

Published based on [Weight Loss: Don't Eat More Than You Can Lift](#)

# **Weight Loss: Don't Eat More Than You Can Lift**

weight loss and weight-lifting:

When I determined that I would write this weight loss article, I figured I wouldn't turn to "experts", doctors or classical philosophers. So, I turned to that veritable sage of expert insight and real-life savvy...Miss Piggy. Her "weight loss" counsel? "Never Eat More Than You Can Lift."

I am not a weight loss therapist. Granted. But, as a Cardiac and Thoracic Surgeon for over three decades, I've done my share of weight loss "counseling."

Actually, by the time they needed to come to see me, my "counseling" was very simple: "If you want to live, you better start some sort of weight loss plan...immediately."

They usually didn't like my counsel. I assured them, they would like my surgeon's knife even less.

It got worse. I would then tell them: "The plain fact is this: If you are overweight, you are in danger."

People can take only so much comforting.

Why so direct, you ask? Hum...In case you didn't get it before, I'll say it again slowly... "If... you... are ...overweight, then ...YOU... are...IN...DANGER." That is the first of four principles about weight loss you must learn.

If the conviction in your soul doesn't have "stopping power" - no "pause" in eating beyond safety - then you are not convinced about the danger sufficiently to save your own life. I know. I've seen it a thousand times in the patients of colleagues as well as my own, in hospitals all over Illinois.

Every weight lifter, for example, knows lifting weights, whether for fun, sports training, or competitive advantage, can cause serious injury or death. Every weightlifter knows that the only, really healthy part of the weight-lifting regimen is the part when you rest. That is when the body repairs itself.

If you are overweight, you are almost never resting your body from the weight you are lifting...the weight attached to you.

That is the second point to learn about "weight loss." If you are overweight, then you are always lifting weight (yours)... and your heart is always working to carry that weight. And your bones, muscles and ligaments are always carrying more than they were designed to lift or carry. And there is little rest for your body. The only solution for you is weight loss...or worse.

What can I say to make you understand how dire this issue really is?

The weight loss plan that always works...ask any doctor.

Go ahead...ask any doctor. See if I am mistaken. There is a weight loss plan that always works. Ask your doctor about it.

I can tell you are curious to know what it is. Don't be. No one is ever really interested in it. So, why bring it up? Because it is the only way you will lose weight. No matter what you do to lose weight, this is what you must do to get results.

Weight loss plan: Take into your body less energy than you use. That's it. If you use more energy than you take in, your body must burn off the weight to create the energy you need.

Hum...It's called basic mathematics. Take in less, use up more. Subtract weight. Works every time. No exceptions. But, that's not the third lesson to learn. No. The Third lesson is this is. Taking into your body less energy than you use is the only solution given to us. No matter what you do, fail in this, no loss of weight will occur.

I'll just bet you're having a charismatic experience over that one.

Yet, people would prefer to spend lots of money and exasperation on any of the following:

- weight loss pills...including rapid weight loss pills...
- weight loss diets of all sorts...
- weight loss programs - often ingenious but taxing upon the body...
- weight loss products so diverse it's unimaginable...
- weight loss supplements promising wonders...
- weight loss spas...
- weight loss with acupuncture...
- weight loss exercises ...
- weight loss nutrition...
- weight loss counseling...
- weight loss clinics...
- weight loss medications...
- weight loss recipes ...
- weight loss walking...
- weight loss patches...
- weight loss drugs...
- weight loss surgery, for those who just can't endure the problem much longer...

There's even .... "weight loss hypnosis."

Another solution?

No. But, there is a Lesson Four here. There is something you should take to protect yourself since you are not going to take the simple weight loss plan given above.

Indeed, we should all be taking a new nutrient which, for two decades, scientists suspected did exist but took three Nobel Prizes in the nineties to prove. Glyconutrition.

Weight loss is often undertaken in a compromised manner. For example, some of us exercise heavily. Did you know that free radicals are multiplied heavily as a direct result of your workouts? Glyconutrition is designed to absorb the free radicals while limiting their scope and damaging effects.

So, if you are working out heavily so as to lose weight, get on a glyconutrition regimen immediately.

Are you cutting back on meals or other dietary restraints? Glyconutrition must be present for your body to utilize the nutrients you do ingest, make necessary tissue repairs, and eliminate the toxins you need be rid of.

If that doesn't happen, you may be weakening yourself unknowingly. If so, you may be losing weight, but incurring danger to your tissues or organs elsewhere inside you.

Like I said, if you are overweight, you are in danger...in more ways than one.

Glyconutrition, incidentally, helps the body lose weight through proper cellular communication ...but that for another article.

So... if it you're overweight...Listen to Miss Piggy.

"Never eat more than you can lift."

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