



How to Lose up to 7lbs in the next 7 days
without calorie counting

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Working as a Personal Trainer in Manchester I see this scenario all the time. What I generally find is that when people want to lose weight they tend to look at the problem instead of looking at the CAUSE of the problem.

Getting a gastric band, liposuction or taking those supposedly magic supplements or even getting hypnotherapy just does not work, the people who are offering these solutions addressing the problem and not the cause.

It's very easy to say I'm overweight and I need to lose this body fat. However let's look at the cause and not the problem instead.

Why is it that you're currently heavier than you should be?

What is the cause of this?

Well to begin with are you doing the things a lean individual is doing or are you doing the kind of things that a fatter individual would be doing?

We chose how to live our own lives. How are you currently living yours? Is it unhealthy? Most likely yes or you wouldn't still be reading.

Have a think about it for a second. If you want to have the kind of body you want, would you need to do things a little differently?

Remember if we don't change then we don't change.

Are you regularly exercising or do you keep putting it off until tomorrow instead?

Do you think someone who looks the way you want to look is missing his or her gym sessions, very unlikely aren't it? They look the way they do because they do what they have to do. They take responsibility for the way they look and they take action to make sure they stay that way.

Are you eating healthy foods at least 80% of the time or are you being weak and letting cravings get the better of you?

Again the person who is lean and healthy looks the way because they are not eating rubbish all the time.

There are loads more topics I could talk about such as how getting to bed by 10pm instead of 12pm could allow you to lose 5lbs in a week by reducing cortisol levels and how reducing stress could allow you to lose another 5lbs but I am going to focus more on the nutrition aspect here.

By following the information I am about to give you, it will allow you to drop up to 7lbs of fat within just 1 week. I will outline foods to avoid and foods you are allowed to eat.

It really is that simple.

Follow the plan and you will get the results.

Foods to Avoid

You need to avoid the following and when I say avoid I mean do not eat at all.

- All **wheat products** such as breads, pastries, pizza and pasta.
- Avoid all **dairy products** such as milk, cheese and yoghurt (you can have goats cheese if you want)
- All **caffeine** based products such as fizzy drinks, tea, coffee and energy drinks
- **Alcohol**, this one is the hardest for most people from my experience
- **Anything processed**, packed or tinned, basically anything with preservatives, e-numbers or additives. Get into the habit of reading ingredients on packets and if there are ingredients that look like chemicals then stay away.
- All forms of **sugar** including honey, molasses and fructose, cane sugar.
- Tap Water (stick to bottled water folks)
- **Artificial Sweeteners** – very very very very bad for you!
- Meat that is not organic

So What Can I Eat?

So what's left you probably wondering well anything that is not listed above you can eat here's a list to show you there is more than you think.

- Fruit, however for faster results cut it out or limit it to citrus fruits, apples and pears
- All vegetables except high starch such as potatoes that should be avoided
- Get fruit and vegetables from organic sources wherever possible.
- All meat, fish, poultry and eggs through organic sources
- All nuts and legumes although don't eat too much of these as they are calorie dense
- Pulses, beans and peas

To speed up your fat loss results make sure you also do the things below

Drink at least 1 litre of water per 25kg of body weight and if you add a little bit of salt to our water (just a pinch it will stop you running to the bathroom). Also try and drink the water throughout the day rather than in one go.

Get yourself to bed early (ideally by 1030) at least five nights per week

Buy some supplements and supplement with bicarbonate of soda, sea greens and a decent quality fish oil.

If you exercise every day your body fat levels will drop even quicker. Exercise needs to be Metabolic Resistance Exercise (not steady state cardio) or High Intensity Interval Training). Contact us if you would like to know more about this.

If you are interested in finding out how we can help you with your weight loss or weight management goals visit our website www.northwestpt.co.uk or contact us on info@northwestpt.co.uk