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Introduction	4
Why Am I Overweight?	6
Weight Loss Basics.....	9
Choosing the Right Diet.....	14
Types of Diet Plans.....	16
Fat Loss Workout	21
Staying Active	29
Weight Loss Supplements.....	30
Health Risk to Being Overweight.....	37
Keeping it Off!	41
Changing Habits	42
Weight Loss Action Plan	45
Conclusion.....	46

Introduction

Welcome to Weight Loss All Star! In this ebook I will explain in complete detail how to lose weight easily and effectively. I'm sure that you're tired of carrying around extra unwanted weight.

Losing weight brings with it several advantages: you feel a lot healthier, and become more energetic and look better than you ever have. These are some of the reasons why people who are fat, or obese, needs to lose weight, and lose it fast.

It is said that over 97 million adults suffer from being overweight. That's over 1/3 of the United States!

I know most of you hate diet and rightfully so because too much work is required and we live busy lives as it is. My weight loss system shows you how to eat the foods you like (not fast food) and feel great!

You see it's all about the portions that you take in. You can't eat a TON of food and expect your body to process it well. When you eat the correct amount of portions your body runs like a well oiled machine.

When you have a goal and you're going at whole-heartedly and you don't receive the results you're looking for you will most likely get discouraged. So it's important to have a SOLID PLAN in place so that you'll know where you went wrong if you don't receive the results you are looking for.

HEALTH RISK AND OBESITY ARE INCREASING AT AN ALARMING RATE

Over the last 50 years we have increased cases of obesity and people being overweight which leads to other health problems such as diabetes, heart disease, stroke and hypertension.

This applies mainly to the United States and the United Kingdom.

My goal with this ebook is to deal with weight control and introduce several ways to getting back into shape and staying that way.

Why Am I Overweight?

Your weight depends upon the kind of food you eat, and the amount of food you eat, whether you exercise regularly and daily, whether food is used as a stress reliever and so on. Also, your age, general status of your health and your genetic and physiologic condition, all contribute to your weight.

It's always good to know how you gain weight so you know what NOT to do once you're on the right path. In this chapter I will exactly a few activity/habits that cause a person to gain more weight.

One of the main reasons why most people become overweight is because of social life. Society puts emphasis on eating as having a good time, if you go out to eat socially; it then leads to bad habits like overeating.

Another reason is your intake times and amounts. Having a proper breakfast, a good lunch and a perfect dinner with a small snack in between each meal allows your body to balance the energy that your body needs.

Most people don't eat breakfast or much throughout the day but come home and eat a huge dinner and fall asleep thereafter. Your metabolism slows down when you're asleep so the food is not breaking down and that's when fat is stored up.

Lack of Sleep

Most people generally sleep for seven hours at night, it is said that your weight may increase if you sleep less than eight hours each night. Why is this?

It is so because the natural function of our body gets threatened by a lack of sleep. It can even stimulate the hormones that generate our appetite.

The Habit of Consuming Quickly

I used to be in the military and we had to eat every meal really fast so we could get back to training. There was no problem because we worked out and exercised everyday so you really couldn't notice.

When I got out the military, I carried that same habit of eating fast without the exercise and gained over 50 pounds the first year I was out. I really couldn't explain it.

I learned that when you eat faster your brain doesn't know when to stop until it's too late. When you eat slow it gives your brain time to respond, meaning you eat less because your stomach sends a message to your brain saying I'm full!

This also allows you to digest your food easily.

Genetics

This is a biggie because it is true! It's a fact that you get your genetics from your parents and if they have a slow metabolic rate, meaning their body digest food very slowly than in most cases you will too.

NOTE: Don't use this as an excuse, with focus and hard work you can change this.

Weight Loss Basics

If you are overweight, then losing weight should be done gradually, and steadily. The process should not be rushed, and one should never lose more than 10 pounds a week. This is the safest way to lose weight. There are several reasons why you weigh what you weigh.

