

Bonus Report: Seven Can-Do Weight Loss Tips

SvelteMD

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Introduction

So you've decided to lose weight -- or at least improve your level of fitness and eat healthier. But the word "diet" makes you cringe.

There's no need for major deprivation. Today's diets aren't your mother's diet.

We've learned a lot about what actually works, and deprivation isn't really part of it anymore.

Of course that doesn't mean you should park yourself in front of your fridge, especially if it's filled with sugary stuff devoid of nutrients. But it won't be as hard as you think.

Read on...

Tip 1: Catch More ZZZ's

That's right. The number one weight loss tip is to spend more quality time in bed, asleep, and preferably in one stretch.

As it turns out, not sleeping enough causes your body to produce lots of stress hormones, which in turn make your body pile on the belly fat. And that's exactly the opposite of what we want.

So work on getting 7 to 8 hours of quality sleep each night and skip those 5 a.m. workout sessions and/or stop staying up into the wee hours. Give it a month and see what happens. You can always go back to your old ways later if you prefer.

What if you have trouble sleeping? Here are a few tips:

- Go to bed the same time each day
- Develop a calming bedtime routine
- Take some herbs, especially valerian and hops
- Experiment with melatonin, or maybe L-Theanine
- Try aromatherapy

What not to do:

Stay away from prescription drugs, or even those non-prescription drugs, and don't even think that alcohol will make you sleep better. And obviously, stay away from caffeine and related substances. Instead, try a cup of Sleepytime or similar herb tea.

Tip 2: Veg Out

Fill up on veggies. Figure out which veggies you like and make a point of eating a LOT of them, prepared in ways you enjoy.

Just be sure to avoid deep frying them. Instead, go for raw as much as possible, find a low-fat dressing and enhance it with some olive or flax oil. As for the low fat or non fat dressings, I especially like Spritzers.

Why?

Because they taste great and you can enhance them with an oil of your choice. And that oil should be a high quality oil...

Most oily dressings have vegetable oils full of Omega 6 and we're already eating far too much of that oil. It increases inflammation and that keeps us fat.

So avoid most commercial oil and go for a bit of high quality olive or flax seed oil instead.

Tip 3: Soothe Inflammation

Our normal diet causes a lot of inflammation in our bodies. And inflammation makes our bodies hold on to fat. Whatever we can do to lower those levels will be helpful when it comes to lose those love handles.

One of the things you should do is what I just suggested above -- eliminate most commercial oils and focus on olive oil and flax seed oil instead. Another good option is macadamia nut oil and walnut oil.

Very important note about cooking:

Be sure not to cook with those oils, except with light olive oil that has been treated to be able to handle higher temperatures. And don't cook with that at temperatures that are too high either because those will cause damage to the oil, which in turn will cause problems for you.

Here's another powerful way to reduce inflammation: Add some fish oil. If you must, take the capsules. Ideally, though, just eat fish at least a couple of times a week. Just be careful not to overdose on tuna because of the mercury levels.

Instead, learn to love sardines! They're so good for you that they're practically like medicine, but much more tasty. The reason for their goodness? Because they're small, they haven't had a chance to build up their mercury levels, so they're safe to eat on a regular basis.

Tip 4: Visualize Your Target Weight

Visualize yourself the way you want to be. Every evening, spend a few minutes imagining yourself thin, visualizing what you'll do, how you'll feel, and how good that will feel. Repeat in the morning.

And yes, use affirmations too, but NOT "I am thin."

Instead, focus on the progress into the right direction: "I'm in the process of moving towards my ideal weight." Or something along those lines that works for you.

Tip 5: Focus On What To Eat

Focus on what to eat, not on what you "shouldn't" eat.

There are a number of reasons for that, and one of the biggest has to do with the fact that "not" is really highly invisible to our minds.

Ever notice when I tell you to NOT to eat ice cream or pizza, you will immediately start thinking about it even if you weren't before.

So instead of focusing on prohibitions, focus on what you want to eat. And when you find yourself obsessing about some food you'd rather avoid, cut those thought short by saying to yourself, "So what DO I want to eat?"

And find some things on your "eat" list to focus on. Tell yourself you want to eat strawberries or sushi or a nice perfectly marinated and grilled piece of salmon or whatever.

To make this work well, start by making a long list of things that are good for you, including vegetables, fruit, healthy meats, fish, nuts, seeds, and other such things. That'll be your "eat" list. Then incorporate those foods into your diet.

And whenever you think of something you want to banish from your diet and your thoughts, just replace it with a food from your "eat" list.

And when you eat, focus on your "eat" list too. Start your meals with a big salad. Move to some steamed veggies prepared in a way you enjoy. Follow up with a nice chunk of salmon. You get the idea.

Hopefully, the foods that are devoid of nutrition will simply be crowded out by all the good stuff.

Tip 6: Avoid Trans Fats Like The Plague

Okay, so here's one prohibition after all, but that one is absolutely necessary because trans fats are just plain evil.

They are artificial substances that will cause no end of havoc in your body. They now need to be marked on processed foods, but don't believe the numbers.

Up to half a gram per serving can fly under the radar, and you know how servings work, don't you? Certain snack foods come in packages that feel like a serving but on the package it says that what looks like one serving is actually supposed to be four or six servings. And of course, once you eat six servings, that barely half a gram of trans fats has turned in to three grams. Yikes.

Look for any kind of hydrogenated oil on the ingredients list, and if you can find it, put that stuff back where you found it.

Need another reason? Trans fats turn into belly fat faster than anything else, and they talk other fats into doing the same. So if you want an expanding waistline, go ahead and eat all the trans fats you want. If you want to get rid of belly fat, treat them like the poison they are.

And if you find yourself thinking of a food that contains trans fats, just reread tip 5 and focus on something you like on your "eat" list.

Tip 7: Eat Chocolate

Yes, indeed. Just make sure you eat really dark chocolate with as little sugar as possible.

You might even want to try sugar-free chocolate (but NOT chocolate sweetened with aspartame).

Still, I think the regular kind with more than 75% of cocoa components is best because it won't take much of that kind to satisfy your body's need for a regular dose of chocolate. It's full of valuable antioxidants and other good stuff, so if you eat just a couple of pieces a day, it's really healthy and it will help your weight loss plan.

What's Next?

And that's it! Seven tips to get your started on your path to achieving a healthier and slimmer body.

But why stop here? If you're ready to make a commitment to getting in shape, you may want more than just a few tips...

Remember what I said up front: Today's diets aren't focused on deprivation anymore and they are based on cutting edge information that will help you lose that extra belly fat or those love handles more effectively and with a lot less aggravation than you may remember from your previous attempts.

And if you're struggling to lose weight (and keep it off), we can help you.

In fact, many Svelte patients lose between 5 - 10 pounds their first week (and up to 20 pounds their first month)...

... and the best part is, over 90% of them reach their target weight (and maintain it) without hormones, surgery or starvation diets.

Call (407) 395-4836 today to schedule your FREE consultation, where you'll learn how the Svelte method consistently produces results for over 90% of our patients.

To a leaner, healthier you,

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