

WHITE DOVE
BOOKS

*Winning the
Weight Loss
Battle*

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Weight Loss Basics

Although there are an ever-growing number of diet books, plans and groups, many people just want to achieve weight loss by sensible healthy eating, rather than following a particular fad or fashion. But where to start your weight loss program? Well, the most basic and probably one of the best guides that you have, is your own common sense.

Most dieters these days have already amassed enough information about what is and isn't good for weight loss, to be able to decide whether or not a particular food is healthy, or is likely to help, hinder or otherwise affect their diet.

Very often it all comes down to a matter of balance. You know that there are certain

things that, unless you have particular medical problems, are generally thought to be good foods that can help you to be healthier and lose those extra pounds.

Most dieticians would agree that eating good portions of fresh fruit and vegetables every day is going to be good for you. Also unless you are on a low carb weight loss diet wholegrain foods such as pasta, whole grain bread and rice are usually accepted as being beneficial, both generally and for weight loss.

These days drinking is also very much in focus for those who wish to achieve both weight loss and a benefit to their health. It is generally thought that too much alcohol is not a good and may bring about a variety

of health problems, although small amounts may not be a bad thing.

Water, especially spring water, is thought by many nutritionists to be very beneficial to the health and there are some who say that it can also be helpful to those who are concerned about weight loss. Some encourage drinking water before meals as this can take the edge from the hunger and will let the dieter have smaller meals without feeling as though they haven't had enough.

Lean meat and fish and also the occasional portion of oily fish such as salmon, are another group of foods that are usually thought to be beneficial to weight loss and general health. And also seeds, pulses and

many dieticians recommend nuts as being beneficial.

There are, of course, many foods that are not generally recommended by dieticians as being effective for weight loss, such as refined sugar products and many fried and especially deep-fried foods, such as French Fries. Although a certain amount of olive oil is recommended by many health professionals.

It is of course not just the food that you eat, but the way that you eat it that is thought to have an effect both on your health and your weight loss. Many people skip breakfast, but many health professionals believe that this is not a good way, to either start the day, or to achieve any kind of weight loss benefit.

Generally, it is a matter of good sense and a reasonable knowledge of what foods are good and should be eaten daily and what are not so good and should be eaten only occasionally. Despite having the ability to work out their own diet many still buy the many diet books that are on offer to have a specific plan to work to.

Some find that it helps to have it written down so that they know whether to eat a particular food or not. But if you want to there is no reason why you should not be able to decide on a good diet and healthy weight loss plan, although it is always a good idea to check with your doctor before you start a new diet.

Weight Loss and Metabolism

How many times have you asked someone who appears to be eating large amounts of food, but maintaining the figure of an over enthusiastic long distance runner, how they manage it, only to receive the somewhat unlikely reply that it's just their metabolism? So what do you need to know about metabolism and how can it help you to achieve your weight loss goals?

The metabolic rate is simply the rate at which you use up energy as in calories. The higher the metabolic rate the more calories you burn, the better the weight loss. The lower the rate the fewer you burn. This can depend on a number of different factors.

Surprisingly and contrary to what appears to be basic logic, eating less can sometimes slow your diet down, or at least it can slow down the amount of weight loss. The thing is that many nutritionists believe that when you eat very small amounts of calories, the body “thinks” that there is not enough food available.

So in an effort to conserve the energy that is available it starts to slow the metabolism down, so that it can make the most use of the reserves that it has. So it is possible that far from helping your diet, that eating too little can actually slow your weight loss.

The theory is that the body will then do everything to conserve the best stores of energy that it has. This means that it is possible that the body will, instead of using

up the reserves of fat and making you thinner, actually start to use the muscle tissue and burn this so that it can maintain a reserve.

Possibly one way to make sure that this does not happen is to make sure that you are eating enough food to keep your body from believing that it should go into starvation mode. But, at the same time, to control your calorific intake so that you will achieve the weight loss that is suitable for you.

There is not an answer that will suit everyone as to how many calories is enough to help with your weight loss. The best way to work out what is best for you is to visit a qualified nutritionist who will be able to tell you the most appropriate

amount of calories for your dietary requirements.

