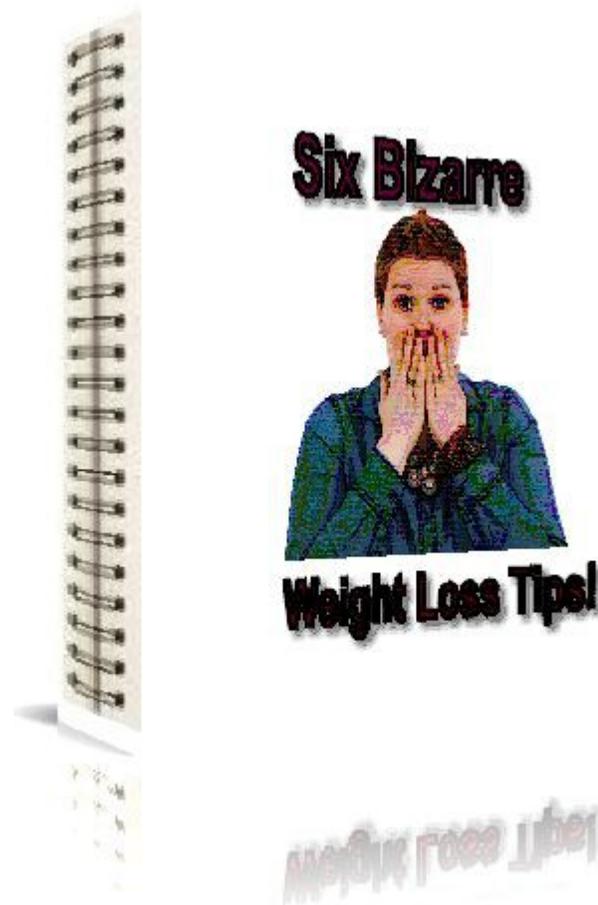


Six Bizarre Weight Loss Tips!



The following weight loss tips are lesser known and may seem somewhat strange, but they are proven to work! Perhaps, it's time to put a little crazy into your weight loss strategies.

Brought to you by [WIN At Losing Weight](#) where weight loss is a matter of knowing how.

Six Bizarre Weight Loss Tips!

#1: Snap your food.



Keeping track of what you eat is important,
but rather than writing everything down,
snap a picture of your meal.

Looking back at your photos will help you to see
your mistakes and to avoid future ones.

#2: Opt for Wrapped Candy



The simple fact that we have to unwrap our candy,
helps use to eat less.

A Swiss study found that people ate
30 percent less candy when they had to unwrap it first.

Buy wrapped candy.

#3: After eating dinner, light a vanilla scented candle.



The vanilla aroma helps to stifle dessert cravings.

In a study of 160 volunteers, these people were able to lose about 4.5 pounds each simply by wearing vanilla-scented patches.

#4: Turn up the lights and tune down the music.



Low lighting and background music are ploys that restaurants use.

It is not only about the ambience or the mood,
it tempts you to eat more.

Bright lighting and no music eliminate those temptations.

#5: Sniff a piece of fruit or a piece of candy.



Image courtesy of [imagerymajestic](#) at [FreeDigitalPhotos.net](#)

Sniffing food might seem strange, but it helps you to eat less.

In a Chicago based study of 3000 volunteers,
Dr. Alan Hirsch found that the more that
people sniffed food, the more weight they lost.
His volunteers lost an average of 30 pounds.

They are not sure why this works, but the
more sniffing before eating, the more you lose.

#6: Eat a big breakfast, bigger than dinner.



Making breakfast your biggest meal of the day is the basis of the 'Big Breakfast Diet'.

According to a study of two groups, one group consumed 700 calories at breakfast, 500 at lunch, and 200 at dinner. The second group ate the same foods but had the 200 calorie meal in the a.m. and 700 at night. At the end of 13 months, the big-breakfast group lost 18 pounds, while the big-dinner group lost about seven pounds.

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