

Title:

Beat Bad Eating Habits

Word Count:

544

Summary:

Article that gives you information and tips on how to beat that bad eating habits and stay he

Keywords:

eating,bad habits,holistic,health,alternative,healthy

Article Body:

The first step is to brace yourself for the challenge; it goes without saying that bad habits

Slow down. People who eat faster consume more calories because their brain doesn't have the ch

Bad eating habits can ruin your life. They can turn you into a wild man at the table, force yo

By torturing yourself too much, I just worry that you will eventually give up in all these fun

Remove temptations. Keep food out of sight and store a minimum amount of food in kitchen cabin

Do a little, not a lot. By cutting 500 calories per day for a week, you will have lost 3,500 c

Rate your hunger. Ask yourself, "how hungry am I on a scale of 0 to 10?" 0 means you're starvi

Planning your food a day in advance ensures that when that emotion or a challenging time of da

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