

Top Weight Loss Methods

Diet Plans, Supplements, Medical Weight Loss, Diet Pills, Lifestyle Changes



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Introduction: The Obesity Epidemic

Obesity is a major problem in the United States, which is one of the main reasons that the diet industry is a multi-billion dollar per year empire. A study conducted recently known as the Bogalusa Heart Study found that obesity in children is growing in rapid rates.

- Compared with 1973 to 1974, the proportion of children 5 to 17 years of age who were obese was 5 times higher in 2008 and 2009.
- 23.9 million children ages 2 to 19 are overweight or obese.
- 33.0% of boys and 30.4% of girls are overweight or obese.

The picture is not much better for adults with 54.7 million adults over the age of 20 being obese, specifically, 79.9 million men and 74.8 million women.

Why Are So Many Overweight?

As you can see obesity in America is a major problem. For many weight management is a life long struggle. Those who are overweight know this all too well.

There is a fundamental difference in those that can maintain a healthy weight throughout their lives and those who are overweight for most of their lives, and it is often associated with genetic factors in how the body handles food, issues with metabolism, relationship with food and general eating habits, for many learned early on in childhood.



The Psychological Aspect

There is a very significant psychological aspect that has a great impact on obesity rates. People's relationship with food is an essential aspect that will determine how and what they eat, and consequently their weight.

Many times people find comfort and emotional well-being in food, and unfortunately, usually the comfort stems from unhealthy foods, like sweets and fast food, instead of the more healthy choices like lean proteins, fruits and vegetables.

Food addiction is very real because there is instant gratification and pleasure that is registered in the brain when people eat delicious food.

Bad Habits and Lack of Knowledge

Another big reason for the weight problem in this country is just a simple case of bad habits and lack of knowledge of proper nutrition. This has become an issue lately in the public school system lunch programs, where in several states, officials have received complaints about what is being served to kids and so many school districts are now revamping their menus.

Super Size Country

Another big reason that obesity rates are high and climbing is that we live in a super size country. Super size greasy fries, super size soda that now comes in a 32 oz. bucket. Big double burgers and more unhealthy food is commonplace at fast food restaurants.

Also, fitness is not a normal part of the average adults' or child's' life. A recent study found that kids who should be getting at least 1 hour of physical activity per day get none, and so obesity rates in children are climbing at rapid rates.

Too much food, not enough movement and people's dysfunctional relationship with food are some of the core causes for the obesity epidemic.

We are a society of excess, lack of exercise, fatty foods, super-sized fries and cream filled donuts.

The Consequences of Being Overweight

Social and Psychological Effects

Oftentimes the real importance and ramifications of being overweight is misunderstood and misconstrued. For many the social consequences of being heavy are huge. For the overweight kids in schools teasing is rampant and it's not much better for adults who are overweight in that they never truly feel accepted in the “anorexic super model” driven society.

All of these issues lead to a significant lack of confidence and very low self-esteem, which unfortunately does lead many to indulge in food as a remedy. The result is a big vicious cycle.

For some, the feelings of isolation, low self-esteem and overall feelings of not being accepted or loved because of their weight can be devastating and lead to depression and a lonely life of isolation. These feelings, unfortunately are hardly conducive to one becoming motivated to



get fit and healthy, instead they often become the driving force to more unhealthy eating habits continuing the vicious cycle.

Health Risk Factors

The health risks associated with obesity are significant and some are life threatening.



According to the Department of Health and Human Services, obesity is a risk factor for:

- △ Heart disease
- △ Stroke
- △ Diabetes
- △ Various cancers
- △ Gallbladder disease and gallstones
- △ High Cholesterol
- △ Osteoarthritis
- △ Gout
- △ Breathing problems, such as sleep apnea
- △ Asthma

People who are overweight or obese are at a greater risk to become ill with various chronic diseases as compared to those who are at a normal weight.

Some of the less serious side effects include, fatigue, lack of energy, joint pains, knee pains and incontinence, just to name a few.

Also, those with a lot of belly fat are at a greater risk to become ill with a chronic disease because belly fat is the most dangerous fat of all.

Experts say that losing even 10 or 20 pounds can improve one's health quite a bit.

A promotional banner with a white background and blue and red vertical bars on the sides. On the left, a doctor in a white coat is visible. The text reads: "Doctor's **2-MINUTE** Ritual for **SHOCKING** Daily Belly Fat Loss!". Below this, a blue button with white text says "CLICK HERE TO WATCH FULL REVEALING VIDEO". On the right, a person's midsection is shown with a measuring tape.

The Diet Industry Hook and the Overweight Person's Dilemma

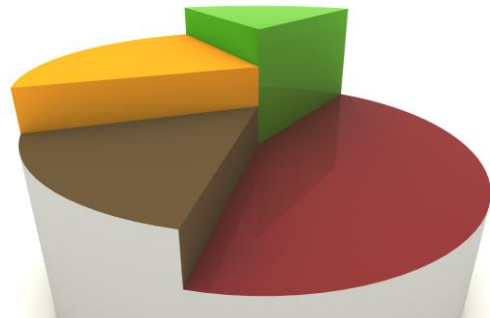
Yo-yo dieting is a term that describes someone who is constantly going on and off various diets. They lose some weight, return to normal eating and then go another diet and start the roller coaster all over again. This is just what the diet industry hopes for because one of the main stays of their success is the yo-yo dieter.

The truth is, diets and the entire diet industry is flawed, because diets don't work, they are a temporary solution, a band aid that rarely addresses the core issues. Ultimately, the goal should be to focus on a weight loss plan that encourages permanent lifestyle changes that will result in a fit and healthy body forever.

Terms like “I'm going on a diet” or “I can't wait to get off my diet to eat that cake” and others support the fact that diets are just temporary states for people who might lose some weight, but in the end will just go back to “regular” eating, regain the weight and then some and then look for an all new diet that “will work this time.”

Fascinating Diet Statistics

- ▲ 68% of adult Americans are overweight or obese.
- ▲ Americans spend \$60 billion on various weight loss programs each year.
- ▲ \$95 Billion is the annual revenue of the U.S. weight-loss industry, this includes, weight loss surgeries, diet books, diet programs and diet drugs.
- ▲ 108 million people are on diets every day.
- ▲ On average most people try 4 to 5 diets per year.
- ▲ The #1 New Year's resolution for the past 4 years is to lose weight.
- ▲ 1 hour is spent on daily exercise by those who lost at least 30 pounds and were able to keep it off for more than 5 years.
- ▲ 220,000 people who were morbidly obese had bariatric surgery for weight loss in 2011.
- ▲ Celebrities make anywhere from 500,000 to \$3 Million for endorsements of weight loss programs.
- ▲ Celebrities earn an average \$33,000 for every pound lost in the program they endorse.
- ▲ 1/4 of all US men are on a diet.
- ▲ 1/3 of all US women are on a diet.
- ▲ About 90% of all dieters will regain the weight and even more than what they started with when their diet ends.



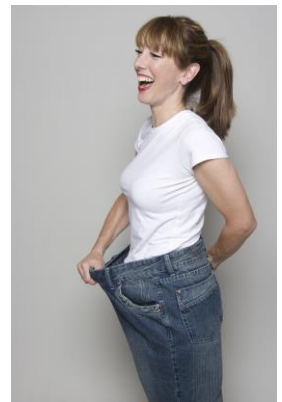
Side Note: The more one yo-yo diets the more the body goes into hyper defense mode and begins to store fat in the anticipation of starvation, so in the long run and over a lifetime people weigh more than when they started in the first place.

Side Note: People consume an average of 150 pounds of sugar per year. Sugar causes chaos in the body, it spikes blood sugar levels causing out of control cravings, it has no nutritional value and it causes a cocaine life effect in the brain that creates a tangible high that is addictive.

Sources: Center For Disease Control Diet Statistics; National Weight Control Registry; Jo Piazza, author of "Celebrity Inc.: How Famous People Make Money; American Society for Metabolic and Bariatric Surgery."

Permanent Weight Loss: The Solution to the Diet Roller Coaster

Now, keep in mind, there are “diets” out there, many of which we will discuss below that are NOT considered to be, nor do they claim to be diets, but actual lifestyle changes that address and focus on the core issues of the overweight, including, emotional, physical and psychological factors that facilitate real changes in how the overweight relate to food, and those are the best weight loss programs that bring great results for those who are willing to make changes.



How Much Food Does The Body Really Need?

It is a fact that the body only needs so much food to function, a number that is measured in calories. How much calories one needs daily depends on their body size and daily activity levels.

- Men and women who are sedentary only need to eat about 13 calories per pound of body weight each day.
- Those who engage in moderate physical activity can have 16 calories a pound.
- Those who engage in vigorous daily exercise can eat 18 calories a pound.

Nutrition Facts	
Serving Size 1 bar (2 lbs)	
Servings Per Package 1	
Amount	% Daily Value
Calories 4600	
Fat 260 g	400 %
Saturated 160 g	800 %
+ Trans 0 g	
Cholesterol 200 mg	120 %
Sodium 1400 mg	40 %
Carbohydrate 960 g	320 %
Dietary Fiber 40 g	
Sugars 840 g	
Protein 120 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 320 %	Iron 80 %

This means that a moderately active 125 pound female needs 2,000 calories a day. The average 175 pound man who also engages in moderate exercise needs 2,800 calories.

Some Perspective:

- One 12” Subway tuna Sub has 960 calories!
- One Whopper burger at Burger King has 730 calories!
- One 12oz Coke has 140 calories!
- 1 blueberry muffin has 426 calories!

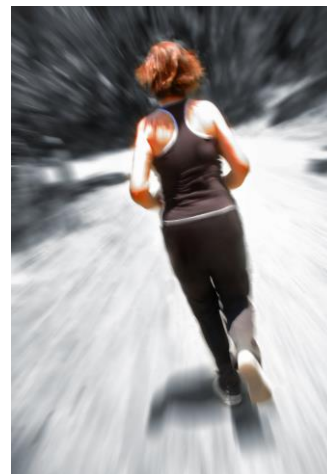
The Exercise Twist

The formula to lose and maintain a healthy weight is simple:

Burn more than what you consume and your body will use its stored fat for energy.

How do you burn?

Exercise, movement, anything but just sitting all day. Sedentary people can eat a lot less food before they tip the gain scale than those who are active.



Experts recommend at least 20 minutes of some cardio activity at least 3 times per week to maintain a fit body. To lose weight it actually takes a little more than that.

While for many exercise is a four letter word, in reality it can be fun, it all depends on what you choose to do. Dance, sports, walking, hiking, swimming are all forms of cardio. You do not have to be at a gym to get exercise.

The Many Weight Loss Methods

There are many different options available to those who want to lose weight. They vary in methodology, eating plans and approaches. They are also vary in allowed foods, restricted foods and exercise practices. There are specific methods that are great for those who need to drop only a few pounds and then there are better choices for those who need to lose 100 pounds or more.

However, not all of them will work for everyone, nor do all of them facilitate long term permanent success. When it comes to weight loss the focus should always be on permanent success, which enables one to get off the yo-yo diet roller coaster.

DIET PROGRAMS



In order to choose the right weight loss method it's important to know all the different options available so that you can make an informed and smart decision. In reality, there is nothing more important to long term success than choosing a method that the dieter will stick with.

Please read on to learn about the many types of weight methods including, diets, natural supplements, pharmaceutical methods and medical weight loss treatment methods.

There are many different diet plans created for weight loss all with different philosophies and methods to achieve ideal weight goals. There is not one perfect plan for everyone, as previously stated, it's important to choose a plan that you can live with, if not, the diet will be abandoned and will not serve as a permanent solution.

One of the main reasons that people do not succeed with weight loss is because they cannot live with the plan they are using. This is because many of the fad diets are unrealistic and place impossible restrictions on people and so they can only be followed for short periods of time. And, when one returns to “normal eating” after the diet is over they just regain the weight and more.

When one does not learn how to eat properly and stick with it for life, which usually means a permanent lifestyle change in habits and tastes, they are doomed to continue trying one diet after another with no real solution in sight.

**What's
your #1
Fruit
for a
Flat Belly
Faster?**



**Click
Here
To
Discover
Your
Flat Belly
Fruit**

Top 13 Weight Loss Programs

Here are the most popular diet plans available today, many of these are not temporary band aids or drastic quick loss plans, but are based on solid scientific reasoning with plans that are made to create permanent changes for long term success.

1. Weight Watchers

Weight Watchers has been around for 40 years and has been named the #1 diet plan many times throughout those years.

Weight Watchers Diet Approach and Philosophy

The philosophy of this diet is based on calorie limits, but the techniques used in weight Watchers change over time to keep in line with the latest technologies and current science.

Weight Watchers is based on tracking of food intake with points that represent calorie counts from various foods. While Weight Watchers encourages healthier choices like lean proteins, fruits and vegetables, there are no food restrictions.

This is a lifestyle change program that encourages healthy eating and learning to eat better daily for lasting results. Dieters get to eat what they want as long as they stay within their point limits, but choosing a donut, for instance, costs a lot more points than an apple. The program greatly encourages intake of healthy foods like lean meats, whole grains, veggies and fruits.

The Goal: Immediate weight loss and a permanent solution to control weight by learning to make smarter choices in foods and practicing healthy habits for the rest of life.

Pros and Cons of the Weight Watchers Diet Plan

Pros

- ⤴ Weight Watchers teaches you how to eat smarter, and how you eat helps to lose and maintain weight loss for the long
- ⤴ Readily available support, including, live meetings and also membership base in online support groups.
- ⤴ A lot of tools and resources are provided to make weight loss success. Including, various apps for Android and Apple devices to track points, find



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point counts for restaurant foods and much more.

