

Weight Loss PLR Samples:

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Sample #1:

Are you one of those people who gobbles down your food so quickly that you barely taste it? If so, you may want to rethink that habit if you want to lose weight and keep it off. Eating too fast is one of the major causes for overeating, for two reasons. First, if you eat so fast that you barely taste the food, you won't feel satisfied and you will keep craving more. Secondly, eating too quickly doesn't allow time for your body to signal that it has had enough food, so you feel compelled to keep eating.

Below are three good ways to change the habit of eating too quickly:

1) Add lots of flavor

It's helpful if the foods you eat actually taste good to begin with. Too many dieters believe that they must exist on boring lettuce salads and give up any food that tastes good. Good flavor doesn't have to be synonymous with high-calorie! There are endless varieties of delicious foods that are also nutritious and perfectly suited to a weight loss plan. Even for bland foods you can use herbs and natural seasonings to add flavor. Good choices include lemon, garlic, pepper, dill, vinegar, onion, mustard, and ginger.

2) Savor every bite

Sample #2:

Wouldn't it be great if you could close your eyes, slip into a trance and never crave fattening foods again? That's what most people think of when they hear the words "hypnosis for weight loss" - but is that how hypnosis really works? Kind of - but not exactly.

Hypnosis is nothing more than a process where suggestions are implanted into your open, relaxed, subconscious mind. First the hypnotist (or hypnotherapist) will talk you into a relaxed, calm state of mind and body. You will probably be encouraged to take some slow, deep breaths, relax all of your muscles and release tension.

Once you feel very relaxed, you are then usually guided to "go deeper" into your subconscious mind, where the hypnotist then implants positive suggestions. What kind of suggestions? These are common examples: "Sweet and fattening foods no longer tempt you. You naturally crave nutritious, healthful foods. You easily drink 8 glasses of water daily. You love and respect your body and nourish it with high-quality foods. You feel good about yourself and carry yourself with confidence."

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Sample #3:

We've always been told that we have to eat a specific number of calories each day in order to maintain a certain body weight. However, research has shown that "changing things up" a bit with your caloric intake may help you to shed pounds more quickly and keep them off more easily.

Calorie cycling refers to the practice of taking in a varying amount of calories each day, never eating the same amount of calories two or more days in a row. The logic behind this is that eating too few calories for too long (like most weight loss programs advocate) will force your body into "starvation mode," where it slows down fat burning. When fat burning slows down, so does your weight loss. The calorie cycling approach is different.

See below for an example:

There are differing opinions on the best approaches to calorie cycling, but the most popular start by calculating how many calories you are allowed in a week's time. Example: If you are currently following a diet plan that allows 1500 calories a day, your weekly total calories should be 10,500 (1500 x 7 days). Rather than consuming exactly 1500 calories a day for 7 days, the calorie cycling approach would have you break it up so some days you are eating more than 1500 calories, and some days you are eating less than 1500 calories.

Sample #4:

Laughter has long been believed to have great health benefits, like strengthening your immune system, releasing stress, reducing pain, and improving cardiovascular function. But can it help you lose weight? Many experts say yes.

Laughter can encourage weight loss by:

- Burning more calories.

Did you know that laughing raises your heart rate and burns calories? Not enough calories to be considered physical exercise, but at more than one calorie burned per minute, laughter can definitely help you burn a few extra calories throughout your day. It all adds up!

- Reducing emotional eating.

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