

YOUR TEN RULES FOR WEIGHT REDUCTION

Rule 1. Eat when you're hungry – but only with your tummy not your eyes or mind. When you're body needs fuel, your stomach produces a hormone which sends a signal to the brain making you feel empty. At that point you must eat. If you don't, your metabolism slows and your body immediately starts storing fat.

Rule 2. Drink more water. When you first feel hungry if it's convenient and you're not sure whether you're really hungry or not - have a glass of water and see how you feel. If you're still hungry after that - eat! Drinking water also speeds up the metabolism so helps to burn off the calories. It also flushes out the system.

Rule 3. Eat slowly and enjoy every mouthful. Put your knife, fork, spoon or sandwich down between bites, I cannot emphasise enough how important this is because around 20 minutes after the signal that you are hungry, another hormone signals that you're full. If you've eaten too quickly you will have by-passed the body's natural signal to stop eating and therefore you will probably feel bloated rather than comfortably full. (imagine that you may eat 10% more than your body requires at that time which means that you definitely will put on weight)

Rule 4. Don't watch TV or read a book when eating if possible as this can override the natural feelings of being full and always sit down when you eat.

Rule 5. Always leave something on your plate. As children, some people are told to clean their plates and eat everything up. This is simply not necessary, it's perfectly acceptable to leave food if you don't need it.

Rule 6. Stop eating when you are full. As soon as you start to feel full, STOP! Otherwise you'll feel bloated or ill at the end of the meal and this is the stage when you will definitely be putting on weight.

Rule 7. Eat what you want not what you think you should have - and eat when you want. Don't deny yourself anything but eat in moderation. It is better to have several small intakes of food throughout the day if you are hungry than starve yourself and then eat a big meal later on. Remember, no food is banned – thin people eat chocolate, biscuits, crisps and chips – they just don't eat as many!

Rule 8. Consciously reduce the sugar, bad fats and salt in: Cakes; white bread, biscuits, chocolate, fizzy drinks, all soft drinks generally, processed food (including takeaways), crisps and chips.

Rule 9. Never eat when you're not hungry - Some people eat simply because they are bored or fed up. If you get the feeling that you want to eat under these circumstances, ask yourself – "Am I really hungry with my tummy, or am I just trying to make myself feel better?" If the answer comes back that you're not really hungry - find something else to do that will occupy your mind.

Rule 10. Work with your body and take more exercise. You don't have to go to the gym, there are lots of ways you can do this. Instead of driving to the corner shop, walk. Get into the habit of taking the stairs instead of the lift. Use your muscles more. Slim people do about 6,000 steps a day, it might be a good idea to buy a pedometer to check yours.

POSITIVE THOUGHTS FOR WEIGHT CONTROL

Just as you use a magnifying glass to harness the sun's rays and create a fire, you can use visualization to harness the energy you need in order to create your goals. The best way to become good at visualization is by practising. It doesn't come easily to everyone, so don't feel put off if it's not easy the first time you do it. Once you've practised enough, however, it will become a habit just like anything else. Some people find it hard to focus on one thing. It's said that we have forty to fifty thousand thoughts per day, most of which serve no purpose. Visualization is an excellent way to get control of your mind and focus on what you want.

Recent studies have proved that positive thoughts and visualization can directly affect our physiology right down to cellular level. We can harness the power of the mind and visualization plays an important part enabling you to focus on what you want rather than what you don't want.

Here are just a couple of visualization suggestions, you can use either or both of these or make your own up.

- 1. See yourself stepping on the scales and now see the exact weight you want to be appearing on the scales. Note your feelings of elation at having reached your ideal weight and shape, see how excited you are, how confident you are and how marvellous you look. Now lock those feeling deep into your inner mind and believe that this has actually happened.**
- 2. See yourself at your ideal weight and shape walking into your favourite clothes shop. See yourself walking up to whatever clothes you want to buy, see yourself taking off the rail the clothes you like and see a close up of the size of that garment. Next see yourself coming out of the changing room looking really good in that size clothes which is your goal. See how excited, proud and pleased you look, concentrate on that vision.**