- ⤴ Encourages exercise because the more active you are the more points you have in your daily count.
- ⤴ Eat what you want as long as you do not go beyond your point (calorie) limits.
- ⤴ The point system is simple, no need to look up and count calories, most all foods, including many restaurant food points are already in the database provided by Weight Watchers for easy tracking.
- ⤴ Eat from any food group: This is a great diet for vegetarians.
- ⤴ Long term and permanent weight loss. Weight Watchers offers you the chance to not only lose the extra weight, but teaches healthy eating patterns, which in turn yields a permanent solution to prevent bouncing back to your bad habits to keep the weight off.

Cons

- ⤴ For those that choose donuts over fruit everyday miss out on the main goal of the program, which is to teach how to eat healthy for life.
- ⤴ Those that cannot choose more healthy options will suffer from nutritional deficiencies.
- ⤴ Tracking points or calories is not for everyone, so some may not with Weight Watchers for the long term.
- ⤴ The weekly meetings are not for everyone. However, you can choose to use Weight Watchers online, though it's not free.
- ⤴ This program does not work for everyone, some 10% of members reported no weight loss while using this program.
- ⤴ This program costs money, it's not a lot, but for those on a budget, this may be a problem.



How Much Can You Lose and How Long Will It Take

Weight Watchers is designed to result in 2 pounds of weight loss per week. That is how the point system is configured to limit caloric daily intake to yield 2 pounds of loss per week.

Final Verdict

Thousands of people have lost weight on Weight Watchers and kept it off. It is a healthy, stable and effective 2 pound loss per week diet program that teaches people to eat right and choose better foods while at the same time limiting caloric intake via the points system.

There are some great practices that are part of this diet and that help to facilitate long term success:

- ⤴ Ability to eat foods you love and treat yourself occasionally.
- ⤴ Choices instead of restrictions.
- ⤴ Lots of moral support when you need it.
- ⤴ Permanent solution for those seeking to live a healthier lifestyle for the long run.
- ⤴ While exercise is not required, which is a con, in reality it is left up to the dieter. The more active one is, the more food they get to eat. So once again choices empower the Weight Watcher.

The cons should be considered, as well, as they may deter some:

- ⤴ Tracking is not for everyone.
- ⤴ No exercise required, exercise helps keep weight off and has many great health benefits.
- ⤴ Program costs a monthly fee when choosing the Weight Watchers Online option.

Like any other diet, Weight Watchers is not for everyone. But, it has worked for hundreds of thousands of people and definitely worth the consideration.

Key Points of Weight Watchers

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
2 pounds per week	<p>Online Program 3 Month Plan: Sign-up fee - \$29.95 First 3 months monthly fee - 56.85</p> <p>Monthly Plan: Sign-up fee - \$29.95 Monthly fee - \$18.95</p>	No, but encouraged. The more active you are the more points you earn for food.	Requires discipline in counting points and sticking with it.	None	Great results seen by thousands of people.

Testimonials for Weight Watchers

Weight Watchers has quite a few celebrity endorsements, the most popular and current of which is the Grammy winning recording star Jennifer Hudson, who lost more than 50 pounds and has kept it off for years. There are also quite a few member testimonials at their site.

2. Jenny Craig Diet Plan

The Jenny Craig diet program has been around for more than twenty years. It started in Australia, and now boasts more than 640 diet centers worldwide. Jenny Craig offers individual plans for women, men, teens and seniors.

Jenny Craig Approach and Philosophy

There are three main elements with Jenny Craig.

The Food Element: Focuses on healthy eating and calorie control. This element focuses on teaching healthy habits while eating foods you love in moderation.



The Body Element: brings exercise into a healthy lifestyle.

The Mind Element: brings psychological and emotional factors, such as, positive thinking, support and encouragement needed to continue with permanent weight loss goals.

Food Element: Prepackaged Home Meal Delivery

Jenny Craig is a pioneer in home delivery diet food services. They offer pre-portioned, frozen meals delivered right to your door. Perfectly calorie proportioned, just heat and eat.

For most the plan consists of 1,200 - 1,300 calories per day with 50-60% carbs, 20-25% fat and 20-25% protein.

You are allowed to eat three main meals and one snack per day. Choose from pre-planned meals, vegetarian menu, meals especially designed for adolescents, or customize your own plan. The Dining Out Guide teaches members to eat at restaurants.

Typical Daily Meal Plan:

- ⤴ Cereal for breakfast
- ⤴ Turkey or chicken burger for lunch
- ⤴ Fettuccine and chicken for dinner and a cake for desert.
- ⤴ Meals are supplemented with fresh fruits, veggies, low-fat milk, whole grains and cheeses all in controlled portions.
- ⤴ Unlimited portions of veggies with low Glycemic Index.

Body Element: Exercise

All members get a personalized activity plan that includes three kinds of activities:

Natural Activities: the day to day activities that happen naturally, like shopping, errands, walking the dog and house cleaning.

Planned Activities: include aerobics, biking, cardio and other gym related workouts.

Fun Activities include: sports or any other physical type of stuff you enjoy.

Personal Consultant

The main difference between Jenny Craig and other meal delivery services is that it's not just based on perfectly portion controlled meals, but also adds the added element of a personal diet consultant. The consultant provides all the support one needs, such as, teaching healthy cooking once ideal weight is achieved, portion control and healthy dining out.

Pros and Cons of Jenny Craig

Pros

- ⤴ A personal consultant always there to help with any issues offer support.
- ⤴ 20 years strong program with solid success rates and solid holistic approach to permanent weight loss.
- ⤴ It's easy because meals are delivered to your door.
- ⤴ Members says food tastes good.
- ⤴ Personalized diet plan based on each individual's needs.
- ⤴ Online community for support.



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Cons

- ⤴ Many have common food allergies to soy, eggs, dairy, and all of which are regularly used in Jenny Craig meals.
- ⤴ Costs money, and not really a cheap solution to weight loss.
- ⤴ Eating different meals than your family.
- ⤴ Not good for frequent travelers because it relies primarily on pre-packaged frozen meals.
- ⤴ When target weight loss is achieved one needs to transition back to 'normal' meals.



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Final Verdict

Jenny Craig offers all the advantages of pre-packaged diet meals and the approach of mind, body and exercise works very well. It's a no brainer diet, meaning no counting of calories, no cooking, it's all provided in the meals so all you do is heat and eat. Jenny Craig works and people lose weight and quite fast. It is definitely worth a further look and if you can afford it, it's a great option.

Key Points of Jenny Craig

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
10.5% of initial weight at one year. Maintained an average of 7.4% weight loss at 24 months.	Jenny Online \$14.99/month + Food Costs Enrollment fee \$25 Jenny As You Go \$39.99/month + Food Costs No enrollment fee Jenny All Access \$19.99/month + Food Costs Enrollment fee \$99	Yes	Easy without need to cook, count calories or track anything.	None	Great results seen by thousands of people.

Testimonials for Jenny Craig

The diet's celebrity endorsers include Mariah Carey, Kirstie Alley, Valerie Bertinelli, Nicole Sullivan, Phylicia Rashad and Sara Rue, all of who lost various amounts of weight on Jenny Craig. There are also lots of real life member testimonials at the website as well.

The #1 Worst Veggie to **AVOID**
(makes you fat)



This type of veggie makes you fat.. avoid this, and see how this woman lost 38 lbs that made her look **YOUNGER** in 2 weeks [Watch Video](#)

3. Nutrisystem

Nutrisystem started in the 1970's and was quite big until the 90's when it disappeared for about ten years, but is back full force today.

Nutrisystem has plans for men, women, seniors, diabetics and vegetarians. There is a specific plan for each category.

The meals are personalized with distinct calorie counts for individual needs.

Typical calorie counts are from 1200 to 1500 calories per day, with content ratios of 55% carbs, 25% protein and 20% fats.

The Nutrisystem Diet Approach and Philosophy

Nutrisystem is an online program that delivers frozen meals to your door. The diet is based on the low Glycemic Index with foods that offer good carbs and correct daily calorie counts, fat and sodium to lose weight.

Food is delivered to your door with choices you make on their site. The meals are healthy with perfect portions and calorie counts.

Nutrisystem claims to pack their meals with good carbohydrates and more fiber; thus, keeping you feeling full longer.

Food choices include: pizza, pastas, burgers, enchiladas, various desserts and virtually all other foods people enjoy.

Dieters also get a list of grocery items to add to meals, such as, fresh fruit and vegetables. Dairy products can be added as well, like, low fat cheeses and non-fat milk, soy milk and soy cheese.



You should also eat correct portions of whole grains and beans like, oatmeal, kidney beans, multi-grain bread, and sweet potatoes.

Nutrisystem 3 simple steps:

1. Choose the plan and food you want.
2. Your food will be delivered to your door. No cooking, no calorie counting.
3. Stick with it and track your weight loss. You can still eat grocery-bought items, provided that they are healthy, balanced and portion-controlled.
4. The Nutrisystem Meal Planner, weight loss tracker and online community, ensures even more chances for success.

Pros and Cons of the Nutrisystem Diet

Pros

- ⤴ Provides a pre-made diet plan for various categories.
- ⤴ Easy to implement, no cooking, no measuring, no calorie counting, meals are delivered to your door.
- ⤴ Various choices are available in tasty meals.
- ⤴ Nutrisystem has a proven track record and works for various people.
- ⤴ Members can enjoy various grocery items that adds variety to the diet.
- ⤴ The proper combination of Glycemic Index foods stabilizes blood sugars and satisfies appetite to curb hunger.



Cons

- ⤴ Some members complain that the food is not so tasty, this is likely due to added preservatives.
- ⤴ It's difficult for some people to return to regular cooking and eating once target weight is reached and so weight gain is possible because dieters are not really learning the proper way to prepare healthy meals. This is made worse because of the very strict portion controls and low Glycemic level of the diet plan.
- ⤴ The program is not cheap and for those on a budget it may be a difficult endeavor.



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Final Verdict

Nutrisystem is certainly convenient and it does work for people to reach their target weight. Also adding exercise makes for faster weight loss. But, the meals are processed and have preservatives and so are not as tasty as homemade cooking.

Key Points of Nutrisystem

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
On Nutrisystem, you can expect to lose at least 1-2 lbs per week	28-Day Auto-Delivery Prices Start at \$229.99 14 Day Risk Free Trial	No	Easy: No cooking no tracking and no counting.	Low Glycemic Index Foods Only. Strict Calorie Limits.	Documented results from various populations.

Testimonials for Nutrisystem

The diet has many celebrity endorsements, such as, Marie Osmond, who lost 50 pounds on Nutrisystem and has kept it off for several years. Also, Melissa Joan Hart lost 30 pounds, Jillian Michaels lost 30 pounds and Dan Marino, the NFL star lost 22 pounds. There are also plenty of regular folks with before and after pictures testifying to their weight loss on their website.

4. South Beach Diet

The South Beach Diet was created by Dr. Arthur Agatston, a cardiologist; and a dietitian, Marie Almon. While the diet was originally made to prevent heart disease it quickly grew in popularity for weight loss purposes in the early 2000s.



The South Beach Diet Approach and Philosophy

The South Beach Diet focuses on eating good carbs and good fats. The medical philosophy is that it is not carbohydrates that cause out of control hunger and consequent weight gain, but the fact that they are easy to digest and so they increase blood sugar levels. Therefore, in this diet plan refined sugars and certain grains are restricted.

This diet allows eating of good carbs that are low in Glycemic Index, including, low carb vegetables and fruits, whole grains, beans and some unprocessed foods.

Trans fats and saturated fats are replaced with good fats, such as Omega-3 Fatty Acids and unsaturated fats.

The South Beach Diet 3 Phases

Phase 1:

2 weeks is taken to train the body to eliminate cravings for starch and sugar. This stabilizes blood sugar levels and jump starts weight loss. In this phase a large amount of weight loss is often seen by various people.

In Phase 1 mostly high fiber foods are eaten and any kind of lean protein and eggs.

Also, some dairy is allowed, such as, low-fat milk, yogurt and cheese.

Also, healthy fats such as seeds, avocado, nuts and unsaturated oils like Olive oil and Canola oil are part of the plan in this phase as well.



Phase 2:

This is the long term phase of the plan. It combines good carbs like whole-grains and pasta, sweet potatoes and brown rice with lean proteins and some dairy as well. Some snacks, desserts and dark chocolate are allowed. In this phase is where the target goal weight is reached.

Phase 3

In this Phase the South Beach diet is part your lifestyle and it is the maintenance phase. While it's important to stick with all the foods eaten on Phase 1 and 2 but you can also have the occasional treat.

At this phase there are no restrictions and it's all about maintenance. Though you must remain cognizant and not return to old habits. Instead, there is a focus on South Beach way of eating as a lifestyle, and treats are only occasional indulgences.

Pros and Cons of the South Beach Diet

Pros

- ⤴ Flexible in choices so dieters don't get bored.
- ⤴ The South Beach Diet allows for more foods that people love, easier to follow and stick with.
- ⤴ This is a heart healthy plan.
- ⤴ This is a lifestyle change plan so it's more feasible for permanent weight loss for life.
- ⤴ Find out what you can eat online for free or buy the book, very budget friendly.
- ⤴ Online membership offers many tools like mobile apps, nutritional counseling and support.



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Cons:

- ⚠ Not everyone can eliminate starch and sugar. But, remember that South Beach offers a large variety of pre-made snacks and bars that tasty and satisfy the sweet tooth.



Final Verdict

The South Beach Diet is one of the most successful and also one of the healthiest plans available. This is a great solution for those that can discipline themselves to eliminate bad foods like cookies, and white bread.

It's simple to follow, has great variety and is a lifestyle changing diet. It is also heart healthy, which is a perfect solution for older people who are headed for heart disease.

