5 Practical Tips
To Lose the Weight for Good

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Think about it for a minute. There are literally tens of thousands of diet books out there on the market. If even one of them really helped us lose weight, why would there be so many others? If any of them worked, we’d be all skinny.

You would assume by now the truth would be uncovered: it’s not all about cutting calories and depravation. Diets don’t work.

Going on a diet is like going into battle. Listen to all the words that come to mind when we think about losing weight: willpower, discipline, fighting cravings. It’s like being at war! Only we’re at war with our bodies and with ourselves.

It’s an approach that, for 95% of us, are doomed to fail.

Relax….

What if I told you that you could lose that weight without really thinking about it? No long marathons at the gym, no diet pills, no hunger, no guilt and no shame.
What if you could just make peace with your food, with your life, and with yourself?

You can. No more waiting till Monday to start your next diet. Starting today, right now, right this moment, it’s time to turn the page and start your new healthy lifestyle.

This is the No-Diet way to losing those unnecessary pounds and rediscovering the joyful, healthful, vibrant person you are meant to be.

**Why don’t diets work?** Because every single one of them involves a way of eating that is not natural for you. It requires you to fight your instincts, restrict your calories or to otherwise alter the way you eat for a specified period of time. Your body frequently interprets this physical, emotional, and mental deprivation as a stressor, as a famine, and even many times as a reason to hold onto the weight instead of losing it.

This is why so many of us quit dieting long before we achieve our goals.

And when the diet is over, whether we’ve achieved our goals or not, what do most of us do? We go back to eating the way we did before. And then what happens?
We gain the weight right back and then some. This can put a strain on our body and our health. In a study conducted by Dr. Cornelia Ulrich of the Fred Hutchinson Cancer Research Center in Seattle it said, women who had lost and gained weight the most times-- dieting five times or more-- also had the lowest levels of white blood cells. It’s time to get off the diet roller coaster and start from what might be a most counter-intuitive place, but one that can be very liberating for you.

Take the first step to quit worrying about food.
Your body is amazing. All it wants to do is protect you, heal you, keep you safe, and bring you safely through this life.

You can feed it the worst possible foods, and abuse it with alcohol, cigarettes, and drugs. You can fall from trees and break its bones, burn its skin in the sun, subject its lungs to toxic chemicals and fail to take it out for a walk every day, and still, in spite of all these odds…. your body will continue to work for decades to get back to health, wholeness, and vitality.

And yet, especially for those of us with weight problems, we spend so much time hating our bodies, and ourselves.

If you continue to see your body as the enemy, how will you ever work together to achieve the weight and the health you both truly want?

It’s time to see things differently, and this is the first tip to losing the weight you want to lose – this time, for good.

1. First of all, realize that you are overweight because your body is doing exactly what your body is
designed to do. It is protecting you from famine, it is protecting your organs, it is storing sugar as fat because sugar can’t stay in your blood stream or it would poison you, and you would die. Don’t hate yourself.

2. Throw out your scale – or at least put it away for a month. You need to stop paying attention to the pounds, especially on a daily basis. Fluctuations in weight often lead to disappointment and frustration, and they really don’t tell you anything.

3. Stand in front of the mirror. Naked. Yes, go ahead. No matter what you see or how much you wish it were different, make a commitment right now to be grateful for your body. Those extra stores of fat are simply your body’s attempts to protect you, and all we need to do is start moving in the right direction to communicate clearly with your body as to what will really make you healthy.

4. Accept and love yourself unconditionally right now, exactly where you are in this moment. No more negative thinking about your body or your weight, because these negative thoughts (stress) will also negatively impact your ability to lose those pounds.

5. Remind yourself that food is plentiful, and you can eat whatever you want. Now remember, you’re not on a diet, so there is no need to hurry up and eat all the junk
today before you start your diet tomorrow. If you are hungry, you need to eat. When you tell yourself you can’t have this food or that, you are telling your body that there is a shortage of food, and this only makes things worse; it leads to stress, and the stress will lead to maintaining fat. The food isn’t going anywhere. You’re going to eat, and you can eat whenever you’re hungry.