Although the metabolism can slow when dieting to achieve weight loss it is believed by some that exercise can help. This may help in two ways. First the metabolic rate can be higher when exercising and so help to burn off those extra calories and help weight loss. Also exercising so that you gain more muscle can help to burn more calories as it thought that muscle burns calories more quickly than fat.

One of the best ways to improve your metabolic rate and at the same time gain more muscle and help weight loss is to do more exercise. This can not only help to burn calories but also to add to the amount

of muscle and allow the body to burn the calories more efficiently.

Low-Fat Weight Loss Diets

Not as popular now as the more heavily publicized diets such as Atkins, South Beach and The GI diet, low fat diets still have a great deal to recommend them. Although diets based on lowering the amounts of carbohydrates, recommend the intake of a variety of fatty foods, many dietitians have long been of the opinion that a low fat and high fiber diet is the best combination for weight loss and health.

There have been many diet books covering the low-fat weight loss diet, such as the Rosemary Connelly Diet. This maintained that a very low level of fat together with an increased amount of dietary fiber, as in whole meal bread, pasta and brown rice,

would aid weight loss and help you to maintain a satisfactory level.

Although a low-fat weight loss diet is generally considered to be one of the more sensible diets, you should always consult your doctor before starting a new pattern of eating. One of the easiest ways to start a low-fat diet is to cut down on the amount of fried foods that you eat. There are perfectly acceptable alternative ways of cooking most foods that are normally fried. Even French fries can be made in the oven, using very small amounts of fat when compared with deep-frying.

An easy way to get a good start with a low-fat weight loss diet is to buy a steamer. This is a very quick and efficient way of cooking foods, with a minimal loss of vitamins and

minerals and is of course very low fat. Steaming is a very good way to cook and can replace a deep fat fryer for some cooking, as well as providing a simple way of cooking many healthy alternatives to bought in convenience meals.

Lowering your intake of butter and margarine is another simple way to lower your intake of fat and help weight loss. You don't even have to change what you eat. You can make a difference by either spreading the butter or margarine very thinly or just leaving it out altogether.

Reducing fat in your diet does not have to be complicated and there are some very simple things that you can do to make a difference. When cooking meat it is possible to remove some of the fat before

you start cooking and if you also grill the meat instead of frying it, you have removed a substantial amount of fat and possibly helped towards your weight loss goals.

Cutting down on eating pastry is a good way to help weight loss. Pastry can contain a large amount of fat, so just by choosing a lower fat alternative you can make a difference to your chances of reaching your target.

There are some fats that many dieticians believe are good for you, such as olive oil and oily fish and these can be included in a low fat diet. It is really a question of balance. A good low fat weight loss diet can be a very healthy way to lose those extra pounds. Your doctor should be able to provide you with good advice on the best

way to choose a diet and how best to make it work for you.

South Beach Diet: An Overview

The South Beach weight loss program became very popular in the 1990's, as a successor to the stringency of the Atkins diet. It was seen by many as a healthier and less obsessive alternative to the low carb regime of Atkins. Although it still encouraged the participant to avoid many cooked and processed carbohydrates. This included many bread pastries and cakes. Also refined carbohydrates such as sugar as in soft drinks and chocolate.

The diet was originated by Dr. Arthur Agatston, an American cardiologist. The system does not follow other diets in a single interpretation of itself as "Low fat or" or "low carb". It seeks to help the dieter to understand how to eat what is good for

them, from both groups of foods so that weight loss can be achieved by eating both “good carbs” and “good fats”.

The diet is in three very distinct sections, and each one has its own particular function's, first part is the stricter of the two and is designed both to give a quick start to the weight loss and also to develop the pattern of eating a healthier, more stable diet.

In the first part the dieter is encouraged to eat three proper meals a day. But foods such as many cooked carbohydrates are excluded from this, although good portions of lean meat and fish and plenty of fresh vegetables are recommended. This provides a good start to the diet and also

eliminates the problem faced by many weight loss systems, hunger.

The South Beach Diet ensures that you are not plagued by the hunger pangs that ruin so many weight loss aspirations, by making sure that you have three good meals a day. This is one of the reasons that many people succeed on this diet, where they have failed on others. By making sure that you are not hungry in the early phase of the diet, the south Beach Diet gives you a head start and lessens the chance of a failure due to just being too hungry and all the associated lack of enthusiasm that goes with it.

