

**SAMPLE VERSION**

# **Quick Weight Loss Action**

**A Step By Step Guide To Losing Weight  
Real Fast**

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# Understanding the Reasons for your Overweight:

Do you ever feel like getting rid of the extra weight of your body? If you do, it's quite normal because [wrongdiagnosis.com](http://wrongdiagnosis.com) states that more than 97 million American adults suffer from this same problem. People think that greed is its main cause, as they do believe that the more you consume, the more you get extra weight.

The American society is seriously leaning towards the aspect of loosing weight. They are going from pillar to post to be endowed with a new way to weight loss. One can get several ways to loss weight without any serious problem and then they feel free to wear gorgeous dress in order to live up to the date on Friday night or to play golf happily.

Most of us now have a bias towards dieting and they often face weight loss badly. When you are going for something whole-heartedly and don't get a satisfactory result, it really irritates and then disappointment starts creeping in. So, in order to have weight loss, make a proper plan. But, you need to bear in mind that it might not work and you have to start again.

It was primarily believed by some particular nations but this view has now been accepted by The World Health Organization that cases of overweight, obesity, diabetes, heart disease, stroke and hypertension are on their way to increase at an alarming rate, especially in the developed Western world (mainly the United States of America and in the United Kingdom). Statistics denotes that the last 50 years have witnessed an increase in fatness (which leads to other problems) from nearly 7% of adults to about 35%. In fact, in the countries mentioned above, almost 50% of the adult population suffers from overweight.

Many factors are there. Our primary intention here is to deal with weight control and give you an acquaintance with some ways that can be of aid for you to be in a perfect shape. It can be divided into two groups i.e. social and personal. Social reasons are important in order to make out the sayings of your dietitian or doctor about your eating habits. Whereas, personal reasons are immensely important to be aware of, for their impact in the realm of your eating habits and lifestyle.

## ***Personal Reasons for Gaining Weight:***

Food provides your body with energy and nutrients to live. Your body forms some indications.

- Hunger indicates the requirement for energy.
- Appetite indicates the type and quantity of the needed nutrient.



The indications came after we had a fat burning metabolism and prior to it, carbohydrates were treated as our favored sources of energy. The signals are effective if you are willing to control fat and protein eating. If a carbohydrate eating is there, it is irregular.

Suppose the eaten food endows you with more energy than needed and it requires that the surplus energy be properly directed. It is a real problem of healthy eating doctrine. Having a fat burning metabolism and eating butter or cream lets you manage the eaten amount. Irrespective of you liking for the foods, if you consume more than needed, it gives birth to problems. However, having a sugar burning metabolism for taking carbohydrates as the chief source of energy complicates the problem as it lets you consume sweets without any indication. This lets you have too much energy for your needs.

Such surplus energy gained from carbohydrates gets metabolized into blood sugar, or glucose. Insulin rushes forward from pancreas and it converts the surplus glucose into body fat. Another problem remains and it is that with the surplus energy getting into fat, the glucose in your blood becomes useless and it makes you feel hungry again. So, it continues to more eating and resultantly to overweight.

If you move on to carbohydrates from fats as your source of energy, it creates more problems. This lack of consuming fats makes your body devoid of some vital fatty acids and sterols that your body requires. It gives birth to more hunger. Such elements can't be had from carbohydrates.

Two personal reasons can be mentioned that have a social aspect and cause overweight. One is the time of your intakes. Having a proper breakfast and a good lunch and a perfect dinner lets you balance the energy intake and energy needs. In case you lack this balance and eat heavily at night, it causes overweight because you don't need too much energy then.

Your use of energy is also sometimes responsible. The energy needed for an active person has to be more than an inactive person. The preachers of the healthy eating doctrine concentrate on this while taking about the need to count the calories of your

eaten food. This stems from the fact that your appetite can't handle the surplus consumption for eating extra carbohydrates and it necessitates counting the calories. This might be a tough job to count and your counting of calories in accordance with the needs of energy can be utterly wrong.

### ***Knowledge about Anti-Depressants and Some Other Medications:***

Consuming some medicines according to a prescription might also lead to weight gaining. To clarify this fact, let's assume that you are suffering from depression and goes to the doctor for suggestion. The doctor suggests Paxil® or Zoloft® and both of them are worthy antidepressants. You can soon realize that your weight is increasing. Nutritionist Madelyn Fernstrom believes that these medicines can increase your hunger and can also hamper the process of metabolism. Other medicines like beta-blockers, corticosteroids and birth control pills can also do the same.

