

Safe, Easy and Permanent Weight Loss Tips

This is the first in a series of tips to help you lose weight safely and KEEP IT OFF PERMANENTLY!

The objective of these articles is to show you that permanent weight loss can be simple - no complicated, hard-to-follow diets required. Also, to give you some tips to improve your overall health and start you on a new, healthier lifestyle you can live with - permanently

Weight loss should be very, very simple. You've heard it before – if you expend more calories than you take in, you will lose weight. It sounds simple, right? Eat less and exercise more and the weight will fall off. So you eat less, give up the foods you love, try to eat “healthy” and exercise like mad and what happens? You either don't lose weight or, you GET FATTER! How frustrating that can be.

Is Weight loss NOT that Simple? Weight loss IS SIMPLE if you are eating the RIGHT foods, STOP eating the WRONG foods, doing the RIGHT exercises, and stop doing the WRONG exercises for the WRONG reasons

Things have changed recently. Research has started to disprove some long-held beliefs about health in general and weight loss in particular. Mostly concerning what we eat, when we eat, and what exercises work best for losing weight. This series of articles hope to show you what the new research shows, and how it can help you achieve your health and weight loss goals. Let's get started – Right now!

We will start at the Beginning. Research shows that your digestive system is one of the most important keys to your health. 70% (or more!) of your immune system is in your gut! When your gut system (bacteria and fungi) is in balance, your overall health will improve. Eating the wrong foods (and other things) promotes unhealthy ratios of good and bad bacteria and fungi – let's just call them “bugs.”

These bad “bugs,” when out of balance, promote unhealthy conditions, such as; Gas and bloating, diarrhea and vomiting, Irritable Bowel Syndrome (IBS), constipation, inflammation throughout your whole body, type II diabetes, weight

gain, and allergies. New research indicates there may be some contribution to autism, dementia, and most recently, Parkinson's Syndrome.

This imbalance is also thought to contribute to "leaky gut syndrome." This condition is one "that allows substances such as [toxins](#), microbes, undigested food, or waste to leak through. They say this prompts the body to initiate an [immune](#) reaction leading to potentially severe health conditions." (Source: http://en.wikipedia.org/wiki/Leaky_gut_syndrome) While still an unproven diagnosis, the thought provokes concern. After all, new discoveries of the relationships to our microbiome are being made almost daily.

So if we want to fix the imbalance in our gut "bugs," where do you start? Well first, this is not just a diet plan; it is more of a 'lifestyle rebalance' than anything else. There are many parts to all of this process of losing weight safely, easily and permanently. If you follow the steps outlined in this presentation series and view the video linked to on the website, you will be on your way in a few days. Here is step one!

First, fix your GUT!

Part one - If you aren't already taking a high-quality probiotic, start now. Probiotics will help balance the "bugs" in your digestive system by providing added 'good' bugs to your digestive tract. The 'good' "bugs" will eventually crowd out the 'bad' ones, leading to a better balance. High-quality probiotics are available at your local drug store or anywhere that sells health products. By itself this is a long-term process and can take some time to show significant results, but the next few daily tips should help speed up the process.

Follow the rest of the series, there will be several more presentations in the next few days. All will continue the theme to change your way of thinking about your health in general and weight management in particular. Changing your thinking can change your LIFE. You CAN do this – it is not a crazy fad diet, it is a new, healthy, happy, LIFESTYLE!

For More Information view the video at: www.incoralspringsfl.com/loseweight and continue the series with the next presentation. Thanks for reading.