No counting calories, no tracking, just eat the right foods and lose weight. It does not even require the counting of carbs or fats. Just choose the right foods from the list and you are ready to go, which is why it's often nick named the Food Lover's Diet.

Key Points of South Beach Diet

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
Can be rapid in Phase 1, then stabilizes and depends on individual and activity levels.	Online Membership rates vary for use of their tools. Food Plan Is Free Online.	No	Cooking and food preparation required. NO counting of calories, carbs or fats. Can be difficult for those that cannot let go of bad fats, bad carbs and refined sugar.	No refined sugar or white starches. Low Glycemic Index Foods Only. Low Fat	Documented and proven results from various populations.

Testimonials for South Beach Diet

There are plenty of real members endorsing South Beach on their website who document big weight loss, like Jennifer K who lost 100 pounds.

FORSKOLIN™
NO DIET EXERCISE **BURN FAT**

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5. Medifast Diet

Medifast is a lifestyle change focused weight loss plan that includes a meal delivery service along with a nutritionist, personal shopper and a personal chef. Medifast has a 30 year history and thousands of people swear by it in reaching their target weight.

The hallmark of this diet is slow weight loss, as most medical professionals agree that losing pounds too fast is not good for health, can harm blood sugar levels and can prevent permanent lifelong results.



This is the Medifast advantage, while it may be slower than other diets, it is proven effective; and quite a few physicians accept the science of Medifast.

Furthermore, Medifast assists individuals with all forms of diabetes and hypertension to lose weight.

Medifast Diet Approach

Meals are designed with a personalized plan in mind, made for you by an expert. Based on this plan meal delivery comes to your door. The meals are high in protein and many lose as much as 20 pounds in the first 4 weeks.

Food Choices

Medifast offers more than 70 meal choices, so there is something for everyone. There are also options for kosher, vegetarian, lactose-free or low Glycemic Index menus as well.

With Medifast, you'll receive 5 prepared meals plus 1 'Lean & Green Meal' that you prepare each day.

On Medifast dieters are encouraged to eat every three hours to contain hunger and cravings.

Also, dieters need to drink a minimum of 64 ounces of beverages per day. Medifast meal replacements such as oatmeal, shakes, puddings, bars and other snacks are available.

At the beginning high-calorie vegetables are removed from the diet, those are usually starch based such as potatoes, corn, carrots, etc. Doing this will advance your weight-loss efforts. Once you lose weight, you will gradually reintroduce these vegetables to your diet.

Medifast Pros and Cons

Pros

- ⤴ Foods are conveniently prepared, packaged and delivered to you.
- ⤴ Medifast is not as expensive as other meal delivery diets.
- ⤴ Offers reasonable number of food choices.
- ⤴ Lots of eating is encouraged, no hunger.
- ⤴ Medifast encourages exercises.
- ⤴ Clinically proven to lose about 2 to 5 lbs a week.
- ⤴ Recommended by most doctors.
- ⤴ Very organized plan.
- ⤴ Meal plans are flexible for all types of populations.



Cons

- ⤴ Calorie limit is low.
- ⤴ Costs money.



Final Verdict

This is a viable diet choice for many and really does work. Since it was created by doctors it's safe and reliable for healthy lifestyle change in losing weight and keeping it off.

Key Points of Medifast

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
2 pounds per week expected	Varies according to meal plan chosen.	Exercise is recommended.	Cooking and food preparation once per day with meal delivery at other times.	Wide variety of choices in foods.	Documented and proven results from various populations.

Testimonials for Medifast

The Medifast websites dedicates a whole section to real member testimonials called Success Stories. Some of the biggest success stories include, Danny who lost 132 pounds, Kelsey who lost 80, Mary who lost 54 and Robin who lost 90 pounds and plenty more.

6. Atkins Diet Plan

Robert Coleman Atkins, MD (October 17, 1930 – April 17, 2003) was an American physician and cardiologist who invented the Atkins Nutritional Approach back in the 80's.

The Atkins plan is a low carb diet that is very strict in carbohydrate consumption, emphasizing protein and good fat intake, and absolutely no refined sugars or white starches.

This is a lifestyle change weight loss program and is not designed to be the typical temporary diet plan.

Atkins Diet Plan Approach

The approach is simple, by eliminating refined sugars and starches, the blood sugar is regulated, and the body is taken to a state of Ketosis, where the body starts to burn its own stored fat for energy instead of the carbs that are being ingested at each meal. The medical science is sound and diets like the South Beach and Sonoma have followed suite to create plans based on this same science.

With Atkins the blood sugar levels are stable so out of control cravings become a thing of the past.

Most of the diet is limited to various vegetables, and unlimited amounts of food from the allowed list, which includes, all meat, fish, chicken and other proteins.

Some cheese and sour cream is allowed. Nuts and berries are allowed after the initial phase.

As the dieter moves through the phases more carb rich foods are introduced back into the diet.

No bread, pasta, sugars or white starches allowed.

Exercise is optional, though those that exercise can eat a lot more carbs.

ATKINS DIET

Good Carbs



Good Fats

Great Weight Loss

Lifestyle Change Program



Atkins Phases

The Atkins Diet Plan consists of 4 phases that starts with an Induction Plan where absolutely no cheating is allowed, this allows the body to go into the state of Ketosis and begin to burn stored fat for energy instead of carbs eaten at meals.

Food intake is limited to allowed foods from within each phase. Eat when hungry is the motto, and eat liberally from the allowed food list.

As the dieter progresses through the phases new foods are introduced like low carb berries until one reaches their target weight goal at which point the maintenance phase is followed for life.



One of the best things about Atkins is that when one eliminates refined sugars and starchy carbs from their diet the appetite becomes well regulated and hunger is rare. Most people feel very satisfied and eat much less, even though the diet does not limit calories.

Pros and Cons of Atkins

Pros

- ⤴ Works really well for immediate weight loss results.
- ⤴ Lifestyle change diet, not some temporary fix like other diets
- ⤴ Flexible, a lot of food choices.
- ⤴ Free online.
- ⤴ Huge online support forum.
- ⤴ Great support from Atkins pros on the website.
- ⤴ Atkins offers a huge line of very tasty snacks, shakes and treats, most dieters never miss dessert because these items taste better than the real thing! Lots of chocolate!
- ⤴ Lots of recipes online.



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Cons

- ⤴ Not good for those that cannot control their sugar and starch
- ⤴ Can be unsafe for those with heart artery issues since this diet is intensive.



intake.
protein

Final Verdict

Atkins is scientifically sound in its approach in restarting the body's fat burning process by eliminating bad carbs. In fact, other diets, like the Sonoma and South Beach followed Atkins, though they allow more liberal carb intake. One of the best aspects of this plan is that by eliminating refined sugars and starches those pesky out of control cravings for bad foods disappear, and uncontrollable hunger becomes a thing of the past.

Many have seen great success with Atkins as illustrated by the large number of members at their website that discusses their successes in weight loss.

Key Points of Atkins

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
Can be rapid in Phase 1, as much as 25 pounds lost. Stabilizes in later phases and depends on individual and activity levels.	Free Online Book Available For Sale	No, but recommended and with exercise participants can eat more carbs.	Cooking and food preparation. Frozen Atkins meals available at some super markets. Counting of daily carb intake required. Can be difficult for those that cannot let go of starchy carbs & refined sugar.	Very low carb. No refined sugar or starches. Choose foods from a specific list. Lots of proteins, good fats and vegetables.	Documented and proven results from various populations.

Testimonials for the Atkins Diet Plan

Celebrity endorsements for Atkins include Sharon Osborne, who recently lost 35 pounds on Atkins and Courtney Thorne-Smith, one of the stars on the hit show Two and a Half Men who is a long time Atkins spokesperson and has been living the Atkins lifestyle for years and looks great!

There are also plenty of endorsements from members who discuss Atkins at the free online support forum.

7. Jillian Michaels Fitness and Weight Loss Program

Jillian Michaels is best known as the peppy hardcore trainer on the popular television show *The Biggest Loser*, but, Jillian has been a fitness expert long before the show and developed an online weight loss and fitness program geared toward providing people with a long term solution to a healthy body weight.



The Jillian Michaels plan comes with a food and exercise plan that is designed with the individual in mind and meets the specific requirements of the member. Each unique diet and exercise plan depends on your weight, eating habits and level of exercise activity.

Jillian Michaels Weight Loss Approach

“Get straight talk, no gimmicks, and all the tools and advice to help you succeed.”

JillianMichaels.com

Food and Fitness Parts of the Plan

The food plan involves choosing the right foods for your body type and metabolism, the program determines how many calories one needs to lose weight weekly. Then members are taught to cook healthy meals and how to eat smart for health and weight loss.

The fitness part of the plan designs a custom workout program that is customized according to weight, height and fitness levels of the person. Everything is done online, and there is support and help as needed.

Pros and Cons

Pros

- ⤴ Since the program is custom tailored and not a one size fits all, this is a solid approach for most anyone.
- ⤴ This program teaches smarter eating habits and fitness is incorporated so it's a permanent solution and not a temporary diet.
- ⤴ The program requires setting of goals and then action steps to meet those goals.
- ⤴ Also, the program informs members if their goals are realistic or not.
- ⤴ Weekly food and fitness plans are provided.



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- ⤴ Detailed information is given as to the fitness aspect, like what types of foods you need and why, and what muscles should be worked out and why.
- ⤴ No gym membership required, all workouts can be done at home.
- ⤴ Online community with support from other members.
- ⤴ Meal delivery is available if you do not want to cook the food yourself.
- ⤴ This diet and fitness plan is designed by Jillian Michaels, a well-known trainer with a reputable record.

Cons

- ⤴ The only real con of the Jillian Michaels plan is that it costs a membership fee, but it's actually quite affordable for most anyone.
- ⤴ Not everyone wants to work out, and so some may abandon the early because exercise is required.



plan

Final Verdict

This is a perfectly well rounded and most doctor recommended way to lose weight, combination of healthy foods and exercise. It's a sound program that brings results for those that are willing to put in the work and effort and make changes in their lives.

Key Points of Jillian Michaels

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
Can be rapid depending on individual.	\$4 Per Week	Yes	Portion control and cooking, but recipes and full details are provided.	Yes, varied per individual. Calorie and portion controlled.	Documented results. Boasts over 3.4 million pounds lost.

Testimonials for Jillian Michaels Weight Loss Program

There are many real people on Jillian's website that are raving about their success with the program. Some of these include: Kelly lost 92 pounds, Tammy lost a whopping 152 pounds and Jaimie lost 132 pounds! These are just a few of the successes found at Jillian's site.

FREE RECIPE BOOK



Get your **FREE** copy today.

CLICK HERE

8. Sonoma Diet

The Sonoma Diet is a plan created by Connie Guttersen, based mainly on the Mediterranean diet with a few tweaks. It is often dubbed a lifestyle change instead of a diet. Actually this is another low carb program that takes from the Atkins and Sonoma diets, but tweaks it a bit.



The Wave Phases of Sonoma Diet

Wave 1

This phase is 10 days and acclimates one to the diet plan. No refined flour, fruit, sugars, oil that is not extra virgin olive oil, and hydrogenated and saturated fats are allowed.

Allowed foods: lean meats, seafood, low carb vegetables, some dairy, some nuts, black coffee and tea and all types of herbs and spices.

Calories are counted and limited in this wave as well.

Wave 2

On this wave one can add 200 to 300 calories to the Wave 1 caloric intake.

More allowed foods: fruits, fat-free yogurt, more veggies and some dark chocolates, sugar-free sweets, and wine.

Wave 3

This is the maintenance phase, once the target goal weight is reached this is where you can maintain the weight.

Allowed foods: everything from Waves 1 and 2, plus occasional butter and desserts.

The Sonoma Diet Approach

The Sonoma Diet focuses on eating certain foods, counting calories and portion control. Healthy options are provided in a list of Power Foods. These include, whole grains, bell peppers, grapes, broccoli, almonds, tomatoes, blueberries, spinach, olive oil and strawberries.

Calorie restrictions change between waves, starting low and building up. Portion is also strictly controlled, where members are using 7” plates to make sure their portions are correct.

Sonoma Diet Pros and Cons

Pros

- ⤴ It's simple and easy to follow, just read the directions and no to count calories just use the small plate and that takes care calories and portions.
- ⤴ While there are restrictions they are not as big as those on low carb diets like Atkins for example. On Sonoma Wave 2 you can have desserts, wine, and bread in moderation.
- ⤴ Whole nutritious foods are encouraged.
- ⤴ Very regulated diet with lots of structure and guidance.
- ⤴ Online program with lots of tools and support and a free personalized analysis.



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Cons

- ⤴ Calorie restrictions may make it difficult for some to follow.
- ⤴ Food restrictions may be difficult for some to follow.
- ⤴ Because of the restrictions some will abandon the diet early without losing any weight.
- ⤴ No contingency for hunger, meaning that there is no advice for do when one is hungry.



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Final Verdict

This is a good plan for those that have the discipline to be limited in calorie intake and food restrictions. If you are one that cannot live without bread or pasta, then this diet plan may not be for you.

Key Points of Sonoma Diet

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
Can be rapid depending on individual.	Book cost. Online program varies depending on plan you choose.	No	Food restrictions, portion and calorie control. Must eat from designated food lists.	Low carb, low fat and no sugar and starch.	Documented and proven results from various populations.

Testimonials for the Sonoma Diet

Plenty of real life people sharing their success stories at the Sonoma Diet website, some great success include: Suzy lost 65 pounds, Eva lost 51 pounds, Marv lost 45 pounds, Susan lost 28 pounds and there are many more success stories at the Sonoma website.