### ***Lack of Sleep:***

International Journal of Obesity states that an American generally sleeps for seven hours at night. It is also believed by science that your weight might increase if you sleep less than eight hours. What is the reason?

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.

In fact, you tend to consume sugary treat full of calories instead of healthy foods, when you are extremely fatigued.

### ***The Habit of Consuming Quickly:***

Your habit of eating your food too fast can also be responsible for the problem of your overweight. Wikipedia.com says that the term "Fletcherizing" was coined by Horace Fletcher. His theory suggests that in case of chewing your food (32 times to be specific) well on the eve swallowing it, you consume less food and aid your digestive system to improve.

### ***A Protective Fence:***

Sometimes gaining weight is a mental and protective fence for some people. May be some past incidents unconsciously prompts you to be overweight so that you can fight against all odds in the future because you are then physically more strong. You

also might want to draw a demarcating line between you and the world. You feel that you won't be asked to show or exhibit anything if you are overweight.

***Genetics:***

Some people opine that their weight is derived from or caused by the overweight of their parents. Research shows that in case of willing to have fat about the midsection can be genetically compared to one parent. A sluggish metabolic rate can also be inherited. It refers to the fact that you tend towards gaining weight more than others.

# Health Risks of Overweight

Check your obesity by calculating your Body Mass Index (BMI). A BMI of 18.5 to 24.9 is deemed healthy, while anything beyond it's obese. The BMI uses the height and weight of an individual to calculate whether the body of the individual's healthy or unhealthy.

If your BMI is above 30, then you're obese and might be prone to a lot of related health problems like sleep apnea, cancer, diabetes, heart diseases and high cholesterol.

Here are a few common diseases that arise due to obesity:

## ***Heart problems***

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. Incase 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. Incase 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.

## ***Blood Fats***

The chance of you having irregular levels of fats in your blood's greater when your BMI is over 30. Such blood fats include low-density lipoprotein or LDL, a fat-like matter called 'bad cholesterol', triglycerides as well as low high-density lipoprotein, also known as 'good cholesterol'. These uncharacteristic levels of blood fat in blood stream can lead to serious heart problems.

## ***The Metabolic Syndrome***

This encapsulates a group of factors linked to high obesity and overweight that, heighten the risks of heart ailments and other health troubles like strokes and diabetes. Any person can exhibit any of these factors but generally these risks tend to happen together. When a person's suffering from any of the three following heart ailments risks, he or she's suffering from the metabolic syndrome:

- Are you apple-shaped or have a large waist? If you're one then you're suffering from obesity which is primarily abdominal. The extra flab around the waist poses a greater threat to the possibility of heart diseases than fat around the hips.
- Low high-density lipoprotein cholesterol and high levels of triglycerides mean incredibly irregular levels of blood fat.
- Abnormal blood pressure.
- Uncharacteristic levels of blood sugar during normal fasting.

## ***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.

## ***Osteoporosis and arthritis***

The combination of the two forms is called osteoarthritis which most overweight people suffer from. It's a problem of the hips joints, knee joints and lower-back. The weight of the fat puts pressure on the joints, leading to pain.

## ***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.

Obesity and problems of overweight are most common in teens and children, increasing the risks to their health. In the US, diagnosis of Type 2 diabetes in children has gone up from a rarity to 45% of brand new diabetes cases in the last few years, making obese children vulnerable to becoming overweight in their adulthood and the related health problems.

# Weight loss is important- But Why?

Is weight loss that important? If you want to look good and healthy and lose weight – yes it is! Engage yourself in physical activities, eat healthily or skip meals when ill, but do try and remove all that ugly flab from the body! Here's why you should reduce:

- Obese people are prone to arteriosclerosis, diabetes, hypertension and heart diseases
- Intake of food that's fatty can lead to diseases
- Immediate weight loss can lead to diseases and other unforeseen complications
- Become more active physically to keep the levels of energy high since obese people are usually lazier hence they feel more tired
- Physical exercise extends your life and helps you think straight
- Losing weight by dieting, exercising and yoga.

