



THE DIET FREE SYSTEM

The Easy Natural Weight Loss Plan

“WHAT REALLY HAPPENS WHEN YOU DIET”

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Hello and welcome to this free report, I am sure you will find the content interesting

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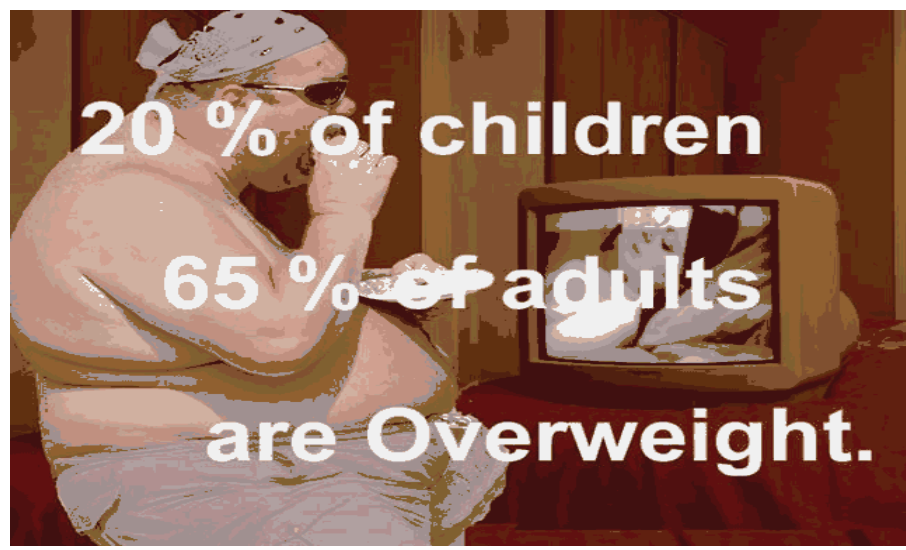




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OBESITY:SOME DISTURBING FACTS



There is an alarming increase in obesity in the western world, in the UK alone we have seen a 15% increase in adult obesity between 1993 and 2006 , a total of 24% of adults are now classed as obese, with 3% of women and 1% of men classed as morbidly obese.

16% of children between 2 and 15, were classed as obese in 2006 which is an increase of more than 10% since 1995.If this trend continues, we are facing a health issue which our health service is ill equipt to deal with, obesity is linked to many serious conditions, diabetes, heart disease, cancer and strokes to name just a few. In 2006 there were over a million prescriptions issued for the treatment of obesity, which is an eight fold increase since 1999, an absolutely staggering number! Can this trend be reversed? is *the* question, it is up to us if we want to avoid a lot of diseases and improve our quality of life

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MRS OBAMA ON THE OBESITY PROBLEM

The first lady has joined in the debate on the dangers of being overweight that is facing the western world, and what can be done to reverse this alarming situation, I have included a blog from the States that re-enforces the need to take action before our health services literally collapse under the strain of dealing with the diseases caused by obesity.

Michelle Obama on "The Battle of The Bulge" By Bri Taylor

Michelle Obama Tackles the Battle of the Bulge

May 29, 2010 03:16 PM EDT

In the long-standing tradition of First Ladies before her, Michelle Obama has been advocating for a cause that she truly believes in: childhood obesity.

Obama, a mother of two herself, launched the "Let's Move" initiative in February, a self-proclaimed "very ambitious" program to end childhood obesity in a decade. While this may seem like a lofty goal, childhood obesity has reached epic proportions in recent years, with one in three children considered overweight or obese (based upon BMI measurements).

The initiative in comprised of four main goals:

- Educating parents about health and nutrition choice-
- Leading an overhaul of school nutrition program
- Promoting a more active lifestyle through physical activity
- Making healthful foods more affordable and accessible to families Childhood obesity is directly linked to less healthy children, shorter life spans, significantly higher rates of diabetes, heart disease and other potentially fatal illnesses, and much, much more.

This epidemic is more than just a family problem, though. It's a taxpayer one as well, with childhood obesity costing taxpayers over \$150 billion dollars each and every year.

