

Health and Diet - October 4, 2004

It is time for you to realize that there will never be a better time to lose weight. Unless you're nearing retirement or about to send the kids out into the world, your life will probably only get busier with time. That said, "don't put off weight loss." If you really want to lose weight, it will take some time and planning. There is no magic pill that will melt away pounds. The extra care it takes to make meals healthier will be worth it, we assure you.