



9

BIGGEST
WEIGHT
LOSS
MISTAKES
PEOPLE
MAKE

INTRODUCTION

GET THE BIG FAT TRUTH AND SEPARATE MYTH FROM FACT

There is an intermingling of myths and facts when it comes to matters of nutrition and weight loss, so much that only a few individuals are truly clear about what it takes to lose weight effectively. This isn't so hard to fathom when you consider the fact that eating a healthy, balanced meal is not something we are taught from an early age. Usually, people are left to figure it out on their own, choosing what they'd eat as they please. Also, most people aren't aware of how much better they would look and feel if they refused to feed themselves accidentally and instead, begun to recreate themselves intentionally. However, when you have a firm understanding of the kind of mistakes commonly made by people as regards weight loss and healthy eating, you would be able to make suitable adjustments in your own diet and thus, maintain your ideal body weight without struggling.

Without going too far, one of these extremely common assertions is that by eating right and engaging in exercise, you'll live a healthy life. Is this really true?

Eat right and exercise. However if it were that simple, you would not get 100 different answers from 100 different experts on how to do it and you certainly would not get bombarded by the media on the million and one ways to lose weight. This is so because if the path to weight loss were that simple, everyone would be engaging in one singular routine, without having to conduct 'experiments' on the kind of diets that work, or the kind of exercise that works. Several of these myths, although not scientifically based, have been around for so long that it already seems like there is a ring of truth to it and unless the demerits of these myths are clearly spelt out, they would keep drawing people back into nutrition mistakes and gaining weight.

. In other words, unless they are eliminated, they rear their ugly heads when you least expect them to, threatening to destroy one's immense efforts to build a stronger, leaner and more energetic body.

This is why I decided to save you some time by sieving through some of the misleading myths that are out there, replacing these myths with facts and setting you back on the right track.

1. Myth: Eating right means eating 'three square meals' a day.

Fact: Eating six nutritious meals a day is the right way to eat.

You might ask me what the aim here is, to which my response would be: you should eat frequently, rather than binge on foods at selected periods.

For you to effectively transform your body, look better, feel better and improve your health radically, you must develop an excellent pattern of feeding your body frequently throughout the day – or grazing. In other words, you should not go more than a few hours (while awake) without eating. While this might sound counter-intuitive to all which you have known about food, eating and weight loss, it is in fact, very beneficial, because eating helps to keep the body's food alarm in check, it makes the body understand that there isn't a famine around the corner. When you eat often, the rate of metabolism is accelerated, and you burn more calories, which is a promoter of weight loss.

When you eat every few hours, you will have more energy, less hunger pangs and cravings, and it is guaranteed that you will feel a lot more energized. You will also be creating a 'metabolic environment' that supports healthy fat loss and muscle gain.



Regular eating also contributes to the maintenance of a normal blood sugar level, which is not just healthy, but also helps to prevent other illnesses because there are so many other illnesses associated with diabetes. When your blood sugar level is not kept within the normal range, it results in the storage of more fat in the body, further increasing your risk of diabetes and heart disease.

When you eat carbohydrates your body turns this into glucose and it travels through the bloodstream to your cells where it will be used for energy. Problems start, however, when your blood sugar levels become too high. The pancreas produces a hormone called insulin whose job is to move glucose out of the blood. The more glucose in your blood, the more insulin you have to produce to deal with it. If your body does not use the glucose for energy then it will be stored as fat. Too much insulin hinders the body's ability to breakdown fat that has already been stored. That's certainly a double whammy. And let's not forget the risk of diabetes and heart disease. So now is the time to consider the effect of what you eat on your blood sugar levels.



2. Myth: People who over eat lack will power.

Fact: Over eating is a natural instinct.

You ever heard that those who eat often are those without the willpower to prevent them from eating so much? That's certainly not true!