Just to clear the air...If you're looking to lose weight effectively you will not find a magic pill or drink that will allow you to slim down without making any serious changes in your lifestyle.

It's sad but true! Marketers know that everyone wants to lose weight and feel great without much work on their end.

They seldom work at all or aren't permanent in their effect. Also, they may be harmful to you too. Always ignore any such product promising you results which don't require any effort from your part. Losing weight requires work, exercise and a health regimen, without these activities it makes it pretty difficult.

Goal Setting

People who are obese or overweight have often, instead of dieting, resorted to exercise and eating healthy foods according to the rules set down by the Dietary Guidelines for Americans, who recommend eating foods with low fat and more greens in them, such as vegetables and fruits, and grains also.

People, who do diet however, need direction and help in order to efficiently control their weight.

Unless and until you are seriously overweight or obese, and need to get rid of the fat immediately and fast, your strategy should always be aligned towards long term goals, which have long lasting and often permanent effects, if you follow certain basic rules.

Here are the steps someone would typically take to lose weight:

1. Consult your physician and check whether it is at all feasible for you to lower your calorie consumption and increase the amount of physical exercise that you do.
2. Create a balanced diet consisting of food that has very few calories in it that leads lead to losing about 4 to 5 pounds per week.

Fruits and vegetables should be eaten around 5 servings a day, and be sure to include whole grains, milk products and meat too. This is an extremely healthy diet that you can follow and is guaranteed to reduce weight. Don't worry we go over several diets in later chapters.

3. Exercise or physical activity of any kind is a must if you want to lose weight. You don't have to necessarily start off by going to the gym hardcore. You simply have to start somewhere by staying active. Try taking the stairs, instead of the elevator, or the escalator, or try parking farther and walk the distance instead.

When You Eat

Skipping meals is not the way to lose weight, as doing so can slow down your metabolism. Once again your body thinks there is a 'famine' and, hence, it stores food. Eat small meals, sprinkled throughout the day to keep your blood sugar levels and your metabolism steady.

Weight and Health Profile

High blood pressure, several diseases like Type 2 diabetes and coronary artery complications are some of the many fallouts of being overweight and obese. The circumference of your waist and most importantly, your body mass index are dead giveaways when it comes to knowing the amount of body fat you have, and the health risks you might run into because of it.

BMI is mostly a very dependable way of estimating body fat, especially for people between the ages of 19 and 50. Exceptions are women who are pregnant and breast feeding, bodybuilders, athletes and patients.

The health risks increase with the BMI count, and also with waist size. Sizes greater than 40 inches for men and 35 for women can prove to be serious and harmful. There are several other ways of estimating body fat other than BMI and waist size, which your doctor can help you with. Your BMI can be determined by using a chart found at healthcare centers everywhere.

Fat, Muscle and Water

Did you know that when you lose weight, you are not just losing excess fat from your body, but muscular tissue too?

There has been lots of research into this field and science has actually proved that what we get rid of is 75% of fat and 25% of muscle tissue. Another interesting fact is that we also lose A LOT of water during weight loss.

Water comprises over 75% of our body weights and also makes up a large part of fats and the substance in our muscles.

Throughout the day, your body works like a machine that burns up calories. When you are climbing up and down the stairs, walking, lifting or even typing and just about just about anything that involves movement, you are shedding calories.

As long as your calorie intake is sufficient for the energy you need to stay fit and healthy, everything will be fine. But when you consume more calories than what your body needs, you don't burn it all up.

It gets accumulated around your waist, buttocks, thighs and neck as ugly fat. As soon as you notice fat build up, work on it. If you leave things the way they are for longer than is safe, you'll have a hard time shedding it all later.

You have to strike a balance of correct diet and exercise. It is a combination of the two things that really makes a difference. Go on a high fiber diet and stick to it. Take at least eight to ten glasses of water each day. Your system will stay clean and clear of fats and toxins.

There you have it for the basics, now let's get into the different types of diets.

