

BEFORE AND AFTER WEIGHTLOSS- BEING HEALTHY



Losing weight is no easy magical task, which definitely helps explain why our U.S. weight-loss market is a whopping \$72 billion industry. Dropping all of those pounds quickly or through some dramatic short term approaches is very often not the best idea, yet us Americans spend billions of hard-earned dollars each year going on coordinated diet programs, undergoing bariatric surgery, using all the apps that track there every calorie and step, and some ever embracing 'fad' diets. And even after all of that, the horrible truth is that more than 72% of us U.S. adults remain either overweight or obese. More than 80% of successful U.S. dieters end up gaining all there weight back, some who kept up there guns, within about two years.

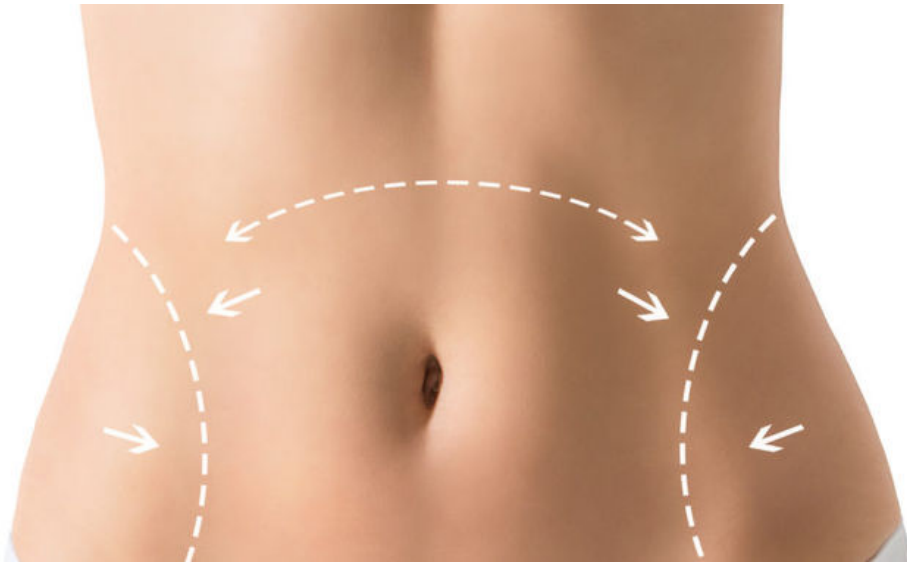


On the surface, it seems weight loss should be simple; cut back on your calories and do up the exercise, and all the unwanted pounds should fly away and stay away. However, it is much more complicated than that my friends. Obesity is a real disease, with real physiological consequences for many; when we gain weight, the nerves in our hypothalamus that conduct the signals from our fat cells to the rest of our brain become damaged," explains Louis Aronne, the director of the Center for Weight Management and Metabolic Clinical Research at Weill Cornell Medical College. As a result, our brain does not realize that we are full, so we keep eating.

At that confusing point, individuals are not gaining the weight just because they are consuming more calories- once someone has become overweight or obese, the body will produce hormones such as insulin that will increase fat storage. Unfortunately that makes it more likely that all of those extra noshes will be harbored as fat.



The health consequences are very real. " More than 70 illnesses- including heart disease, some cancers, and Type 2 diabetes, are the direct result of carrying around too much of that body fat, say Aronne. Even when individuals do end up shedding weight, the regain rates are staggering. Once you start losing a substantial amount of that weight considered at least 10 % of your body weight-your body goes into a starvation mode. Your system slows the production of leptin, which is a hormone that suppresses your appetite, at the same time pumping up the levels of the hunger hormone ghrelin, explains Aronne. The result my friends; you are always walking around feeling famished.



Yet despite all the odds, there are some encouraging signs. There is a large growing movement to focus on healthy life style tweaks rather than all the extreme diets that may be unhealthy. In 2018 Weight Watchers took the leap, re branded itself as WW, with the slogan "Wellness That Works," Its new mission; To inspire healthy habits for real life. Another front runner is a company that is keeping in mind the essence of good health. That is indeed revolutionary in healthy weight loss. Accelerates fat reduction, reduces fat cell size, reduces fat cell information, and this is just the beginning. C. L. A and collagen/HA, matrix technology help accelerate fat reduction, improve muscle tone and restore youthful skin for a sculpted lean body. This award-winning product wakes up metabolism, reduces cravings, give you more energy, inhibits fat absorption, promote flexible joints and muscle fitness. There are no side effects, This indeed is the future now, for weight loss. After my associates and I had research over 200 companies that are involved with weight loss, this company became our NUMBER 1 pick, everything that they say that their products will do, it does and it is healthy, Weightlifting For A Beautiful World give this company the stamp of approval.

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Understanding what it is about any given diet that works for an individual remains the holy grail of all weight-loss science. However, experts are getting closer by the day. For the last 25 years, Rena Wing, the professor of psychiatry and human behavior at the Brown University, had been the one to run the National Weight Control Registry (NWCR) as a way to track individual who successfully lose weight and successfully keep it off. "When we first started it, the perspective was that almost no one really succeeded at losing those pounds and keeping them off, say Jams O. Hill, Wing's collaborator an obesity researcher at, University of Colorado. We did not believe that was the case, but we did not know for sure because we didn't have the data that we needed.



To qualify for initial inclusion in the registry, an individual must have lost at least 30 pounds and maintained the weight loss for a year or longer. Today the registry includes more than 9,000 people from across the U.S. with an average weight loss of 66 pounds per person. People on the current list, on average, have kept their unwanted weight off for more than five years. The most revealing detail about the registry is; each one on the list has lost a significant amount of weight, however in different ways. About 45% of these individuals say they lost the weight by following various diets on their own, 55% of these individuals say they used a structured weight-loss program. And most of them said that, they had to try more than one diet program before the weight loss stuck.

WHAT REALLY KEEPS THE WEIGHT OFF



The researchers have identified some interesting similarities among them; 98% of the individuals in the study say they modified their diet in some way, here's with most cutting back on the amount of food that they are eating in a given day. Another through line; 94% increased their physical activity, the most popular way of exercise was walking. There's absolutely nothing magical about what they are doing, says Wing. Some individuals emphasize exercise a lot more than others, some of them follow low-carb diets and some of them follow low-fat diets. The one commonality is that they had to make changes in their every day behaviors.



When one asked how they've kept the unwanted pounds off, the majority of people in the study say that they eat breakfast every day without fail, weigh themselves at the very least once a week, watching less than 10 hours of television per week and exercise about an average of an hour a day. The researchers also have looked at their attitudes and behavior. What they have found, that most of them do not consider themselves type A, dispelling the idea that only obsessive super planners can really stick to a diet. What they have learned is, that many of the successful dieters are self-described morning people. (Other research supports the anecdotal; for some reason, all the night owls tend to weigh more than larks) The researchers also noticed that individuals with long-term weight loss tended to be motivated by something other than just a slimmer waist-like a health scare or a real

desire to live a longer life, and to be able to spend more quality time with loved ones. My dear friends, losing the weight and keeping it off is hard yes, however it is absolutely possible, when people accomplish it, there lives are changed for the better. Please my friends if you need to lose weight, or want to, do not put it off. Do it now, you will be more happier, healthier and you may live longer. With all of my heart this is what I want for you.

May you be always in good health, humbly yours Paul Earl.

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