## Losing Weight: What to do

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's very easy to get excited about the entire concept of losing weight and set goals for oneself. But the process of losing weight, while not at all difficult once certain basic guidelines are maintained, is not all that simple either, and cannot be gotten over with hastily. One has to be practical and set practical, reachable goals for oneself. This way you can never be disappointed with yourself, will always live up to your expectations of yourself, and will have a much better chance of losing weight efficiently. 5-10% of weight loss even can seriously set you on your path to leading a far better and healthier life.

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 2 pounds a week. this way, you'll stay safe. But obese people may need to lose weight fast, but even so, a doctor's or a physician's advice is crucial before any steps are taken.

There are several reasons why you weigh what you weigh. 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.

There is no dearth of products in the market promising the world and delivering nothing eventually. They promise you massive weight loss by following merely a few steps which do not include making serious changes in your lifestyle, or eating food

with less calories. These products, which opt for a quick and effortless way out, are mostly all impostors and con jobs. 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 which it's not possible at all.

### ***Setting practical and realistic goals***

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. There are certain diets which claim to help lose weight, and which do not follow the recommendations of The Dietary Guidelines for Americans, and these may work, but they only do so for a short time and may even be harmful to your health.

Here are certain steps that you can follow:



- First and foremost, 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.
- A balanced diet consisting of food that has very few calories in it can lead to losing about a pound or so of weight 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.
- 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 gymming or the likes: you can take simple steps, literally! Try taking the stairs, instead of the elevator, or the escalator, or try parking farther and walk the distance instead. If your doctor agrees, and only if he does, try some daily physical activity such as walking.
- It's best not to rush and lose a lot of weight very quickly. Such a method may not be safe. It's always best to set limits and moderate, realistic goals which

are easily reachable but still benefit you. 5 to 10% weight loss can really prove to be beneficial and can help lower your blood pressure by quite a tidy amount. For instance, if you are around 5 feet 6 inches, and weigh around 180 pounds, and would like to weigh around 150, 5-10% weight loss is perfectly fine and healthy.

Realistic, practical approaches to weight loss are, more often than not, the most efficient. They can lead to serious, beneficial changes that are long lasting. Physical exercise is a must in this regard, and cannot be emphasized too strongly.

### ***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.

Keep in constant touch with your doctor to be aware of the many health risks, and come to a suitable health losing method for you. Ask your doctor what sort of diet could be suitable for you: a moderate one, which is usually 1200 calories for women and 1400 for men, or other diets that you need to be aware of, and which your doctor can help you with. Also, understand clearly what side effects can take place, and what other medications are available, and also about diet supplements. Keep him updated about any changes that you may feel during or after the completion of the medication.

Choose a treatment center which is close to where you live or work, is accessible and has appointment times which are suitable for you. Be aware of the institution or the healthcare center, and its qualifications and certifications. Also, know about the costs of the various aspects of your treatment, be it the membership, the foods, the dietary supplements or the tests that you may undergo. Get yourself a price list, as it will be helpful in this context.

# Weight loss Includes 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 seventy five percent fat and twenty five percent muscle tissue. What you probably never imagined before is that we also lose a sizeable quantity of water during a weight loss spree. Water comprises over seventy percent of our body weights and also makes up a large part of fats and the substance in our muscles.

You don't feel that great if you are overweight and the scales keep climbing, do you? You derive absolutely no benefit from being the way you are, that is, being obese. Apart from looking and feeling bad about it, you risk getting multiple diseases from being obese. Yes, obesity can kill. Heart attacks are the worst deal you could get. That can be fatal, as you already know. Being a glutton has its moments, but in the long run, it's a disaster for you. Living for the sake of food is simply not the way to be. You have to pay the price if that's your mantra and that dearly.

Throughout the day, your body works like a machine that burns up calories. When you are climbing up and down the stairs, moving on the streets, lifting and heaving and pushing and pulling objects, or doing 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.

Don't get all worked up, though, because help is at hand. There are plenty of sites on the Internet that tell you how you can lose weight effectively in a short while. They will give you all sorts of diet and exercise tips that will work wonders. What you have to keep in mind is that losing fat is not enough; you have to make sure it doesn't come back in a hurry. Herbal remedies suit some people well. If that doesn't work for you, try jogging or taking brisk walks once a day.

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.