

10 Top Tips

**For Guaranteed**

**Fast Weight Loss**

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# Introduction

So you want to lose weight then, do you?

It's not an easy task. And I mean that.

Whether it's the bullying tactics of The Biggest Loser, some other unsustainable celebrity diet, or a 6-pack product off a TV infomercial, there's **a lot** of rubbish out there.

So, why take the advice in this little guide on board?

Well first of all, allow me to tell you a bit about myself...

## A gal with a proven track record...

Hi there. My name is Melanie Thomassian (R.D.), and first, I'd like to **congratulate you** for taking action towards losing weight.

With so many 'diet experts' out there, it's a battle to get through all the noise. But, you've fought your way through to me, and for that I'm grateful...

...and I believe **you'll be grateful, too.**

In 2007, I began to share my passion for **life-long weight loss and complete health** by publishing online.



Providing evidence-based, practical information, seemed to resonate with a lot of people, and I'm humbled to have contributed to the lives of so many individuals.

In fact, at the time of writing this, there are **over thirteen thousand subscribed readers** to my advice, tips, and strategies.

I have big plans for the future, which include a revolutionary weight loss program that will **drastically** reduce the possibility of failure or rebounding.

**How do I know that?** Because the program (while guided by my expertise) is really the product of the people subscribed to [Dietrific.com](http://Dietrific.com).

They told me **precisely** what they find difficult about weight loss, and I've used that to develop a '**parachute formula**' which prevents crashing and failing at the common pitfalls.

But, I don't have time to get into that now. Suffice to say, if you're interested, the best thing to do is [make sure you're subscribed](#).

**For now**, I want to set you on a path of guaranteed weight loss. However, this **isn't** a weight loss program. And, I can't hold your hand.

But, if you follow these ten tips, you **will** lose weight. And like others, you may do it without extra help I'm going to provide in the future.

So, let's get to it, shall we?

# 1. Don't starve yourself

Not eating enough food is perhaps the **worst** thing you can do.

It tends to be a common denominator of fad diets, and foolish notions.

But, it's a sure path to hunger, depression, and ultimately **leads to food binges**, where you start eating lots of unhealthy foods, which will cause you to gain weight.

Not only this, but when you starve yourself, your body becomes more sensitive to storing fat whenever you do eat.

This is definitely **not** what we want!

Instead of going hungry, make sure you **eat decent sized meals**, a large breakfast, moderated lunch and dinner. Then healthy snacks in between.

## 2. Don't eat at night

Snacking late at night is never wise, but not because your body automatically stores more fat after a certain time.

Many people think that if they eat after 8pm, they **will gain weight**. However, if you were to eat the exact same meal at 6pm or 8 pm, one would not be more calorific than the other.

Having said that, going to bed with a full stomach is **not** a good idea either.

Eating late at night can lead to digestive problems, and your sleep may also be less restorative as a result.

Another huge problem with eating late at night, is that people **tend to indulge** in junk food later in the evening, and **that** is what leads to weight gain.

To combat the urge to eat late at night, make sure you eat a healthy, satisfying dinner, but try not to eat **at least 2 hours before bed.**

This will give your body time to break down the food, and allow you to get a good nights sleep.

If you absolutely **have** to eat before you go to bed, make it something **healthy**, such as a handful of unsalted, whole nuts.

# 3. Reduce alcohol intake

This is a sore point for some, and perhaps you. I've given consultation to people who were ready and willing to give up the wrong foods, but not their alcohol intake.

The fact is, if you're trying to lose weight, **you simply can't have it all on your own terms.**

Alcohol consumption **affects your liver.** This is very serious, because the liver is necessary for survival, and there is no way to compensate for the absence of liver function long-term.

Your liver performs a wide range of functions, including detoxification, protein synthesis, and carbohydrate metabolism.

No matter how you eat, if you continue to consume too much alcohol, your liver will be **unnecessarily overworked**.

Aside from this, alcohol also contains a large number of **empty calories**. Calories you certainly don't need when you are trying to lose weight.

## 4. Eat more protein

If you want to lose weight, one of the best ways is to eat more lean proteins, and to have them with each meal and snack.

The western world in particular, seems to be **obsessed with cereals and bread**, as if they are the only options for breakfast.

This restricted view of breakfast will damage your weight loss efforts.

In spite of what certain food companies try to portray, boxed cereals are **not the best option for breakfast**. They tend to be very high in sugar, and are poor at satisfying hunger.

Rather than lifting a box of cereal in the mornings, why not grab a couple of eggs for breakfast?

I'll not go into all the science of it now, but basically, protein takes longer to be digested, so this helps you to **feel fuller for longer**.

And don't listen to the nay-sayers. You'll have plenty of energy, and you'll **make it through to lunch without snacking** much more easily than if you eat a carb-rich breakfast.