Tell yourself these things, instead of the critical voice you’ve been using on yourself for years. Don’t feel guilty for how you look, or how you feel, or why you want to eat the foods you do.

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But in the next tip, we’re going to take a look at how you eat, and why.
When is the last time you took the time to thoughtfully shop for your food, cook your meal with care and love, and sat down to chew it slowly, with joy and appreciation for all the tastes and textures on your tongue, finishing your meal feeling satisfied, nourished, and grounded?

If you’re like many Americans, the answer might be: NEVER.

We live in such a rushed society. Being on the fast tract, fast food is plentiful, and convenience is king. So all too often, we grab our meals at the drive through and eat in the car. Or sometimes we pop a prepackaged meal of some sort in the microwave in the staff lounge at lunchtime, or at home at the end of a busy day. It might be that the only time we really sit down to eat is in front of the TV, with a bowl of chips or a pint of ice cream in hand, not really paying attention to what we eat at all, instead completely engrossed in a mindless show.

And mindlessness is one of the big reasons why we collectively weigh so much. We have no idea how many foods -completely devoid of nutrients- we consume on a
daily basis, because we hardly even pay attention to what we eat.

And while food is designed to nourish us, sometimes we use it for other reasons. We all turn to food for comfort at times, as many of us can be categorized as “emotional eaters.” We eat when we are stressed, we eat when we are lonely, and we eat when we are sad. But the foods we eat tend not to be the ones that do great things for our bodies. I don’t know about you, but I’ve never heard of anyone eating a carrot to soothe a broken heart. If you are eating while overloaded with stress, your body doesn’t know what it’s suppose to be digesting. (The stress or the food)

So, the second tip on the path to losing unwanted weight and keeping it off for good is to reflect on the reasons why we eat, and to pay more attention to when we’re eating.

**Are you really hungry?** Before opening that bag of potato chips, ask yourself this very important question. Do you really feel the need to eat something, or is something else eating you? Are you bored? Are you tired? Are you thirsty, or just longing for some company? Take a few steps back from the pantry, have a glass of water, and
occupy your mind with something else for at least ten minutes. Take a walk, read a book, listen to some music, call a friend. The practice of mindfulness is marked by openness and curiosity toward your experience. Compassionate attention helps develop many qualities and abilities such as focus, clarity, insight, love, compassion, and joy.

Prepare your food thoughtfully. Whether it’s a small bowl of potato chips just for you or a four course meal for friends and family, take time with your food. Look at it, think about where it came from, even take a few moments to be thankful you have it. Serve it on a plate or in a bowl that’s sized to handle one portion, not four or five. Before taking the first bite, note the texture of the food, the way it looks and smells. Be appreciative before you ever open your mouth for that first bite.

Eat slowly, chew completely, savor thoroughly. Eating is a much more satisfying experience when you take the time to really taste it, and enjoy it. If you are alone, pay attention to your food and eat without doing anything else… no reading, no television, no computer. This is called mindful eating. Mindful eating is a beautiful way to nourish your body and your spirit, and those who practice it find that their food satisfies much more quickly
this way. If you are with company, enjoy your food and your company equally – staying present and mindful in the moment.

This is such a different way of eating for many of us. It allows us to take charge of our food and be at peace with our experience, instead of our food being in charge of us and being at war with our bodies.

Now that we’ve set the stage for being more relaxed about our food, loving our bodies, and eating thoughtfully, it’s time to give some thought to what we are actually eating.
So, what are the foods you like to eat most of the time? Most of us would say we love our meat, bread, pasta, pizza, chocolate, sweets and soda. French fries are high on the list, as is wine and beer.

The bad news is: most of the foods above are presented to us in a highly refined and processed form that depletes them of nutrients or subjects them to an overload of toxins, chemicals, or hormones. They are likely to sap of us energy, spike our blood sugar and blood pressure, and can lead us down the road to obesity, diabetes, heart disease, cancer, and death.