The first part of the South Beach weight loss plan is very limited. Although you will be able to eat three meals a day, the foods

that those meals may contain, such as limited carbohydrates reduce the choices available. Part of the thinking behind this is that when the weight loss starts, you will use carbohydrates more efficiently and as such, the need for them will be at a much lower level.

The second part of the South Beach Diet is slightly less restrictive, in that it allows some carbohydrates and other foods that were disallowed in the first section, back into the diet. It also allows more dairy foods. Many of the foods that were not allowed in the first section (at least the healthy ones) are allowed in the second part.

This is a very good incentive for staying with the program and encourages you

towards your weight loss goal, by giving you something to work towards. The second segment is adhered to until you have attained your weight loss target. It is a less strict way of eating, but nevertheless can be effective if followed properly.

The third segment of the diet is put into practice after the weight loss has been achieved. This section is to allow you to ease off, without slipping back to old habits and regaining the weight. It also gives what some believe to be a good basis for normal, healthy everyday eating and may help to eliminate the problem of yo-yo dieting.

One of the topics that The South Beach Diet does not cover is exercise. Many practitioners consider this to be integral to the notion of weight loss as a route to a

healthier lifestyle. This is of course not a barrier to using the diet, as there is a plethora of good information on exercise available, and there is nothing to prevent you from considering this, after checking with your doctor, in conjunction with your South Beach weight loss plan. The South Beach diet is very popular weight loss plan and seems to be maintaining its place on the bookshelves of stores long after its early rush of sales.

The GI Weight Loss Diet

The GI plan diet certainly seems to be taking off at the moment. Endorsed by an ever-growing band of celebrities it seems that this is the diet of the moment. But how exactly does the GI weight loss program differ from the other diets on the market and what does GI stand for?

The Glycaemic Index weight loss system is based on the fact that some sugar-based carbohydrates affect the glucose levels in the body differently to the more complex starch based carbohydrates. A nutritional expert called Dr. David Jenkins made the claimed discovery, that many sugar-based foods do not greatly affect the sugar levels in the blood, in the early 1980's.

This means, according to the GI diet, that foods that provide a slow delivery of sugar to the body will be helpful to weight loss, in that it will prevent the dieter from feeling the need for energy and so curb hunger and the need to keep on eating.

By contrast, foods with a high glycaemic index provide a sudden influx of sugar to the body that gives you energy at first, but then leaves you feeling tired and hungry, as the need for more energy kicks in.

This leads to the need for more sugar to get the quick rush of glucose to replace the loss of energy, which in turn has the same effect. This constant need for more sugary food means that weight loss is not likely to be achieved.

There is a plethora of information about the glycaemic values of different foods for weight loss, so there is no problem in ascertaining the value of anything that you wish to include in your weight loss diet. The general concept of the diet is fairly straightforward. You eat more of the foods with a low GI than you do of the foods with a high GI.

This is however not the entirety of the GI weight loss system as it also encourages the dieter to limit their intake of high fat foods, even if they are also low GI foods. This aspect, of course, means that as well as being based on the glycaemic index of a food; the GI diets are also, in part, a low-fat diet.

The GI weight loss diet is easy to follow if you are eating standard foods that easily recognizable in the GI indexes. The problem is that many foods have different GI's depending on whether they are cooked, or the state of ripeness of foods such as fruit.

This can, if you are not experienced with this diet be very time consuming and make the whole thing, not very user friendly. It can be especially difficult when a meal is prepared with many different ingredients, to work out the GI value of the whole meal.

When you have got over this initial hurdle and are used to the different values of foods, then the whole weight loss system starts to be a lot easier to use. And you need to spend a lot less time looking then

up to see if they are within the allowed limits.

The GI weight loss system can be very healthy in that it actively encourages the dieter to eat fruits and complex carbohydrates, such as brown rice and pasta. Many health professionals believe these types of foods may contribute towards a healthier diet. It also discourages the intake of processed foods and also foods that are high in fat, such as fried foods like French fries or chips.