9. Dr. Phil's Ultimate Weight Solution Diet

Phil McGraw, PhD is a psychologist and self-improvement guru with a popular television show that had previously counseled people for more than eight years on weight loss. He uses an all-around approach of mind, body and soul with weight loss as outlined in his book, *The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom*.



Dr. Phil Diet Approach

This book and diet teaches how to deal with impulse and emotional eating and choosing new habits when the urge for emotional eating comes about.

The pantry is completely cleaned out with all junk foods removed and replaced with healthy nutritional foods that have less calories and an emphasis on foods that cannot be eaten quickly that take time to prepare and time to eat. This, Dr. Phil says, this is the key to avoiding over eating and impulse grabs such as seen with chips and candy, which in turn avoids overeating and impulse eating.

Exercise is required in the Dr. Phil diet plan. He believes there is no way to lose weight, get healthy and keep it off for life without it.

Support is also a critical factor, without which most people will fail. Surround yourself with likeminded people who are also healthy or on their way to being so. This is uplifting and facilitates long term success.

The Dr. Phil diet emphasizes a lifestyle change, and the importance of resetting the body's metabolism. To not only lose weight, but to also keep it off.

The book also provides many case studies, self-tests and charts that make this diet really action based, and journaling is encouraged to handle the emotional aspects of bad food habits and food addiction.

What You Can Eat

This diet emphasizes the eating of what Dr. Phil calls High-Response Cost, High-Yield Foods. These are foods that take work and effort to make, those that take time to eat and have no convenience aspect. So, no chips, frozen dinners or cookies allowed.

The High Yield foods are those that are very nutritious, they come in the forms of good carbs, fats, protein, fiber and vitamins and minerals.



High-yield foods come in the form of color vegetables as well as fruits and various lean proteins: red, purple, orange, yellow and green vegetables, whole grains, eggs, lean meats and poultry, legumes, tofu, non-fat milk products and herbal teas.

Reduction of starchy vegetables like corn is advised. Fats and oils are limited to about 2 tablespoons per day.

Snacking is limited to vegetables and fruits or low fat yogurt.

Meal planning is emphasized, as well as, portion control. Eating slowly and allowing the brain to register satiation is a big element of the Dr. Phil diet.

Dr. Phil Diet Pros and Cons

Pros

- ⤴ Lifestyle changing diet plan, not a temporary diet.
- ⤴ Sound science behind it.
- ⤴ All around program that encompasses the emotional and physical aspects of healthy eating.
- ⤴ Written and designed by a reputable expert with years of experience.
- ⤴ Well-structured with hands on strategies that will help those with really bad habits take control of their life.
- ⤴ Easy to manage because the steps are outlined in detail.
- ⤴ Addresses emotional eating, which is the main problem for many obese people.



Cons

- ⤴ One must find their own support system.
- ⤴ One must read the book and follow directions without a live voice telling them what to do.
- ⤴ Strict food restrictions and calorie control may not make it feasible for everyone.
- ⤴ Lots of food preparation and cooking required, depending on one's schedule this may be a difficulty.

CONS



Final Verdict

Overall this plan is a winner. There is nothing there that one cannot do to lose weight and get healthy for the long term and stay that way on a permanent basis. Everything in this diet encompasses a lifestyle change approach, which, is the best way to take off the weight and keep it off on a permanent basis.

Key Points of Dr. Phil Diet Plan

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
Can be rapid depending on individual.	Book Cost	Yes	Food restrictions, portion and calorie control. Must cook and prepare meals.	Low carb, low fat and no sugar and starch. Calorie counting.	Works great for those committed to a new lifestyle.



10. Scarsdale Diet

Dr. Herman Tarnower created the Scarsdale medical diet, named after the town in New York where he had his practice, in the 1970's. This is a strict portion and calorie control diet that provides a strict meal plan that follows a pattern in two week intervals.

Expected weight loss in this period is to be between 7-15 pounds. This is a very popular diet that has been around for more than 35 years.

The Scarsdale Approach

This diet takes place in patches, where one phase is followed by a different one for two weeks at a time.

Follow the Scarsdale Medical Diet (SMD) with a strict specific menu plan for two weeks.

Then one switches to the Keep Trim Eating plan for another two weeks. At this stage one plans their own menus for two weeks, and uses a list of additional foods that allows for more calories.

Then one goes back to the SMD stage for another two weeks and follows the specific menu plan.

The cycle is repeated until one reaches their target weight goal.

The Lifetime Keep-Slim Program is then used for lifetime maintenance.

Typical Day: The Scarsdale SMD 2 Week Phase

For those foods without a portion listed you can eat as much as you need, but do not get overstuffed, just satisfied.

Daily calorie limited is 850 - 1000 a day. Between meal snacks are limited to: carrots, celery, and low sodium vegetable broth.

Scarsdale provides the recipe for the protein bread eaten daily on this diet.

Scarsdale Diet Plan

Rapid Weight Loss

Lose 7 to 15 Pounds In Two Weeks



BREAKFAST

½ grapefruit

One slice of protein bread, dry

Black coffee or tea, no sugar

LUNCH

Various lunch meats

Tomatoes

Water/black coffee/diet soda/tea, no sugar

DINNER

Any kind of fish or shellfish

Any green salad and vegetables

One slice protein bread toasted, dry

Grapefruit

Water/black coffee/diet soda/tea, no sugar

Scarsdale Pros and Cons

Pros

- ⤴ Rapid weight loss.
- ⤴ Medically sound and nutritious.
- ⤴ Easy to follow with complete menus provided.



Cons

- ⤴ Strict calorie and portion controls make it difficult for some.
- ⤴ Rather drastic with very low calorie intake.
- ⤴ No exercise required.
- ⤴ No support system, you have to find your own.
- ⤴ Not many will follow through with so little food and variety and will likely abandon the diet early on.

CONS



Final Verdict

Scarsdale diet is a difficult one to follow, the very low calorie two week sessions are not for everyone. Overall, this diet is great for those who are disciplined and can follow a strict eating regimen.

Key Points of Scarsdale Diet

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
7 to 15 pounds in two weeks.	Book Cost	No	Food restrictions, portion and calorie control. Must cook and prepare meals.	No sugar, calorie and portion control. Can only eat from specific menu.	Works great for those committed, but is challenging with lots of restrictions.

11. Bistro MD Diet

BistroMD is a diet plan that was created by Dr. Caroline J. Cederquist, M.D years ago and brings properly portioned food to your door, similar to Medifast and Nutrisystem. BistroMD has a high reputation in the diet industry and was recently named the “Best Meal Delivery Diet of 2013” by the independent review site DietsInReview.com



Gourmet Food Delivery
Medically Sound Weight Loss

Bistro MD Diet Approach

With BistroMD the meals are not just convenient they are also high in quality, planned and cooked by real chefs that only use the highest quality ingredients. Each and every recipe is created according to Dr. Cederquist’s strict guidance with each meal containing proper nutrition as well as calories.

BistroMD also provides free dietician support to all their clients to keep up with weight loss goals.

While BistroMD methodology is similar to that of Medifast and Nutrisystem, they actually claim that they differ from the ordinary diet delivery services because all their meals follow very strict and proper nutritional requirements. They are well balanced and offer foods from every food group with enough lean meat, proper fats, carbohydrates and fiber that result in healthy and steady weight loss.

The philosophy of this diet plan is that eating a properly balanced diet promotes a healthy body and this balance of nutrients affects exactly how the body will react to hunger and lose weight.

Average calorie intake on BistroMD is 1100-1400 calories a day. The meals consist of: 40 to 45% protein, 30 to 35% carbohydrates and 20 to 25% fat.

This diet's goal is to enjoy gradual weight loss and nothing too rapid, usually 2 to 3 pounds per week, but this can depend on your age, weight and fitness level when coming into the program.

Pros

- ⤴ This diet was created by a medical doctor who specializes in weight loss. So, it is safe and effective.
- ⤴ Highly nutritious meals are provided.
- ⤴ This diet delivers food right to your door, no need to measure, cook or track anything.
- ⤴ The food tastes good, homemade and well rounded.
- ⤴ No counting, tracking or cooking required.
- ⤴ No sugar is added to any meals and this is good for those trying to lose weight because the blood sugar will be regulated which reduces snacking and out of control cravings.
- ⤴ Choice of meal plans for members.
- ⤴ Food is shipped in insulated cooler packs so it's very fresh.
- ⤴ Free online profile with personal evaluation at BistroMD.
- ⤴ This diet works for diabetics too.



Cons

- ⤴ Food restrictions to pre-planned meal delivery, some people may not like this.
- ⤴ Food delivery means you are not learning how to eat your own prepared food and that might be a problem once you reach your target weight and are left on your own.
- ⤴ It costs money, not too budget friendly.
- ⤴ The food might be too classy for some people who appreciate a simpler menu.



Final Verdict

BistroMd is a great alternative for weight loss and has seen some great success rates. It's easy to follow and no cooking required often makes it very easy for one to lose weight. But, keep in mind the main con against this and any meal delivery diet, once you reach the target weight you have to go back to eating on your own.

For some this may be a problem and results in weight gain because unlike Weight Watchers, for example, where you learn how to eat as you go, meal delivery diets do not really teach that in the same way.

Key Points of Bistro MD

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
2 to 3 pounds per week.	Yes, price varies by plan chosen.	No	Meal delivery to your door. No tracking, measuring or counting. Heat and Eat.	Calorie controlled and no refined sugar.	Has a long history, and many positive testimonials.

Testimonials for BistroMD

Success stories are plentiful at the BistroMd website, where people like Cindy, Lissete and Erin share their personal weight loss stories and their hot new bodies via video.



12. Denise Austin Diet and Exercise Plan

Denise Austin is a well-known and very popular fitness guru who has created many fitness videos and has several workout shows on television. And, now she has developed her own online fitness and diet program, called: Denise Austin Online Diet Program

Denise Austin Approach

The Denise Austin program starts with a free online fitness success plan. The data is collected by the site and based on the information you enter, which includes, current weight, goal weight, activity level, etc. you are sent to your email an action plan to reach your target weight.



4 Elements of the Denise Austin Plan

Eat Right

Austin's program is a calorie controlled diet, and most will be give these limits: 1400 calories, 1600 calories and 1800 calories.

There are generally no food restrictions, but a balanced diet is recommended with the above calorie limits.

The program provides all members with meal plans, shopping lists and recipes.

Get Fit

The program support person will create a custom fitness plan just for you. Fitness levels range from basic, intermediate, and advanced.

The program targets specific areas of individual's bodies: upper, lower, mid-section.

All routines are from Denise Austin and come with complete instructions, videos and photos.

Most workouts consist of warm up, cardio, muscle toning and cool down period.

Feel Great

Motivation and support is found online. Denise blogs often with motivational banter and updates.

Community forum for members is strong with many people on to offer help and support.

Stay Strong

All the information about current fitness, wellness and health trends is provided. Regular newsletters keep you informed. And many online tools are offered for members in this weight loss program, such as, weight trackers, weight loss journals, and daily audio message from Denise herself.



Pros and Cons of the Denise Austin Diet and Fitness Plan

Pros



- ⤴ No food restrictions, only calories and balanced diet recommended. But, you can have the occasional treat, like a cookie, as long as you don't go over your calorie limit.
- ⤴ No deprivation often means people will stick with it longer, but there are also the calorie restrictions.
- ⤴ Weekly meal plans, recipes and shopping lists make this plan easy, but you are also learning at the same time how to eat and prepare food properly.
- ⤴ Exercise is added in, this is very important for health.
- ⤴ The workout routines are easy to follow and can be done anywhere, including at home or office, so no gym required.
- ⤴ There is plenty of online support in this program.
- ⤴ This diet is a lifestyle changing plan that facilitates long term permanent weight loss, when you stick with it.
- ⤴ The Denise Austin program offers a money-back guarantee, so the investment is sound.
- ⤴ Denise is an authority on fitness and weight management her program works.

Cons

CONS

- ⤴ Not everyone wants to work out, and so some may abandon the plan early.
- ⤴ Costs money, so not for those on a tight budget.



plan

Final Verdict

Denise Austin has been in the fitness industry for more than 2 decades and she is a real expert, many people claim great success of this program.

All experts agree that the only sustainable, permanent and healthy solution to a fit body is with a combination of healthy foods, limited calorie intake and exercise.

Denise Austin's program embodies this theory completely and that fact makes this weight loss program the perfect way to get fit and stay that way for life.

Key Points of Denise Austin Fitness and Diet Plan

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
2 to 4 pounds per week.	Yes, price varies by plan chosen.	Yes	Planning, shopping and cooking required. Calorie counting made easy with meal plans.	No restrictions, but calorie controlled.	Has a long history, and many positive testimonials.

Testimonials for Denise Austin Weight Loss Program

Big weight loss numbers are being documented on the Success Stories page at Denise Austin's website. Some of the most impressive are Jody who lost 174 pounds, Lisa lost 150 pounds, Cassandra who lost 75 pounds and Latonia with a big 120 pound loss!

13. Paleo Diet

The Paleo Diet is also known as the Paleolithic Diet or Caveman Diet. And the concept has been around since the 70's when Walter Voegtlin wrote and published a book called The Stone Age Diet.

At the time this theory of eating came out many other popular diets were all the rage, such as South Beach Diet, Jenny Craig and Weight Watchers among others, and so the Paleo concept did not take off.

But, in 2005, Loren Cordain's The Paleo Diet for Athletes: A Nutritional Formula for Peak Athletic Performance was published and took off in the professional athlete circles who endorsed and quickly the Paleo diet became a very popular and most searched for diet plan online.



