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# Foreword

It occurs so very frequently - we resolve to go on with a health and physical fitness program with zest and likely much fanfare too; however in the first week of going into the plan, everything peters out.

Why is it that we don't stick with the diet plans, the morning jogging plans, the physical exercise plans that we make?

And what may we do to ensure we keep going with these plans, for our own sake and for the sake of the individuals that are dependent on us?

Are you eating simply to satisfy your appetite or to make your taste buds happy? Or are you eating in order to take better command of your life?

In this eBook, we see how you are able to make your life much more optimal simply by making a point that you eat correctly.

## ***Regulated Eating Strategies***

Make Food Your Friend Instead Of Your Enemy!

# Chapter 1:

## *Why We Have The Problems We Get Into*

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### Synopsis

In today's world, seldom do any health and fitness plans work. What's the reason for their alarming rate of failure?

The world is a lot less healthful than it was two decades ago. Much this is attributed to the altered food habits of individuals.



## **What Happens**

If we hear about the failure of diets or gym plans all around us, commonly it isn't their fault. Commonly it is the fault of the individuals who started with much commotion about going through these plans, telling all their acquaintances and co-workers about it, and then didn't abide by those programs. The individuals who abandon the exercise or diet halfway do not see the advantages, naturally, and everybody blames the plan.

What the world needs nowadays isn't a fresh health or fitness program or a diet, but it requires motivation. It needs the correct sort of mind-set to follow through with whatever plan they have chosen to the very end.

If they can do that, most of the health issues that are related to life-style situations will get to be outmoded. And we don't have to visit the corners of the earth to discover this motivation. The motivation lies right here, inside us; we simply need to search it out and utilize it.

One generation ago, individuals wouldn't dream of picking up whatever junk food they could get in order to feed their faces. Nowadays, we do that so very casually. "I'm hungry" commonly means "I want a burger or a hot dog, likely with chips on the side and some cola." And, "I am on a diet" means "I am on a chemically ridden pill which will defeat my hunger and deprive my body of vitamins." It's genuinely no wonder that we are facing so many health issues today.

Our health is an indicator of what we consume. The sorry condition that we're living in isn't an individual problem; it's a global issue. The world as a whole is eating incorrectly. Six in every ten individuals in the US is overweight, and the number is going to be eight in every ten individuals by the time we hit 2015.

Are we truly thinking about this? We aren't. Even as you're studying this eBook, you likely have a packet of chips on the side. Do you know that what you spent on that package, which is filling your stomach with some of the most toxic chemicals known to humanity, could instead have fed an emaciated youngster in Ruanda?

But it's not simply about being philanthropic. It's about ourselves too. Yes, we have to be selfish. With such appalling health figures, aren't we heading for doom? We're definitely not eating right. Whatever excess baggage that brings - obesity and the assorted ill health in its wake - we have to be prepared for it.

So the next time you see that a program has failed or is receiving a lot of criticism, remember that the criticism isn't probably because the program stands on shaky ground. In most cases, it is because people began with great intentions and then did not follow the program as they should have.

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