Choosing the Right Diet

Believe it or not, dieting can actually make you fatter. As you reduce your food intake to lose weight, your body puts itself on 'famine alert'. It gets the idea that food is scarce and slows down your metabolism to make the best of the small amount of food it is receiving.

When we say we want to lose weight, what we really want to lose is fat. If we lose weight too quickly, almost 25 percent of that weight loss may be coming from water, muscle and lean tissue.

The reason behind this is that the body is designed to hold on to fat, so the body concentrates on breaking down muscle and losing water in an effort to hold on to its fat.

If this is your game plan to lose weight, it will be unsuccessful. Once you lose weight rapidly and then go back to your regular diet, your body automatically begins to store a higher percentage of your intake as fat. This is because your body wants to stock up on fat reserves in case such a famine occurs again.

Dieting often involves cutting down the consumption of a particular kind of food or just overall consumption. This may close some of the avenues of essential nutrients that our body needs. This is why dietary supplements become even more important, because when your body lacks in nutrients, it

may be fooled into thinking it's famine time and starts storing fat as a precaution. Therefore, supplements of the right kind can actually make losing weight much easier and faster. Not only do supplements keep your body healthy, they also help you lose weight faster, naturally.

The Types of Food We Eat

Research has shown that people who are overweight and those who are not can often eat about the same number of calories. The difference lies in the types of food they are eating. A popular theory is that too many fats will make you fat.

This is true in principle as saturated fats are not very healthy. However, you should remember that some fats are crucial to your body, hence the name 'essential' fatty acids.

Following the same theory, some people go on low fat or no fat diets without considering that food that is low in fat or has no fat tends to be higher in sugar and salt in order to make it more palatable.

This is what will make fat, as sugar and other fast releasing foods invariably encourage weight gain.

This is how it works. The speed at which such foods release blood sugar determines whether or not you will gain weight, because every time you eat,

your body has a choice to either burn that food as energy or store it as fat. Higher insulin levels cause your body to change.

Types of Diet Plans

Most diets that are designed to help you lose weight provide 1,000 to 1,500 calories per day.

However, the number of calories that is right for you depends on your weight and the level of activity you engage in.

When a diet plan allows this level of calorie intake in a day it is called a low-calorie diet and the weight loss is achieved by calorie counting and therefore limiting the number of calories you consume.

Low Calorie Diet

Ideally the calorie level of your diet should allow for no more than a one pound per week weight loss.

Results are more visible after the first week or two because of the initial water loss.

It is important to remember that the recommended calorie level for each individual will vary depending on your age and weight, so you may need to eat more or fewer calories dependent on your own life style and circumstances.

To remain healthy and not feel sluggish while doing a low calorie diet, it may be a good idea to take supplements that will help to keep you energized and full of vitality throughout the whole day.

Fixed Menu Diets

A fixed-menu diet provides you with a list of all the foods that you can eat in an effort to lose weight.

The advantage of this type of diet is that it is easy to follow because the foods you can or cannot eat have already been selected for you.

This helps end the confusion of 'can I eat this or not?' However, the drawback of this type of diet is that food choices are very limited and this may therefore make the diet boring and hard to follow if, for example, you are away from home and do not have all the ingredients you may need.

In addition to this drawback, fixed-menu diets do not really teach you the food selection skills necessary for keeping weight off, and such skills are crucial when you have worked so hard at losing weight.

Ideally therefore, if you start with a fixed-menu diet there should come a time when you switch to a plan that helps you learn to make meal choices independently.

Such a limited diet also poses the risk of limiting your unnecessary nutritional intake. In this scenario, nutritional intake refers to the essential vitamins, minerals and micronutrients that everyone needs in order to enjoy continued good health.

A lack of essential nutrients can therefore mean that your weight loss efforts will be slowed down, rather than accelerated. When you cut out certain foods, it is inevitable that you will reduce the amount of some nutrients in your diet as well.

