

## Thoughts Do Count to Succeed in Losing Weight, My Friend

I know this is about weight loss, but like every thing in life, it is safe to draw from a very succinct verse in the Bible: "As a man thinks in his heart, so is he..." In regards to 'succeeding' at losing weight, this is indeed very true. Everyone is what and where they are now based on what they thought or spoke of their situations and lives a few years back and to focus on that aspect alone, when it comes to weight loss, it goes without saying that to succeed at it, some mental habits to lose weight may need to be applied. Now, we all know every action is based or rooted in a thought; that considered here are some mental habits you can strive to make realities through your actions towards losing weight starting now. 1. Think of being active at all times. 2. Be around like minded individuals who ACTUALLY ARE TRYING TO LOSE WEIGHT AND ARE DOING SOMETHING ABOUT THAT! 3. Learn to be stress free. The less anxiety, the more you can relax and not reach for food to calm you down. 4. Envision what you want to look like with your weight loss and exercise routine, if you can see it, then you can be it. 5. Stop thinking about your diet. You should view this as a way of life. Here's a helpful suggestion that would ensure you don't become overly obsessed with counting calories and measurements etc go for the Mucus-less diet healing system of raw and/or properly cooked fruits, leafy and root vegetables intermingled with short juice fasts and restricted mono-meals of seasonal fruits. 6. Do the exercises that you like. When you enjoy doing something, you will naturally look forward to doing it more often. Powerful thoughts and behaviors make your weight loss programs succeed, not necessarily the programs themselves. Even on days when it seems like you can't hang remember this quote: "Weak is he who allows negative thoughts to control his actions, strong is he who forces his words and actions to control his thoughts", so if you have to force or literally command yourself to do something, then so be it, do just that. Hey, a thought is driving you to do just that right? Here's to health and wellness.

## About the Author

Explores the role of diet in birth defects and genetic disorders. Includes nutritional links to disorders such as Down syndrome, cerebral.

Source: <http://www.productsherbal.com>