

<http://www.improveweightloss.com>

## Free Report

# ImproveWeightLoss.com



This is a free report. You may pass this on to anyone you wish to and share it with family and friends who will benefit from this information.

Website owners you may also give this away for free and send it to your email list if you wish. For another free report "The Effective Yet Permanent Way to Lose Weight." please visit:

<http://www.improveweightloss.com>

## **My Weight Loss Journey**

I didn't really want to get into writing for the weight loss market. However, I had a strong interest in weight loss for quite a while. I consider myself to be somewhat of an expert.

Having sat on the sidelines and watched these "experts" claim to be able to solve weight loss problems week in, week out, so I decided to do something about it and help people solve this problem through my free weekly \*email service once and for all.

I've been trying to lose weight for years now and have been burnt time and time again by "experts" trying to sell me proven techniques. It's time I set the record straight and helped others.

My weight problems started like a lot of women after meeting and marrying the man of my dreams. Having babies only compounded my weight problems. Every time I gave birth my weight was a lot harder to lose. I blamed it on pregnancy, but actually my love of donuts, chocolate, cookies, cakes and ice cream didn't help, I much later discovered!

I wished I could snap back into shape like celebrities seem to and felt helpless as I didn't seem to have their will power or their money. However, I found out I really didn't need either to a large extent, what I needed was knowledge.

The knowledge of what worked and what didn't, it was about healthier choices and effective exercise routines. Now, I've reached my goal weight and the best thing about it is it's a lifestyle change with a difference and not a diet. I am not constantly hungry, deprived or spending a fortune on some latest diet craze.

And I'm not the only one, friends and family have tried it out and are enjoying similar results.

When I see things like this, it motivates me even more to find the best information out there to improve weight loss and help many more people. I know reaching my goal weight motivates me to share useful information and better still learn how to maintain it. And I promise to give you the best information I find in my tweets and on my website, so follow me and visit the website often. Think of me as your successful weight loss filter; only ever bringing you the information that works!

"What You Need To Know About the Acai Berry Claims!"

## My Acai Berry experience

In the News:

### The Latest Diet 'Craze' – Acai Berry/ Acai Burn, Life Cleanse

Every now and then when looking to lose weight everyone wants a quick fix – something that will require little to no effort at all. A diet that would allow you eat what you want whilst losing weight. In this edition of the Improve Weight Loss update, I will be unfolding the facts as tried and tested on the latest diet 'craze'. The word that seems to be on everyone's lips now is the wonder of Acai Berry, Acai Burn and the Life Cleanse. What is it and how does it work? See below for a Wikipedia definition:

#### *As a dietary supplement*

*Recently, the açai "berry" has been touted and marketed as a highly beneficial dietary supplement. Companies sell açai berry products in the form of tablets, juice, smoothies, instant drink powders, and whole fruit.*

*Marketers of these products make claims that açai provides increased energy levels, improved sexual performance, improved digestion, detoxification, high fiber content, high antioxidant content, improved skin appearance, improved heart health, improved sleep, and reduction of cholesterol levels. More dubious claims include reversal of diabetes and other chronic illnesses, as well as expanding size of the penis and increasing men's sexual virility and sexual attractiveness to women.<sup>[1][2]</sup> Açai is most commonly marketed as a weight loss product.*

*As of March 2009, there are no controlled studies backing up any of these claims. According to ABC News correspondent Susan Donaldson, these products have not been evaluated (in the United States) by the FDA, and their efficacy is questionable.<sup>[3]</sup> In late 2008, lawyers for The Oprah Winfrey Show began investigating alleged statements from supplement manufacturers who suggested that frequent Oprah guest Dr. Mehmet Oz had recommended their product or açai in general for weight loss.<sup>4</sup>*

## Fact or Fiction

A quick google search on Acai Berry or Acai Burn will reveal over 5 million hits all promising two things a free trial and results. I ordered for a free trial twice and they came quickly. I was so hyped up and ready to go especially as I was told in twenty – eight days I would be looking at a newer and slimmer me. In my trial back I was told to follow a healthy diet and exercise and drink plenty of water as I took the pills (Duh!), which I did religiously and I barely lost 8lbs. As mentioned in the trail ad, you had to have a lot of weight to lose to see the results; I suppose compared to some others I didn't have a lot, so didn't see the results. To be fair I didn't use it for long anyway, I really don't like pills!

Consequently a google search of Acai Burn unsuccessful stories will bring up over 305,000 searches, but my point is, there are people who it didn't work for and my guess is it may not work for you too! This is one big hype that Marketers will take advantage of to beguile people who have a genuine need or desire to lose weight and it is disgraceful.