If those aren't all reasons to motivate parents to tackle the battle of the bulge head on, what will be?

[You can read more by Bri Taylor on Gather](#)

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N.H.S.GASTRIC SURGERY COSTS SHOCK

Gastric band operations carried out by the N.H.S. have increased by a factor of ten since the year 2000, at a reputed cost of **£32 million** per annum, while at the same time the N.H.S. is having to ration treatment for cancer patients owing to the cost of drugs like "Avastin"

With publicity around celebrities having gastric band or by-pass surgery in the headlines, many obese people are opting for this "quick fix" to their weight issues, with many actually putting on weight to qualify for surgery it is claimed.

A study nationally found that over 4,600 gastric surgery operations were carried out in the year to June 2009, which is almost double the number of two years earlier, probably due to increased awareness that these procedures are available on the N.H.S. and these figures could increase out of control unless there is more responsibility taken by individuals to control their weight.

Many have tried unsuccessfully to lose weight in the past by trying one or other of the latest "fad" diets, often endorsed by some soap star, or other, but for most people diets only work in the short term, after a while of living on rabbit food, or counting calories, or what ever the latest *wonder* diet advocates they just slip back into their old eating habits because they just get bored with the strict regime associated with any diet, and the weight they initially lost piles back on plus a few more pounds

.So *what is* the answer? surgery is expensive and potentially dangerous, ***BUT*** there is a way to loose weight easily, without dieting, surgery or drugs, and without feeling hungry all the time, just by changing how you eat, and what time of day you eat!

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A LOW CALORIE DIET CAN MAKE YOU FATTER

Researchers have found that going on a low fat, low calorie diet usually ends up with the participant gaining weight after they can't stand the boredom of depriving themselves any more. The reason for this is our body's metabolism slows down and tries to conserve its reserves as it perceives a famine coming, (survival mode) so unless a rigorous exercise program is implemented at the same time, the results will be disappointing after the initial losses, But not only that, strenuous exercise makes you hungry and the strain on your willpower gets unbearable . Then the double “whammy” is that when you go back to your old eating habits, your body metabolism is still initially in the conserving mode, so you add even more weight, and end up heavier than ever!

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WHY YOU CRAVE CHOCOLATE & JUNK FOOD WHEN ON A DIET

New research from the University of Pennsylvania on rapid weight loss, came to the conclusion that dieting induces stress, and stress makes you crave fatty foods, like chocolate, crisps (chips) and other junk foods, and it is not just a case of missing these foods when dieting. Their experiments suggested that crash dieting alters the brains ability to deal with stress, making junk food extremely desirable, even after the diet is over, so again it shows that dieting will in all probability make you fatter.

The researchers reduced the food supply of the mice used in the experiment by 25%, and they lost up to 15% of their body weight, the mice were then put them back on a normal diet and they regained the weight they had lost **BUT** when they were put under stress (by making noise) the mice that had been on a diet gorged themselves on fatty food, whereas the mice that had not dieted didn't. One researcher, Dr Tracy Bale concluded that dieting is stressful, making long term weight loss difficult, but not only that, dieting may alter the way the brain responds to stress in the long term.

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MANAGING THE SYMPTOMS OF I.B.S.

If you are one of the unfortunate people suffering from the symptoms of I.B.S. you may find you can get relief without drugs by eating foods in certain combinations. Dr William Hay over 100 years ago was probably the first to link diet with disease, and cured himself of some chronic illness's that had curtailed his medical career.

He found that by not eating proteins with starches, he was able to digest food properly, regain his health, and resume his practice (which astounded the doctors that were treating him)

He put his theory's into practice, and treated many ailments with what was to become known as "The Hay Diet"

If you are suffering from this, unpleasant complaint, this could offer some relief .

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THE BIG DIETING DRUG “CON”

A combined team of researchers from the universities of Exeter and Plymouth, informed the International Conference on Obesity in Stockholm that food supplements that claim to assist in weight loss have no more effect than placebos. The team found no evidence that herbal or non-herbal drugs work on reducing weight, and a German study from the university of Göttingen came to a similar conclusion.

