

A HEALTHY WAY TO LOSE WEIGHT



BENJAMIN GRANGER

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By Benjamin Granger



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Baltimore

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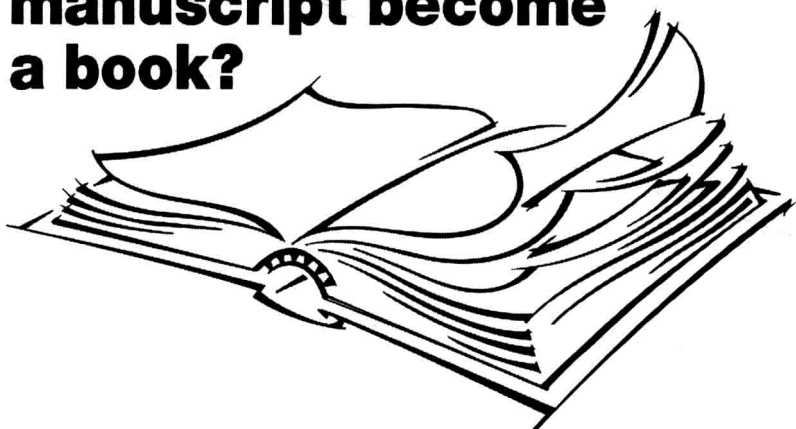
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Use these Steps and you'll have weight loss guaranteed.

Perspective

1. Your mind has a perspective, and your body has a perspective.
2. To change your body's perspective, don't restrict, train it, by giving your body the foods it needs, and teaching at the same time to burn fat.
3. All foods are made of nutrients; it's your proportions, and your overall lifestyle, that influences how your body uses them.

Training

1. Your body will change into a system that is healthy if you contribute healthy foods and nutrients, and limit calories by giving it less food and not a complete restriction.
2. You need protein, and other vitamins to maintain a healthy body which contributes to a healthy weight, that's why starvation isn't truly effective.

Weight Loss

1. If you use BPM, you will see results, because it is a system that develops what your body needs to stay healthy and active, and losing weight without much restriction of anything in your diet.
2. Weight loss is a gradual and natural and is simply a reflection that you're maintaining your system in way that it will lose weight. It is a reflection of a healthy perspective and a healthier diet.

The Secret Steps

1. Do not eat a big or grand size lunch, I cannot stress this enough, don't eat a large high calorie lunch, and drink water or low calorie tea or milk, and not a soft drink such as coke.
2. Completely cut out sugary drinks such as Coca Cola or others like it, the sugar content is quickly converted to fat, not only stopping you from losing real weight, but also lowering your energy level, clogging and overworking your intestines, and even making you prone to hypertension and diabetes in the long run.
3. Food is not your enemy, it's not about how much food you eat, but how you train your system to handle the fat, of course eating more food in the long run, reprogram's your metabolic rate and your ability to burn fat by changing your metabolism. The secret is to skip a meal particularly lunch, so your system will be updated to burn the fat more often. If you don't send the message to burn fat more often by not being active, and eating more without creating a limitation, your body will never be trained well enough to burn the fat, and gain calories that it need for energy.
4. Eating food is ok; it's not about starvation, or totally restraining yourself, from food. It's about simple everyday lifestyle changes, that can you help you in the long run gain more energy, and develop better health, which overall contributes to weight loss.
5. Gaining weight is not a discouragement, it is simply a reflection of changes you are making in your lifestyle, and the nutrients you're putting into your body, and

how they are being put to use. Fat isn't an evil blob that many would like to believe, it's actually a very important component in my aspects of your body, in fact your body would never sustain itself without fat cells.

6. Changes you make in your lifestyle, influence how your nutrients work together in your body, which overall contributes to fat loss in the body. It's Lifestyle, Lifestyle, Lifestyle, not restriction.
7. Don't cut out the important that patterns of your life to lose weight, especially sleep. Sleep is a very important to the body's overall energy and functioning, and also to the immune system, do don't cut sleep out of your diet in a attempt to weight, just train your body to burn more fat by skipping a meal a day, eat only half your meals, and have water and diet drinks.
8. Drink more water, if you drink water that cleanses your body, and fuels nutrients, causing you to lose much more weight if you combine it with the constant reprogramming that you're skipping a meal.
9. Don't do it to gain a great six pack, or to impress people. Great abs can take months and even years of strength training and although are a reflection of a healthy body, they are not a goal everyone should set, just to lose weight. Workout and run or swim to lose gradually over time. Self-confidence is gained by making small changes, which can lead to big change overtime.
10. Gain a fresh healthy perspective, don't consistently think about losing weight all the time, just make small changes, and don't ever get obsessed, and you could see results that I did.

Remember

- The formula is to train by changing your lifestyle habits, not creating a total restriction of food that never works.
- Even though restricting food can cause you to lose weight, it the cycle that your body needs to stay in a healthy condition, which can hurt you in the long run, and many times causes people to end up in the hospital.
- Don't fall for fad diets, use your common sense, and train your body to be healthy by making small positive changes. If those diets actually worked for everyone, then we all have six pack abs, and a great body. Don't fall for any fad diets, no matter how chemically effective they might sound.
- Drink healthy drinks, and not sodas. Having a soda is once a while is completely ok, but use your common sense, and don't drink them consistently throughout the day. Sodas are chemically structured by caffeine to give an artificial energy, that keeps you awake, but it doesn't make you any healthier so that you lose weight, and sugar is a contributor to diabetes and heart disease, so drink healthy drinks.
- If you really want to get a well-defined body or great abs, losing weight is only about half the component to it, you need strength training, and also a constant diet of healthy protein. Many people never develop a six pack, even following a completely healthy regimen. So you should it make your goal to lose weight, to gain

a healthier body in the long run, not just for the great six pack.

- You can still eat some of the food you enjoy. It about making a positive healthy new prospective on your diet, not a complete restriction of foods you like to eat.
- Remember if you train your body to be healthier, then it will get healthier over time, causing a natural weight loss. A complete restriction doesn't train your body, it only breaks the cycle, which can still lead to weight loss, but not necessary to a healthy body.
- Weight and fat is not evil, it's a great overall reflection of your body is changing, and how it's is handling nutrients and fat, by your energy levels, and your overall lifestyle. Change your perspective and make your body more alert and productive by burning calories and fat, by simply limiting a meal, such as lunch, and then eating half of your meals the rest of the day.
- Nobody's perfect, if your body still isn't losing weight, even after restricting some calories from your diet, then just attempt to keep a healthy perspective.
- Last tip; use the body perspective method that I have used to lose weight.

Body Perspective Method

1. Give your body an edge of time to know that it can burn more fat by skipping 13 lunch and only eating half your meals after that time.
2. Program your body to make more protein and less fat, by eating a protein meal, but only eating half of it, instead of the whole meal, that way your body, will train to consume and store protein, and burn more fat.
3. Your proportions of food, train your system to handle nutrients and fat, if you eat a diet high in protein, and only a small meal, then your body will know to take in more protein, and you will lose weight.
4. Eat foods that make your body healthy, but don't completely restrict foods you like, because it's about small gradual changes. That's about all I have for this book, but another helpful guide many come out in the future after this one.