PALEO DIET
Eat Like The Cavemen
And Lose All The Pounds



Paleo Diet Approach

The theory behind this diet is simple: eat like cavemen and be healthy and fit.

The theory is based on the scientific research that states that early man basically hunted and gathered all their food, so their diets were mainly made up of animal meat (protein), fruits and vegetables.

No milk, cheese, butter, bread, sugar, cakes, grains, cereal, potatoes and similar foods existed, and if some did they were those they could not eat raw and had no way to cook them.

Their entire diet was made up of natural foods in their raw state and this is the basis of the modern Paleo diet plan.

Paleo Diet Recommended Foods

All these foods are high in soluble fiber, antioxidants, phytochemicals, omega 3 and monosaturated fats. And, they do not impact blood sugar as they are low on the glycemic index and have healthy carbs.

You can eat these lean protein sources along with unlimited amount of fresh fruits and vegetables.

- ⤴ Fruits
- ⤴ Raw Vegetables
- ⤴ Lean meats
- ⤴ Fish
- ⤴ Seafood



Allowed Fats

- ⤴ Avocado
- ⤴ Olive oil
- ⤴ Flaxseed oil
- ⤴ Avocado oil
- ⤴ Nut butters
- ⤴ Fish high in Omega 3 such as mackerel, sardines and salmon



Foods to Avoid

- ⤴ Refined sugars
- ⤴ Refined grains
- ⤴ Saturated fats
- ⤴ Trans fats
- ⤴ Salt
- ⤴ Processed foods
- ⤴ High glycemic carbohydrate foods

The actual eating regimen on Paleo is flexible and how strictly it's followed is up to the dieter. While there are several books about Paleo the basis stays the same, eat fresh raw vegetables and fruits liberally along with lean proteins. Most books recommend organic raw foods as the most beneficial.

Potatoes and dairy are never recommended because of their high carb counts and should only be eaten sparingly once all the weight is lost.

Pros

- ⤴ Scientifically sound.
- ⤴ Healthy eating plan as most processed foods have no nutritional value.
- ⤴ No counting of calories, points, fats or tracking of any kind.
- ⤴ Definitive weight loss results.
- ⤴ Raw and natural diets are known to increase energy levels.
- ⤴ Easy to follow.
- ⤴ Complete food lists are provided in Paleo diet books.
- ⤴ Lots of recipe books available for Paleo dieters to add variety.



Cons

- ⤴ Not everyone can stick with eating only raw vegetables, fruits and proteins.
- ⤴ Dieters will need to find their own support, as this diet is by book only.
- ⤴ No exercise required, this is always a con because exercise has many benefits beyond weight loss.



Final Verdict

This is a healthy eating plan and you cannot really go wrong by eating fresh fruits, vegetables and lean proteins. All these foods are also very conducive to weight loss. Paleo promises its followers that they will see and feel improvements in their health and very fast.

There are several Paleo Diet books and resources that provide proper guidance and many cookbooks as well. As long as one can follow the plan and stick with it, fitness will follow.

Key Points of the Paleo Diet Plan

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
2 to 4 pounds per week.	Price of a Book	No	Easy, many foods are eaten raw. Choose from list of foods.	Only lean protein, vegetables and fruits allowed.	Has a long history, and many positive testimonials.

Testimonials for Paleo Diet

Since this diet is only found in books the main testimonials come from Amazon customer reviews, and various online sources, such as weight loss forums and discussion groups.

14. Keto Diet

A keto diet, also known as a ketogenic diet, is a very low-carb and high-fat diet that causes the body to burn fat instead of carbohydrates for fuel.



Despite the recent craze, the keto diet is not something new. It was popular in the 1920s and 30s as a therapy to treat epilepsy in children.

Because a keto diet has the effect of feeling more satiated with increased energy levels, it contributes to weight loss due to fewer cravings, lower caloric intake, more self-control, and more physical activity.

Keto Diet Approach

The keto diet is similar to the Atkins and other low carb diets, but it is different in that it centers on fat, consisting of 70-80% fat, 10-20% protein, and 5-10% carbohydrate. The reduction of carbs intake puts the body into a metabolic state of ketosis, which breaks down stored fat into ketone bodies as a fuel source for the body and the brain.

A ketogenic diet plan may include meat, fish, avocados, butter and cream, eggs, cheese, oils, nuts, berries, seeds and low-carb vegetables.

Almost all high carb foods are eliminated, including grains and starches, corn, rice, pasta, beans, potatoes, most fruits, sweets, breads, cereals, and some higher-carb vegetables.

Pros

- ⤴ Quick results with rapid weight loss.
- ⤴ Suppresses appetite while feeling satiated.
- ⤴ Boosts energy levels, and provides steady energy.
- ⤴ No need for counting intake of calories.
- ⤴ Lowers the risk for heart disease.
- ⤴ Reduces insulin levels and inflammation.
- ⤴ Increases mental clarity and focus.
- ⤴ Good way to detox from sugary foods.



Cons

- ⤴ Can be challenging to adhere to a high-fat diet.
- ⤴ Side effects (keto flu) during the diet transition process.
- ⤴ Excludes or puts restrictive limits on certain food groups



Final Verdict

A keto diet is an effective short-term approach for achieving weight loss, and may provide numerous metabolic health benefits. Following a high-fat diet with restrictions to certain food groups may be challenging for some to maintain without having a proper plan.

Key Points of the Keto Diet Plan

Average Weight Loss	Cost	Exercise Required	Difficulty	Food Restrictions	Effectiveness
Initial rapid weight loss, then 1 to 2 pounds per week.	Book cost.	No	Requires meal planning. Certain food groups are excluded.	Mostly fat, limited amounts of protein, and almost no carbs.	Works well for short-term weight loss, with numerous health benefits.

Testimonials for Keto Diet

This trendy diet has been touted by numerous celebrities, and success stories and personal testimonials abound on social media, health sites, weight loss forums and discussion groups.



Medical Weight Loss Methods

What is Medical Weight Loss?

Medical weight loss is a term used to describe a weight loss system that is completely managed by a physician and is based on solid medical and scientific principles. Often the plan targets the root causes of obesity and weight gain in order to facilitate permanent and life-long healthy weight.



Various types of weight loss surgeries fall under the category of medical weight loss, as well as, the diet programs that are physician managed.

Weight Loss Surgery Options

Currently there are two different types of surgery for weight loss, one is restrictive and the other is malabsorptive, and they both work in different ways to help people who are morbidly obese lose weight.

Candidates for Surgery:

All weight loss surgery is considered a drastic step reserved for the very obese. Usually one needs to be 100 lbs or more overweight or have a BMI of 35 or greater in order to be considered.

Most insurance companies require many steps before a review for a final surgery decision is given. Many get denied based on various factors. Often having a co-existing condition that is related to the obesity, such as Type 2 diabetes can help in the approval process.

Most medical insurance companies require at least 6 months of nutritional counseling, intensive surgical counseling in understanding the weight loss surgery procedures and a passing psychological evaluation with a trained professional that will assess mental and emotional fitness for surgery.

Also, depending on the surgeon, patients may be required to lose at least 20 pounds before getting approved. Usually this is done through the nutritional counseling.

Types of Surgery for Weight Loss

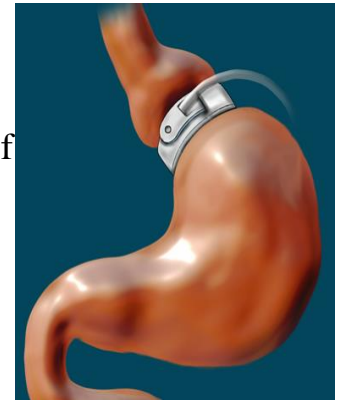
Restrictive Surgery

In this surgery doctors reduce the size of the stomach that in turn slows down digestion.

While a traditional stomach can hold about 3 pints of food, after this type of weight loss surgery the stomach will only hold about 1 ounce. By making the stomach so small patients eat much less and lose a lot of weight.

Malabsorptive/Restrictive Surgery Options

These types of procedures are more drastic in nature and are appropriate only for certain patients because they are much more invasive. This type of surgery works by restricting not only the size of the stomach but also creates an actual bypass or partial removal of the digestive tract which in turn reduces the amount of calories the body can absorb. The smaller stomach ensures less eating, and the bypass results in less calories being absorbed by the body overall.



Specific Surgical Procedures

1. Adjustable Gastric Banding

Gastric Band, also known as the Lap Band is the least invasive of all weight loss surgery options. Basically doctors take an inflatable band and place it onto the stomach that in turn squeezes it into two sections.

This creates a small upper pouch along with a larger lower pouch. This banding greatly reduces how much food one takes in to no more than 1 cup, most of the time only ½ cup of food before they feel sick and full.

While several brands of lap bands exist, two of the most popular are the LAP-BAND and REALIZE.

Pros

- ⤴ The main pro and advantage of the gastric banding procedure it's not as invasive as other surgery procedures, and it's safer.
- ⤴ It is reversible, unlike the other surgery options, so it can be adjusted and removed as needed.
- ⤴ Recovery is faster than other surgeries.



is that

Cons

- ⤴ Weight loss with the band is much less dramatic as with other surgeries.
- ⤴ People regain the weight more often with this procedure than the bypass and sleeve procedures (discussed later in this book).



with

Risks/Common Side Effects

- ⤴ Vomiting from over eating.
- ⤴ Band can slip out of place, loosen and even leak.
- ⤴ Post-surgical infection is another risk.
- ⤴ Some serious complications can occur that are life threatening, though this is not common.

2. Sleeve Gastrectomy

The sleeve is the most widely used procedure today and it is a restrictive weight loss surgery. The surgery is performed using a laparoscope where the surgeon removes about 75% of the stomach. What is left is shaped like a narrow tube that looks like a sleeve connected to the intestinal tract.

Pros

- ⤴ The sleeve gastrectomy is simpler than the bypass and has a much lower risk rate of complications.
- ⤴ The sleeve has a high success rate with patients reaching their target weight and keeping it off for 3 years or more.
- ⤴ This surgery is not as drastic as the bypass because it does not affect the absorption of food, so nutritional deficiencies will not occur as they can in bypass procedures.
- ⤴ Hunger-stimulating hormone, ghrelin, is removed when the stomach is reduced in size by 85%.
- ⤴ Few scars occur during surgery because small incisions are made.
- ⤴ The sleeve is a much simpler surgery with less risks and complications than bypasses.



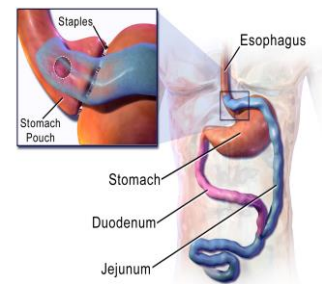
Cons

- ⤴ In contrast to the banding surgery the sleeve is not reversible, it is a permanent procedure.
- ⤴ Vomiting or Dumping as it is called can occur if patients overeat, in fact, it is this mechanism or the threat of it that keeps people from over eating.
- ⤴ Post-surgery complications from the staples can occur, like leakage.
- ⤴ Sticking to a healthy diet matters, or else the stomach will stretch and weight will come back.
- ⤴ Many food restrictions come with this procedure, including, an all liquid diet in the beginning weeks. Refined sugars and processed foods are never recommended and can make patients sick.
- ⤴ Sometimes dehydration can occur because the stomach can only hold 1 ounce of food and liquid at a time and patients have a hard time getting enough to drink.



Risks

Typical surgical risks include infection, leaking of the sleeve, and blood clots.



Roux-En-Y

3. Gastric Bypass Surgery (Roux-en-Y Gastric Bypass)

Gastric bypass is a combination of both restrictive and malabsorptive procedures.

The Procedure

The surgeon divides the stomach into two parts, then connects the upper part directly to the small intestine. This creates a shortcut for food that bypasses the stomach and goes straight to the small intestine. This procedure in turn results in the patient absorbing much less calories of the food they eat.

Pros

- ⤴ Weight loss happens very quickly and in big numbers. In most patients lose 50% of the weight they need to lose within the first six months.
- ⤴ Usually the target weight is reached within 2 years even for most morbidly obese individuals.
- ⤴ Many related conditions are quickly reversed such as Type 2 diabetes, high blood pressure, high cholesterol, arthritis, snoring, chronic heartburn,



and other conditions improve very fast.

- ⤴ Studies show that the bypass works quite well for most patients who were able to keep the weight off for more than 10 years.
- ⤴ The Dumping syndrome that occurs when patients over eat or eat the wrong foods really works to keep people disciplined and in control.

Cons

- ⤴ Big risk of malnutrition on a long term basis because this surgery impairs the body's ability to absorb nutrients.
- ⤴ Loss of iron as well as calcium may lead to osteoporosis and anemia.
- ⤴ Supplements will need to be taken for life.
- ⤴ Surgery is irreversible.
- ⤴ Major surgery always includes risks, such as, infection and other concerns.
- ⤴ Dumping syndrome is another risk, which happens when one eats too much too fast or eats foods high in sugar and carbohydrates. This is quite common and affects about 85% of patients. Symptoms include nausea, pain, sweating, vomiting, weakness, and diarrhea. While this is a "bad side effect" surgeons often see this is a good thing because it deters patients from overeating. Most patients say that you only need to feel dumping one time and you will never want to feel it again.
- ⤴ Other risks exist.



Risks of Gastric Bypass Surgery

- ⤴ Stomach stretching, this is where the stomach stretches over time and can return to its original size, which, often results in weight gain.
- ⤴ Band erosion.
- ⤴ Breakdown of staple lines.
- ⤴ Leakage of stomach contents into the abdomen where acidic fluids can erode other organs.
- ⤴ Nutritional deficiencies that will lead to other medical problems.