Our bodies are still governed with the survival mechanism, meaning that we are wired to want to eat. However, it has now backfired in a world where there is an absolute abundance of food and eating has become easy. Basically, we are over fed and under nourished. It is a natural instinct to want to over eat. HOWEVER, just because it's a natural instinct doesn't mean it's unavoidable. Knowing the enemy and being able to take control is an important component to a balanced nutritional meal plan.

The inference is that you shouldn't let yourself feel bad or inadequate for eating multiple times in a day, it's quite normal and everyone has that instinct.



3. Myth: High carbohydrate, low fat diets work best.

Fact: People are becoming fat from a carbohydrate overdose and Low Fat Diets

Our bodies work much better with a combination of carbohydrates and protein. Protein is an essential body component which is important for building healthy muscles and maintaining a strong immune system, as well as stabilizing insulin levels. When we eat a high carbohydrate diet, it stimulates the appetite and causes unfavourable and unpredictable mood swings (especially mid-afternoon). When our bodies are over stimulated with carbohydrates and insulin levels increase too high, fat may not be burned by the body. The bottom line is high carbohydrate diets work against the body, not with it. The solution is to balance carbohydrate and protein intake with the consumption of good fats!

No matter how much of bad publicity fat has, it isn't the enemy that it has been made out to be. As a matter of fact, low fat is only a great marketing promotion, with this low fat being often high in sugar content. It turns out that fat can actually be your friend. "Your body needs it in order to function". Fats help you absorb vitamins A, D, and E, and they are vital for your nervous system. The key is to select fats which are good for you (like fish, seeds, nuts, leafy vegetables, olive oil, and of course, avocados) and limit consumption of the bad kinds in your diet. Examples of the kind of fats you should limit include saturated fats, fried foods and processed foods.

Saturated Fatty Acids are primarily found in foods of animal sources such as meat and dairy products, like butter and cheese, they are usually solid at room temperature.



4. Myth: You have to count every calorie you eat.

Fact: You should count portions, not calories.

People have been deluded to think that they have to count every single calorie in the food they eat. This isn't true, portions and not calories are to be counted. This certainly helps to prevent an obsession over the number of calories in food and also helps to focus on what's truly important- portions.

What's a portion? A portion is an amount of food roughly equal to the size of your clenched fist for carbohydrates and vegetables or the palm of your hand for protein. For example, if a chicken breast is about the size of your palm of your hand then that's a portion for you, and that should be 1 portion size. A portion is 100 percent under our control. Many foods that come as a single portion actually contain multiple servings so don't get the two confused. Serving Size is the amount of food listed on a product's Nutrition Facts label. So all of the nutritional values you see on the label are for the serving size the manufacturer suggests on the package. It's really quite simple, once we understand the difference and then it's easier to follow the portion rule.



5. Myth: If you eat right you do not need to take supplements

Fact: Due to the nature of our lifestyles, many of us do need to take Supplements.

You would be surprised and rightly so, to learn that your diet isn't sufficient to provide you with all of your health needs and that you need supplements in your diet to help you get adequately nourished.

This isn't just hearsay, as there is a lot of scientific evidence for supplementation. Even if you think you are eating a healthy and nutritious diet, you cannot possibly be receiving all the vitamins, minerals, antioxidants and phytol-chemicals needed to achieve optimal health and prevent disease states. Because nutrient deficiency is fast becoming a widespread epidemic, you can no longer rely on getting all of your nutrients from food. Sadly, this is because improper farming practices result in a depletion of the soil's essential nutrients. There are a myriad of negative effects caused by nutrient deficiencies. For instance, nutrient deficiencies hurt your performance, cause DNA damage, make you age faster, and has been implicated in the causation of chronic disease. Over time, the plants have had much fewer nutrients to grow and fertilizers only contain just enough nutrition for plants to survive until they are harvested, but not enough nutrition to support human health. When plants contain fewer nutrients, the animals that would eat them also become malnourished, consequentially. Have you ever wondered how long plant based foods sit on trucks, shelves, and counters for weeks before being eaten and how this affects their nutrient content? Over time, the nutrient content of these plants decreases. In addition, grocery outlets fill their aisles with processed foods and unfortunately, organic is not always possible due to financial or logistic reasons. This is why it would be a big mistake to solely depend on your food to provide you with nutrient requirements, and refuse to take supplements which would promote your well-being,

Supplementation is highly recommended and is an addition to a balanced nutritious eating plan.

