

**Flat Tummy Secrets:
Everything You Need
to Know to Lose
Weight Naturally
and Effectively**

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Introduction

Well, let's face it. We all hate having to go through the effort of losing weight. It's a lot harder to lose than to gain, that's a fact.

In addition to that, when we are in the process of losing weight, we are very limited as to what type of food we can eat. Of course, healthy food is a given and it will make us healthy eaters. Junk food, on the other hand, will only harm your body. We all know this but we prefer junk food over healthy food anyways. That's the way many people work.

Now, what sets those who are trying to lose weight and those who only have to maintain their weight is the fact that the maintainers are those who can better control themselves and their eating habits.

Let's be honest here, for those who has never attempted to lose weight before will not know where to start. Even if you do, you most likely won't know the proper way to do it without wanting to give up in the long run or to have to brutally torture your body with hunger and stress.

The truth is, dieting is a very simple process. It might take some effort and willpower here and

there, but it's not something that you'll have to constantly force yourself to do. Eventually, if you don't think about it, it'll turn into a habit, especially if you're going to follow the methods used in this book.

Did You Know

Let's get started on the facts before we head towards the learning part of the book.

Did you know that everything that you have been told about losing weight is wrong?

That's not very unexpected considering the fact that many people in society would rather lose weight quickly rather than slowly.

This is where the media steps in and starts to throw out lies in order to feed your brain. Obviously, when you're hungry you would eat. Likewise, your brain does the same thing. It's hungry for knowledge and it's going to swallow the first information that it finds whether the information is correct or not.

Did you also know that there is a 95% failure rate for those who have attempted to go on a diet? That means that only 5% passes which is pretty sad considering the fact that the failure rate is so high. This is because those in the failure rate are either doing something wrong or they just no longer have the motivation to continue.

We all know that losing weight is a pain, but there are way too many people giving up too quickly. Unfortunately, out of the whole U.S.

population, 67% of the population is either obese or overweight.

When you're considering about going on a diet, it's best to research different methods. Don't go by what the media tell you. Chances are they're lying. You've seen it all the time: weight loss shows, weight loss pills, and weight loss foods.

Let's be realistic here. Almost anything that you see on TV is false and that whoever makes them is trying to empty your wallet for their own benefit. I'm not saying that you shouldn't watch TV, just don't believe every single word you hear when watching.

Consider some failed methods: starving, eating low-fat food, and taking diet pills. None of these works. For one reason, starving isn't even a healthy diet plan. Not only are you going to damage your body, but you'll also be easily vulnerable to stress and depression. There's also anorexia if you manage to make it that far.

Secondly, eating low-fat food is only going to make you fatter. I'll get to this explanation later on.

Thirdly, diet pills. Those might work but don't count on it ever lasting. Diet pills are like fairy

dust. It's fake and only works on movies. Don't ever bother starving yourself either. That's also going to backfire for many purposes.

I'll tell you something truthful that you won't believe: fat helps you lose weight. Don't think that it's a load of bull. It's true. This is because fat helps you lose weight by filling you up and keeping your hunger satisfied. The point of low-fat is to keep your stomach unsatisfied. When your stomach is satisfied, you won't have the urge to eat more.

Besides, your body needs fat in order to burn off the other fats. It sounds surreal but that's the way it goes. However, that doesn't mean that you should allow yourself to eat any type of fat food.

Fats may be good to consume but you have to know which one to consume. There are bad fats and good fats which you will learn more of later on.

So you've often heard about how carbs are the source of what makes you fat. Well, that's not the case. Carbs doesn't really do much. Likewise, it's not the carbs but the calories that accompanies it.

If there is a low carb amount in your diet, you'll most likely get sick. Even so, not all carbs are equal. You should keep that in mind.

The best advice you can ever get about losing weight is to eat wisely. Weight loss isn't around complexity but simplicity. It's a given that if weight loss was too hard a process then no one would continue doing it.

More or less, no one would want to continue doing it. The simpler weight loss is, the easier it is to succeed. Because it'll be easier to succeed, we'll be more inclined to finishing it and not giving up half way in.