Food supplements could be the quickest and simplest solution to helping you maintain your diet and overall good health at the same time.

Prepackaged-meal Diets

Pre-packaged meal diet plans require that you buy prepackaged meals. Such meals may help you to learn the appropriate portion sizes that you should be eating but the major disadvantage of this kind of diet is that it can be expensive.

Also, using this kind of diet it is questionable whether you could actually learn about proper nutrition and make intelligent meal choices for losing weight.

There is also the question of availability - the meal you want may or may not be available if you are out of town, for example.

It may become difficult to lose the weight and then keep it off, which is always the biggest challenge.

Low Fat Diets

Fat is recommended to be the lowest consumption food group because it leads to weight gain and because of its limited nutritional value.

In a low fat diet plan, the number of calories obtained from your diet must be limited. Using a low fat diet, only 30 percent of the calories consumed must come from fat, whilst on a very low fat diet plan, only 20 percent of calories must come from fat.

In a typical low fat diet, meat, poultry and fish are not recommended. The only dairy products allowed are fat free yogurt, milk, cheese and egg whites. Banned foods in the diet include all fats, seeds, nuts, refined carbohydrates such as white rice, sugar and white flour.

You are allowed to consume an unlimited amount of other food without measure, especially foodstuffs like fruits, vegetables and grains.

However, modern research is increasingly skeptical about the claim that fat is the main culprit behind obesity and weight problems.

Change the Kind of Foods You Eat

Changing the kind of food you eat can be extremely helpful in losing weight. You should, in particular, try to reduce or eliminate foods made of white flour or white sugar, and avoid refined foods where the fiber has been stripped away.

These are foods that are 'fast-releasing' (the levels of sugar in the blood rise faster), and can have damaging effects on blood sugar and then your weight.

Cut down or cut out all sugar and artificial sweeteners. You will have to be smart about it because sugar can be added to almost anything, including foods such as baked beans, tomato ketchup, and even bread.

A very simple tip to help weight loss is to chew your food really well and to take your time when eating. It takes your brain at least 20 minutes to register that you are full, so if you eat more slowly, you will actually want to eat less.

Fat Loss Workout

The best way to lose fat when working out is lift light weights for many repetitions and lots of cardio. Women would have to stay within their range of course. There are a few reasons why this is true.

You're able to build muscle which burns fat and improves overall strength allowing you to burn more calories.

The key is to have consistent results and workout in moderation and losing fat will come easy.

You would normally want to workout 3 times per week, typically Monday, Wednesday and Friday.

The schedule would be something like this:

Week 1

Monday	Wednesday	Friday
<i>Upper Body</i>	<i>Lower Body</i>	<i>Upper Body</i>

Week 2

Monday	Wednesday	Friday
<i>Lower Body</i>	<i>Upper Body</i>	<i>Lower Body</i>


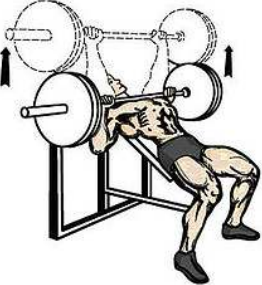
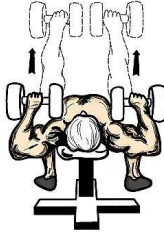
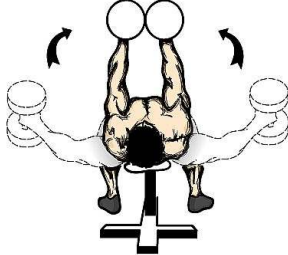

As you can see the first week I would do upper body twice in that week and the next week I would hit lower body twice in one week. This is a good way to shock your muscles and get them in training mode.




