

## If You Want Successful Long Term Weight Loss Eliminate Dieting!

Now, I know what you are thinking. This guy has lost his mind! He is completely bonkers! Well hold on and hear me out. You will not be able to keep weight off for a lifetime by following a special diet. What you have to do is just change your eating habits and some of the foods you eat.

Because most diets direct you to either eliminate a large amount of foods or they restrict carbohydrates or fats too much they cannot be maintained over a long period of time and are doomed to fail.

What most people fail to do at the outset is to realize that the main reason for eating is to give your body what it needs to stay healthy. Talk to Jack LaLanne, he is over 90 years old and he has never eaten so much as a piece of candy or drank a soda or beer. He only puts natural foods in his body. He says if a man makes it he doesn't eat it. The fact of the matter is natural foods just taste good in addition to being good for you.

Another problem with diets is that most of them expect you to count calories, fat grams, or carbohydrates every time you eat something. Is that something that you can do for the rest of your life? Do you want to?

Once you have achieved your optimal weight what you want to do is eat just enough to maintain the proper weight and be careful not to allow the weight to creep back up on you.

To be successful in losing weight and keeping it off it has to be because you want it as well and you cannot be doing it for someone else. There is no way that you can stay disciplined if you aren't doing it for yourself.

The most important tool in your ability to maintain your weight at the level that you desire is your mind. That's right. It is not an exercise machine or a pill or potion. You have to set your mind to it that you want to do it and that it is important to you.

In order to develop healthy eating habits that can be followed for a lifetime it is crucial that you learn about the nutrients in the foods that you are eating. With the internet this is simple. All you have to do is go to one of the Medical sites like MedWeb or the government's Food and Nutrition Information Center.

The problem with many so called diets is that they end up making your body go into starvation mode and you end up gaining weight instead of losing. The best method is to eat a healthy balanced diet of moderate portions and be patient.

Source: <http://www.articlecircle.com>

### About the Author

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