

## The Most Effective Pill for Fat Loss Isâ€¦!

### Description

â€¦.. a hard one to swallow. Figuratively, of course, because THERE IS NO PILL, just a healthier lifestyle! Sorry for being so rash, but the whole idea surrounding fat loss pills is ridiculous.

It makes me mad how businesses exploit the general populationâ€™s â€œneedâ€• to lose weight without working for it. Keeping active and eating a diet filled with fresh, whole foods will benefit you better than any pill ever will.

Fast food made up a huge part of my diet and exercise was never consistent all the way up to my first year in college. But then I learned what it meant to be healthy by \*gasp\* reading about healthy food and exercise and putting things to practice. As a result, I felt the positive changes both physically and mentally, and never want to go back to my old ways.

Gone are the days of eating something handed to me that I ordered through a speaker and even giving thought the laundry list of ingredients youâ€™d never find in a typical kitchen to make the same food. But that doesnâ€™t mean I canâ€™t have something delicious and quick to makeâ€¦..



No time for healthy is no excuse when you can make [this protein cinnamon bread](#) in the microwave!

There are many people not even trying or wanting to learn proper diet and exercise or keep consistent with anything. Nope, instead they come running with cash/credit in hand when a new pill or something else claiming itself as â€œeasyâ€• or â€œfastâ€• comes along for fat loss/health.

Countless times I have tried to offer advice to those who say they want to change, and, countless times my advice has been waived off as meaningless. Or, theyâ€™ll say itâ€™s just too hard because they could never give up â€œenter crappy food hereâ€• or consistently â€œenter form of exercise here.â€•

Now I just *try* to keep quite when these topics come up unless I am specifically asked for advice. Even then, it seems like if the advice is too hard or not what they want to hear, it gets ignored. Hence the popularity of fat loss pills (aka caffeine pills with added BS).

I understand people are busy, but the health of you and your family should not be taken lightly. Am I alone in this thought process? It's easy to laugh things off as you hold your 5th donut in your hand and say "I shouldn't eat this, but..." as you then proceed to eat it before going back to sit down for several hours.

This might seem like I'm a heartless guy, but I'm far from. I am truly passionate about having a higher quality of life from good food and exercise, and want to pass it on to all that I can. If not for adults, at least for all of the children growing up not knowing anything different.

Our kids, the tiny versions of *us*, depend on *us* to provide. Their growing bodies are taking whatever is put into their system and using it to build everything from the hair on their head to their entire organ system. Not to mention the all important immune system. The higher quality food the body receives, the better it can build itself. Think of the [Three Little Pigs](#), do you want to have a body built of straw and always get knocked over (i.e. sick and weak), or would you rather be strong as a house built with bricks and resistant to many common ailments?

I'm no expert, but I feel I have experienced enough on my own journey to have *something* to offer. I'll probably keep trying since it's forever programmed in my head to care. Who knows, maybe I'll help someone get and stay on track one day!

Actually, I'm helping two lovely ladies keep healthy and look great every day.



These two are the ones I care most about (okay, my mom/G-Ma too!!), and being able to make all of our meals gives me confidence we're all a happy, healthy family with bodies built from brick! It's never gourmet cooking, but it doesn't lack flavor either.

Going Mom and I are happy we are starting Avery off knowing fresh, whole foods and cooking at home is the norm. So many families depend on take out or going to a restaurant for most of their meals, which typically means not having the best choices when it comes to wholesome food.

I get it's hard to keep kids (especially picky eaters) happy and fed, but the drive-thru is never the answer; same goes for most quick pre-made food options out there. Please, if not for yourself, do it for

the kids!



Skip the boxed crackers and make these [goat cheese salsa crackers](#) instead!



And of course these [protein brownies](#) are healthy in disguise. No box needed here!

Making snacks like the two above is not that hard, and they still taste great. Plus, it's something you could make as a family and appreciate your creations more than if you just bought some packaged snack food with questionable ingredients.

I could go on and on, and I probably will again, but for now, I'm giving it a rest. If you think you could use a change from your current lifestyle, here's "food" for thought, try getting in the kitchen and making more of your own meals. Better food and moving more each day are simple ways to get your fat loss (and long-term health and happiness) and save your money on those fancy caffeine pills. Plus, that's what coffee is for!



Do you or have you fallen victim to fat loss pill marketing?  
What issues do you have with choosing better options for a healthier lifestyle?  
Do you hate me after reading this? ðŸ™,  
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