

Forget Fad Diets And Concentrate On Healthy Living

So, what have we learned about fad dieting? If we did our job correctly, we've taught you that fad dieting makes you feel like a failure. They are unhealthy - and they are not the right answer. They are for losing weight rapidly and they do work - but, what are the consequences of that "quick fix?" Almost none of the diets out there promote healthy lifestyles - they are for losing weight rapidly...period! Do you know someone who has bounced back and forth, from diet to diet, and have never achieved their ultimate goal? Maybe that someone is close to you - a family member perhaps. Maybe that someone is you.

Chances are we have all been lured into some type of diet before - some dazzling new unusual "scientifically devoid" diet that promises immediate weight loss. We are here to tell you that you will never be fit, healthy, and at your optimum weight unless you realize that you need to adopt a healthy lifestyle. If you look at the diet you may be currently on, you may say to yourself, "the way I'm eating now (on this latest diet) seems completely unhealthy, but it seems to be working for others so I'll give it a fair shake." You know what? Go with your instincts...it's not healthy...and it won't work. Sure you'll drop the weight. Sure you'll fit into that bikini this year. Sure people will say, "I guess that Atkins diet really works, you look maaaahvelous darling." But, you know it's not real...you know it's only temporary...you know the truth. But, it feels good...even if it is only temporary. It'll do...for now.

If I may, I'd like to be honest with you. Most people get lured into unhealthy fad dieting because they are ignorant. They want someone else to do the research for them. They want their hand to be held and to be told that it will be okay. I mean, who wouldn't want someone to pick out all their food for them for the week: just add water (and a pinch of sickness) - absolutely no brain power needed what-so-ever. And, who wouldn't want to believe that ramming bacon double cheeseburgers down our throats is what we really need (yuck!). They don't want to spend the time doing the research on how the human body works for themselves because they assume that other people have done the research for them. People WANT to pay to go to meetings, to sit in a room with others (who are as unhealthy as you may be) and talk about their fat woes - because 'misery loves company'. And, if it costs a few bucks to feel better about your unhealthy fad-diet-of-the-month, you'll pay it - so long as nobody is at that meeting that knows the real truth. What is the truth? The truth is in **you**.

Nobody knows you better than you. Only you can convince yourself that you are sick and tired of being "sick and tired." No meeting can instill that *drive* in you. You need to make a change in your lifestyle. There has to be some commitment on your part, something in you that says, "I've had enough and I am not going to do this to myself anymore!" You need to make small changes in your life - piece by piece by piece - until you've gotten to the place you want to be. All the changes you need to make fall into two categories - the SHOULDs and the MUSTS. Most people feel they *should* make changes, they *should* start living healthier, they *should* take responsibility. But, for them, it is not a MUST...it is only a SHOULD. You see, "shoulds" rarely ever get accomplished. But, when those "shoulds" become "musts", we always seem to find a way to get them done. When you finally realize that you MUST take control of your lifestyle (before it's too late) you will start to find ways to get it done. Otherwise, all you are doing is "shoulding" all over yourself. You need to do your research. You need to know about your body, how it works, its flaws and failures, the reason it does what it does, and how you can apply what you've learned to help yourself live healthy - forever.

We've said it before and we'll say it again: **Healthy bodies are not overweight or underweight. A healthy body naturally maintains its own ideal weight.**

Healthy living is not a chore - something to be feared or hated - it is a right. In fact, *it is your birthright to live healthy*, right up to the day you die. Making that vision a reality is the great gift of the [pH Miracle Program](#). And believe me, it has nothing to do with mapping the human genome, cutting-edge medical technologies, or even more powerful - and dangerous - pharmaceuticals. The good news is, the answer is much, much simpler than all that. And available right here and now. Today.

Good health should be second nature to us, but for many people it seems very difficult to maintain. The pH Miracle changes all that forever. It will empower you to regain what is rightfully yours, encourage you to take responsibility for your own well-being, and restore the great gift of wellness you thought was lost with your childhood.

So, we invite you to begin this journey and experience the results for yourself.

Awaken to the light of a new day!

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