

SIMPLE WEIGHT LOSS

PLAN

Turn Your Life Around with a Diet and
Exercise Regimen that Works!



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Regimen that Works!

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The Battle against Weight Gain

A lot of people throughout the world are concerned about gaining weight. Millions of people everywhere are obese and suffering from many different health consequences because of it. Most people have trouble deciding which weight-loss plan is going to work for them. They can't make a solid plan, or they fall victim to "snake-oil" cures like diet pills and ridiculous fad diets. In this book, we're going to tell you the truth about weight gain, weight loss, and what you can do to choose the perfect plan for you.

What are My Options?

When it comes to losing weight, there is a myriad of proven and viable options. There are also a ton of ineffective methods that you should avoid. We will show you the effective primary ways: exercise, nutrition, lifestyle changes, surgical procedures and counselling.

We're also going to discuss some of the pitfalls of weight loss: diet pills, eating disorders, ridiculous food myths and lack of support. It's essential to

understand the potential consequences to every one of these weight-loss plans and, more importantly, learn how to cope with them. Let's start by examining what does NOT work; many of you may be trying out a weight loss plan while you're reading this book so I want you to know what to avoid as early as possible.

Diet Plans to Avoid at All Costs!

The Truth About Diet Pills

When it comes to diet pills in the 21st century, we have it more comfortable than many people before we did. In the '50s, 60's and 70's, diet pills were generally derivatives of methamphetamine (AKA Speed). These pills got millions of people addicted and ruined hundreds of thousands of lives. That being said; they actually kind of worked. If you didn't mind becoming addicted to a severe drug and nearly ruining your life, emotionally and financially, you did lose a few pounds on speed. These days diet pills can't even promise that. Virtually nothing that has come to market does anything other than waste people's time and money (which is arguably not as bad as destroying your life but, depending on how desperate you are to lose weight, that might be a thin line).

There are a few pills that can aid the loss of weight, but to be honest with you, most of them have horrific side effects that honestly aren't worth it in the long run. If you're wondering whether or not a weight-loss pill will do anything for you, just consider where you found out about it. If you heard about it from a friend, saw in an infomercial about it, read about it in a magazine, saw it in the paper or spotted it on a billboard, I can all but guarantee you that it's a complete sham and a waste of your time.

Lousy Laxatives

One popular weight loss supplements available in the market today take the form of tea. Stores all over sell slimming tea, dieter's tea and others