6. Myth: You need to drink water only when you are thirsty.

Fact: Your body needs more water than it's telling you

Often, we wait for our instincts to tell us to do things and while this can be beneficial in many circumstances, it isn't so when it comes to drinking water. Water is an essential component of life, we all need it to survive- but what if we are more in need of it than we know?

Water is such an important component of our bodies that healthy muscle is comprised of more than 70% water and it is also an essential transport mechanism for a vast array of nutrients like vitamins, nutrients and even carbohydrates.

What does this translate into? It means that if your water intake is low, your ability to transport nutrients becomes compromised, and you will lose strength and feel sluggish because of the build-up of ammonia, urea, uric acid and other junk which you don't want hanging around in your body. I can't overemphasise how important water is to your body's health and its proper functioning. It is one of the most important ways to reduce the amount of body fat, yet it is easy to take,

Therefore, if you want to flush the fat, water is your best friend. We need it constantly. We need at least 8 glasses or 2 Litres + each day!



7. Myth: To lose fat and improve your body, don't eat.

Fact: To build a lean, healthy body, you have to eat!

Most of us have heard that if they want to lose fat and improve the outlook of their bodies, then the solution is to stop eating altogether. With this kind of myth within the subconscious minds of a lot of individuals, then we need a paradigm shift in our thinking for us to get to a state where we believe the truth- which is that to have a healthy, lean figure, you **MUST** eat. Eating isn't the culprit here- it is not knowing what to eat and as a result, consuming so many unnecessary things for the body.

Let's take a brief look at how the body works: Eating regularly helps keep the body's metabolism working efficiently, but if you starve yourself with the thought that eating less will help you lose more body fat, you are effectively slowing down the body's metabolic rate (fat burning powerhouse) thus enhancing the body's ability to store fat. You also begin to lose muscle tissue, feel tired, weak and irritable. Your immune system will suffer and you will develop nutrient deficiencies that will cause your body to become run down. And the next thing you know, you are starving because you've deprived your body from required nutrients and you're bingeing on everything in sight (which is the normal reaction to starving).

What's worse the statistics tell us that whatever we lose through starving ourselves, we end up putting it all back on, plus more when we binge-eat. Which is the better option between eating right portions and this negative cycle of starving and then over-eating? I would advise that you enjoy healthy nutritious foods, eat the correct portions and watch your body transform.



8. Myth: You have to eat perfectly all the time.

Fact: There's no such thing as eating perfectly.

Some of us are stricter when it comes to our food habits than with anything else within our lives. We are so hard on ourselves because we think that our feeding habits must be so perfect. But what exactly does eating perfectly mean? Don't be too hard on yourself if you end up eating too much or not often enough in one day. If you do, just put it behind you and get back on schedule. Don't beat yourself up, and don't ever give up on yourself. If those cravings hit, which of course they will, remember that nothing tastes as good as being in the greatest shape of your life, also remember that it's just food and you control it, it doesn't control you. Succeeding is because of determination and persistence not perfection!

The key is to stop food from gaining such power over you that it controls you completely. As a matter of fact, food shouldn't have that much power. It should be something which contributes to you being in top shape, not that it makes you unable to control it.

It might be hard to imagine a world where you'd happily turn down your favourite food for something healthier, but with certain weight loss techniques such as hypnosis; it is possible to change your thinking patterns and gain control over cravings in a way that doesn't end up depressing you.

