning, you will be able to easily take off 10 pounds in 10 days.

When you first start out exercising, you can start out slow. Never over exert yourself or get to the point where you feel ill. If you get dizzy from exercise or feel pain, stop. You may want to start out by brisk walking or even lightly jogging in place in the morning. Any little bit of exercise that you can do that you do not normally do will help you lose weight by boosting your metabolism.

Do not think that you will get tired from exercise. Just the opposite. You will have more energy by exercising than by not exercising. This is why you should not do cardiovascular exercises in the evening before you go to bed.

If you cannot manage to do cardiovascular exercise when you get up in the morning, you should do it when you get home at night. You should wait at least 20 minutes after eating to exercise and never do it right before you go to bed. If you are looking for a way to unwind during the evening and also tone your muscles, giving you a better shape, you can do Pilates. These are stretching exercises that can help your body get into shape while relaxing you at the same time. Yoga exercises are also good for exercising before bed.

Running in place is a good way to get your heart pumping in the morning and does not require that you buy any equipment or spend money at a health club. You can run in place right as soon as you get out of bed in the morning and then jump up and down to get your heart going. The more exercise you do, the easier it will be. You will find that every day, this gets a little bit easier and you have more energy. Once you get into an exercise routine, it is like an addiction. The more you exercise, the easier it gets and the more fit you become. As you start to see results, you will want to exercise even more.

Exercise not only helps you lose weight, it also promotes toning of the body. As you lose fat, you need to do something about the skin. You do not want it to sag, so by exercising, you can tone your muscles and tighten your skin.

You will also feel healthier mentally when you exercise. Many people who need to lose weight grow depressed. Some people actually are depressed which is the reason that they are overweight - they eat out of a source of comfort. Exercise actually boosts the serotonin in the brain and makes you feel better. Taking a brisk walk will help you feel happier. This is compared to the effects of an antidepressant.

Do not attempt to lose weight without exercise. You do not have to do a great deal, just 15 minutes a day will be enough to make an impact on your weight loss. If you combine the above recommendations for food and drink with 15 minutes of exercise in one day, you will be able to easily lose 10 pounds in 10days.

Chapter 8

How To Eat

It is not only what you eat that can cause you to gain weight or not lose weight, but also how you eat. My father, for example, complained of not being able to lose weight, despite the fact that he never ate breakfast or lunch and only had dinner. The reason he was unable to lose weight was because he was consuming all of his calories at one time, late in the day, and not giving his metabolism time to act when it came to burning calories. His metabolism was shut down all day and only came alive at night. When it was soon shut down again when he went to sleep.

You need to eat three meals a day in order to lose weight, with breakfast being the most important. You are better off to consume most of your calories at breakfast than at any other time. This will allow your body to use that fuel that you give it to burn off the calories during the day. If you consume calories at night, you are not allowing the body to burn them off. When my father started eating three meals a day, he began to lose weight.

In addition to eating three meals a day, you need to stop eating before you go to bed. When you eat before going to bed, it not only can give you indigestion, but it stays in your system and does not burn off. You should not eat anything before bedtime. Give yourself a cut off time and find something other than eating to do before going to bed. You may want to make a lifestyle change of doing yoga or stretching while watching TV so that you are not tempted to eat snacks. Many people sit in front of the TV eating snacks before bed - this greatly adds to obesity in our society.

Also watch your portions. You should never eat directly out of the bag of chips, for example. While

you will want to avoid chips when you are dieting, after you diet and lose the weight, you may want to have chips. This is not a great crime, but you should watch your portions. If you pour out the chips into a small bowl, you can control your portions.

Remember the fact that it often takes the brain time to register when we are full. Many people are eating out of habit and think that they are hungry, when they are actually not hungry. You should always wait 20 minutes after eating before eating again. This gives the brain time to register the fact that you are full.

Simply cutting your portions in half can also help you lose weight. Too often, we eat until we feel we are about to burst. This is not good. The secret to maintaining a healthy weight is to eat until you are not hungry any longer - not until you feel full. You should never strive for that uncomfortable feeling of fullness.

You should also eat at the same times every day. If you maintain a good eating schedule, you will have a better digestive system. People who eat regularly and on somewhat of a schedule tend to see that their digestive system works the same way every day. This eliminates constipation that can also cause bloating and weight gain. You should move your bowels once a day and usually around the same time every day. This leads to good weight control

and aids in losing weight. It also keeps your digestive tract healthy.

Chew your food thoroughly. Many people have a habit of gulping down their food. You should not only do this to promote weight loss, but also to aid your digestive system. Large chunks of food are harder to digest than smaller particles. You also tend to eat more when you do not chew your food properly. Chewing your food 20 times is an old dieting trick that still works. You will find that this gives your stomach time to signal your mind when you are full and that you do not overeat.

Drink a glass of water before every meal. This also makes you feel full and allows you to eat less. By drinking a glass of water before each meal and chewing your food thoroughly, you will find that you are eating less and losing weight. If you have only 10 pounds to lose, these two tips alone can greatly aid in your weight loss.

Losing weight does not have to involve a drastic lifestyle or new diet. You can usually lose weight if you just take a look at your eating habits and make some changes. Be sure to look at how you eat as much as what you eat and you will find that those 10 pounds come off easily.

Chapter 9

Why Age Matters

As you get older, your metabolism starts to slow down. This is why people who are older often complain that they have a harder time trying to lose weight than younger people.

Older people have to accept the fact that they are not going to have the body that they did when they were 20. They will probably be a little softer when it comes to their weight. But that does not give them carte blanche to blow up like a balloon.

