TEN STEPS TO A HEALTHIER YOU - EAT TO LOSE WEIGHT

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1. Eat ample protein – Meats, nuts, seeds and eggs are high protein foods. When you eat them, choose organic meats and sprouted, whole, organic nuts and seeds. Buy your eggs from a local farmer who believes in raising chickens organically and on a free range basis.
2. Limit grains – If you are intolerant to gluten, you may suffer bloating after eating, a large waistline, tiredness in the afternoons, body aches, high cholesterol, heart disease and more. Consider taking gluten containing grains – yes, wheat, completely out of your diet.
3. Drink water – The rule of thumb for water drinking is to drink the number of ounces daily that equal half your weight. I weigh 120 pounds so I try to drink 60 ounces of water daily.
4. Eat foods high in probiotics – You can buy probiotic supplements but these are really quite limited in the true probiotics. Make your own kefir, sauerkraut, kimchi and more. Eat or drink homemade probiotics daily, preferably more than once a day.
5. Eat your vegetables – Again, choose organic vegetables or grow your own. Many vegetables that you buy at the grocery store are sprayed with pesticides. Choosing organic labels will help you avoid these toxins. Eat many serving of vegetables daily. The fresher the vegetables, the more vitamins you'll add to your body.
6. Listen to your body – Your body will talk to you. If your body hurts, there is a reason why. Start to pay attention to your aches and pains, headaches, stomach upset. Is there a pattern? Be sure to limit foods that cause you distress.
7. Don't eat out – Eating out is a great way to gain weight. Restaurants want their food to taste good. They will not limit additives, fats, or anything bad and sacrifice taste. The meat you get in an average restaurant is full of growth hormones, additives, and possibly even glue with flavorings! Just say NO. If you have to eat out, choose a fresh salad.
8. Eat good fats – Your body needs fat to survive. It doesn't need unhealthy fat. If you are hungry and eat to fill that need, you will need to make sure your intake of good fats is sufficient on a daily basis. If you don't take care of your cravings, you will eat the wrong things and gain weight. Good fats include nuts and seeds, raw dairy butter, expeller pressed olive and coconut oils, avacado, organic eggs and more.
9. Limit fruits and fruit juices – Fruit is full of natural sugar. This is still sugar. It is okay to eat raw, real, organic fruit. Just don't overdo it.
10. Exercise moderately – Some exercise is good. There is no real need to run 25 miles a day or do anything overly strenuous. A nice, 20 to 30 minute walk daily is a good habit to form. Or, dance or do yoga. Incorporate some exercise into your day.