

## *How to Lose 2 Lbs. a Week*



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[Common Sense Living](#)

Losing 2 pounds a week doesn't sound like much, right? Hardly seems worth the bother.

Except when you consider that if you consistently lose just 2 pounds a week, that is over 100 pounds in a year!

Living a thin and healthy lifestyle can seem overwhelming. Here are the 10 Commandments to follow to make the changes easy and permanent.



## **1. Eat Real Food!**

Packaged, processed, and fast foods are full of sugars, sodium, and fat. And if that's not bad enough, it is scientifically engineered to make you want more. You eat more, they make more money.

Do you know what your body does with all those foreign ingredients that it can't use? It stores them in your fat cells for safe keeping until it can dispose of them. Except that you keep adding them. Your fat cells get fatter, and fatter, and fatter...

But isn't eating real food a lot of work?

The only time saving to packaged food really is the amount of time you have to spend assembling ingredients. But when you make it yourself, you know exactly what's in it! Its really not that hard. I'd say its worth the few extra minutes, wouldn't you?

Help! [You can find fast, easy, delicious recipes here -](#)



## **2. Drop the Pop**

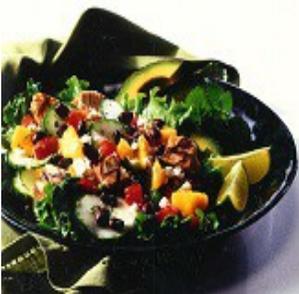
A can of pop a day adds 10 pounds a year – even diet pop. There is nothing in pop that your body can use except for the water... and it doesn't even quench your thirst!



### **3. Drink more water**

Your body is primarily water. Every organ – including your brain, needs water. How much water? To determine how much water you need for your body size, take your weight and divide by 2. That is how many ounces of water you should drink a day.

Think of a dried up sponge. It can't do its job until you fill it with water. Your body is the same way. You'll keep your organs in tip top shape so they can dispose of more of the chemicals, toxins and fat. You'll think better. Your skin will look better. Such a simple thing. Why don't we do it?



### **4. Eat 5-9 servings of fresh vegetables and fruits a day**

and a little protein in every meal throughout the day. Follow this simple formula and your body will have what it needs to thrive.

[Read How to easily get your 5-9 servings of vegetables and fruits a day >>>](#)



### **5. Get 30 minutes of exercise a day**

It keeps your muscles strong, your blood flowing, your cells oxygenated, and your mood lifted. We were not designed to sit on our duff all day. Did you know that the only way to stimulate your lymphatic system is through exercise?

Many people have lost significant amounts of weight just by adding a walk to their daily routine. My sister and her boyfriend have lost a lot of weight since they got a dog.



## ***6. Sleep 7-9 hours a night***

Sleep is when your body repairs itself and rebuilds your health, energy, and brain function. Get too little sleep and you will be sluggish and craving carbs for energy.



## ***7. Carbs - Cut down, but not out***

Carbs are energy. Eat too few and you won't have any energy. But when you eat too many, your body stores them as fat until you need them. Eat your carbs earlier

in the day when you will burn them. For faster results - eat vegetables and protein for dinner. Cut out starchy carbs late in the day.



## ***8. Stay committed***

The lure of packaged and fast foods is everywhere! Make sure you have dinner planned before you leave for work. When shopping, stick to the outer perimeter of the store where all the fresh foods are. When you are about to make a bad choice, ask yourself, "Do I like the way I feel after I eat this?"

In a little bit of time, you will lose your taste for those foods.



## ***9. Don't be a stick in the mud***

There are people who take healthy eating too far and are no fun to be around. On the rare occasions when there aren't any healthy choices, it won't kill you to be social. Sometimes its a good excuse to have something you wouldn't normally eat. Just don't overdo it.



## 10. *Forgive yourself - Then get back on track*

There are going to be parties, and holidays, and events where we don't eat well. That is part of life. Go ahead and have a good time. Just get back on track tomorrow!

Taking a balanced approach makes it all so much easier. Follow these 10 Commandments and see your body and your health transform. The weight will start melting off.

### Want More Help?

I hope this helps!

Take care of yourself -

*Carole*



*More by Carole*

*Get Healthy, Lose Weight, & Feel Better Than You Have In Years*

*Secret Confessions of a Clean Freak* – *How a single working mom keeps a really clean house and still has time for a life.*

*Beat Depression Handbook* – 52 ways to shake off the blues so you can get moving again.

*Whole Life Overhaul* – How to have a life that runs like a well-oiled machine.