Physician Directed Medical Weight Loss

Lindora Medical Weight Control Plans



History

Lindora was started in 1971 by Dr. Marshall Stamper, M.D. in Newport Beach, CA. And has helped thousands of people since in reaching their target weight goals and staying fit and healthy.

Dr. Stamper's original motivation for starting Lindora was from the death of his own mother who was obese and died from various conditions that resulted from her excess weight.

The Lindora program is a pioneer in providing a complete, comprehensive and medically sound and effective weight loss program that addresses all the facets of a person's life leading to great long term success.

Today, Lindora enjoys a very positive reputation and is considered A leading clinical weight management program that has grown to 44 clinics strong and now has the Lean for Life interactive online program.

The revolutionary programs as well as research at Lindora Clinic are frequently presented at national and international obesity conferences. Lindora Clinic specialists and also many patient success stories have been highlighted on popular television news shows and in newspapers and magazines, such as, People and the Los Angeles Times. And the best seller, Lean for Life program book still ranks in the top 1% of books sold around the world for 13 years running.

The Lindora Medical Diet Approach

The Lindora philosophy is based on making real and sustainable lifestyle changes instead of just going on a diet, most of which have a temporary mind set.

The Lindora Lean for Life program is very comprehensive and covers every aspect of successful permanent weight loss, and it is also clinically proven.

There are four components that make Lindora so successful:

- ▲ Medical Supervision
- ▲ Lifestyle Focus
- ▲ Nutrition Education
- ▲ One-on-One Nurse Coaching

Expert clinicians guide clients through the whole process and the program takes pride in focusing on the emotional as well as physical aspects that are unique to those struggling with obesity.

Lindora really empowers the overweight to begin a whole new thinking process about food, and teaches healthy ways of eating that can last a lifetime. And, with clinical staff that are medically trained in weight management the advice is sound and it works.



What Can You Eat On Lindora

Lindora doesn't deliver meals to your door, but instead teaches you how to shop and cook healthy, which in the long run is a much more viable solution to sustainable permanent healthy weight.

The incorporation of low carb, low fat and nutrient rich foods that are calorie friendly ensures that patients not only lose weight, but also maintain a high level of health.

Eating out is a big part of the program because there are many foods available at restaurants that are Lindora friendly.

Personal tastes and preferences are incorporated as well so that clients do not feel deprived, but instead can embrace the Lean for Life program and really succeed.

Lindora also sells many nutritious snacks, soups and drinks that can be used as supplements and offer more convenience when you don't have time to prepare a meal or make a snack.

Lindora Program Options

Lindora offers two options for clients to start their program.

Online Program

- ⤴ 10 Week Online Rapid Weight Loss Program.
- ⤴ Includes Weekly Personalized One-on-One Sessions for Support and Education.
- ⤴ CD collection called Learn-On-the-Road teaches behavioral changes about food and eating.
- ⤴ Lean for Life! Program Workbook.
- ⤴ Complete access to the full line of Lean for Life Online Tools.

- ⤴ 10 Boxes of Lindora snacks.
- ⤴ 1 Bottle “Fat Burning Indicators” to monitor body fat loss.
- ⤴ Dr. Stamper’s Six Essentials for Long-Term Weight Control DVD.
- ⤴ Daily journaling “Logbook” that helps with motivation and staying focused.

In Clinic Program

The in-clinic program is for those that do not want to use the online program but instead want to get started with the Lindora Lean For Life plan in an actual clinic.

Lindora has 44 Lean for Life clinic locations in Southern California, as well as some locations in the Sacramento area.

Pros and Cons of Lindora

Pros

- ⤴ Medically sound weight loss program that covers all aspects for successful long term and permanent results.
- ⤴ Proven track record.
- ⤴ Has worked for thousands of people.
- ⤴ Physician monitored weight management.
- ⤴ Easy to follow with meals and plans for everything.
- ⤴ Excellent support, medical and emotional.

Cons

- ⤴ Costs several hundred dollars, so many will not be able to afford it.

13 Natural Supplements for Weight Loss

There are quite a few supplements available over the counter that can help with weight loss efforts. Here is a list of some of the most popular.

1. Hydroxycitrate, Hydroxycitric Acid or HCA

HCA comes from the rind of dried brindal berry and Garcinia Cambogia fruits that are found in the Southeastern regions of Asia.

Does It Help With Weight Loss?

There is a good amount of research that has concluded the effectiveness of HCA for use as a weight loss supplement. It is known to reduce fat absorption, helps to increase fat metabolism, lower the bad LD cholesterol and also helps to curb appetite.

HCA has been used by the Indians for many years and is a traditional part of their folk medicine practices in treating various stomach ailments. In modern times HCA can be bought over the counter at the drug store in various brands and forms. It is sold as HCA, Brindal Berry, and also Garcinia.



Popular over the counter diet supplement products that incorporate HCA:

- ⤴ Citrilite
- ⤴ Citrin
- ⤴ PhyrtriMax
- ⤴ Bio-Max 3000
- ⤴ Garcinia Trim-Pulse



2. Chitosan

Chitosan is a form of fiber that comes from Chitin, which is the main part of the shells of insects and various crustaceans. Chitosan is recommended by various holistic practitioners and advocates of holistic medicine as a supplement that helps to lower cholesterol, but many believe that it also helps to reduce the absorption of fat, which can aid in weight loss.



Chitosan is commonly advertised as a treatment for obesity, high cholesterol, and Crohn's disease. It comes in pill form as a supplement and is sold by various brands at drug stores, and health food stores.

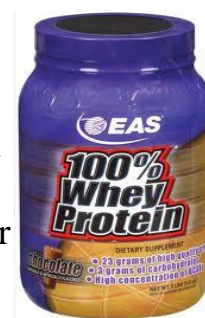
Does It Help With Weight Loss?

There is little evidence that Chitosan in in of itself actually makes anyone lose weight. There has been some research that hinted at the fact that combining chitosan with a low calorie diet can be effective, but when taken without any dietary modifications it resulted in zero weight loss in various study groups.

Some Chitosan advocates believe that it helps with weight loss because it flushes fat out the intestines, but to date no scientific evidence of this exists.

3. Whey Protein

Whey protein is a supplement that is derived from the whey of milk. It is a very good supplement because it is known to aid with weight loss and muscle building. And because it is an easily digestible protein it is good for the body.



Does It Help With Weight Loss?

Since Whey Protein helps build muscle this aids weight loss indirectly because the more lean muscle mass a body has the more fat it burns naturally. Also, Whey Protein is known to suppress the appetite, which is always good for weight loss.

4. Beta Glucan

Beta Glucan is a supplement that provides two different types of fiber, soluble and insoluble. Both of which can be essential for weight loss, and are also great for helping to control diabetes and lowering cholesterol as well.

It is a fact that increasing fiber intake in a diet can go a long way in helping to control weight and regulate blood sugars as well for those who are diabetic.

Fiber in Beta Glucan

With Beta Glucan supplement you give your body both types of important fiber, the soluble and insoluble varieties.

How Beta Glucan Aids Weight Loss

The Insoluble fiber actually goes through your body without being digested by the intestines. While the soluble fiber is transformed into a gel-like substance as it is digested.

This gel substance envelops the food and nutrients in your stomach and slows down the digestion process, which consequently means there is a slower release of sugars into the blood from all the foods you eat.

Also, fiber is great because it absorbs large amounts of water and therefore slows down the digestion process whenever you eat. A slow digestion process means that you will feel fuller longer as opposed to when the body digests food quickly.

And, of course feeling fuller longer means you eat less and therefore the caloric intake gets reduced and the body loses weight.

Additionally, Beta Glucan helps in weight loss by supporting healthy bacteria to absorb and digest fatty acid, which in turn boosts fat metabolism.



5. Conjugated Linoleic Acid (CLA)

Conjugated Linoleic acid is a group of chemicals found in food sources like beef and certain dairy products. CLA falls in the category of Omega 3 fatty acids, these are beneficial and healthy fats that are good for various reasons in humans, such as brain and heart health.



But, CLA specifically, is quite beneficial for weight loss and is one of the most popular supplements in the diet industry.

Most people probably get enough of this essential nutrient from food, though vegetarians probably to supplement their intake. It is also sold in stores as a supplement so if you are dealing with obesity and want to lose weight this supplement is a good one to choose.

It is also used for cancer, atherosclerosis and obesity patients, as well as for bodybuilding, and limiting food allergy reactions.

Does It Work For Weight Loss?

Evidence does show that Conjugated Linoleic Acid might help reduce body fat deposits and improves immune function.

6. Chromium Picolanate

Chromium Picolanate is a super popular nutritional supplement that aids in regulating insulin levels in the bloodstream to optimal levels. Unfortunately a lot of the hyper claims of this supplement have been mostly the propaganda of health aids marketers that has led to its huge popularity among health enthusiasts and body builders and has often been referred to as the miracle mineral that effects mood, weight loss, energy and that it can make people live longer.



Commonly Chromium Picolanate is used in weight loss, and the claim is that it helps control the appetite, reduce fat in the body and increases metabolism.

There is no endorsement or scrutiny as to the advertising claims of this supplement from the FDA because it is an over the counter product.

What It Does

It is really unclear as to how this supplement aids in weight loss.

The theory is that Chromium Picolanate improves the body's ability to metabolize insulin:

The general hypothesis is that Chromium Picolanate stimulates insulin levels in the blood, which can help with fat metabolism and manage breakdown of glucose and fat. Though the exact ways in which it does this is very unclear.

There is no definitive research that Chromium does this or how and this is one of the reasons that such hyper claims can be made by the myriad of manufacturers and advertisers that sell it as a weight loss supplement product. But, many in the fitness world believe in it wholeheartedly.

How Chromium Works?

Everyone has a theory and they are quite liberal with the spreading of these ideas to market this popular supplement, theories include:

- ⤴ Chromium Picolanate improves insulin absorption efficiency that stimulates serotonin production in the brain that then reduces the appetite.
- ⤴ Chromium regulates fat-production and prevents excess fat from forming in the body.
- ⤴ Yet another theory surmises that Chromium Picolanate increases protein synthesis that leads to more muscle growth in the body.
- ⤴ Body building and diet sites claim that this magic supplement reduces body fat and replaces it with lean muscle.
- ⤴ Many brands mix this supplement with L-carnitine, guarana and ma huang, the combination of which has been referred to as risky by experts because so much is unknown about these supplements and the interactions that can take place between them.

Does Chromium Picolanate Work For Weight Loss?

There is no definitive scientific research as to the effects that Chromium Picolanate has on weight loss.

In 1995 Trent and Thieding-Cancel conducted a study to see how effective Chromium Picolanate maybe for reducing fat in obese people.

For this study the obese were men with 22% body fat and women with a 30% body fat count.

During the study, the subjects performed aerobic exercise three times but only half had to take 400 mcg of Chromium Picolanate, while the other group all took a placebo.

All the subjects were measured for height, body weight and body fat at the beginning and after 16 weeks. The results found no differences in any of these measurements between the group that received the Chromium and those that did not. The entire group lost weight and researchers agreed that this was because of the exercise plan and not the supplement.

In the final conclusion, the authors did not recommend the Chromium supplement as a useful aid in weight loss (Trent & Thieding-Cancel, 1995).

There are several more studies that did not find this supplement to be an effective weight loss aid, including, a paper by Grant et al (1997) that examined the effects of chromium supplementation in a population of obese women and a study by Lukaski et al, 1996 that examined the effects of Chromium on males for weight loss and overall body composition.

And, finally since Chromium Picolanate is touted to help build muscle mass, Walker et al (1998) conducted research into the muscle composition, as well as, muscular performance of college wrestlers involved in preseason conditioning and the effects the supplement would have on their muscle training.

This study was in agreement with others did not find any relationship between Chromium and its ability to decrease body fat or to increase lean muscle mass. In fact, it refuted all of the claims that Chromium Picolanate delivers benefits similar to steroid drugs, and discourages the usage of Chromium supplements for athletes. (Walker et al, 1998).

Final Verdict

Most of the scientific evidence suggests that Chromium Picolinate has no impact or benefit for weight loss. But, many swear by it, including many personal trainers. Experts agree once again that exercise and a healthy diet is still the most effective and proven way to lose weight, to gain muscle, and to support general health.

7. Glucomanna, Psyllium and Guar Gum

Glucomanna, Psyllium and Guar Gum all contain soluble fiber that when induced by the human body has useful benefits for weight loss.

One is that is absorbs water within the gut that curbs the appetite, makes people eat less and therefore effects weight loss. Fiber also helps to control diabetes and blood sugars, two common co-morbid condition in obese patients.

Also, soluble fiber is transformed into a gel-like substance as it is digested by the body. This

gel substance envelops the food and nutrients in your stomach and slows down the digestion process, which consequently means there is a slower release of sugars into the blood from all the foods you eat, this greatly aids in weight loss.

8. Green Tea

Green tea has many health benefits in helping to fight heart disease, cancer, and others and now there is evidence that it also fights fat.

One study proved that those that drank green tea every day for 3 months lost more body fat than those who did not, or those that drank regular tea.

As cited by the January 2005 issue of the American Journal of Clinical Nutrition, researchers believe that it is the substance known as catechins that is found in green tea that is responsible for the weight loss because it helps to burn calories and decrease body fat.

Does Green Teat Burn Fat?

While all three teas, Black, Oolong and Green varieties originate from the Camellia Sinensis plant, it is only the green tea leaves that aren't fermented before they are steamed and dried.

While all teas have some beneficial compounds, green tea is especially loaded with a type of polyphenols called catechins. Catechins are not just known to burn fat and reduce cholesterol, but they also have anti-inflammatory properties and also compounds that stave of cancer.