The GI diet can be a very healthy weight loss system and does not require you to give up the foods that you like. Although restrictive it can be a very varied and enjoyable diet as so as you get used to

working out the different values of food groups.

The High Fiber Diet

The high fiber diet is one of the more familiar weight loss diets that still have a good following. This is possibly a gentler and easier weight loss system than the more extreme diets such as Atkins. Many dieticians and nutritional consultants favor high fiber diets as they are generally considered to be a safe option that can have a positive effect on health.

It is always advisable to check with your doctor before embarking on any weight loss diet. The high fiber diet has had many friends and very few critics in the weight loss world and is thought by some to have beneficial effects on health, as well as being a good, reliable way to lose weight.

High fiber weight loss diets generally rely on a combination of increased fiber in the diet, through more consumption of foods such as whole grains and cereals and also restricting the amount of calories in the diet. This approach allows the dieter to promote weight loss through eating less calories while eating normal amounts of food and so not getting hungry and being tempted to eat foods that are not a part of the diet.

Although fiber does not contain any calories that are available to the dieter it can be beneficial as it helps you to feel full and not to always be craving more to eat, when on a calorie-controlled diet. It is often this difficulty that many face when on a restricted weight loss diet. Also, high fiber foods can take longer to chew. Although this is not directly beneficial to weight loss,

it does allow the dieter to feel as though they have eaten a more substantial meal and it also makes the meal take longer and this in turn helps.

As well as weight loss, some dieticians believe that high fiber foods can make a positive contribution good health by helping the food to move more efficiently through the body. Also, many of the foods that are helpful in a high fiber weight loss diet are very good nutritionally. Many fruits, vegetables and whole grains contain large amounts of vitamins and minerals and are thought to be very good for the health, as well as beneficial to the promotion of weight loss.

There are two different kinds of fiber, soluble and insoluble fiber. Soluble fiber is

found in many foods such as fruits, vegetables, pulses and beans. Soluble fiber is thought to help in keeping cholesterol down and to reduce the risk of heart disease, according to some dieticians.

Insoluble fiber is usually found in whole meal foods such as flour, grains, rice and pasta. And is thought to help with the passage of the food through the digestive tract and so to promote good digestive health.

A high fiber diet can take a little getting used to, although this is also true with many other weight loss diets but is easy to follow and has been established for much longer than many of the diets that are an ever-changing feature of the bookstores. It has

many recommendations from health professionals, but it is always a good idea to consult your doctor before changing your diet or starting a new weight loss system.

The Traffic Light Weight Loss Diet

Many of the weight loss diets that are popular today can be quite complicated to follow and awkward to apply to everyday living. Take the GI diet for instance where you apply different values to foods, based on their glycaemic index number. Then you add up the number of these that you are allowed to eat in any one day. This can be extremely difficult when going out, unless you would like to go and ask the chef what is in your meal. And with the Atkins diet you can forget about going for a pizza with your friends.

For many dieters these diets are cumbersome to use in everyday living and can lead to many just giving up and returning to their normal eating habits. The

Traffic Light Diet has found a very good way to simplify this. They have devised a straightforward weight loss system that is easy to follow and can be used in most social situations, such as when dining out.

The diet is based on (perhaps unsurprisingly), a traffic light weight loss system for different foods. There is an extensive list that will tell you what the color is for each different food or food group.

Although this in itself may at first appear cumbersome and slow, you can pick up the general gist of it very quickly. It doesn't take long to get a good idea, even if you haven't got the book with you, of what food is in which category.

The idea is that each food is given a color according both to its calorific value and its

nutritional value. These are then combined to give you a quick and easy reference to show you which foods to eat more of and which to eat less of. If you follow the instructions carefully then the author believes that the diet will both help you to have a nutritionally sound diet, as well as one that promotes weight loss.

Foods are given a red light include those that are high in calories and fat and also those that are not of any great value nutritive value to the dieter. Foods that are amber are more neutral and can be eaten with a little care and moderation. This can involve such foods as cheese, milk, nuts and lean meats. The green light foods are those that are more helpful for weight loss and can include such foods as low-fat milk, vegetables, fruit and white fish.

