



WEIGHT LOSS FOR LIFE

A Simple Guide To Losing Weight
and Keeping It Off



Dr. Akilah El

Weight Loss For Life

A Simple Guide To Losing Weight and Keeping It Off



Written by:

Dr. Akilah El

Naturopathic Doctor and Master Herbalist

Table of Contents

Introduction	1
Why We Gain Weight	2
Why Do You Want To Lose Weight?	4
How to Set Realistic Weight Loss Goals	5
The Starting Line	7
The Importance of Keeping a Weight Loss Journal	8
The Basics to Losing Weight Successfully	10
The Health Benefits of Weight Loss	11
Why Fad Diets Don't Work	13
How to Develop Healthy Eating Habits	15
How to Stick to Your Diet Plan	19
How to Conquer Cravings and Temptations	20
Healthy Eating Strategies For Dining Out	21
Things You Should Never Do to Lose Weight	23
Things You Should Do to Lose Weight	24
Why Exercise Is Important For Permanent Weight Loss	27
Easy Methods to Start Exercising	28
How to Maintain Your Weight	29
Conclusion	30