

## "The Secret Weight Loss Formula For Women to get to your BMI and stay there for life!"

### Why Your Last Diet Didn't Work - Is It Your Fault? Science Says No!

Does this sound familiar to you? You worked hard and finally managed to lose a few pounds on your last diet, but then all those pounds came back and brought their friends along too.

Will you lose weight and keep it off if you diet? No, probably not, UCLA researchers report in the *American Psychologist*, the journal of the American Psychological Association.

"You can initially lose 5 to 10 percent of your weight on any number of diets, but then the weight comes back," said Traci Mann, UCLA associate professor of psychology and lead author of the study.

Professor Mann continued "We found that the majority of people regained all the weight, plus more. Sustained weight loss was found only in a small minority of participants, while complete weight regain was found in the majority. Diets do not lead to sustained weight loss or health benefits for the majority of people."

So why does this happen? It's because of one simple reason, you cannot stay on a calorie counting diet forever! Everyone finally says enough! This is after they have lost a few pounds and are beginning to have more energy and they start feeling better about themselves.

This is why our secret weight loss for women is not a calorie or point counting anything diet! It's a weight loss system that works on autopilot. You set it up once and forget it.

Researchers found people on calorie counting diets typically lose 5 to 10 percent of their starting weight in the first six months. However, at least one-third to two-thirds of people on those diets regain more weight than they lost within four or five years, and the true number may well be significantly higher, they said.

I have found that I gain weight back much faster because with me weight comes back much faster than it goes off.

"What happens to people on diets in the long run?" Mann asked. "Would they have been better off to not go on a diet at all?"

The conclusion is that most of them would have been better off not going on the diet at all.

Their weight would be pretty much the same, and their bodies would not suffer the wear and tear from losing weight and gaining it all back."

If dieting doesn't work, what does? The Secret Weight Loss For Women Does!

"Eating in moderation is a good idea for everybody, and so is regular exercise," but this is not what our Secret Weight Loss For Women is all about.

Consider this amazing fact that in a 20 year period from 1980 to 2000, the percentage of Americans who were obese more than doubled, from 15 percent to 31 percent of the population! It's time we all started using this weight loss formula.



So What Is Different About The Secret Weight Loss For Women?

First it's NOT a calorie or point counting diet so you can easily stay with it and just staying with it will keep you at your ideal weight.

**This is not something you mix up in a glass then eat it.**

With The Secret Weight Loss For Women there is NO calorie counting or eliminating certain food from your everyday meals. The amount you eat and not what you eat is the key and the formula for determining that amount is a simple mathematical formula based on your ideal Body Mass Index or BMI.

Your body mass index is a important piece of information that can tell you if you need to gain or lose weight to be a healthy individual but if you're like most people, gaining weight is not the issue.

**So, are you interested in what works?**

[Get The Secret Weight Loss Formula For Your Ideal Body](#)

**The Secret Weight Loss Formula For Women - It's the all natural secret weight loss formula that the dieting industry doesn't want any woman to know.**