The good news is: you can swap out all those fake and artificially processed foodstuffs with real, whole, nourishing foods that will fill you up faster, meet your nutritional needs, and taste much, much better! Even
better news is that when you also add in healthy portions of the nutrient-dense vegetables, fruits, legumes, nuts, and seeds you’ve been lacking, you aren’t really cutting anything out of your diet. You are adding in the good stuff and, eventually, crowding out the bad stuff!

Diets just don’t help us. To be nourished, we need real whole foods. Good, nutrient dense, fresh, whole foods. Delicious foods. Nourishing foods that taste good in our mouths and feel good in our bodies.

While eating a Big Mac, chowing down on a slice of pizza, or downing a pint of ice-cream might not be your best plan, I’m not going to tell you not to eat those things – at least not yet. What I AM going to do is help you figure out what high nutrient foods you could be adding in. Because when you start adding in enough of them, a funny thing happens.

You tend not to want the highly processed artificial junk anymore. When you eat real food, you crave real food and you start tasting real food. You won’t ever be hungry when you eat well!

What can we be drinking & eating more of? Water!

A general rule of thumb is that you may want to strive to drink half your body weight in ounces of clean, pure
water each day. This means if you weigh 200 pounds, you will drink 100 ounces of water. If you drink caffeinated drinks, soft drinks, or alcohol, you need even more water, as those beverages work to dehydrate rather than hydrate. Our bodies need water more water than anything else, so be sure to drink the right amount for you to stay hydrated and healthy.

**Greens are the most nutrient dense foods on the planet.**

Eat leafy green salads at every meal. Even if you do eat a burger, include a big salad with a sprinkle of fresh lemon on it. Greens fill you up, help you digest even less than healthy foods, and are a powerhouse of nutrition. You can put them in stews, or blend them with fruit for amazing smoothies.

**Add colors to your plate.** The key to consuming all the various vitamins and nutrients you need is color. A variety of colors in your veggies every day will help you meet all your nutritional requirements. Chop up different vegetables for your salads each day and eat as many as you can, prepared as many ways as you like.
Fruits. Fruits are nature’s all natural candies. They are sweet and delicious, but the problem with our modern diet is that even sweeter artificial foods can make naturally sweet foods taste a bit dull. But still, we can add in a few berries and apples each day to crowd out the cookies and candy. After a while, when you are eating less processed sugar, you’ll get a sense of just how delicious the real foods are.

Beans and legumes. High in protein and fiber, beans and legumes will also fill you up. And you can prepare an endless variety of meals with them, organically of course.

Raw Nuts and Seeds. Not only are organic raw nuts and seeds nutritious on their own, but when eaten with greens, they help your body absorb those nutrients as well.

Ditch packages that say, low fat, no-fat, enriched, synthetic or refined. Up your intake of gluten free oatmeal which lower your risk for many chronic diseases and help you feel full.

Whole foods. Like I said, don’t give up your favorite foods – at least not until you realize they could be
sabotaging your weight loss efforts. Take for instance wheat products or processed gluten “fake, food-like” products. Most people don’t know that these products can be actually the cause of their weight gain. Whether it’s wheat or white bread or white rice it can be raising our blood sugar, dangerous to our metabolism and is neither a whole food or a nutritionally dense food. Make smarter choices with adding more plant based foods. Instead of a fast food hamburger, for instance, make one at home using bean, nuts and mushrooms. Switch to lettuce leaf or collard wraps instead of bread. A benefit to these simple changes may be …no more acid reflux.

Do you love French fries? You can cut your own sweet potatoes and bake them at home. Same goes for pizza – use fresh ingredients, nut cheese and lay it on a cauliflower crust. Replace your favorite soda with some fresh squeezed fruit in some sparkling water.. And you’d be surprised how many recipes you can find online for ice cream made from real fruit you put in your blender using pureed dates, cashews, berries and fresh coconut water.
Choosing to over exert yourself with exercise when weight loss as your primary goal, is usually a recipe for failure.