The idea is really one of moderation. You eat as much of the green foods that are thought to be helpful, less of the amber foods that, although not being as beneficial to weight loss, still have a place in a well-balanced diet. But not too much of the red foods that are thought to be less beneficial and are generally higher in calories and lower in nutritional value.

When you are familiar with which food fits into which group then you will find that the traffic light weight loss diet is very easy to use and much less complicated than many others. The Traffic Light diet can be an easy way to achieve weight loss for those that are really not interested in the latest fad diet, or in counting calories and keeping track of everything that they eat all day.

It is not an extreme diet but more a way of promoting gentle weight loss that you may be more likely to maintain through sensible eating and learning what foods are good for you and what foods are more likely to make you put on weight.

Weight Loss: An Apple A Day

Weight loss seems to be everywhere these days, there are countless articles, TV shows and books about the subject and yet the problem never seems to go away. On the contrary obesity, by all accounts, seems to be on the increase. Whenever there is a news report we seem to hear more and more about how being overweight is now becoming the norm. And yet many who would like to, cannot seem to find the best way to shed those extra pounds.

Being overweight can lead to great many health problems, as well as just being uncomfortable and feeling hopeless if you keep trying, without success, to diet. High blood pressure and heart disease as well

as many other illnesses are believed by many health authorities to be made worse by being overweight.

Many people are searching for the best way to lose weight and improve their health, well-being and appearance, as well as their general levels of fitness and energy. Losing weight can make a person feel more able do they things they want without the general feelings of listlessness that can be all too familiar to many overweight people.

One avenue that many people seem to overlook when trying to find a way to lose weight is to see their doctor. Many will buy numerous, books, diet programs and video's by people who have little or no medical qualifications, but never ask the

medical practitioner that has always taken care of their health. Your doctor will be able to give you good straightforward advice on diet and exercise and what is suitable and safe, for you to do.

The humble (if that is the right word for them), family doctor often gets passed by. Doctors have a wealth of information on the subject and will usually be able to advise you on the best way to approach the problem of weight from the perspective of your own health issues.

Your health practitioner is a good first port of call, before spending large amounts of money on the latest club, gadget or book. They can not only provide leaflets and advice on a sensible, healthy eating plan, but they can also give you a thorough

check-up and suggest what type of exercise may be of benefit and how quickly you should start with this.

Many people who are overweight embark on exercise and diet regimes, without knowing if their current situation is suited to this and if this the best way of going about losing those extra pounds. Many health authorities suggest that before embarking on a new health program of diet and exercise, you should have a health check by your doctor.

Your doctor can also suggest good ways to help get all the family involved in your new weight loss and healthy living plan. It is much easier to stick to a plan if it involves the whole family and you are not sitting

there with a lettuce leaf while everybody else is tucking into pizza!

Doctors will have access to information and other health professionals that can suggest ways to get the family more involved and even enthusiastic, about your new plans to get them healthy and to promote weight loss. If the whole family is in favor then it is much less likely to go by the wayside as just another fad.

Your doctor can help you to set sensible targets for your weight loss. This can make dieting a great deal more accessible and more likely to succeed than many plans that tell you that you will achieve a huge weight loss in a very short space of time, as this can be a disappointment when the target is not achieved. Your doctor can help

you to find the best way for you to set a sensible goal and help you in achieving that.

A proper, sensible diet under the guidance of your local family doctor, with a sensible healthy eating plan and good advice on which is the best type of exercise for you to start off, with can be a great advantage. With realistic weight loss targets and proper monitoring of your health as you move towards and achieve those targets your doctor can be a real benefit in your goal of a lighter, healthier you.

Weight Watchers: A Diet System

Nearly everyone who has ever been on a diet, or who has ever read about diets will have heard of Weight Watchers. They have been the most recognizable product in the diet field since the early 1960's

They are not really a diet as such, more a brand that is well known in the weight loss industry as being one of the leading players, in helping others to reach the weight that they want to achieve.

Weight watchers probably has the largest amount of dieters of any of the weight loss clubs and the fact that they have been established for that amount of time is an indication of their success. They have been estimated to have around 20,000,000 involved in their diet clubs at any one time.

