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The Jon Gabriel Method Review - Lose Weight Without Dieting

Reached a weight loss plateau? Want to know how to lose weight WITHOUT dieting? Sick and tired of losing weight only to gain it all back plus more? I know EXACTLY how you feel!

Welcome to part one of our weight loss product review series. To see other reviews as they are completed visit Weight loss product reviews

After I quit smoking on May 19, 2008 I made the unfortunate mistake of swapping the hand to mouth habit of smoking with the hand to mouth habit of eating and consequently gained 44 lb (20kg). At the start of 2010 I decided that the time had come to get rid of that excess weight because I had those horrid folds of skin on my side that sweat and chafe and make me uncomfortable. In addition, the extra weight put strain on my knees, aggravating the arthritis there and making it harder to walk, run or ride a bicycle, in fact running became almost impossible. So between February and November 2010 I successfully lost 33 lb (15 kg)... but then the Christmas season arrived and I regained 22 lb (10 kg)... grrr! Not only that but I suffered the usual problem that dieters experience of suffering cravings for foods that are counter productive to weight loss, I'd be really good for several days or weeks before the cravings got the better of me and I binged on chocolate, sweets, licorice allsorts or fatty foods :(It was so FRUSTRATING!!!!

Thankfully, three months ago I finally became frustrated enough to purchase a copy of 'The Gabriel Method' by Jon Gabriel. I'd seen the book advertised online and considered purchasing it but hadn't because I figured I could lose the weight by myself. Not only that but I was skeptical of the method. I figured it was all hype like most of the weight loss products available and that it wouldn't really work. Having read the book and put it into practice I now know otherwise which is why I decided to share this Jon Gabriel Method Review. I'm not the sort of person who is easily impressed but in this instance I am extremely impressed.

So what is the Gabriel Method... Is it a diet? NO!!! Diets are all about calorie counting and restricting certain foods etc. We all know that dieting doesn't work... at least not long term! The Gabriel Method explains why dieting doesn't work in a way that makes sense. Although we lose weight initially when we diet, ultimately, our weight loss slows to nothing and we find ourselves in a position where we are dieting simply to maintain that reduced weight. The problem is that we experience cravings that we may be able to resist for a while... but eventually we give in and binge and before we know it we're back to our original weight plus more! I'm sure most people who read this post will have experienced this yo-yo dieting effect.

Existing farming techniques result in nutritionally depleted foods because they are removed from the plant too early which cuts them off from the nutrients in the plant and soil. Processed foods also lack nutrients and unfortunately contain many toxins which our bodies store in fat cells to protect itself. Even the stress of modern life causes an inability to absorb many of the nutrients we do consume. The only way our body can respond to this nutritional famine is to stimulate our appetite in the hopes of getting the nutrients it needs. It's a never ending cycle that leads to excessive calories and weight gain.

All of these things, diets, nutritional lack and toxic buildup cause basic chemical reactions in our body and brain that causes us to gain weight or hold on to it. Putting our bodies into fat storage mode.

The Gabriel Method approaches weight loss by providing our body with what it NEEDS. This works with your body rather than fighting against it. It's not about cutting foods out but rather adding them. It may sound strange but with the Gabriel Method you eat whatever you want, whenever you want... as long as you also provide your body with foods containing specific nutrients.

In a way, you could say that with the onslaught of processed foods, our bodies have lost the ability to identify the types of food that contain the nutrients it needs. By providing it with these nutrients we re-educate it and in time our body starts craving these foods rather than the junk it craved in the past

The book also addresses emotional issues that lead to obesity. For example: Some people are obese because they were sexually abused as children. Subconsciously, they wanted to be fat in order to make themselves unattractive to the person who abused them, or someone who may abuse them in the future, or to punish themselves for some perceived flaw. Or perhaps the stress of life has caused them to gain weight to create a physical buffer between themselves and the stresses of the world. There are many factors that can make us subconsciously feel safer being overweight. The Gabriel Method addresses these issues and provides information and methods for how to overcome them so that we can feel safe being thin.

For the first two weeks after I started the method I actually TEMPORARILY gained weight because I stopped stressing about what or how much I was eating and gave my body free reign so I ended up eating a lot until my body recognized that the famine was over. After that, I noticed that I simply wasn't as hungry, I went longer between meals and snacks and ate less when I had them. In addition, I wasn't craving so-called 'bad' foods as much. As time passes this is becoming more and more true. When I do get hungry I seem to be craving fruit, nuts and sometimes even olives rather than cookies and chocolate etc. My body is no longer trying to maintain it's fat stores. Within eight weeks my clothing was noticeable looser, especially around my thighs and stomach.

It seems weird that I'm losing weight without changing my diet, starving myself or forcing myself to exercise. My body is starting to burn fat stores effortlessly and I don't have to exercise any willpower whatsoever. I have to say that this method is truly liberating.

Essentially, the Gabriel Method treats the underlying causes of obesity rather than the obesity itself. It addresses the issue of emotional eating, nutritional deficiencies in our bodies, psychological barriers to weight loss etc. Then it provides the necessary tools to correct these problems. Once the problems are dealt with, weight loss becomes effortless and we become able to lose weight without dieting because our body becomes a fat burning machine. Even if we consume too many calories in a day, our body simply increases our metabolism to burn them away.

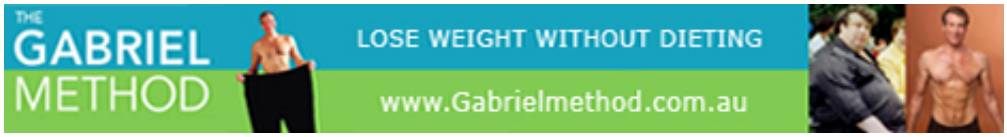
The Gabriel Method has taught me:

1. Why dieting doesn't work and only results in temporary weight loss followed by additional weight gain
2. How to lose weight WITHOUT dieting or starving myself. I didn't have to reduce my food intake, I increased it by adding highly nutritious foods containing the nutrients my body required. Nor do I need to deny myself the foods I enjoy. I can eat my chocolate, cakes and sweets without guilt. Though I have noticed I'm craving these less. They've become something that is nice to have OCCASIONALLY! :D
3. How to identify my FAT programs. FAT programs are the things that cause us to be overweight. These fat programs can be due to many things like illness, medication, stress, emotional and hormonal issues etc.
4. How to overcome my FAT programs!!!
5. The nutrients and foods my body requires to ensure optimal nutrition to avoid nutrient starvation which leads to excessive hunger and overeating.

Check out the video below... It's 57 minutes long but well worth watching

The Jon Gabriel Method of Weight Loss - Lose weight without dieting.

If you want to be set free of the weight loss struggle and lose weight without dieting forever you can download the first chapter of the book for FREE from the banner below and make up your mind before deciding whether to buy.



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