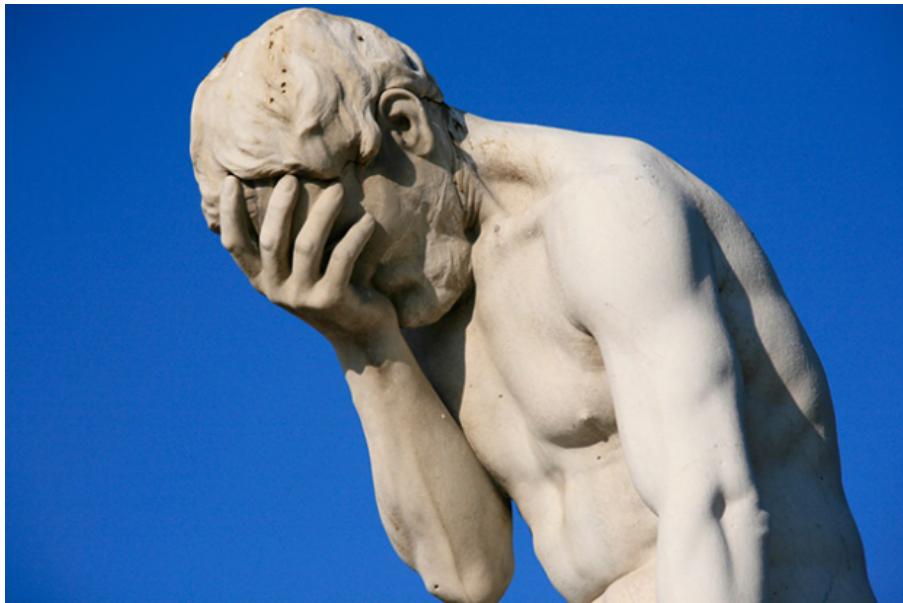


Weight Loss-R_x

How To NOT Lose Weight



I usually try pretty hard to keep these newsletters upbeat and encouraging. So at the risk of ruining all that, I want to discuss something that may seem negative but needs to be said. It is about sure fire ways to fail (how to NOT lose weight). In the years and years that I have been trying to help people lose weight, I have learned that I am pretty bad at predicting who will go on to have success. But I have noticed some similarities in those who do not make it. While there are a million ways to make this harder on ourselves than it has to be, the four activities below will pretty much guarantee that you'll fail. So if you find that

you do any of these things, stop right now. You'll soon notice a big difference.

1. Not Weighing Yourself Often



This is the single best determinant of who is going to make it and who is not. I know it can be scary to get on the scale. But if you are seriously and consistently trying to lose weight the scale will be going in the right direction and it will be a reason for celebration, not discouragement. If it isn't moving, you'll know right away what changes you have to make. Trust me on this. It works.

2. Looking For The Magic Secret

BEFORE AND AFTER

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AS SEEN ON TV

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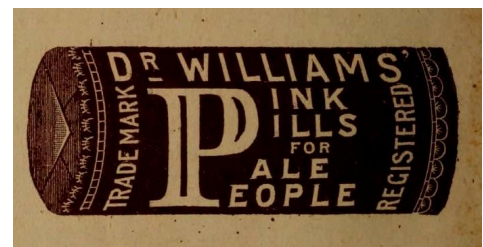
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Charlatans and scammers have been preying on people for thousands of years, yet we humans tend to learn pretty slowly. The ugly truth is that there is no magic secret for losing weight. If there was, we would all know about it and would all look like movie stars. Weight loss takes hard and consistent effort. So if you are spending time and money on easy fixes, stop. Take all that energy and put it into what works. Stop eating bread and sweets, cut back on alcohol, bump up your protein to 100 grams a day or more and get a little exercise. It works every single time and costs you nothing.

3. The Slippery Slope



Having just one chip is not going to hurt you. Nor is having pizza once a month. But if you are anything like me it's never just one. The minute I let my guard down the flood gates open and I feel like I have to start all over again. Try paying attention to this for yourself. Being aware of this trap is the first step to beating it.

4. Alcohol



Put as simply as I can, if you drink a lot, it is next to impossible to lose weight. Alcohol has a ridiculous number of calories, both in alcohol and sugar. If you drink more than 4 or 5 drinks a week, try cutting way back and watch the scale start to move.

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