

## 10 Diet Free Weight Loss Tips

Written by {ga=doris-temple}  
Friday, 30 September 2011 18:45 -

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By Doris Temple

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These 10 diet free weight loss tips will help you to see results.

1

Don't count every gram of fat. You need the essential fatty acids for their nutrients. In fact, lacking healthy fat sources will make you hungry and prevent weight loss.

2

Avoid hydrogenated oils. These have been highly processed. They will make you hungry because they lack nutrients.

3

Get healthy oils as a supplement. Tonalin CLA (Tonalin is a registered trademark) is high quality. Supplementing healthy oils can aide in weight loss. It worked for me. This you can pick up at most health food stores.

4

Do some sort of exercise three or four days a week. Most everyone can walk. Getting started with exercise helps with weight loss and your overall health.

5

Drink 8 glasses of water a day. This helps to flush out toxins. And for many who are dehydrated, it provides fluids just for normal body function.

6

Buy organic food whenever possible. Because of the high nutrient content, you'll actually find you are eating less.

7

Prepare meals yourself and cut back on the processed food. Processed foods do contain ingredients to make you fat.

8

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Avoid MSG, a source of weight gain.

9

Avoid aspartame another source of weight gain. This despite the high number of weight conscious people that use it.

10

Only weigh yourself once a week at the same time each week. Your weight will naturally fluctuate so you needn't worry about the minor changes.

Making changes are a necessary part of weight loss. When the changes are practical and make sense, then you have a greater chance of sticking to them. Use these tips to achieve success for your weight loss goals.

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Article by Doris Temple

Doris Temple created <http://mom-going-organic-sensibly.com> to fill the need for unbiased information. The Website provides information about organic food, products and healthy nutrition. Sign up for a free monthly email newsletter (ezine) to get the answers you need and keep updated: [www.mom-going-organic-sensibly.com/ezine-signup.html](http://www.mom-going-organic-sensibly.com/ezine-signup.html)