

The Habits Of Successful Weight Loss

By Wendy Hearn -author of "The Top 10 Things That Stop YOU From Losing Weight

The route to permanent weight loss is to make changes. I've found that when most people want to lose weight, they decide to go on a restrictive diet. This type of dieting calls for many changes at once and although most people are able to stick with this for a short while, they usually find they can't sustain it. Unfortunately, the feeling of failure creeps in and leaves us feeling worse than when we started to lose weight. I've found that many people who follow restrictive diets lose some self-esteem each time they feel they've failed. They have not failed, it's the system of restrictive dieting which has failed.

Permanent weight loss requires changes and these changes need to stay with you for the rest of your life. So what's the point of even starting to follow a diet plan which you know will be difficult to sustain forever? I encourage you to make changes which will be easy to maintain. Start with small steps and build on them. Successful weight loss comes from actions you take on a daily basis. Developing healthy habits is the way to lose weight. It will be slower and it will take time, but the results will last. Surely this is what we all want?

Your weight loss will be achieved through your personal habits. These habits can be changed and supplemented. I encourage you this week to add one daily habit which will move you towards your goal of health and weight loss. This habit needs to become an integral part of your life which eventually happens naturally. You won't need to think about it or make yourself do it. You'll just do it.

Begin the habits of consuming 8 glasses of water daily!!!

Is Quality Water Matters ?

Ionized Water Balances body pH because it is very alkaline. Our diet is often extremely acidic . Soft drinks, fast foods & processed foods deposit acid waste in our bodies that builds up over time and creates an ideal environment for diseases of all kinds to thrive. Look at any cancer patient for instance and their bodies are invariably acidic to some degree. This is, of course, true even with children. Chronic soft drink consumers such as children put themselves in grave danger by allowing their bodies to build up acid waste. Many end up with serious diseases at a very young age. Maintaining an alkaline pH (6.9-7.2) helps us to maintain an environment in our bodies that is NOT conducive to disease. It may take years depending on how acidic your body is, but Ionized Water, because of its alkaline properties, will flush acid waste from our bodies.