Did you also know that being able to stay slim and being healthy does not mean that you are going on a diet. Those ideas may seem similar but they're really not.

It actually varies on how you live your life. Staying slim is to maintain your current weight. Being healthy is to live and eat healthy food.

Dieting is the process of losing weight. You see, they are similar but also different.

Here is the big shock about weight loss: stop trying to lose weight. If you always have weight loss in your mind, it's going to be troublesome in the long run. It's good to focus on it, but as

time goes on, it's going to develop into a routine.

The secret is to not think about it too much. Just do it and you'll be used to it.

Slow and Steady

We've all heard of the saying "Slow and steady wins the race." Well weight loss is the same thing. If you slowly work at decreasing your weight, you'll have an easier time losing weight.

The main reason why most people aren't losing weight is because they're trying to lose weight too quickly. Even if you did succeed in losing weight at a fast rate, all that weight that you've lost is going to come back.

Once it comes back, it's going to be twice as hard to lose it compared to the first time. In addition to that, losing weight too quickly is going to damage your body. This is because you're probably going through a harsh method that takes a lot of will power to accomplish.

Believe it or not, there are actually side effects to losing weight too quickly. It's not as if the side effects are good anyways.

A good pace to lose weight is to lose only 1-2 pounds per week. That may seem little but it'll

add up. Losing weight depends more on time rather than effort. It's not something that you should only spend a month or two on.

If you were thinking about losing about 30 pounds or more in a month, give up now. For one thing, it's going to require a huge amount of effort and willpower from you. It's not going to be easy. In the end, it's not going to be surprising if you break down in the long run.

Hardly anyone can achieve that goal but there have been many people trying to achieve it. You should at least get a minimum of 1,600 calories per day. If you go under that, your body is going to conserve every calorie to eat rather than burning off the calories that you already have.

In doing so, it's going to result to you gaining the weight that you wanted to lose. This is because when your body is low on calories and fat, it goes on what is called "survival mode." Survival mode is basically a stage that your body has already established for you when you do not have enough food in your system. Your body isn't going to know that you chose not to eat. It's going to think that you're starving because you have nothing to eat.

It's common sense to know that no one can wake up one morning and instantly find that

they're fat. It can work in movies through a magical spell caused by an evil witch or something but it's not going to work in reality. Even if there can be a magical force that tries to fatten you up over night, it'll most likely try to kill you rather than fatten you up. Just saying. Anyways, the only way for you to gain weight is through time.

If you are constantly eating unhealthy food, you may not realize it but it'll build up. If you're consuming more calories than you should per day then your weight is going to slowly build. You may think that a can of soda is harmless as of now because you're only taking it for one day. The next day you'll eat a bag of chips. The day after that you're eating donuts. All of these foods that you're eating per day is going to build up into something that would take weeks to lose.

In the end, you should take it slowly when you're trying to lose weight. Just like how weight can build up over time, losing it will take time.

Slow and steady is an easy way to lose weight and it also minimizes the risk of the weight ever coming back. It's also safe from a medical point of view seeing as you're not doing any tremendous damage to your body.

If you lose only 1-2 pounds per week it's not going to require much effort. You'll still be able to eat and stay full. You just have to make sure that whatever you're eating is healthy and doesn't go over the calories per day limit.

Myths

Nowadays, there seems to be myths of about almost anything. I'm actually not amazed about how there are myths about weight loss. I'll be honest; I actually believed some of these myths back when I didn't know any better. It's all about researching and finding the truth of the matter.

Most of these myths may seem correct but it's not. The point of myths is that it's not true but stated as if it were true. You'll most likely recognize most of them, if not all. Make sure you take note of them. These little rumors may seem harmless but once you start your weight loss routine, it can limit your ability to lose weight.

1. Starving

I like to call this myth the starving myth even if others may word it a little differently. Either way, the concept is the same. Basically, this is the myth where you would avoid meals in order to lose body fat. Well for one thing, you're

going to actually gain the fat that you're trying so desperately to lose.