By targeting the subconscious mind with powerful suggestion techniques, a hypnotist will help you develop a positive relationship with food and exercise. The aim of hypnosis for weight loss is to make you feel confident about your body, change any negative thoughts about eating and help you lose weight responsibly without impacting your emotional well-being.

This particular method takes off most of the struggle over healthy eating off you because it helps you approach it from a level other than mere consciousness- it approaches it at a level that's far deeper and helps you address it before it even comes into consciousness. The result is that weight loss becomes relatively effortless.

IF YOU WANT TO CHANGE YOUR RESULTS YOU NEED TO CHANGE YOUR THINKING

“The mind is probably one of the most powerful tools that we have, but the more powerful something is, the more dangerous it is if a person doesn't know how to be in control of it!”

- Eckhart Tolle

12

Just like you can change the programming of a computer, you can change your own internal programming too. Even if you've heard otherwise, it's now time to think differently because what you've heard, is wrong. Although it might be hard to change your way of thinking, it is very possible- and it is the required step for you to take to get to that desired weight of yours! Your weight loss or lack of it, really has nothing to do with knowledge, let's be honest did I really tell you facts you didn't already know about? Do you know what you should and what you shouldn't be eating and doing? Have you tried searching Google or YouTube for information? How much information have you already gathered about healthy feeding habits?

Would you agree with me that it has nothing to do with knowledge, or lack of time or any other excuse; rather that it has everything to do with your mind-set and your mental programming?

So, how do you change your mind-set and your internal programming?

How else would be the best way to address this weight loss thing rather than to address it from the root cause in the minds of individuals?

The good news is that you don't have to go through stressful techniques for this to be achieved- instead, with the help of hypnosis you can make the breakthrough! Long lasting and permanent weight loss is only achieved through lifestyle change. Losing weight with hypnosis enables you to re-program your mindset in relation to eating and exercising on the subconscious level. Hey, there is no more need for depriving yourself from food thus punishing yourself and then going on to binge-eat, or forcing you to exercise! Instead, the only



steps you'd be taking now are those steps which you desire to take, not anything that is forced on you... Everyone has some feelings and attitudes in relation to healthy eating and by dealing with those deep feelings that form the foundations of your eating habits, hypnosis for weight loss can help you adopt a healthier lifestyle and a happier mind set.

9. Myth: I genetically can't lose weight so there is no hope for me

Fact: Weight loss can be challenging no matter what your genetic predisposition is, so never think your genes will determine your success

Genetics is often blamed when people struggle with losing weight. However, genetics isn't the only determinant of weight loss or weight gain.

While it is very true that some people have a much easier time losing weight than others, this does not mean that weight loss is not possible for others, regardless of their genetic makeup. Here's what YOU can DO RIGHT NOW to reprogram yourself for weight loss:

More specifically, with a strategically designed and delivered hypnosis program that is tailor made to suit your individual needs in terms of the habits you have and the subconscious patterns and associations that require to be changed, each of our programs is addressed at a target audience- you. Since the program is designed for you, it captures all of your needs and helps you to lose weight without trying too hard to.

Long lasting and permanent weight loss is only achieved through lifestyle change. My long experience of transformational change is distilled into the design of my powerful weight loss program, which will put you in a position where you are in control of food and where you are truly in charge permanently.

Weight loss isn't such a difficult thing when you know the right steps to take! Don't let anyone confuse you with conflicting weight loss options, instead focus on how you can lose weight the right way- without struggling at all. With our steps rightly suited to you as an individual, then you wouldn't have to go through as much stress as others who aren't going about it the right way.

What are you waiting for? Be in charge of your life and how you feel. Take Control now!

CONTACT ME TO LOSE WEIGHT TODAY



LAI TATTIS
CONSCIOUS HYPNOSIS PRACTITIONER
NLP AND TIME LINE THERAPY™ PRACTITIONER
MINDSET TRANSFORMATION MASTER COACH
CERT III & IV FITNESS PROFESSIONAL

Lose Weight With Hypnosis Now Programs is designed specifically with you in mind.