On the other hand, if the product is rich in antioxidants it's not to be sniffed at – I didn't know this when I went for the one I bought on trial. The benefits of antioxidants are simply:

- They help to cleanse the body of diseases;
- Anti aging;
- Boost immunity;
- Cure the body of damage;

All these can be found in a healthy meal vegetables and fruits, but if like so many others you daily fall short then I would suggest you go for it.

Therefore, please note, if you choose to go ahead just because the lure of the free trial is too great ( I know it happened to me), read the small print when you sign up, because after two weeks give or take, money will start coming off your card to the tune of \$135/\$136, so be warned!

## Weight Loss tips

If you want to lose weight without being deceived by bogus weight loss products and or claims, read the Improve Weight Loss reports and follow these simple steps:

- Understand weight loss is a lifestyle change. If you have been inactive you have to be more active, things you can do to start shaping up is brisk walking, cycling, swimming, aerobics, exercise tapes, gardening, taking the stairs, housework, running around with your children – grandchildren, nieces or nephew, godchild etc.
- Start eating right. Reduce fat, salt and sugar intake. In most instances weight loss will be immediate. Eat more vegetables - cook vegetables or steam for 5 or so minutes while it's still semi raw - and fruits, drink lots more water, at least 8 litres a day!
- Learn about healthy alternatives (all there in my free report and my weekly emails) like wholemeal and wholegrain as opposed to white flour based products or high starch type foods like potatoes and white rice.
- Change your cooking habits. If you fry or deep fry – stop it! It's high in saturated fats (bad fats) and bad for your weight and heart. Start grilling and roasting your meats, fish and chicken instead, tastes just as good, you just need to tell your taste buds.
- When you have to fry, fry shallow using olive oil.
- Eat smaller portions and stop eating when you no longer feel hungry.
- Don't stock up on unhealthy snacks in your home, not even for the children!
- Drink a glass of water thirty minutes before meals and thirty minutes after.
- Drink pure juices and cut out the sodas.

- Cook more of your foods and cut down and/or out processed foods, because they are high in the bad fats.
- Never go shopping on an empty stomach because you'll be tempted to eat anything and everything.
- If you know family, friends or colleagues who want to lose weight team up and have a buddy support system. The benefits of that is motivation for you and accountability, where you'll make yourself answer to your diet buddy if you slack or slip, which will keep you on your toes.
- Set yourself achievable goals – a little at a time i.e. with every weight loss of 7 lbs or so, you treat yourself to a facial or massage or whatever else you fancy that is not food!
- Take before and after pictures to monitor how well you're doing on a monthly or quarterly basis.
- As you improve weight loss, consider toning exercises that help tighten you up and improve your look; hey you may even be ready to go the gym for this!
- Every now and then, if you fancy a piece of cake or an ice cream, go for it, only don't go mad, eat in moderation. Learn to tell yourself no!
- A lot of people don't know this, but instead of worrying about the scales, worry about your waist line! If your female never let it exceed 32 inches and male 38 inches. This will again depend on your height and bone structure, however a pot belly in a dead give a way that you're at greater risk of a heart attack.
- Make yourself accountable to someone! Join a weight loss forum or get friends and family to help you monitor your eating habits and encourage you to exercise.
- If you lose it too quickly, you're more likely to put it all back on!

- If you have young children instead of putting temptation in the house, under the guise of, 'Snacks for the Kids!' keep alternative healthier snacks if you must. Or learn to cut out snacks completely at home; if there is food, no need for snacks really, is there?

Don't worry, if you stick with me, as I said I will show you what works and what to not bother with; but you have sufficient information here now and from the Improve Weight Loss website, reports and resources to get started on a very effective and permanent weight loss journey with me holding your hand.

To your weight loss success!

## Resources

1. [Eat and Lose Weight](#) - Without starving yourself, depleting your energy or spending lots of money.
2. [Ardyss: 2 Step Plan](#) – Try this plan which includes the body garment, instant weight loss and the LeVive drink for your total well being. Tip: see the, “Does Body Magic Really Work” video on my website, ‘Health and Beauty Resources Page’
3. [Ditch the diet you’ve been misled](#) – The dieting industries dirty secret unmasked!
4. [50 of the Best Quick Weight Loss Diets](#) – If you are: a yoyo dieter; unhappy with your weight; want to lose weight quickly; tired of dieting on food you don’t like; need a jump start? And so much more.
5. [X factor for Weight Loss](#) - If You Have Tried And Failed And Tried And Failed Again And Again At Weight Loss And IT Seems Like Everyone Else Has Success But You... to find out why and how you can achieve it too!
6. [FreeWeightloss.com](#) - With this program, you will learn the truth about how to lose FAT and keep it off -- in a healthy way! There are so many scams out there that promise easy weight loss, but if you want to keep it off you need to take your time and do it right! Not too many people know how to do it right....