



Lose Up to 10 Pounds in 4 Weeks with Little Effort

By Robert Ing, DSc, FAPSc

The Easiest Way To Lose Weight

This article is about how I lost weight by simply making a few small changes in my every day choices. It worked for me and can work for you.

You can lose weight . . . I did and so can YOU!

Let's face it, diet and exercise programs just take too much time and are always difficult to follow for the average person. You have to be really committed to keep on top of some of these programs. Perhaps you have tried different programs but simply lost your motivation. I, like you had started all kinds of programs in the past but just lost interest in them, for the most part because they were really hard to become a part of my life. Some were probably great programs, but my daily life situations combined with some hard to break routines made me not as motivated or committed as I should have been. Make no mistake, my intentions were good but my mind and heart were not as committed as they should have been. With each failed program, I slipped deeper and deeper into complacency that it was alright to be a little overweight. If only I had at the very least, a small victory, a pound or two lost, it could have been a turning point that would have motivated me further and spurred a greater commitment to a healthy lifestyle. Well, if you can relate to what I have written, what I am going to tell you about is for you.

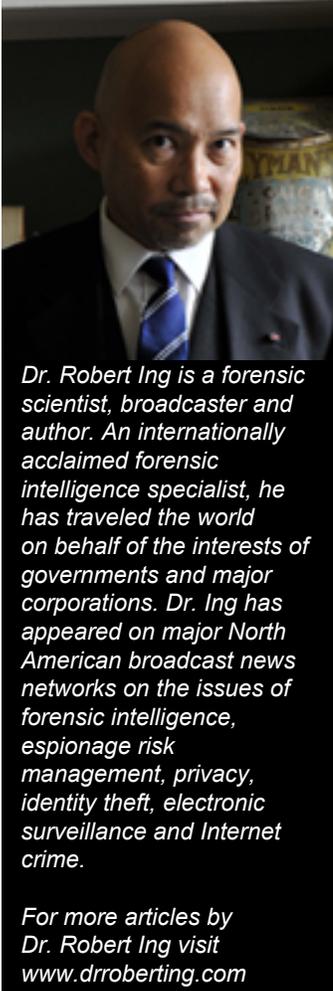


Dr. Robert Ing is a forensic scientist, broadcaster and author. An internationally acclaimed forensic intelligence specialist, he has traveled the world on behalf of the interests of governments and major corporations. Dr. Ing has appeared on major North American broadcast news networks on the issues of forensic intelligence, espionage risk management, privacy, identity theft, electronic surveillance and Internet crime.

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Today, I do have a regular exercise and diet program that I follow but this article isn't about that. This article is about how I lost weight by simply making a few small changes in my every day choices. I put together this simple program mostly by trial, error, accident and revised it with information I later obtained as a result of a natural personal training regimen I follow. I have followed the plan I am going to tell you about and have lost weight with it. Believe it or not, just by changing what I ate for breakfast and snacks, I lost five pounds! It worked for me and it can really work for you as long as you stay with it for 4 weeks.

This is not a strict diet or exercise program but simply a list of choices, options if you will, that you can choose on a daily basis. Your mission is simply to choose a minimum of any three of the options listed and stick to them for every day for at least 4 weeks or preferably more. If you choose more options, the quicker and the more weight you will lose. How much weight you actually lose will depend on your own body and the options you choose.



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No matter what you do to try to lose weight, it all comes down to two things. What you put in your mouth and how much exercise you get. If you reduce what you put in your mouth, but not exercise you will lose weight. If you exercise but still eat the same, you will lose weight. If you reduce what you put in your mouth and exercise, you will not only lose weight but you will lose more of it, faster and will be in better health to keep it off.

This method is really simple, but like anything you have to be willing to really want to make a change in your life. All that you have to do is select at least three of the options from the list of items below, stick to them for at least four weeks and see the difference. Of course, if you choose more options you will lose more weight at a faster rate, but the success of the program rests on how easy it will be for you to maintain the options for at least a four week or more period. Some of the options may not apply to you or you may already be doing them, so you cannot select these as an option under the program.

Here are your options. Select at least three that you can live with for the next four weeks.

- * Stop using or adding salt to your food.
- * Stop using or adding sugar to your food (this includes adding sugar to your coffee, tea and cereal).
- * Replace carbonated beverages (soda, pop) with water or low fat milk (skim or 1%).
- * Start taking a multi-vitamin every day.
- * Avoid fried, breaded and battered foods (French fries, fried chicken, fried fish, etc.) replace with baked, grilled, broiled, roasted or BBQ.
- * Avoid bagged potato, taco chips and chocolate candy, replace with fruit and rice cakes.
- * Replace white bread with 100% whole wheat bread, and then reduce your bread intake by half. A smart choice would be to replace your morning bagel with two slices of toast.
- * Avoid creamy dressings or sauces, even if they say "light" or "reduced fat".
- * Avoid pre-sweetened cereals, replace with an unsweetened whole grain cereal or oatmeal (please don't add sugar!). Unsweetened puffed rice and shredded wheat are excellent choices.



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- * Just say no to donuts and pastry.
- * Drink 4 glasses of water a day.
- * Have one or two glasses of water before you have lunch and dinner.
- * Use 1% or skim milk instead of regular or 2% milk.
- * Eat portions of food that are no larger than your closed hand. (ie. A typical dinner might be a "handful" of salad, a "handful" of vegetables, a piece of meat not larger than your closed hand and for desert a "hand sized" helping of fruit.)
- * Reduce wine, beer and liquor consumption by half.
- * Eat more bananas, apples, oranges, pears and other fresh fruits.
- * Do not snack or eat a meal less than one hour before you go to bed.
- * Read the nutritional labels of the foods you buy. Consider the items with a low fat - high fibre combination, or alternatively the lowest sugar or calorie content.
- * Eat red meat only once a week, replace with chicken or fish on other days.
- * Avoid pork, ham, bacon, pork sausage.
- * Take the stairs instead of the elevator daily (at least when going down to the ground floor).
- * Run, walk, jog or bike for at least 20 minutes once a week.

Reality check time: Just because the label on an item says 'light' or 'reduced fat' it does not mean it is any better for you than the regular item! 'Light' may refer to simply the colouring or recommended net weight of the product/serving - no advantage to you. 'Reduced Fat' is a relative term and it all depends if it means compared to that particular brands' regular product or in comparison to other products. The same thing goes for diet beverages. Please be very careful with items that use these terms and most of all what you ultimately end up putting in your body!



As always is the case when considering any diet or exercise routine, you should always consult your doctor before you begin. This is especially true if you have any medical conditions or are on medications. Avoid grapefruit juice if you are on any prescription medication, unless you have been advised otherwise by your Doctor or Pharmacist. Give this a try for four weeks and see what results you get.

You can do it!

About the Author

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