

SPECIAL REPORT

BECOMING A "LEAN MEAN MACHINE"

How to End the Dreaded Weight Loss Plateau

By: EILEEN SILVA



People throughout the ages have been disappointed-----even totally disillusioned about their ability to lose weight when they have hit a weight level which 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: She 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: She 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 “plateaus are good”.

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 to 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 setpoint, weight eating abuses tend to go unnoticed. On the other hand, before when you were not at a setpoint weight, one adventurous weekend could be reflected in a five pound or greater “weight” gain.



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:

- *Reggie Hayes loses 11lbs. & 8 ½ inches in 10 days.*

- *Nigel Branson loses 16 pounds in 10 days!*
- *Ann Gentry loses 15 pounds & 11 inches in 10 days*
- *Kay Mulattieri loses 7 pounds & 18 ½ inches in 10 days!*
- *Taylor Hegan, RPh, loses 10 pounds in 10 days and never felt hungry.*

It is always vitally important to drink your 8+ glasses of pure water a day; but it is 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 while 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.

If you feel you could now 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 **Trimbolic**✦, a cellulite and fat metabolizer which helps to detox the fat cells and inhibit fat absorption. **Trimbolic**✦, available in lemon or peach, retails for \$29.95. One of the greatest benefits to flushing the system with **Trimbolic**✦ is in helping to cleanse those toxic residues from the liver/circulatory system as well as the fat cells.

Note: And the ultimate occasional assistance for breaking a two week or longer weight plateau is a 10 day regimen is called **Suddenly Slim!**✦, retailing for \$59.95 including all 3 products and 14 glycemic indexed meals. The **Suddenly Slim!**✦ system is a 10-day metabolic reset that actually corrects body chemistry problems.

*Eileen Silva is a metabolic health-balancing expert who has appeared on TV and radio talk shows coast to coast, lectured extensively and does individual and group weight management consultations, as well as corporate wellness programs. Her best-selling new release **Fat Chance At Last!---How to Go Beyond Willpower...** joins her other deluxe tape album series 1&2 as well as her unique breakthrough technology, a colored bar graph computerized body analysis, **Body Fitness Profile**. Thousands of clients across the United State have greatly enhanced energy, well being, weight balance and longevity with Eileen's customized body analysis and wellness coaching.*

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