

## Eternal Weight Loss Is Possible Based On Lifestyle Alterations

Do you want to shed those extra pounds of yours and improve your health? Dieting along with exercise may be the choice for you. But the emphasis in most of today's diets is set on reducing carbohydrates and fat intake, by suggesting sub-optimal supplies of protein, which is a primary nutrient.

The Greenwich Diet can be the perfect answer. It's a meal plan intended to alter your metabolic rate so you feel less hunger for all the foods that make you obese. As your metabolic rate increases, your body will become much more efficient at oxidizing fat so you will start to lose those excess pounds more quickly.

You should add to your protein intake, which elevates the basic metabolism by nearly twenty-five percent. This can be achieved by ingesting fish, whey protein, egg whites or whole eggs, fat free milk, lean steak, and chicken breast. Don't eat foods that are high in carbohydrates like pasta and rice. Eat exclusively fibrous complex carbohydrates: Cauliflower, broccoli, cabbage, lettuce, spinach, celery, onions, and cucumber. Plus, you should augment your diet with two to three servings of whey protein, which is a by-product of cheese manufacturing. It acts as an energy source for someone who is exercising and dieting.

Even fruits are not advisable in excessive amounts on this diet. Simply because something is natural, it does not mean that it is good for you. Fruits are high in sugar, which can cause diabetes and obesity. But high-fiber vegetables such as salad vegetables, carrots and spinach are good for you. The golden health rule - drinking water, can aid you in your efforts to lose weight. People of all ages need to drink plenty of water since it is an essential nutrient. Unfortunately, even health conscious people ignore the need to drink adequate amounts of water.

As in any good weight control program, working out is also allied with the Greenwich Diet. This program is actually more of a healthy lifestyle than it is a diet. When you follow this program you will know what to eat and what to avoid, thus augmenting your metabolic rate. The key for a successful weight loss plan is not just the diet itself, but actually FOLLOWING THE DIET! All diets can help you to lose weight, but very few people are able to follow any diet, even for a relatively short period of time. That is because the major problem faced by someone who needs to lose weight is that they cannot control their appetite and eating habits.

Appetite can be controlled by taking diet pills. But pills can be hazardous, and all of them have negative side effects. And also, once you discontinue taking the pills, you'll accumulate the weight back on because you have not dealt with your appetite at its root. So to lose weight, you will have to discover a way to stick to the diet. To attain a everlasting weight loss, you need to know how to teach your mind to enjoy sticking to your plan.

In 1958, the American Medical Association authorized hypnosis as an effective method for dealing with stress related symptoms like excessive eating. You may conceive that hypnotherapy is just a gimmick done in a stage show in which a hypnotist is demonstrating his or her powers before the people. But actually hypnosis can give the motivation to keep you moving in the direction of your weight loss goals. And it can enable you to break many of the barriers that get in the way of losing weight.

Weight loss through hypnosis is the perfect tool for re-educating your unconscious mind - the part that creates cravings and impulses. Self-Hypnosis CDs can give you back the inner strength to accomplish the appropriate choices about what you eat.

Although hypnosis is at times referred to as a method of treatment, it can be regarded as a facilitator of a number of different treatment methods for weight loss through hypnosis. The hypnotic state is characterized by heightened concentration, suggestibility, and relaxation. Permanent weight loss occurs with a change in lifestyle and not just a change in diet. Hypnotherapy for weight loss can help you lose weight more quickly and more easily than you ever imagined achievable. Hypnotherapy for weight loss is not just about solving problems and changing unwanted habits. You can also acquire new, more valuable behaviors, such as improved concentration, greater self-confidence or stronger motivation.

One-way to obtain hypnotherapy weight loss help is to go to a professional hypnotist, which usually costs around \$200.00 to \$300.00 for a single hour. A popular choice is to order a self hypnosis weight loss from a reputable, credentialed hypnotherapist. A good pre-recorded program will begin with a session that explains the misconceptions about hypnosis for losing weight, and how it actually works. Since everyone is different, it will then provide several different self-hypnosis weight loss sessions, and each session will apply a variety of different hypnotic techniques. Hypnotherapy weight management programs are available for as little as 25 to 30 dollars. Since CDs are more inexpensive, they can be a viable substitute for visiting a hypnotist.

Conclusion: All diets work, if you can adhere to them. Some diets, like the Greenwich Diet proposed by Dr. Carlon M. Colker, MD, are more efficient than others in providing the nutrients essential for an increased metabolism. The Greenwich Diet can be comfortable to follow because it is more of a lifestyle than a diet. Hypnosis for weight loss can decimate your compulsions and cravings, and provide the motivation needed to keep moving in the

direction of your weight loss goals. It can also help you accomplish your goals rapidly and safely.

### About the Author

Alan B. Densky, CH specializes in weight loss. His [Neuro-VISION Video Weight Loss Hypnosis](#) has in use in hundreds of medical offices. He offers a range of [hypnosis for weight loss](#) including Ericksonian weight loss hypnosis cds.

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