

## Politically Incorrect Weight Loss Tips

Contributed by Reynolds  
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Excerpts from tips that San Antonio chiropractor and chiropractor San Marcos acupuncturist Dr. Jeffrey S. Reynolds gives to his patients on losing weight.

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{bot\_wrgoogle}1. Cut Out Sodas! Let's review some the basic ingredients of sodas: BONE DEMINERALIZER (carbonated water), SUGAR, SPEED (caffeine). Sodas are now the #1 cause of osteoporosis. People do not realize the amount of calories and carbohydrates in sodas. You might as well eat a piece of cake every time you drink a soda because you're getting the same amount of empty calories. It has been shown that if you drink 1 cola a day, you will gain 10 POUNDS in one year. DRINK MORE WATER!

2. Reduce Caffeine Intake! The problem with caffeine is that it is an energy substitute. Instead of your body using its own resources for energy, like fat, your body uses caffeine first. Your body is set up to make the least amount of effort, so why should it burn fat when you give it free energy in caffeine. DRINK MORE WATER!

3. Reduce carbohydrate intake! When you break down a carbohydrate it becomes a simple sugar for energy. If you eat more carbohydrates than your body needs, then your body stores it as fat. The problem with low fat foods is they increase the sugar amount so that it will still taste good. REDUCE THE AMOUNT OF BREAD, TORTILLAS, CHIPS, POTATOES, SPAGHETTI, AND WHITE RICE IN YOUR DIET.

4. Stop Going To Buffets! Usually your determination not to overeat is overridden by the desire to get your money's worth. Temptation can be very difficult to deal with, so the less you have the better. Treat yourself to a better quality meal with smaller portions. Next time you are at the buffet just look around and see who's eating there. It's mostly fat people! EAT SMALLER PORTIONS!

5. Start Walking! One of the easiest ways to exercise is walk 30 minutes every morning. If you walk before you have your breakfast, your body will burn more fat. Walk 15 minutes in one direction away from your house and then turn around and walk home. There are TREMENDOUS benefits to exercise. WALK DAILY!

6. Stop eating at least 3 Hours Before You Go To Bed. This is a major key to the weight loss products that you drink at night before you go to sleep. When sleeping, your body wants to rest and repair, not digest. Plus, you are not active, so you not burning many calories.

7. Change Your Life! Basically what you are going to have to do is break old

habits and create new ones. Being thin is a way of life!

To get a copy of the entire article contact Dr. Reynolds at  
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