



Weigh Less, Live More! - Part 3 The Plan: How to turn off your 'Fat Switch' with an improved relationship with food.

Jane Jones

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Weigh Less, Live More! – Part 3, The Plan (About 30 kindle pages)

As you know, 'Weigh Less, Live More!' is dedicated to bringing you high quality, useful information to support your weight control goals. I am focused on tips and ideas that really work and we will share as much information as possible to give you sharper tools to continually succeed in your endeavours. In this Part 3 of this series, I focus on how to address your relationship with food as part of your strategy for losing those extra pounds. I call this 'turning off your fat switch!' for want of a better phrase, because that is effectively what you can do through this relationship.

Research is always discovering something new related to how the body works and how it metabolizes food. Fortunately, there are many delicious and easily accessible foods which help you stave off hunger, boost metabolism, and lose weight. These are often referred to as "superfoods" because they are so powerful.

As part of this essential knowledge about your relationship with food, I also cover how to know what is a healthy serving of food; how to eat out healthily and cooking for a healthy lifestyle.

Whilst you will probably have come across some of this information at various times, I believe that looking at all these aspects of food together as a topic greatly adds to your understanding. It will also give you the final piece of the jigsaw of the solution to achieving healthy and sustainable weight loss and control.

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