

EFFECTIVE WEIGHT LOSS: I am of very FIRM BELIEF that weight has everything to do with our habits & lifestyles!!!!

Here are a few tips:

- Don't eat irregularly (eat in a fixed routine, every day, on the same times, and same portion sizes)
- Always eat breakfast
- Never overeat
- Never eat too little
- Never nibble continuously on foods / snacks
- Never eat after 18h00 at night (no snacks after 18h00)
- NO sugar (or any food or drink containing sugar) --- READ labels
- NO Starches whatsoever!
- Drink STILL water every day (4-8 glasses)
- NO alcohol
- NO milk or sugar in tea/coffee
- Max 2 fruit per day, with a meal.
- NO fruit juices
- Max 500ml sugar free beverages (Coke zero, Sprite zero.....)

Some issues which may hamper your efforts to effective weight loss:

- Stress
- Constipation
- Chronic illnesses
- Emotional problems
- Certain vitamin supplements contain too much sugar. READ labels.

Should you concentrate on these facts, and realize that the ONUS rests upon you to effectively change your habits and lifestyle, you will start to lose weight!!! NO WEIGHT LOSS PRODUCT CAN RECTIFY WRONG HABITS AND LIFESTYLE CHOICES