Their success is based not so much on the diets themselves as much as the support system. The diets have been changed over the years to fit with current thinking and best practice but have generally been based on a calorie-controlled system of weight loss.

They do not offer the guaranteed fast weight loss of some diets, but prefer the slow steady approach, that helps dieters to gradually lose weight through sensible eating and then keep it off. But their diets are not based on a particular focus, such as low fat or carbs, but on having a generally good, low calorie diet.

The Weight Watchers diet is actually fairly simple to follow. They have given all foods a number according to how much they are

likely to make you put on weight. Each person has an amount that they can consume in a day according to how much they weigh and their ideal weight loss.

Then they can eat whatever adds up to that number each day. That is a very simple version of the Weight Watchers weight loss system. It is brought together with advice on good diet and how and when to eat and is a very comprehensive system for the helping the dieter, to not only lose weight but also to keep that weight off.

It should also be said that the Weight Watchers diet does lean heavily towards their own products. But for all that it is a very useful and well tried and tested weight loss system.

Weight Watchers also have a very useful aspect that sets them apart from any of the books you buy, and that is their weight loss meetings. This is the basis of the entire weight watcher's system and is fundamental to their success.

The meetings are usually on a weekly basis and are led by an official Weight Watchers leader. These clubs are a great encouragement to those who like to have some help and support when they are dieting. Although they can also be a little daunting if you haven't reached your weekly weight target.

If you prefer not to go to the meetings, they do have an online version that you can also use if you are not able to get to the meeting that week. They also have a very well

populated forum that can be a great help to those who are struggling or those who just like to share how the weight loss is going.

Weight watchers are undoubtedly the brand leaders in the field of diet clubs and products and are very well thought of by many, the only real drawback is that the meetings are obviously much more expensive than just buying a book. But if you like to be part of a group and think that your weight loss would be more successful with this encouragement, then the Weight Watchers clubs may be worth considering.

Weight Loss: The Atkins Diet

The Atkins diet is a modern weight loss phenomenon. Founded by Dr Robert Atkins, 1930-2003, it was first published as a diet book, “Dr Atkins Diet Revolution” in 1972. This was followed by a series of books on the subject. There were worries about the safety of the diet and although it dwindled in status, it became popular again in the 1990’s.

The popularity of Atkins as the ultimate fast weight loss system was helped by the rise of the celebrity fascination and the fact that many celebrities that had shown fast weight loss, attributed this to the Atkins diet. The diet became very popular, with some hotels and restaurants offering special menus for followers.

The Atkins weight loss system is based on the diet being restricted in its intake of carbohydrates. These are largely replaced by allowing more fat and meat based products into the diet and this has been one of the main areas where the diet has been criticized as this can affect the balance of food groups that are eaten.

Many health experts contend that it is not good for the body to have a restricted level of carbohydrates in the diet and that this is also not the best way to achieve weight loss. However, those in favor of Atkins point to sudden and dramatic weight loss that, so long as you follow the principles, it is possible to maintain.

If you reduce your daily carbohydrates to less than 40 grams, (some Atkins texts

suggest this should be no more than 20 grams), then you will be subject to a state known as ketosis. This means that instead of using sugar from carbohydrates as fuel, the body will instead use fat.

Some dieticians believe that this is not a good way to diet and that some of the material that is used as energy, is normal tissue rather than fat. Some also think that at least part of the loss is water. Although it has to be said that there are also health professionals that do not have a problem with the Atkins weight loss system.

Part of the problem that some people have with this, as good way to weight loss is that Atkins advises that when the desired results are achieved, then the participant should remain eating a low carbohydrate

diet, or they will return to their former weight. Although a gradual increase in the carbohydrates is allowable, it is still low.

One of the main criticisms that is leveled at the Atkins weight loss plan is that it does not contain any carbohydrates and so is unhealthy. This is inaccurate, although the level is low and this is mainly what the diet is based on. Another problem is that, as some fresh vegetables and most fresh fruits contain sugar, that this can restrict your intake of these and so is bad for the general health of the dieter.

The Atkins weight loss system undoubtedly works if adhered to strictly, as the amount of carbohydrates that are taken from the diet lowers the amount of calories that are eaten and you lose weight. But there are

many other effective diets that are based on restricting calories.