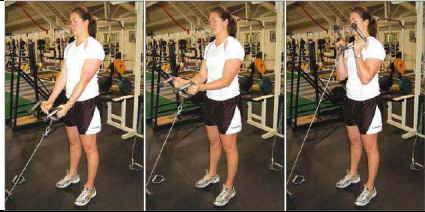
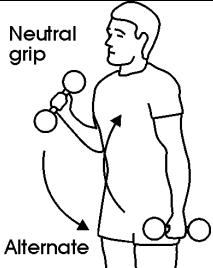
Doing this type of workout split allows you to gain as much strength and muscular growth while dieting.

I suggest creating a log book to record what exercises and the amount of reps you are doing each workout. This allows you to gauge your improvement and results.

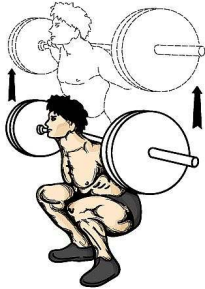

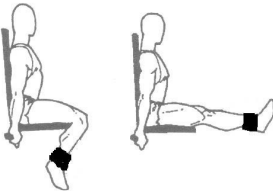
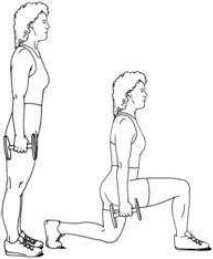
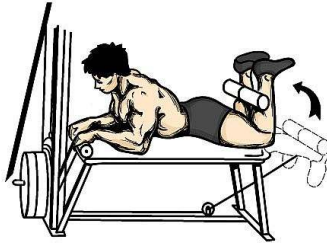
Here is a list of Upper Body Workouts






These workouts/exercises are for men and women.

Chest	
	Barbell Bench Presses
	Barbell Incline Presses
	Dumbbell Bench Presses
	Presses Dumbbell Fly's
	Cable Crossovers

Biceps	
	Alternate Dumbbell Curls
	Curls Barbell
	Preacher Curls
	Cable Curls
	Hammer Curls

List of Lower Body Workouts

Leg Workouts	
	Barbell Squats
	Leg Presses
	Leg Extensions
	Dumbbell Lunges
	Lying Leg Curls

Abs & Oblique's	
	Floor Crunches
	Oblique Floor Crunches
	Decline Crunches
	Hanging Knee Raises
	Cable Crunches

As you can see there isn't much to this workout, the reason being is that you will be dieting and running on low fuel because you are not consuming as much.

These workouts should be quick which allow you to do more sets so that you are burning more calories. This also prevents you from over doing it at the gym.

Cardio

Doing any type of cardio is going to be the key to this weight loss program. The type of cardio I'm talking about is way different from what other gurus teach.

Our whole objective is to burn as much fat as possible so you will perform your cardio workout first thing in the morning on an empty stomach so when you're burning calories you actually burning fat instead of the food you ate previously.

You should aim to do cardio everyday you don't workout your lower body. So as soon as you wake up, hit the treadmill for at least 30 minutes.

I usually shoot for 45 to 60 minutes.

Keep the pace slow, you don't have run like a mad man, slow and steady wins the race in this situation.

When the cardio session seems easy to you, you increase your incline level instead of your speed. This kind of cardio will actually have your body turn to stored fat as fuel instead of the usual carbohydrates.

So there you have it for working out. Create a solid workout plan from some the suggested workouts I listed above and TAKE ACTION!

If you prefer not to workout at a gym there are other alternatives in which I will explain below.

Staying Active

Along with a well-balanced eating plan, exercise is important for losing weight and maintaining your overall health. With planning, you can easily fit 30 to 60 minutes of aerobic activity into your routine most days of the week.

Aerobic activity includes walking, riding a bike, inline skating, ice-skating and dancing. It is important to your health because it makes your heart, lungs and blood vessels work, helping strengthen all of them.

To increase your levels of aerobic activity, first decide which activities you enjoy and look at your daily schedule to see where you can fit the activity in.

If you're starting from little or no daily physical activity, plan for five to 10 minutes per day. Once you achieve that level, increase it every week by 10-minute increments until you're up to 30 to 60 minutes most days of the week.