# 5. Vitamins and Minerals

It's important to make sure your body gets enough of the vitamins and minerals it needs to function optimally.

To do that, you must get into the habit (if you're not already) of eating a healthy, nutrient-rich diet, **high in fresh, wholesome foods.**

Many people rely on vitamin and mineral supplements, and these should be taken if you are lacking in something, or you have special requirements, such as folic acid for pregnant women.

However, no supplement can cover all **the benefits of eating a diet high in fresh produce.**

A nutrient-rich diet will help to keep your immune system strong, and helps protect you from disease, such as cardiovascular disease, some types of cancer, and type 2 diabetes.

Fresh produce, such as fruits and vegetables are loaded with fiber, vitamins, and minerals. They also contain phytochemicals, which protect the cells against damage.

One of the biggest advantages of eating a diet rich in whole foods, is that you get the **natural synergy** of all of these nutrients together.

When nutrients are **eaten in food**, they have all sorts of health benefits. However, studies looking at single vitamins and minerals in supplement form, have been unable to show the same success.

This is because food is natural, your body understands it, and it is the interaction of all the contained nutrients in the food, which gives its health benefits.

So, **fill your diet with healthy, whole foods**, which have been minimally processed, or not processed at all, rather than trying to supplement your diet with pills.

## 6. Drink plenty of water

Drinking water is essential for your body's growth and maintenance.

Water is involved in so many processes within the body, including **aiding metabolism and digestion**, getting rid of waste, and regulating your body temperature.

If you do not drink enough water, the food you eat will have difficulty passing through your digestive system.

However, liquids help to bulk the stools, making bowel movements softer and easier to pass, therefore preventing constipation, and that awful feeling of bloating.

(Sorry about all the references to ‘passing’ and ‘bowel movements’, but if you’re working properly in this department, you’re probably doing something right.)

So, if you constantly feel bloated, it is very possible **you aren’t drinking enough water**.

Water can also **boost your weight loss** efforts.

This is simply because it fills your stomach with a substance that has zero calories. The result is that you feel fuller, want to eat less, and lose weight as a result.

In fact, many people eat when what their body is **actually** craving for is water. Try to tune into this critical difference between hunger and thirst.

Make it your **aim to drink water** in place of sweetened calorie-containing beverages, and you **will notice the difference** in your waist-line.

## 7. Cut down on sugary foods

This sounds pretty obvious right?

But, it is amazing how many people still **don't listen** to this advice whilst trying to lose weight.

Sugary foods include sweets, chocolate and soft drinks. But, some so-called “healthy” foods also contain lots of sugar, such as fruit juices and cereals.

Now, I have a sweet tooth, so I know how difficult it can be to control yourself at times, **but you must.**

The good thing is, the longer you stay away from sugar, the **easier** it is to refuse it.

## 8. Cut down on caffeine

This means drinking less coffee, tea, energy drinks, or any products containing caffeine.

Instead, try **replacing these with fresh water or green tea.** It will do your body the world of good, and you'll notice a positive difference within no time.

If you are used to drinking caffeine, you may be relying on it as a stimulant to make you feel more awake and alert. It's very easy to become **dependant on caffeine**.

When you try to give up, or cut back, you may notice you feel drowsy, have a headache, and generally feel low.

Another problem with drinking caffeinated drinks, is that they naturally lend themselves to **snacking on the wrong foods**, for example tea with cookies. This of course is not a good thing, particularly for weight loss.

Like I've said, though it may seem difficult, once you have kicked your addiction to caffeine, you will **start feeling a whole lot better**. I promise!

# 9. Exercise

Just **some** exercise will do to start with. Not lots.

What the big companies don't want you to know, is that lots of exercise **isn't necessary for weight loss**. It's good, but hours at the gym are not necessary.

**As a basic guide**, try doing sit ups, squats and push-ups for just 15 minutes in front of the TV five times a week.

After doing this for a couple of weeks, you'll notice the difference. Your arms, legs, and stomach will feel more toned, and you can begin to progress with your routine after that.

# 10. Don't give up

You can and **you will achieve your ideal weight.** You just have to stick at it.

The good thing for you is that what you have in your hands is **guaranteed to work.** If you do what I've suggested here, you **will** succeed.

And, once you get the taste of weight loss success, you'll be more confident, have more energy, feel more attractive, and eventually get to wear the clothes you want.

# Last words from Melanie

I hope you have enjoyed this short guide.

If you apply what you've learned here, I'll be surprised if you don't start to enjoy the success of losing weight.

All that remains for me to say is to encourage you to stay in touch on [Dietriffic.com](http://Dietriffic.com). You can contact me at any time.

Your trusted friend,

A handwritten signature in black ink that reads "Melanie x". The signature is written in a cursive, flowing style.

[P.S. Have you grabbed my free book, "SOAR!" yet?](#)

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