Published based on Why Can't You Stop Sabotaging Your Weight Loss Results?--Uncover The Not One But Two Major Factors Why It Happens To You

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Aren't you sick of failing over and over again when you try to unload your body fat? Again and again you try this exercise and that diet, but the fat finds a way to return! If you knew why this keeps happening, you would be able to stop it. Knowing how your body works to burn fat and how your mind works with your body can help you get them working together to conquer the enemy that is called 'fat'.

What determines if you burn fat or not is a protein called Leptin. The amount of Leptin in your body tells the brain whether your body should store fat or burn fat. Low Leptin levels can slow or even stop your metabolism, lower thyroid hormone levels, increase fat storing hormones and increase your appetite or cravings. So, when you skip a meal or eat less than you should, you might think you're going to lose some weight, but really you're putting your body into a fat storage mode. So, the first thing you need to know is that nutrition (eating the right foods in the right quantities at the proper intervals) is the main key for you to lose weight. If you can master how nutrition works, you're 3/4 of the way to overcoming your weight loss problems.

Just how do you eat enough without gaining more weight? Make a fist and start thinking that the size of your fist is what a portion is. When you put together a meal, give yourself:

* One portion of protein

* One fist-sized portion of carboydrates

* As many vegetables as you desire (choose vegetables of varying colors: yellow, green, red, purple, etc.)

You should use this as a guide for your regular meals. The vegetables should satisfy you. If you get hungry in between meals, always have available a low calorie meal replacement bar or shake.

There are other sabotaging factors, such as unconcious behaviors and patterns. Some are as follows:

* Diet-ruining thoughts like, "A bowl of ice cream would be great right about now!"

* Using comfort foods to soothe you after a bad day.

* Giving in to other people's suggestions to eat things you know you shouldn't eat.

Learning to conquer unconcious behaviors and patterns is absolutely necessary in order to win at losing those unwanted pounds. Otherwise, it is like trying to win a speed boat race while still tied to the dock. The ropes that hold you back must be untied if you want achieve your weight loss goals.

Of course, educating yourself as to what works and what doesn't has always been the deciding factor in any endeavor. What you don't know will always defeat you. Don't allow that to happen to you when it comes to your weight loss goals. Keep learning and you will succeed. I've only mentioned a few things. There is more that you need to know.

Want to find out more about Weight Loss, then visit Christopher Dexter's site on how to choose the best weight loss education products for your needs.

You can also find this article published on Why Can't You Stop Sabotaging Your Weight Loss Results?--Uncover The Not One But Two Major Factors Why It Happens To You, and on the tag pages diet, education, fitness, health , Nutrition, weight loss, weight loss sabotage.