

Sample 1:

Dieting is something that most people do at some point in their lives. In fact, it seems that these days it is part of everyone's lives. People are more obsessed with weight than ever that there are literally hundreds of different diets out there claiming to be the "most effective", the "ultimate", the "easiest" and other marketing claims in order to make a sale. But before you start to take your dieting seriously, there are question you have to answer in so as not to fall for those marketing claims. First, how do you know when you should start to diet? Second, what diet should you start? Which diets will work in the long haul and which will only bring upon a quick solution but certainly not a lasting one? In this vast world of never ending diets, how does one choose which diet to go on?

The fact is that many of these diets do little good and are often harmful to your body. Overcoming your problems with weight and food can be very difficult, but it is possible as long as you know what you are doing and get

advice from experts. A lot of diets out there are created by people who know absolutely nothing about health and medicine.



Basically there are actually two types of people who create the “right diet”: the first are those who are just looking to make some quick money and the second are those who are convinced their baseless theory actually works. Now, you need to be very careful about which diet you choose so that you will get the benefits of it and so that you will not risk damaging your health.

A lot of people are unaware of how unhealthy a bad weight-loss diet can be. How often do you hear about the obesity problem and how unhealthy being overweight is? Too many times, right? But what we are not told so readily by the media however, is how dangerous it is when you deprive your body of certain basic essentials.



There are many ‘quick fix’ solutions out there; diets that claim you can lose weight, very fast and with minimal effort. The fact is that these DO NOT work. Logically, you know that you can’t simply buy a book or some disgusting drink and expect to lose 25 pounds in a week. It doesn’t work that way. Losing weight is something that takes time, effort and dedication. Additionally, such quick fix diets are often the most dangerous, since a lot of the time they involve going to very extreme measures in attempt to lose weight.

Successful dieting involves being educated about how your body works, ensuring you are eating the right things and, most importantly, staying motivated. Lack of motivation and drive is the main reason that diets fail. This can happen for a number of reasons, but it is something that all successful dieters have had to overcome. Anyone can do it – you just need to know how.

Sample 2

So what is metabolism?

Webster defines metabolism as “the chemical and physical processes continuously going on in living organisms” (Webster’s Dictionary, 1988).

To put it simply, the word ‘metabolism’ simply refers to the biochemical reactions that occur within an organism. More than this definition, what you really need to know about metabolism is that it is a process in your body that converts what you eat and drink into energy. When it



comes to weight gain, it is caused by eating more than what your body converts into energy. But it does not stop there. Now, when you go on starvation diet, your body will then compensate the lack of food to burn by slowing down the process or by slowing down your metabolism. So in this case, you do not actually convert or burn those unwanted fats as you are led to believe by many so called diet experts.

Consider the following equations:

Chemical + Physical = Metabolism

or

Food and Other Substances + Physical Activity = Metabolism

The other substances in the equation are the beverages we drink, the medication we take and the vitamins, minerals and other supplements we ingest to aid our health. Many believe that the only element of what we ingest that impacts our metabolism is food and beverages, but you should know that the supplements and medications also impact our metabolism.

For example, consider the fact that you are taking a medication that causes dry mouth and the only way that you are able to cure the dry mouth is to suck on mints or other hard candies. These candies begin to alter your chemical processes in your body, including the possibility of high blood sugars, excess calorie intake and so on. You may not consider the impact of the candies on your weight, but it can have a significant impact.

So what does this have to do with metabolism? Very simply put, what you eat affects your metabolism. Too much sugar, too much iodine, too much processed foods will affect how your body functions. More of your body's energies are being put towards the restoration of the processes and not towards using the fat stored for energy. This deficiency causes your energy levels to be reduced. If you eat a well balanced diet with plenty of fruits, vegetables, lean meats and limited carbohydrates, you will allow your body to run efficiently and increase your metabolism to a point where you have all the energy you need to do whatever task you need to do . This is how your body is set up to run.

When you add exercise to the balanced diet, you build lean muscle mass which will increase your metabolism even more. Now, it is important to note that the type of exercise and the duration of the exercise matters when you are looking at building lean muscle mass and increased metabolism.

So how does one know when the eating and exercise levels are appropriate to support the metabolism? Well, it is one of the involuntary functions of the body. The body simply evaluates whether it is receiving enough food to support the amount of activity it requires.

It is believed that the body is on a 72/48 hours schedule. The body takes 72 hours to deplete the glycogen in the muscles before it can begin using the “fat” in your body. It takes 48 hours for the body to determine if it has received enough food in order to spend the necessary energy.

Now why is this important for you to understand when thinking about how your metabolism works? Well, every time you go without a regular intake of food and water, your body is storing that information and recalibrating your body's



system. This is the cause of plateaus, binging and great weight gain after you resume your typical eating patterns. Anyone who has tried a starvation diet or an extremely restrictive diet has experienced these end results much to their dismay. This is why starvation diet does not work and may even cause you to gain weight.

