

## Losing and Maintaining Weight

Losing weight can be very hard for anyone. Thankfully, there are a few tips which can help you in the process. First, stop dieting and start eating instead. It is recommended that you eat three small meals and three healthy snacks each day. Make sure you don't starve yourself during the first half of the day. If you don't eat enough before 3 p.m. you'll overeat at night. Make sure to drink a lot of fluids as dehydration causes many people to get tired and moody, which increases the risk of going to food for comfort. By eating out less often and eating meals with lots of fruits, vegetables, whole grains, and beans, you can be filled up with minimal calories and fat. You should also allow yourself treats in moderation because not depriving yourself will make you more likely to stick with your plan longer.

Keeping your perspective is also very important. A lot of people give up after they break their good behavior. Instead of this, you should realize that the most important thing is what you plan on doing tomorrow. You need to get busy. An exercise program is the ideal suggestion, but even the small things you do every day can add up. Make sure that you address the emotional issues that cause you to overeat and stop good behavior. Facing them with a psychotherapist will help with long-lasting weight control. You should enjoy your food instead of making a struggle out of mealtime. Lastly, make sure to eat slowly and enjoy the flavor of your favorite foods or snacks.

Eating small meals and snacks which include complex carbohydrates such as whole grain starches, vegetables, and legumes throughout the day keeps neuropeptide and serotonin within normal range. Skipping breakfast is not good, as it increases mid-morning cravings. Also, be sure to include a whole grain, a fruit, and a protein at breakfast and plan snacks that have limited calories but some carbohydrates. To reduce your appetite and naturally increase endorphins, be sure to exercise. It is also important to learn to eat in response to hunger, not emotions. Instead of dieting, gradually get control over your cravings by eating sensible food on a regular schedule. Additionally, by taking longer to consume your food, your stomach will feel fuller sooner.

For men, a well-planned, reduced-calorie diet has been shown in studies to enhance a man's sexual performance, while a crash diet can cause temporary impotence. Being overweight can also contribute to impotence, as it upsets hormone balance and interferes with circulation. By exercising regularly and gaining proper nutrition, male hormones levels can be maintained and blood flow and mood can be improved, all of which are keys to enhanced sexual performance.

By allowing yourself small portions of the foods you crave, you can avoid bingeing on food. Once you learn that you are able to eat these foods occasionally, the power is taken away from them and given to you instead. By eating three small meals and three small snacks each day, you don't allow yourself to become overly hungry, meaning you can control what you eat. If you include protein and small amounts of fat every time you eat, you will satisfy hunger for longer and provide yourself with parts necessary to a healthy diet and increase weight loss.

## About the Author

More information on [losing weight](#) is available at VitaNet @, LLC Health Food Store. <http://weight-loss.vitanetonline.com/>

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