Why? For this reason:

Exercise alone will not lead to weight loss.

Removing stress and improving your mood FIRST will be the driving force when you are ready for a change.

First of all, if you’ve been sedentary for a long time – and being sedentary is a common thread among people who are overweight – you may tire easily. Making too many changes at once can be overwhelming, and you just started with new food choices. After a few months, when you’ve had the benefit of some nutrient density in your
system and you have the fuel and energy to start, exercise is an excellent component to add to your lifestyle – with, of course, your physician’s blessing.

Don’t look at exercise as something you do to lose weight, at least not at first. Of course, movement is always good instead of sitting all day long. But the focus is on how you feel when you move, because when you do it right, it makes you feel great. And feeling great is an instant gratification motivator that will keep you wanting to continue losing a pound a week – which is a healthy rate for weight loss, but one that can seem very slow when you’re slaving away on a workout routine.

Keep things simple. Just start with walking. Add a few more steps to your day here and there, then start setting aside half hour blocks a few times a week to walk and get your cardiovascular system in shape. Walking and exercise are important for our bodies period, not just to lose weight. So a routine you’ll want to eventually stick with for life is important.

After you feel like your relationship with food has calmed down, you are eating more quality foods, and you feel comfortable getting some exercise into your weekly
routine, you might want to know if there actually is an exercise that can specifically help you shed the pounds.

Here it is, the best kind of exercise for losing weight is what’s often called high intensity interval training.

However that may sound a bit scarier than it is.

What it really refers to is adding between ten and thirty seconds of fast paced exercise in the midst of your moderate exercise. In other words, in the middle of your otherwise pleasant walk through the neighborhood, take 20 seconds to walk faster, and then go back to walking. Do this three or four times during your walk, several times a week.

Or you can do this on a bicycle, while swimming, or during any other exercise routine. The science behind this strategy is that this kind of exercise allows you to exercise at higher levels of intensity than just longer term sustained aerobic exercise. Your body is then able to process lactic acid build up, reduce fatigue, and burn calories and fat at a faster rate. The fat burning also appears to continue after the exercise is finished. Best of all, it’s not a new routine. You’re just adding a bonus to what you’re already doing.
While losing weight is what we’ve been focusing on, the most important reason to lose weight doesn’t have anything to do with how good you look, how others see you, or what being slim might mean to your self-esteem.

It has to do with your health and how you feel. Your goals should be focused on improving your health every day, rather than worrying about the pounds.

When you begin to look at each and every food and lifestyle choice you make as something that you are either doing FOR your body or as something you are doing TO your body, you can begin to see your decisions very differently.

The things you do TO your body have an immediate impact, as well as a long term one. Processed foods, lack of movement, inadequate sleep, negative self-talk and forgetting self-care are all things you do TO your body. They can make you feel tired, stressed, impatient, fat, and mentally fuzzy. They can cause you to lose motivation,
feel depressed or moody, be more hungry, and never feel fulfilled or satisfied. Over time, you will gain weight, clog your arteries, lose your brainpower, set the stage for cancer, and die before your time.


But the things you do FOR your body also have an immediate impact and long-term benefits. Eating the right foods, exercising, sleeping well, making time for you, and being kind to yourself- all lead to improved moods, sustained energy, mental clarity, and a sense of feeling grounded and satisfied. You can better manage stress, reverse diseases like diabetes, prevent auto immune disorders like cancer, and set the stage for a long and healthy life.  http://blogs.naturalnews.com/9-steps-finally-heal-insulin-resistance/

And the best part is, once you are on the road to that healthy lifestyle for the rest of your life, you WILL lose the weight. And you’ll lose it without even thinking about it. Remember the ultimate meal is to feast on your own greatness, and serve it to the world.
While these general guidelines are a great start on the road to lifelong weight loss and wellness, each one of us is unique and could use some personal support.

Request a consultation today!

Connie can be reached at
www.bitesizepieces.net and
www.weightlossforlifechange.com

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