In the study previously mentioned, researchers experimented with the effects of catechins on body fat reduction and weight loss in a group of 35 Japanese men.



All study subjects had a similar BMI and waist sizes. There were two study groups. The first group received green tea with 690 mg of catechins, while the other group had only 22 mg of catechins in the tea they drank.

All the study subjects consumed the same exact meals and all of them had to limit fat and calorie counts in their meals.

The results showed that after three months, the men who drank the green tea extract lost more weight (5.3 pounds vs. 2.9 pounds lost in the lower catechins group) and also had a larger BMI, body fat and waist size reduction.

Interestingly enough, the LDL cholesterol (bad one) was reduced in the Green Tea group as well.

Final Verdict

Studies do prove that the catechins in green tea help to burn more calories, lower LDL cholesterol and also helps to burn body fat.

How Much Green Tea Is Needed To Lose Weight?

Based on research one should drink at least 4 cups per day to get the benefits for weight loss. Of course, green tea supplements are also available in drug stores and nutritional aisles.

There are a lot of supplements on the market that are made with pure green tea.

Studies are now being conducted to find out about its effectiveness for diabetes, weight loss and high cholesterol.

9. Mango Seed Fiber

Fiber derived from the seeds of African mango trees has been used traditionally in Africa as a common weight loss method. Right now there is no evidence of its effectiveness in science though it is gaining popularity in the United States.

10. Fiber

One of the best ways to lose weight and keep it off is to control hunger and eat less. There really is no magic pill, eating good food in moderation and exercise is still the best and most sustainable way to live life in a healthy manner and have a fit body.

How Fiber Helps Weight Loss

While dietary fiber is not a magic weight loss tool, it is useful in helping you to stay full longer and that makes you eat less!

Fibrous foods take longer to chew and digest and that allows your brain time to register satiation.



When you choose foods that are high in fiber, such as broth vegetable soups, fruits, veggies and salads you get to the same amount of food but with a lot less calories. And, you also feel fuller on the same food and so you are satisfied.

Joanne Slavin, PhD, RD, a professor at the University of Minnesota in St. Paul and member of the 2010 Dietary Guidelines Advisory Committee says: “Studies that look at what people eat show those who eat more carbs, more fiber, and cereal in general weigh less than those who eat less fiber, carbs, and cereal.”

Also, fiber is great because it absorbs large amounts of water and therefore slows down the digestion process whenever you eat. A slow digestion process means that you will feel fuller longer as opposed to when the body digests food quickly.

And, of course feeling fuller longer means you eat less and therefore the caloric intake gets reduced and the body loses weight.

The Food and Nutrition Board of America advises that men should consume at least 38 grams of dietary fiber on a daily basis, whereas women should take-in at least 25 grams. However, most Americans do not consume even half of the recommended daily allowance.

This is one of the main reasons for obesity, high cholesterol and elevated blood sugar levels of the majority of Americans.

Desirable fiber sources include oats, fruits, vegetables and legumes.

Taking in the recommended dose of dietary fiber on a daily basis will help to keep you feeling full throughout the day. This will help to eat less than you would do under circumstances where there is less dietary fiber in the meals.

Benefiber Supplement

Benefiber is a fiber supplement that is available in many forms. The most popular form is the powdered form. The main ingredient is wheat dextrin. It is a gluten free product where the gluten levels are less than 10ppm.

It is also sugar free and taste free, which dissolves in solid or liquid food items easily. Benefiber weight loss benefits are helpful in maintaining a healthy digestive track and helping to lose unwanted weight more efficiently.

11. Ephedra

Despite the seemingly countless 'magical' diet schemes available to the public, a product and/or method has yet to emerge which allows for quick, easy and physically safe weight-loss. One chemical in particular, however, has showed increasingly promising signs regarding this issue. The chemical is Ephedrine.



Ephedrine and Its Uses

Ephedra comes from a Chinese plant called ma huang. Its proper name is Ephedrine and it can be found naturally and is also made synthetically in all types of dietary supplements, OTC herbs, prescription cold remedies, asthma products and also in illegal drugs as well, such as speed and methamphetamine.

In fact, Ephedra has been widely used for more than 2,000 years to deal with asthma, colds, headaches, aches and pain, coughing and other ailments. By itself, Ephedrine is an extremely potent amphetamine-like chemical substance, but as Mark Blumenthal editor of HerbalGram and executive director of the American Botanical Council says that he has used the stems and twigs of the Chinese herb ma-huang as a cold remedy for years and that the individual properties and effects of ephedrine, the alkaloid in ma-huang is not the same as the whole herb itself.

Ephedra has it's list of potential side effects: aggressiveness, anxiety and tremor, all of which can result in poor judgment that brings risk of injury to the sufferer. Increases in heart rate and blood pressure can cause dehydration and decreased circulation. Various complications as a result of these adverse effects may result in stroke, heart irregularities and even heart attack and death. Anxiety is often seen when one first begins to take an Ephedra in an over the counter diet supplement, and this is because of the herbs stimulant effects.

Ephedrine's Effects on Weight Loss

In spite of the numerous possibly damaging negative effects, ephedrine is really only dangerous when abused. Nonetheless, it provides a number of good attributes when it comes to its benefits upon certain facets of the body and mind. Considered one of its more substantial attributes is definitely its effects on weight loss.

Ephedrine provides the unique ability to promote thermogenesis in the human body, it really works to speed heart rate and therefore increase metabolism, which, of course helps to burn more calories throughout the day and lose weight.

Basically the formula to lose weight is burn more than what you consume, and then your body

to looks to stored fat for fuel and burns that instead. Ephedrine aids in this process by increasing the heart rate increasing energy levels in the body and therefore speeding up metabolism. Numerous studies have on lab rats do show that Ephedrine aids in weight loss by facilitating this process.

Ephedra is typically mixed with various other stimulants in pill form, usually these are caffeine or ginseng. Animal studies state that Ephedra works by decreasing appetite and also by encouraging fat metabolism (Wellman & Sellars, 1986). And, when used in proper and recommended doses they lead to less side effects.

The Final Verdict

Ephedrine has shown us encouraging signs in reducing fat and body weight when used in pill form blended with caffeine. But, once again, without a healthy diet and exercise this is still not a magic pill, and will not long term success for obesity unless a significant lifestyle change is made in conjunction. It is still just a tool that when mixed together with the appropriate blend of diet and working out will yield success for those seeking to get fit for life.

12. Caffeine Supplements

Caffeine is a really great appetite suppressant. It really works wonders especially for those first taking who haven't built up a tolerance. When you eat less you lose weight and that's a fact so caffeine can really work for weight loss. However, there are some drawbacks. First, caffeine has its set of side effects like feeling jittery, nervousness and anxiety because of its stimulant like effects on the body.



Second, as with other appetite suppressants that curb hunger this is not a permanent solution because most will go back to eating as usual when they either stop using the caffeine or when they build up a tolerance and start to eat more.

But, if you need to lose some fast weight caffeine definitely works! Daily doses can be obtained by drinking coffee or in pill form as a supplement.

A promotional banner for BistroMD. On the left, there is a photograph of a plate with a sandwich and a fork. The text reads: "Celebrate the NEW YOU!" in orange and green. To the right, it says "Your First Week As Low As \$89" in large green font, with "+ FREE SHIPPING (JUST \$8.90 /MEAL!)" in smaller green text. The BistroMD logo, featuring a fork icon and the text "bistroMD", is on the right, with an orange "ORDER NOW" button below it.

13. Acai Berry

What Is the Acai Berry?

Acai (ah-sigh-ee) is a deep purple berry that comes from the Amazon River of Brazil and tastes like wild berries and chocolate. It does contain Anthocyanins that are effective antioxidants that can protect the human body from various conditions like, diabetes, aging, cancers, and various neurological diseases, as well as bacterial infections.

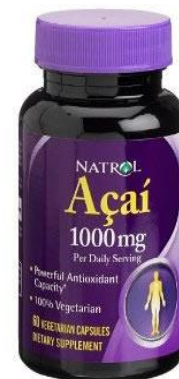


The Acai Berry hit the diet market like a typhoon, and is touted to have many health benefits, the biggest of which, is weight loss.

Research has proven that Acai berries do come with some antioxidant properties. But this is true for other berries as well. These antioxidants go a long way to protect the body from damage made by free radicals and guard against cancer and heart disease.

“Acai is a nutrient-rich source of antioxidants, much like many other fruits, but there is nothing magical about the fruit to cause weight loss,” says David Grotto, RD, author of *101 Foods That Could Save Your Life*.

There is no such thing as the “Acai Berry diet.” There are only supplements and various food products that incorporate Acai, such as Acai Berry detox, Acai burn and Acai Berry edge, all of which promise very fast weight loss, and should be a part of a healthy eating and exercise plan.



In reality, the only way to gain any positive effects from this berry is when it is eaten in its purest form. So that means the best Acai supplements are those that are 100% pure.

The problem is that the FDA does not regulate products sold over the counter as they do prescription drugs, so manufactures can say virtually anything without someone watching.

The Verdict on Acai and Weight Loss

Why is the only real valuable Acai supplement for weight loss one that is 100% pure?

In order to gain any metabolism or fat burning benefits from Acai you need to eat a huge amount of it and then the calories would be way more than what one should consume to lose weight. Keep in mind that a 4 oz. serving of pure Acai comes with a hefty 100 calories.



Usually most products made from Acai only contain a very tiny amount of the actual pure Acai Berry because it does not transport well and the rest is sugar and useless calories.

Most all Acai products are very expensive and many everyday fruits that don't cost near as much like, Blueberries, Blackberries, Strawberries and Raspberries have better health benefits without the added sugar and calories.

When used in conjunction with a low calorie healthy diet and exercise plan Acai can help, as long as the supplement is 100% pure. By itself, Acai is just another fruit.

The DASH diet is recommended by Michael Roizen, MD, chief wellness officer for the Cleveland Clinic, as it contains a variety of antioxidant-rich fruits and vegetables that offer many more benefits than with using Acai Berry.

Pharmaceutical Methods for Weight Loss

What Are Diet Pills?

Diet pills prescribed by a doctor, also referred to as anti-obesity drugs are sometimes used for patients as an added tool for weight loss. Doctors recommend these as an added aid that goes along with a balanced sensible diet and a regular exercise regimen. Often diet pills are reserved for obese patients who have a difficult time losing weight on their own.



A doctor should be consulted before beginning any weight loss program and especially one that includes diet pills. People have learned the hard way that taking a friend's pills is never a good idea. These are serious medications that come with warnings, side effects and can be contraindicated with other medications one might be taking.

There are very few options in over the counter weight loss pills that are effective. The only one that is clinically proven and has seen great results is Orlistat, brand name Alli, that you can buy over the counter and we will discuss later in this book.

Since the FDA does not regulate over the counter supplements and diet aids a lot of them are just over hyped products that lack any real scientific research into their effectiveness.

But, doctor prescribed diet pills on the other hand are regulated by the FDA and have strict controls in place to test for their effectiveness, risks and dangers prior to them being made for public use.

Best Candidates for Diet Pills

Many of the prescription weight loss drugs are a viable option for the morbidly obese with high risks of co-existing conditions such as Type 2 Diabetes, heart disease, high cholesterol, and high blood pressure. Often, like surgery for weight loss, these are a good option for those high risk patients who have failed to lose weight with diet and exercise alone.

On average, in a year's time patients on diet pills prescribed by a doctor lose about 5% to 10% of their initial weight when used alongside a sensible diet and workout plan.

How Diet Pills Work

Most of the doctor prescribed diet pills are called anorexiant. Some of them contain stimulant medication that are scheduled controlled substances by the Drug Enforcement Agency and this is because they are mood altering chemicals that have addictive properties.

The Best Diet Pills

1. Phendimetrazine (Bontril)

Bontril (phendimetrazine) is a sympathomimetic amine, similar in chemical makeup to amphetamine. It is an "anorectic" or "anorexigenic" drug that stimulates the central nervous system, specifically the nerves and the brain which in turn increases heart rate and blood pressure and decreases the appetite quite a bit.



Bontril is prescribed as a short term aid in the treatment of obesity. It is normally used as an aid for those that need it to start them off, but without learning how to eat right and exercising regularly and maintaining a commitment to such, permanent weight loss will not happen.

Common Side Effects of Bontril

Bontril can cause various side effects:

- ⤴ Blurred vision or impair your thinking or reactions
- ⤴ Bontril is definitely habit-forming and so only the prescribed dose should be taken for a short period of time
- ⤴ Withdrawal can occur if the medicine is discontinued suddenly.
- ⤴ Do not crush, chew, break, or open the extended-release Bontril capsule. Swallow it whole as it time released and breaking it can mean that too much of the drug will be released in the system.
- ⤴ Swelling of your face, lips, tongue, or throat
- ⤴ Shortness of Breath
- ⤴ Chest Pains
- ⤴ Ankle or feet swelling
- ⤴ Pounding heartbeats
- ⤴ Confusion or irritability
- ⤴ Sudden mood swings, very happy or very sad
- ⤴ And more that will be explained by your doctor.

2. Orlistat (Alli) - OTC Strength Available Too

Alli (orlistat) is available in an over-the-counter version and also as a prescription from the doctor, which, is a stronger dose.

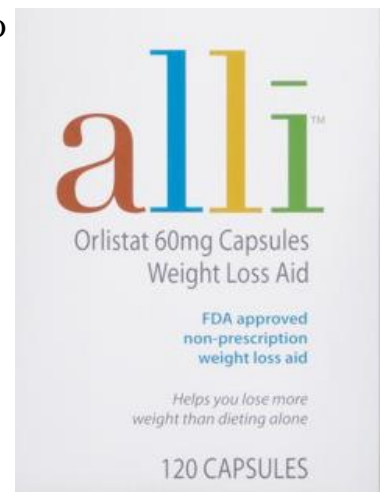
Many studies have been done as to the effectiveness of Alli and indeed those proved that Alli helps people to lose more weight than simply diet and exercise alone.

