

Become A Lean Mean Machine



How to End the Dreaded Weight-Loss Plateau

There is hope for you when you find yourself at a weight-loss plateau.

By maintaining confidence and a commitment to your weight management, which requires staying faithful to its regimen, you can join thousands of others who were able to appreciate a plateau for two or more weeks, and then sneak off it to some gratifying new successes.

Are You A “Debbie?”

People throughout the ages have been disappointed --- even totally disillusioned --- about their ability to lose weight whenever they hit a weight level that was difficult to go below. Here is a typical weight loss scenario:

Phase One:

“Debbie” starts on a program touted to create weight and inch loss. She follows the program faithfully and loses 9 pounds rather effortlessly over a 6-week period of time.

Phase Two:

“Debbie” hits a standstill with weight loss, but she continues to adhere to the protocol just like before. Her weight stays the same for the next two weeks. Her at-first-exciting weight drop is now being overshadowed by unmistakable discouragement. She is ready to quit. She begins to slack off being as faithful to the program as before. A few pounds creep back.

Phase Three:

“Debbie” quits the program and says it didn’t work. Eventually she winds up a little bigger and a little heavier than she was when she started. Another failure. Unfortunately, if “Debbie” had only had the proper orientation to her weight changes, she would have realized that she had simply reached a normal weight-loss plateau.

Plateaus

Plateaus show us that our bodies are adjusting to a new “lower level” weight set point. Plateaus do not selectively occur with a particular program. Regardless of how the weight is lost, plateaus are a natural occurrence and should be expected. You want to welcome a reasonable plateau and respond with gratitude that your body is learning to like a new more desirable size and weight level. You need to keep positive thoughts about how great it is that you have stabilized. While you are at a set point weight, eating abuses tend to go unnoticed. On the other hand, before, when you were not at a set point weight, one adventurous weekend could be reflected in a five pound or greater “weight” gain.

Additional Approaches

It is always vitally important to drink your 8+ glasses of pure water a day, but it’s especially critical when weight loss ceases. Often, a build-up of toxins causes sluggishness in major body areas, like the liver and colon. Exercise has proven to be helpful to many who have been at a slowdown, because exercise stimulates toxin removal and lean tissue ratio improvement. Many reluctant weight losers have also found a daily hot bath to be stress relieving, which can help greatly in a weight loss regimen. Stress as you undoubtedly know, can be a major factor in preventing weight loss.

All-natural Boost

If you feel you could benefit from some all-natural, botanical help in kicking back in to a weight-loss mode, you might want to consider drinking 3-4 glasses of *Trimboldic*, a cellulite and fat metabolizer which helps to detox fat cells and inhibit fat absorption. *Trimboldic* (\$29.95) is available in lemon or peach. One of the greatest benefits to flushing the system with *Trimboldic* is that it helps to cleanse those toxic residues from the liver/circulatory system as well as from the fat cells.

Success Stories

Reggie Hayes lost 11 pounds and 8 ½ inches in 10 days.

Nigel Branson lost 16 pounds in 10 days!

Ann Gentry lost 15 pounds and 11 inches in 10 days

Kay Mulattieri lost 7 pounds and 18 ½ inches in 10 days!

Taylor Hegan, R.Ph., lost 10 pounds in 10 days and never felt hungry.

Note:

The ultimate occasional assistance for breaking a two week or longer weight plateau is *Suddenly Slim!*

This is a 10-day regimen that includes three specialized products and fourteen glycemic-indexed meals and only costs \$59.95.

Suddenly Slim! is a metabolic reset that actually corrects body chemistry problems.