

Lose Weight Without Dieting

Sound too good to be true?

If you read the instructions on how to use those "Lose Weight While You Sleep" liquid formulas, it says "take one tablespoon, with 8 oz of water, at bedtime, on an empty stomach, at least 3 hours after last meal." Now, I want you to think about this for a minute. If you haven't eaten for three hours before bedtime, what have you also NOT done? That's right, you haven't snacked in front of the TV.

If you're here to check out "Lose Weight While You Sleep" schemes, then we can agree that you probably want to lose weight. But you've come to the wrong chapter...LOL Here's a new idea: How about changing your eating habits and starting on a regular exercise routine. It's worked for thousands of years and nothing's changed.

I can't help you lose weight while you sleep and I can't make you exercise. I am hopeful I can help you change how you view food.

Instead of trying to lose weight while you sleep, why not lose weight while you're awake. And save the monthly payments you would have made on scams....for a pepperoni pizza :)

One of the things since I transferred here to MD77 has made a major impact on how I view food. I've been in TOPS it seems like forever, I've had major success, and major failure as well (in

keeping the pounds off), but in all that time it never dawned on me that it is the way I look at food that could make a difference. That weekly prayer we say before leaving here is one I have now printed and hang on my refrigerator. I believe that it can be the difference for me between failure and success. For those who may not be familiar, the closing is this one – please stand and say it with me if you will– the one that says “Help me to remember that food is a necessity and not a pleasure, may I eat only the amount I diligently measure to insure my health to enjoy and treasure”

In looking at that prayer – Is food really a pleasure? If we answer yes to that, it may be time to pick new dinner partners or to change other aspects of our life other than diet alone. Everyone knows that bigger portions won't fill the empty spaces of our lives, or give us lasting relief from unpleasant moments. Discovering your triggers is a step toward self-control, which is the basis for eating less.

Headlines promise solutions, as do numerous books on the subject: lose weight with this diet or get rock hard abs with this exercise machine. We want to believe these promises, yet we already know the secret to losing weight is simple: eat less.

Food is a necessity – not a pleasure. – Because our body needs food, including fats, we must eat.

We need to discover our food triggers. What makes you succumb to temptation? Do you turn to the cupboard the instant you turn on the TV? For some, if it's in the house, that's all the temptation they need.

For others, stress is a trigger. The stress hormone cortisol fuels cravings.

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Don't go overboard. – eat only the amounts we diligently measure. Well, I for one am not apt to carry around the measuring spoons and cups. I am more apt to believe that with a little practice and some common sense, we can visualize portions sizes and remain within reason. I had opportunity to be at IRD in Milwaukee for TOPS 50th anniversary when they introduced the “Choice is Yours” guide for healthy living. One of the authors, the dietitian of the group, stood before the entire audience and announced that she approached the book in a “user friendly way” and that visualizing was a proper way to judge portion sizes. We’ve all heard that meat portion size is similar to a deck of cards... etc. Well, this lady claimed that because all of our bodies are different, our bone structures

different and because our metabolism's are different – we all require different amounts of the basics. She recommended that you could use your hand to judge portions and what you were eating. Open your hand, spread your fingers apart. Palm side up. She claimed that your meat portion at your main meal needed to be equal to the palm portion of your hand. And guess what? If your palm is bigger than your neighbors – then she insisted that God intended for you to eat more meat! Gotta love that woman! Anyway – the area of the 4 fingers should be your vegetable, and the triangular area between your thumb and pointer finger should be your starch. Fruit and dairy are much easier to judge – so she did not venture into them. Apples are apples and bananas are banana's –

She also recommended we should eat our calories, don't drink them.

A can of Dr. Pepper contains 150 calories. Three of them a day in a day is an extra 450 calories. Add juices and sugary lattes to your diet and you practically need a calculator to tally the calories that don't do a thing for your fullness.

Stick with water and tea and get your calories from more filling and satisfying foods.

Exercise - Your diet will be all the more successful if you combine it with regular exercise.

Approach your exercise and diet plan with a focus on how you look and feel, not what you weigh. In other words, think in inches lost, not pounds. Remember, muscle weighs more than fat.

Make meals last – Don't take shortcuts. Yes, two Balance bars have only 360 calories, and also contain vitamins, minerals, fiber, protein, fat and carbohydrates. But you can down these suckers in a matter of seconds. Where's the chewing satisfaction? Are a couple of nutrition bars a meal, or even a mini-meal?

The centers of the brain that let us know if we are satisfied may not get the message right away that we've had enough.

Eat slowly, chew carefully and don't put more food in your mouth when you haven't dealt completely with the last bite.

Insure us our health to enjoy and treasure – WOW, now there is a big one. Many of us joined TOPS for health reasons, physical or mental. I don't believe that being thin can make a person happy, because happiness has to come from within, but I do believe that the quality of life itself can be drastically improved for us and for those we love by remembering this last line of the prayer. By improving our eating habits, our exercise habits we have the opportunity to make our lives more enjoyable, we open the door for many more opportunities to create cherished and treasured memories.

I'm hoping that each of you will join me in using this prayer that we routinely say each week to make a major difference in how you see food and make choices.

Thank you