How Does Alli Work?

Alli belongs to a class of drugs called lipase inhibitors, the function of these drugs is to block the stomach intestines from absorbing all of the fat that is eaten in one's daily diet.

Alli blocks 25% of all fat eaten and those fats that are not absorbed by the body leave it via bowel movements.

Some research has proven that Alli reduces visceral fat, which is an especially bad type of belly fat. Visceral fat has been associated with various chronic and life-threatening conditions, such as Type 2 diabetes, high blood pressure, heart disease, and stroke.



Taking Alli

- Alli comes in capsules and is taken three times per day with a meal.
- The pill works best when taken with meals that include a little bit of fat.
- Those who take Alli must follow a low calorie and low fat diet plan.
- Your doctor can recommend an eating plan and Alli comes with one too.

When taking Alli one must be cautious of eating foods high in fat, a greasy meal full of fat can cause very uncomfortable digestion issues.

Lean protein, fruits and vegetables are recommended as the main staples of the diet, and no more than 30% of the calories eaten in one meal should be from fat.

Those who take Alli are also advised to take multivitamins that have vitamins A, D, E, K, and beta-caroten because the fat-blocking properties in Alli make it impossible to these types of fat-soluble vitamins.

Who Is The Best Candidate For Alli

Alli is for those people that have tried to lose weight with diet and exercise before and it did not work. Keep in mind that Alli is meant for those people that are dedicated and committed to eating a healthy diet and regular exercise plan. It is also required that one eat less than 30% of calories from fat at each meal.

This diet pill is used for adults over 18 with a BMI of 25 or greater. As previously stated, it is available in over the counter strength, and a stronger dose is available from the doctor with a prescription in a brand called Xenical. Sometimes Xenical is used in post bariatric surgery patients to help keep the weight off.

The Verdict

Alli is a viable solution for those who are struggling with weight loss. With dedication to a healthy food and workout regimen Alli is a great tool to accelerate weight loss, talk to your doctor before using it to make sure you are a good fit.

3. Diethylpropion (Tenuate)

Diethylpropion decreases the appetite and is usually prescribed by a doctor in conjunction with a healthy diet on a very short term basis, at most a few weeks, to help patients lose weight.

Like most prescription diet pills, Diethylpropion is a stimulant and can cause bouts of anxiety, insomnia and over extended energy. It is a controlled substance because it is a mood altering medication with habit forming properties. This is the reason it is only prescribed for short periods of time.



The Best Candidates for Diethylpropion

As with most prescription weight loss pills, Diethylpropion is typically used for the very obese who have had real trouble in losing weight with diet and exercise alone.

Because these pills have strong addictive qualities and serious potential side effects it is only recommended for short term use.

Diethylpropion Side Effects:

- △ Dry mouth
- △ Unpleasant taste
- △ Restlessness
- △ Anxiety
- △ Dizziness
- △ Depression
- △ Tremors
- △ Upset stomach
- △ Vomiting
- △ Increased urination
- △ Fast or irregular heartbeat
- △ Heart palpitations
- △ Blurred vision
- △ Skin rash
- △ Itching
- △ Chills
- △ Painful urination

4. Benzphetamine (Didrex)

This medication is an appetite suppressant and belongs to a class of drugs called sympathomimetic amines.

Another diet pill that is doctor approved for people who follow a reduced-calorie diet, exercise, and behavior change program to aid in weight loss. It is not really known exactly how this medication helps people to lose weight. But it does decrease the appetite, increases the amount of energy used by the body and boosts metabolism.

The Perfect Candidates for Benzphetamine

It is usually used for people who need to lose significant amounts of weight where diet and exercise alone has not been enough. Losing weight and keeping it off can reduce the many health risks that come with obesity, including heart disease, diabetes, high blood pressure, and a shorter life.

Benzphetamine is taken by mouth, as directed by your doctor. The dosage is based on your medical condition and response to therapy. Your doctor will adjust the dose to find the best dose for you.

Side Effects:

- Dizziness
- Dry mouth
- Difficulty sleeping
- Irritability, nausea
- Vomiting
- Diarrhea and/or constipation

Serious Side Effects:

- Fast/irregular/pounding heartbeat
- Mood Changes
- Uncontrolled muscle movements
- Changes in sexual interest

5. Phentermine (Adipex-P, Fastin)

Phentermine, also known by its brands names, Adepex-P, Obenix, Oby-Trim is a diet drug that helps to curb the appetite, sometimes quite a bit, depending on the person taking it. While it is not known exactly how it does this, the hypothesis is that curbs the appetite by acting on the parts of the brain that control appetite. Phentermine is similar to amphetamine. It stimulates the nervous system, elevates blood pressure, and increases heart rate.



Best Candidates For Phentermine

This drug is prescribed by a doctor along with a sensible diet and exercise plan for those people diagnosed with morbid obesity who have a BMI greater than or equal to 30 kg/m² or greater than or equal to 27 kg/m² with risk factors for heart disease. This is not a solution for those that want to lose 20 pounds!

Common Interactions:

Phentermine is very similar to amphetamine and can interact with Elavil, Endep or monoamine oxidase inhibitors (for example, tranylcypromine) causing high blood pressure and other serious reactions.

Side Effects

- ⤴ Nausea/Vomiting
- ⤴ Diarrhea
- ⤴ Constipation
- ⤴ Hives
- ⤴ Impotence
- ⤴ High blood pressure
- ⤴ Heart palpitations

6. Belviq

Belviq (lorcaserin) is a prescription diet pill that affects chemicals in the brain that affect appetite. This is the first diet pill the FDA has approved in several years. It is used together with a sensible diet and exercise plan to treat people with obesity. It is also useful to treat obesity that is related to various other conditions, like, diabetes, high cholesterol, or high blood pressure.

As are most all diet pills Belviq may be habit forming and has highly addictive properties.



Perfect Candidates for Belviq:

This diet pill drug is reserved for those that are severely obese and for whom diet and exercise alone has not worked. A sensible diet plan and workout routine must be followed while taking these pills.

If you have diabetes; congestive heart failure; sickle cell anemia, heart issues; leukemia or myeloma; kidney or liver disease; or physical deformities of the penis then you need to tell your doctor prior to taking this medication.

Side Effects:

- Hives
- Difficulty breathing
- Swelling of your face, lips, tongue, or throat
- Nausea
- Constipation

Serious Side Effects:

- Unusual thoughts or behavior, feelings of extreme happiness or sadness;
- Feelings of standing next to yourself or being outside of your body;
- Suicidal thoughts
- Agitation
- Hallucinations
- Fever
- Rapid heartbeats
- Nausea, vomiting, diarrhea
- Fainting
- others that your doctor will explain

Choosing the Best Diet for You

There can be quite a few reasons that drive people to lose weight.

Some maybe preparing for an event like a wedding and want to drop a few pounds. Others might want to fit into the old jeans. Some may just be a few pounds overweight and would like to get more fit. But, for a large part of the overweight population choosing to lose weight can be a life or death decision.

There are many health risks associated with obesity, those include: Type 2 Diabetes, heart disease, high blood pressure and more.

There are also various conditions that plague the obese that are not life threatening, but are annoying and need to be dealt with, these include, but are not limited to: aches in joints, incontinence, fatigue, indigestion, heartburn and lack of energy.

Whatever your personal reason maybe, deciding to lose weight can be an exciting time, until of course, after a few days or weeks, when the diet gets boring, or the feelings of deprivation and hunger become overwhelming.

At this point the diet becomes a chore, it's no longer appealing and you wind up slowly or sometimes quickly returning to old habits and regaining what you lost.

Often people gain back more than what they lost because of the way the body reacts to roller coaster dieting.

Having a success plan and using certain strategies to help you succeed and stick with the plan is key, and the most important factor is to make sure and choose the right diet plan before you start.



The probability of success for any weight loss plan is greatly depends on the choice of the diet itself. After all, how many of us can be happy with a plan that is full of food we hate.

Since there are so many plans available, many of which were mentioned in this publication, it is really critical for you to do some evaluation and choose the right one.

Characteristics of the Best Diet Plan

The best diet plan is one that can easily fit into your lifestyle and be something you can follow without undue hardships.

For example, if the diet plan calls for lots of cooking and preparation and you work 2 jobs this is not realistic at all. You will become overwhelmed and abandon it sooner rather than later.



You must make sure that the stipulations of the diet, the time, effort and foods allowed are in line with your personal lifestyle, situation and tastes. Choose wisely and do not set up failure before you even begin.

Considerations When Choosing a Diet

Here are some questions that those who want to lose weight should ask themselves.

- ▲ How much food preparation is required?
- ▲ Is there counting or tracking of any kind?
- ▲ Will I stick with tracking?
- ▲ Does it fit with my life and work schedule?
- ▲ Are there success stories and documentation of its effectiveness?
- ▲ Is purchasing special products required?
- ▲ How many pounds do I need to lose?
- ▲ Does it cost money?
- ▲ What are the food restrictions?
- ▲ Can I live with the food restrictions?
- ▲ What are the allowed foods, and do I like them?
- ▲ Are there recipes available to make the eating plan easier?
- ▲ Is there an online support community? Or any support?
- ▲ Are the allowed foods acceptable and ones I like?



- ⤴ What about my family? i.e. having to cook separate meals?
- ⤴ Is eating out doable and supported on the diet?
- ⤴ How much time needs to be dedicated to the diet?
- ⤴ Is the diet in line with medications I am taking?
- ⤴ Is it okay with my doctor?
- ⤴ Does it conflict with any medical conditions I have?
- ⤴ Have I tried it before and it failed? If so, why?
- ⤴ Is this diet a temporary band aid or will it teach me to eat right and therefore keep the weight off?
- ⤴ What are the exercise requirements and do they fit in my schedule?
- ⤴ Am I willing to exercise?

It's important to cover all the above bases if you want to succeed. The diet needs to be user friendly and fit in within your parameters in order for you to stick with it.

Consider the Food Restrictions Seriously

The food restrictions are one of the most important considerations. For example, someone who knows themselves enough to know that they can't live without pasta should not choose the Atkins plan. Why? Because within a few days or weeks they will get frustrated, eat pasta and blow the whole plan. What sense does that make?



In fact, this type of self-defeating behavior often causes self-esteem issues as one can easily feel like a failure and this deters from future success in getting fit.

But, keep in mind that if you are overweight your eating habits are flawed. So, no matter what diet you choose you will have to be disciplined and give up something, whether that means giving it up all together, or just lowering portions or times that the item is eaten.



But, there is a big difference between not having it at all, like pasta on Atkins, and Weight Watchers where there are no food restrictions, but instead portion controls.

Consider the Costs of Weight Loss Methods Being Considered

Billions are spent on weight loss in the United States each year.

And while some people do not track their spending, a lot do. Just because a diet costs money it does not mean it's better than many of the free plans or low cost ones that come in forms of books. But, they tend to be more structured and offer support, which is essential for many to succeed.

You can get a sensible diet and workout regimen from your doctor, online, from a qualified nutritionist or from an inexpensive book and this will cost a lot less, or be free altogether.

It's important to weigh the pros and cons of both free and paid plans and choose wisely so there is no undue financial hardship.

Fee Based Diets Pros and Cons

Pros

- ⤴ One on one support options are available.
- ⤴ Online communities exist that offer support.
- ⤴ Paid diets are usually very structured and great for those that do not know anything about proper eating and fitness.
- ⤴ Most are scientifically sound and provide correct portion and calorie control, as well as the right foods to lose weight.
- ⤴ The successful ones work, and have solid reputations.
- ⤴ Food delivery is available, which makes it easier to follow.
- ⤴ Many paid programs do not involve tracking and counting, which is nice for those that hate to do it, or have little time.
- ⤴ Many people cherish things they paid for, as opposed to those they got for free. When you pay for a plan it might be a big incentive to stick with it.



Cons

- ⤴ Paid programs can cost a lot along with the cost of food.
- ⤴ Supplemental fresh grocery items need to be purchased along the prepackaged meals, such as that with Nutrisystem and Jenny Craig.
- ⤴ Usually the program is prepaid for at least a month and if you quit you lose money.
- ⤴ For those on a budget they are not feasible.
- ⤴ Many paid programs include food delivery, which has its drawbacks in that dieters do not really learn how to shop for, measure, track prepare and cook the proper foods to maintain and manage weight on a permanent basis.



Conclusion

Gather your motivation, goals and strategies and choose wisely. Stop thinking of it as dieting, and consider real sustainable changes that you can live with for life.

Even if you start small, like choosing an apple instead of a donut for a snack and sticking with that on a regular basis.

In the end the choice is yours. Choose a plan you can follow and one that won't be a constant struggle. Consider the fact that the most important aspect of the diet is to not think of it as temporary, think of it a lifestyle change that can bring you permanent and lasting results for life.

To your success in whatever plan you choose!



Recommended Weight Loss Resources

Below are a few recommended weight loss resources (Click on links for more info):

- ^ [Slimtone Keto Diet](#)
- ^ [BistroMD](#)
- ^ [Fat Burning Fingerprint](#)
- ^ [Forskolin](#)
- ^ [Lean Belly Breakthrough](#)
- ^ [Green Coffee Bean](#)
- ^ [Garcinia Cambogia Select](#)
- ^ [28-Day Keto Challenge](#)
- ^ [Flat Belly Fix](#)
- ^ [Raspberry Ketone Max](#)
- ^ [Divine Eats - Free Recipe Book](#)