In order to learn what your ideal weight is, you need to figure in your age as well as your height and bone structure. You can look on any chart at the doctor's office to see that your age correlates to your ideal weight, as does your sex.

As you get older, because your metabolism is slowing down, you will need less food. One mistake that people make when they age is that they continue to consume the same amount of calories that they did when they were younger. You need to have more exercise and less food when you get older in order to stay in shape.

If you have children, it can be more difficult to keep the weight off the older you are when you give birth. It is much harder for a woman of 35 to lose weight than a woman of 25. You have to work extra hard because the metabolism does tend to slow down as we age.

The methods used in this book to lose 10 pounds in 10 days are made for someone who is over the age of 40. Those who are younger and have a higher metabolism, may lose more than 10 pounds in 10 days by following the tips of this book. If you are reading this and thinking that you cannot lose the weight because you are older - think again. If I can do it, you can too. I know plenty of people who have tried this type of lifestyle change (I do not like to call it a diet) and have lost weight. Whether you have 10 pounds to lose or need to lose a lot more weight, this diet will work well for you, regardless of your age.

Chapter 10

What Is Your Ideal Weight

Do you know what your ideal weight is? You can find out how much you should weigh for your height, age and sex based on a chart. There are charts online that you can use to determine your ideal weight.

It is important for anyone who is trying to lose weight to determine their ideal weight because people often have a distorted view of what they should weigh. If your clothes are tight and want to drop 10 pounds, then you can do so easily in 10 days using the tips in this book. If you are overweight and need to know how much you need to lose to get to your ideal weight, then you can figure out how much weight you need to lose to get to your goal.

Do not feel discouraged if you need to lose more than 10 pounds. If you follow the instructions in this book, you can lose all the weight that you want in a safe and quick manner. You should, however, set goals for yourself when it comes to weight loss.

Instead of looking at the end goal, you should have a goal every week when it comes to how much weight you can lose. You can lose 5 pounds a week if you work on this program. This is a safe amount of weight to lose.

If you join programs such as Jenny Craig or Weight Watchers, you have to keep in mind that their goal is to make money. Both of these organizations provide counseling and Jenny Craig provides food that you eat. But both of them are businesses. They will tell you that you should lose 2 pounds a week. This keeps you coming back to them for longer than you need.

The information that is in this book combines the basic concept of Weight Watchers (a very good diet plan that makes sense) with diet recommendations

as well as eating and exercise tips. The goal of this book is to help you lose 10 pounds in 10 days, but you can continue to follow the tips to lose more weight if you need to do so.

If you set a goal aside for yourself every week and weigh yourself once a week, you will reach your ultimate goal. One of the biggest mistakes a dieter makes is getting discouraged and giving up on the whole concept of losing weight. This often happens when someone reaches a plateau and cannot lose any more weight. What you need to do then is to change around your diet and try something new in order to lose weight. You should not get discouraged as you will be able to lose the weight that you want and keep it off if you simply follow the instructions in this book.

Understanding your ideal weight for you will help you feel more confident in your weight loss goals. If you have a lot of weight to lose, this book will help you jump start your diet and also give you the directions that you need to take off the rest of the weight. You should not get discouraged if you cheat on your diet or gain a pound. Simply push that into the past where it belongs and forge ahead when trying to achieve your ideal weight.

Chapter 11

Mind Over Matter

T he biggest secret to losing weight lies within your own mind. Losing weight is just like quitting smoking - no one can make you do it - you have to want to do it on your own. If you want to quit smoking, you can put the pack down and walk away from it without looking back. I know - I did this. The same goes for weight loss.

Your mind is more powerful than anything else. If you want to lose the weight, you can will yourself to do so. Weight loss cannot be because of a suggestion of a doctor or someone else - it is all up to you. One reason why organizations such as Weight Watchers are so popular is that they force someone to take responsibility for their weight. By going to the meetings and being weighed in, you feel a sense of obligation to lose the weight. You can give yourself the same sense of obligation and save money and time by putting mind over matter.

In a nutshell, your desire to want to lose weight has to exceed your desire to eat foods and drink drinks that are bad for you. You have to want to lose weight more than you want to eat. If you have this mindset, you can accomplish anything.

One way to get motivated is to look at articles of clothing. My motivation was to get into my "skinny jeans" and "skinny shorts." This was the carrot that

I kept dangling in front of myself to keep myself on track to lose the weight that I lost.

Every time I thought about eating something that was bad for me, like a candy bar, for example, I had to think about those shorts. The desire to lose weight overcame the desire to eat candy. It was hard for me (and probably for most people) because I live in a home with two skinny kids who like Oreos and other things that I, too, like to eat. I could not

put them on a diet as well by getting rid of everything in the house that was tempting, so I had to go it alone.

If you live with other people who are overweight, however, you may want to consider helping the entire family get on track when it comes to eating the right foods. Eliminating some of the foods that your family eats will not only help you with your weight loss goals, but also them. This can be a healthy ideal for the entire family.

If you live alone, it is easier to forgo some of the treats that may tempt you from your diet. You can simply choose not to buy them. When they are not in the house, you are not tempted to eat them. Or drink them.

You should keep your motivation positive instead of negative. Instead of thinking about how you do not fit into your clothes, think about how nice you will look when you do fit into your clothes. This positive attitude will help you also stay on your goal and does wonders when it comes to weight loss.

By following the tips in this book, you can lose weight. You do not have to buy any special foods. You do not have to join a gym. You do not have to buy any expensive drinks or take diet pills. You just need to understand how your body works, what you should and should not eat and get some exercise. This is simple advice, but it works like a charm when it comes to weight loss. Above all, you need to remain positive, do not give up if you happen to eat a cookie, and maintain a desire to be your ideal weight over a desire to eat.