For maximum cardiovascular health, try to engage in all your aerobic activity at one time. But if your schedule doesn't permit it, you can break up the time throughout the day.

Weight Loss Supplements

In any type of diet, some form of food intake will have to be cut down.

Whether it is a low carb diet or a high protein diet you are more than likely to have an insufficient intake of at least one of the essential food groups or a particular foodstuff.

A dietary supplement (also known as food supplement) is a preparation that is designed to supply nutrients -such as vitamins, minerals, fatty acids or amino acids - that are missing or not consumed in sufficient quantity in a person's diet.

A dietary supplement must fulfill the following conditions:

- It is a product intended to supplement the diet and contains vitamins, minerals, herbs or other botanicals, amino acids, or any combination of the above ingredients.
- It is to be taken in tablet, capsule, powder, soft gel, gel cap, or liquid form.
- A dietary supplement is not presented for use as a conventional food or as a sole foodstuff in a meal or the diet as a whole.
- It should be explicitly labeled as a dietary supplement.

With the advancement of medical science and an increased interest in holistic health and wellness, the world of dietary supplements is getting increasingly complicated.

When we talk about dietary or food supplements we are not just talking about vitamins and minerals anymore.

Modern dietary supplements include a broad range of vitamins, minerals, herbs and other substances meant to top up your diet.

The U.S. Food and Drug Administration categorizes dietary supplements as foods rather than as drugs because dietary supplements have proved to be safe over many years of human usage, whereas drugs are not assumed to be safe until extensive testing has been done to prove their safety.

Multivitamin and Mineral

A good quality multivitamin and mineral in any form should be the foundation of your dietary supplement program to make sure that you are getting a 'little bit of everything'.

This simply ensures that your body is getting everything it needs to be in perfect running condition.

You should then add in the nutrients listed below in slightly higher amounts which are well known to be beneficial when included in any weight loss program.

B vitamins

All the B vitamins can be very useful to your weight loss efforts. They are also known as stress vitamins.

The vitamins B3 and B6 are especially important because they are responsible for the supply of 'fuel' to your body cells which are then able to burn energy.

Vitamin B6 in conjunction with zinc is also important for the production of pancreatic enzymes which are responsible for digesting food.

If your digestive system is working well, you will be more likely to use your food as energy, instead of storing it away as fat.

Vitamins B2, B3 and B6 are necessary for the normal function of your thyroid hormones as well. We have already mentioned that dysfunctions in the thyroid are one potential cause of being overweight, and therefore any deficiencies in these hormones can affect thyroid function and affect metabolism.

Vitamin B3 is also a part of the glucose tolerance factor and is released every time your blood sugar rises. As the blood sugar level rises, so does your weight - so if Vitamin B3 is steadily supplied to the body, it can help control weight.

Vitamin B5 plays an important part in the body's energy production and also the metabolism of fat. The B vitamins as a group are very important in helping you lose weight and the easiest way of getting them is to take a good B-complex supplement with your diet.

Fiber

Fiber also called "cellulose" has a wide range of health benefits even if you are not trying to lose weight. Fiber is a type of carbohydrate and is so 'complex' that it cannot be digested by humans.

However, it can benefit and help your weight loss efforts due to the feeling of fullness it creates, without excess calories. It also reduces the absorption of fat in the gut (although this is minimal) and also lowers cholesterol.

It speeds up digestion too, which is often believed to protect against certain types of cancers.

Fiber on its own contains zero calories. Therefore, it is recommended that you take a fiber supplement to support your weight loss.

Fiber may also play an important role in excess weight issues caused by hypothyroidism. Adult men generally need around 38 grams of fiber daily, while women need about 25 grams.

One type of fiber supplement is psyllium and those taking this supplement are less likely to consume fat and generally feel full a lot more quickly.

Among the many kinds of fiber, there are even some that can help in insulin metabolism and this is proven to be especially useful for people who have a few extra pounds around the middle of their body.