When starting any weight loss diet, especially one that is restricting certain food groups such as the Atkins, it is a good idea to see your doctor and get advice as to whether this is the right diet for you and whether it is the best alternative. There may be other weight loss systems that provide a better all-round nutrition and yet still let you lose weight at a reasonable rate.

Weight Loss Through Hypnosis

Weight loss through hypnosis - it sounds so appealing doesn't it – the whole idea of listening to a few words through your MP3 player and then watching the pounds simply drop off? But can you really lose weight through hypnosis? The short answer is that you will lose weight by making better choices when it comes to eating and exercising – you already knew that right?

However, when it really comes down to it, why do we eat that fast food that causes our waist-lines to bulge in the first place; why do we overindulge when our bodies are telling us that enough is enough; and why do habitually we sit at home rather than getting our running-shoes on and

going for that benefit-laden jog? The answer is that we do those things that are 'bad' for our bodies – unconsciously - out of sheer habit!

So what is the answer – can we change our habits and change our bodies in the process? Well, that's where hypnosis might indeed come in handy because hypnosis is one very effective way of dealing with our sub-conscious. If we can change our unconscious thinking patterns, we can change the drivers that cause us to overeat and under-exercise.

There is much misunderstanding surrounding the whole subject of hypnosis, but the process is simple and can be very effective. Once the subconscious has truly accepted that you are a person who is fit

and healthy - and, naturally, THIN, the wonderful thing is that you can actually begin to become that fit, healthy, thin person.

Hypnosis does not involve going into a 'deep sleep'; it does not involve swinging pocket-watches; it does not consist of looking deep into someone's eyes. It simply consists of accessing a natural brain state in which the subconscious mind is particularly receptive to positive suggestions.

Once accepted by the subconscious, those suggestions will cause you to change your eating and exercise patterns which will, in turn, cause you to lose excess weight and regain your shape. All of this can happen because your habitual thinking patterns

can be changed for the better using a basic hypnosis technique known as autosuggestion. Many people have been very successful using this method for weight-loss.

Of course, it's not just weight-loss that can be achieved through hypnosis. Today, hypnosis is widely recognized for its effectiveness in treating a whole range of issues from quitting smoking to improving your self-confidence. If you are a smoker, you know you need to stop – and you can use exactly the same techniques for quitting smoking as those you use for weight loss.

A fit and healthy person is first, and foremost, someone with a fit and healthy mind. Absolutely everything you do is

controlled by your thinking – both your conscious thought and your subconscious, automatic, habitual behaviour. Hypnosis seeks to change the inner-person first. Once that change has taken place, the outer-person – the person with whom the world interacts – will be transformed.

The Deepest Desire of Your Heart

by Will Edwards

Find and Fulfil Your Unique Purpose in Life

Using the exact methods taught in our program, very many people are already producing amazing results in their lives; and so can you.

Our outstanding program represents the culmination of many years of research into the application of the principles of success; and everything you need to accomplish the most amazing transformation of your life is included.

Discover Your Unique Calling

Stay On-Track to Achieve Your Mission

Overcoming Obstacles

Getting from Theory to Making it Happen

Professional Tips and Exercises

Identify Your Most Important Activities

Complete System to Optimize Time

How to Ensure You Achieve Your Goals

[Click Here for More Details](#)

About White Dove Books

Will Edwards is the founder of [White Dove Books](#) - the internet's leading website for Self-Improvement and Personal Development. A graduate of the University of Birmingham, he develops and teaches Personal Development workshops and is a published author.

Within its first three years, White Dove Books was recognised as one of the internet's leading sites for self-help and personal development; breaking into the top 100,000 sites on the internet at the end of 2005.

The INSPIRATION newsletter was started in 2005 as a way of providing helpful information including tips, articles and free inspirational eBooks to our visitors.

Today White Dove Books works in partnership with many authors and on-line publishers of inspirational material to provide a quality on-line service that serves thousands of people in many countries across the world.

Our mission is to help people to develop their own unique talents, abilities and passion in order that they may lead more meaningful, joyful and fulfilled lives.