The UK study of existing data on guar gum, fat absorbers, appetite suppressants (chromium picolinate), dietary fibre additives, bitter orange and green tea found that there was no proof that any over-the-counter food supplement that claimed to help weight loss actually did any better than dummy pills, with the German study of nine weight loss products coming to the same conclusion.

The British Heart Foundation agreed saying "There is no quick fix, to reduce weight we must use up more energy than we take in, the millions spent on dieting is often just money down the drain"

So what *will* help the overweight to lose weight? Gastric surgery is a drastic solution, and is not without risks, and unless it can be performed by the NHS, extremely expensive (many have paid the ultimate price with their lives). However, a solution that will surprise you with how easy it is to lose weight by just changing the way you eat, and what time of day you eat is available.

Researchers have discovered that reducing your calorie intake actually slows your metabolism down, so unless you embark on an exercise regime as well, the weight loss will be minimal. I think that anyone who has dieted could have told them that and saved them a lot of time and trouble

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THE IMPORTANCE OF FRESH FRUIT FOR WEIGHT LOSS

Dr Allan Walker, an eminent anthropologist from the John Hopkins university in America, carried out extensive studies on the fossilized teeth of our ancestors from about 12 million years ago, up to the Homo erectus period, and concluded that they lived exclusively on fruit, not meat, nuts, seeds, or grasses. (The diet of any animal can be determined by the markings on their teeth, all foods leave distinctive markings.) Dr Walker developed a way of finding out the diet of our forbears by studying the "striations" (markings) on their teeth, and his results were that they lived only on fruit,

So as our digestions were developed in the past to deal with fruit as our source of nutrition, it makes sense that we should include more fruit in our diet.

Now many people have complained that fruit gives them indigestion, that is probably because they eat fruit *after* a meal, fruit should be eaten on an empty stomach, when it is digested in about 20 minutes (bananas, dates and dried fruit take longer) When eaten this way, fruit is a brilliant detoxification agent, cleansing the intestines of accumulated toxins, and taking little energy to digest. **But** if eaten after a meal, it can ferment on top of the food eaten previously, and becomes acidic, causing indigestion.

New dementia research results released on 6th August 2010 has shown that a diet high in fruit and vegetables can reduce the risk of contracting this terrible condition by 20%, it also found that the correct treatment of diabetes is also crucial in avoiding dementia. If any more proof of the benefits of fruit are required, what would anyone who was ill or off their food be able to eat? If you had a loved one in hospital recovering from illness or surgery, you would probably take them in a bunch of grapes, or similar, it is highly unlikely you would take them in a pork pie, or a hamburger! A diet that is high in animal protein has been linked to the increased risk of cancer, particularly, stomach, bowel, liver, breast, and bladder, also heart disease, strokes, diabetes, high blood pressure and high cholesterol, and many other illnesses,

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BEING OBESE NOT YOUR FAULT?

It might be that you are blaming yourself for being fat, and possible others are too, but the chances are that the ingredients in the foods that you are eating are contributing to the problem. Let me elaborate, we are encouraged to eat highly processed foods, that are full of salt, sugar and all sorts of chemicals, excessive salt makes our bodies retain more water, which makes us heavier, plus too much salt causes high blood pressure, and of course sugar is known to increase weight.

Now many people think they are eating healthy foods, but without checking the labels on the products carefully, are not aware of all the potentially fattening, and dangerous ingredients in them. Also as our bodies are not getting “good” nutrition from this fast food, our brains are telling us to eat because we are lacking nutrition.

Obesity is a modern problem, our parents, or maybe grandparents depending on how old you are, lived on whole foods, that they prepared and cooked themselves, convenience foods were not thought of in the 1950s and earlier, we can see in old 'photos of our family s how slim most were.

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IN CONCLUSION

After reading this report, you may feel there is no point in trying to loose weight, ***BUT*** I think you will agree with the experts, it's *dieting* that is pointless!

There are proven strategies for loosing weight without dieting, that not only help you loose weight, but also reduce the risks of several diseases, and best of all without feeling hungry!

I hope you found this free report interesting and enlightening, if you have any questions, or comments please email me at laurencewhyman@gmail.com

Thank you for taking a look

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, (Laurie Whyman)

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