Abdominal weight gain often leads to increasing insulin levels and this starts the whole metabolic syndrome going into overdrive, so this can be at least partially prevented by consuming the recommended amounts of fiber on a daily basis.

Herbal Supplements

Some herbs are also known to have beneficial effects on certain bodily functions such as digestion, metabolism, or to help curb the appetite to impact weight loss.

These are natural and have few known side effects. Today many kinds of herbs are available in supplement form. Some of the commonly known herbs which aid weight loss include:

Cayenne – yes, this is the same tongue burning chili. Cayenne contains capsaicin, which has proved to stimulate digestion and increase metabolism, as well fat burning.

Green tea contains both caffeine and antioxidants that stimulate the body's metabolic rate.

Seaweed or kelp stimulates metabolism. It is also a natural thyroid stimulant – which in turn is great help in losing weight.

Ginseng is known to stimulate your rate of metabolism and boost energy at the same time

There are a wide variety of herbs and herbal compounds that can boost your efforts to lose weight. Let's consider a few herbs that can help supplement your weight loss efforts:

Hoodia Gordonii

The herb hoodia gordonii has recently gained much attention as a weight loss aid. It is commonly called hoodia. The hoodia plant is grown in the desert regions of Africa and has been used by the peoples of the Kalahari for centuries.

Hoodia's modus operandi is to suppress your appetite, and research by Brown University in the USA has shown that hoodia interrupts or stops the hunger mechanism in the brain.

Green Tea

We have mentioned green tea as a supplement that helps weight loss, but let's look at it a little bit more closely.

Studies show that the caffeine and polyphenols in green tea speed up the rate at which calories are burned, and hence raise the metabolism.

Raising metabolism causes the body to burn more calories which of course leads to weight loss. Research has also indicated that green tea consumption creates a higher rate of fat oxidation, which can also help weight loss.

Health Risk to Being Overweight

I added this information to the ebook to get you to take action because having all these medical condition is not only bad for your health but can get really expensive!

Heart diseases and strokes are the leading causes of deaths in the United States. This is because overweight people suffer from high blood pressure, blood fats (triglycerides) and angina which lead to major heart problems and strokes.

The problem occurs when plaque, a fatty material, builds up on the inner walls of coronary arteries which supplies oxygenated blood to the heart. The plaque in the arteries narrows it hence reducing flow of oxygenated blood to the heart.

As your BMI slowly increases, the chances of suffering for heart attacks and disease such as coronary heart disease becomes greater.

In case of obese people, the heart can simply fail to pump enough blood around the circulatory system to attend to the needs of the body, leading to congestive heart failure.

Strokes

Obesity and overweight can help store fatty adipose deposits in the arteries which might lead to blood clots within the arteries.

In case the blocked artery is close to the brain it can hinder the flow of oxygen and blood to the brain and hence cause a stroke.

Strokes are more prevalent in people who have high BMI.

Hypertension or High Blood Pressure

This is as a result of the high amount of pressure exerted by the blood as it pushes against the artery walls. Obese and overweight people have a higher chance of suffering from hypertension.

Heart Cancer

The second deadliest disease that kills thousands of people within the United States is cancer. Many different varieties of cancer can develop if one's overweight or obese.

Cancer is common amongst men in the form of colon, rectum and prostate cancer, while breast, colon, ovary, gallbladder, uterus and cervical cancer are common in women.

Gallbladder stones

Overweight people might experience problems like inflamed gallbladders and small gallbladder stones. These small stones generally caused by high cholesterol create abdominal pain and the only available cure is surgery.

Blood sugar or diabetes

Non-insulin diabetes mellitus (also called type-II diabetes) is quite common in the USA. This affects the body by reducing its abilities to control the sugar level in the blood. Obese people are at twice the risk of developing diabetes than people with average BMI.

Diabetes cannot be completely cured hence people suffering from it have to stay on a daily dose of medication.

