

How to loose 10lbs in 15 days without hitting the gym

By Ameerah Alisande

Ok ladies we all know that the way in which we see ourselves impacts each and everything that we do. Somewhere along the line our self-esteem became synonymous with our weight...and thus began the never ending battle. Our self-esteem is apparent from the way we speak, the way we stand, the way we present ourselves in job interviews, and the way we celebrate each others success, to the amount of courage we show in the pursuit of our God given dreams. That beauty on the outside is never solely going to be maintained by what we eat or the number of miles we run. Outer beauty really does come from character, intellect, level of compassion for others, and ability to serve the community. Just think, if you don't even feel good about yourself, then how on earth are you going to be in a position to assist or support the next woman that is looking up to you, and she is definitely looking.

Someone is always watching and learning. Whether you want them to or not women are adapting to how you choose to navigate through the world. It may be your daughter, your mother, your sister, your niece, or even the little girl on the corner waiting for her school bus who sees you get your morning cup of coffee. It really is your responsibility to get it together and hold your head up high for the benefit of others around you. It is important that the way we feel about our bodies comes from within and it evokes acceptance. It's about knowing who you are, feeling comfortable as this dynamic lady that you are becoming, and stepping into that.

The foolish opinions of others always make an impact. However, once you begin to accept yourself, I believe that people will come into your life who appreciate the true beauty of who you really are. Like attracts like. It may take a little more time, as quality often does, but people will see your acceptance the more that you exude it. This is where your value has to come from; within.

Your worth can not come from how you look on the outside because what is going to happen when you get a pimple or even worse what happens on a bad hair day? What is going to occur when you become wrinkled or God forbid if you become disfigured for some reason? Then what? Your real beauty that attracts people has little to do with how you look. Your beauty actually has a lot to do with how you feel and is the kind that still exists when your youth is gone, gray hair appears, varicose veins protrude, weight gain arrives, and an outdated wardrobe creeps upon you. So now that we have the root of our weight loss goal we can begin to love ourselves as we are and attain our goal weight with a healthier perspective . If you are really serious about loosing 10lbs in 15 days and keeping it off you must change your paradigm about yourself and your weight.

Here are 5 steps to ensure weight loss using your new paradigm shift:

1. Begin with the end in mind. Garbage in garbage out. Employ discipline until your new self acceptance becomes habitual.

2. Flush it out! Water is the key to any successful weight loss. Just reference the warning labels on any harmful product when ingested, flush immediately with water. The same is true for the toxins in your system.
 3. Cleanse your body. Physicians say that on average any overweight adult has a minimum of 15lbs of waste stuck to the walls of their intestine. Yuck! Find a colon cleanse program that your body likes, make sure it includes herb and fiber, and stay near a private restroom. A Candida cleanse is a good place to start.
 4. Go green. Green alkalizes your system and gives you energy. Green tea, green vegetables, green drinks are all your friends and will restore the nutrients you loose during your cleanse. The more alkaline your body is the less it is able to produce toxins that cause fatigue, acne, common colds, cancer and all other ailments we do not want.
 5. Lastly, make a decision. To decide means to cut off any other possibility. Decide to adopt these lifestyle changes to improve your health, to be a phenomenal example to others, and shed a few unwanted pounds in the process. With this regimen not only will ten pounds disappear quickly but they will stay gone.
- You can do it!

Read *No One is Coming to the Rescue: lessons learned on self-esteem and growth for women of all ages*, by Ameerah Alisande for more guidance and support along your journey. www.AmeerahAlisande.com