Sample 3

There are four phases in the HCG diet plan; two were originally developed by Dr. Simeon, and two were later added by Kevin Trudeau. The phases are outlined below:

Phase 1: Preparation: New Eating Habits

During the preparation phase, the individual eats organic foods and begins the basic cleansing processes before beginning the HCG portion of the diet. This involves colon cleansing, Candida cleansing and other cleansings. Removing impurities and consuming organic foods free of pesticides, preservative and other chemicals provides the body an opportunity to start the HCG diet in a condition of optimum health.

Phase 2: Introducing HCG into the Body.

HCG may be injected, or taken orally. This will continue for a period of 23 – 43 days, during which time the individual will be on the 500-calorie-per-day diet. Each individual's diet will be determined in consultation with his/her nutritional consultant. During this time, it is vital to limit any external sources of fat that could enter the bloodstream (including fats from lotions and creams).

It is common in this phase for the individual to experience plateaus for brief periods of time. This is a short duration, following some weight loss, when there is no additional weight loss. This is normal, and to be expected. The diet provides instructions on handling these plateaus, which typically last from 4 – 6 days.



Phase 3: Increasing Caloric Intake

This phase lasts for three weeks, and is often a welcome period. In this phase, the individual is able to eat anything without starches and sugars. If alcoholic beverages are desired, they can be consumed during this phase. A daily 'weigh in' is required during this phase, and if a weight gain of more than two pounds occurs, a special "back on track" day is required.

Phase 4: Starches and Carbohydrates

At this point, carbohydrates and starches are once again introduced into the diet. This is not done arbitrarily; some foods will still be avoided, because they are certain to cause weight gain.

Sample 4

Many people decide that they are overweight based upon the media perception of how a “healthy and beautiful” person should look. The main problem with this is that not every person is supposed to look like the top 10 sexiest people according to a popular magazine.

Every person has an ideal healthy weight - medically determined by his or her gender, height, age, bone structure, and physical characteristics. There are several different types of charts and calculation formulas that provide guidelines for determining a person’s ideal weight. The most commonly accepted and widely used of these are the Body Mass Index (BMI) and the Body Fat Estimator (BFE). Keep in mind however, that there are variations of these calculators, and that these numbers are only to be used a guideline.

Weight Chart for Women (Systems, 2007)

Weight in pounds, based on ages 25-59 with the lowest mortality rate (indoor clothing weighing 3 pounds and shoes with 1" heels)

Height	Small Frame	Medium Frame	Large Frame
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

Weight Chart for Men

Weight in pounds, based on ages 25-59 with the lowest mortality rate
(indoor clothing weighing 5 pounds and shoes with 1" heels)

Height	Small Frame	Medium Frame	Large Frame
5'2"	128-134	131-141	138-150
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7"	138-145	142-154	149-168
5'8"	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	158-180
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197
6'3"	158-172	167-182	176-202
6'4"	162-176	171-187	181-207

Body Fat Estimator

1. Multiply your weight: _____ X 1.082 = _____
(weight nude) (nude factor)
2. Add nude factor _____ + 94.42 = _____
(nude factor) (weight factor)
3. Take waist measurement: _____ X 4.150 = _____
(at navel) (waist factor)
4. _____ - _____ = _____
(weight factor) (waist factor) (lean body mass)
5. _____ - _____ = _____
(weight nude) (lean body mass) (your body fat)
6. _____ - _____ X 100 = _____
(your body fat) (weight nude) (your % body fat)

These calculators will help you determine how much weight you need to lose, but you must keep in mind that a percentage of body fat is crucial to overall health and wellbeing.

Body Fat Percentage Categories

<i>Classification</i>	<i>Women (% fat)</i>	<i>Men (% fat)</i>
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32%+	25%+

(BMI Calculator, 2010)

The above chart demonstrates the healthy percentage of fat you need. The chart also indicates body fat percentage according to different fitness levels – average, athletic, inactive, etc.

Successful weight loss cannot be achieved by dieting alone, but only in conjunction with an effective exercise program. Moreover, it is crucial to diet correctly and in a healthy manner. It is never recommended to begin a weight loss endeavor without first consulting your physician.

Your physician will be able to assist you in determining what your specific diet and nutritional needs are, and also what types of exercise will most benefit your weight loss goal, without endangering your physical health. Some exercises are dangerous to people with certain health conditions. For example, if you have heart problems, strenuous exercise such as lifting heavy weights could endanger your health by overexerting the heart.

The biggest health risk that people face when trying to lose weight, is that they believe that drastically reducing the amount of food they eat will enable them to lose weight quickly and easily. However, what actually happens is that when a person stops providing his or her body with the nutrients and positive calories gained from food - the body begins to seek the nutrients it needs from within itself. What this means is that muscles and organs will draw from themselves the nutrients stored within them to provide the energy needed to function.



Eventually, the organs and muscles begin to deteriorate and become unhealthy. The person will not only stop losing weight, but will begin to gain more weight because the body is unable to metabolize the food he or she does consume. In addition, the person will feel intense fatigue, muscle weakening, and other health concerns.

To avoid these health concerns, and to achieve and maintain your desired and ideal weight in a healthful manner – each individual must create and follow an effective diet and exercise routine, specifically designed to meet his or her own particular needs.

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