This disease can also lead to complications and other health-related problems like blindness, heart problems, strokes and kidney failure amongst a few common ones.

Sleep Apnea

This is another problem related to obesity. People who suffer from sleep apnea stop breathing for short durations while asleep. This commonly leads to sleepiness during the day and often, heart failure.

People who suffer from overweight should avoid junk foods, fatty foods, beef and other greasy or oily foodstuffs. An intake of fresh water, juices and lots of vegetables should be enough to keep severe diseases away and help reduce the weight.

Keeping it Off!

Losing the weight is going to be the easiest part of the entire process. The real challenge is keeping that weight off. The sad truth is that there aren't any short term fixes.

You have to develop somewhat of a new lifestyle. You have to focus on better eating and daily exercise habits for the rest of your life.

I know it sounds like work and most of us hate working out but after a while you will begin to love it!

We must change our habits—one or two at a time. Small changes in our daily habits, over time, can produce quantum changes in your body and your health.

Changing Habits

The first thing we need to get control of is the amount of calories you take in each day. By doing this you will know how your weight loss is going.

Scientist has proven that losing fat is simply a matter of burning more calories than you take in. Of course there are other rules to that but that's #1.

Don't Starve Yourself

I know a lot of people who skip meals throughout the day claiming their cutting back so they can lose weight.

This can't be further from the truth, when you starve yourself your body stores even more fat.

This results in the loss of lean body mass (muscle) and a very low metabolism, so you can breakdown food as fast as you used to which means you will gain even more weight.

Eating Square Meals

The next habit is to divide your calories into the correct portions of protein, carbohydrates and fats.

Each meal should contain approximately 30% of the calories from lean proteins and 55% from natural complex carbohydrates. The remaining 15% will come from fat.

Lose Weight Slowly

Plan on losing weight slowly. Everyone wants fast results, but you can't undo a lifetime of inactivity and poor nutrition overnight. If you lose weight at a rate of 1—2 lbs. per week, you will be more likely to keep it off permanently.

Many diet programs promise rapid weight loss. High protein, low-carbohydrate diets for example, can take off pounds very quickly, but much of the weight loss consists of water and muscle.

Exercise

Arguably, the most important habit of all is exercise. Nutrition is only half the battle; the other half is getting off the couch!

Like we stated before, cardio is going to be your best friend when it comes to losing weight. You can do things like:

- Bicycling
- Walking
- Jogging
- Stair-climbing
- Cross country skiing
- Rowing

These are all good ways to burn fat. Always try to go for at least 30 minutes with each exercise.

It is human nature to look for quick fixes. However, when it comes to fat loss, there are no shortcuts.

It is easy to fall for the hottest diet craze, the newest workout gizmo, the trendiest class or the latest miracle pill, but the results they produce are often short-lived at best. If it sounds too good to be true, it probably is.

Weight Loss Action Plan

All of this information does you no good if you don't take ACTION. I went ahead and created a simply checklist you can use to get you headed in the right direction.

- Assess your situation and create goal to how much weight you want to lose.
- Create or choose a diet plan from the list we gave you above
- Create a workout plan using the routine we explained above
- Focus on completion and getting into a routine
- Log your eating and workouts to assess results
- Change your habits to keep the weight off.

It's that simple ladies and gentlemen, the hard part is actually getting out there and doing it. It all depends on how determined you are.

Conclusion

As our lifestyles become more complex and busy and with medical science growing by leaps and bounds; the consumer is constantly being bombarded with solutions to every imaginable problem.

Making healthier life choices may actually have become more complex than we might ever have believed possible.

You must educate yourself on what steps you are taking to lose those extra pounds and remember that anything drastic is usually not a good idea.

Before you decide to start taking supplements to aid your weight loss, you need to understand a few of the basics of dietary supplements.

Losing weight is probably one of the most difficult things in the world, or so you thought before reading this book.

Do yourself a favor and Take Action on this information and start living the life you've always dreamed of.