
Korelacija između stvorene stvari i Stvoritelja

Posted by Seka - 2008/11/10 20:44

Smisao èula, perceptivnih (spoznajnih) organa..

Do kakvog nivoa spoznaje dosežemo prouèavanjem prirode?.

Korelacija između stvorene stvari i Stvoritelja..

Stav empirista..?

-Selam aleykum draga bracho i sestre.Kako ste mi.? Evo josh jedne jako zanimljive teme. Predhodno nabrojane teme chu inshAllah u daljem periodu sve obraditi. Krecem sa prve dvije. Bismillah.

Smisao èula, perceptivnih (spoznajnih) organa

S renesansom su u Evropi materijalisti pobijedili one koji za spoznaju koriste èisti razum. Tada se uspostavila teza da prava filozofska mišljenja nastala izvan logike materijalnog svijeta nemaju nikakvog ute-meljenja i da su bez-vrijedna. Jedina je prava filozofija, reæi æe oni, ona koja je zasnovana na èulima, èiji se rezultati mogu dosegnuti eksperimentom. Teologija je, po njima, nauka koja se temelji na metafizièkim èinjenicama, sama po sebi sumnjiva, nespoznatljiva i nedokaziva. Ovo materijalisti argumentiraju time što je metafizika nevidljiva pa ju je nemoguæe dosegnuti. Neki idu tako daleko da kažu da je sve ovo što te-olozi iznesu èista laž.

Tako stvari stoje na Zapadu od renesanse pa do danas. Šta se dešavalo na Istoku? Skepticizam tradicionalista prema islamskoj filo-zofiji, koji je postojao od ranije, pobjeda koju su izvojevali empiristi na Zapadu – filozofija sama po sebi teška i teško dokuèiva obiènom svijetu i neprijateljska propaganda – razlozi su zbog kojih je islamska filozofija slabo prihvaæena i na Istoku.

Zastupnici treæeg pravca sa Istoka (Nedvi, Vedždi, braæa Kutb koji ne pripadaju ni Zapadnjacima niti ovoj istoènoj filozofiji), prvo su ust-vrdili da se teologija može postiaei eksperimentom i to putem èula. Me-đutim, tvrdili su da to ustvari nije njihovo mišljenje, veæ da to stoji u Kur'anu, citirajuæi neke ajete koji stimulišu i podstièu na prouèavanje pri-rodnih pojava.

Filozofi, pak, istièu da prihvataju èinjenicu da Kur'an podstièe na is-traživanje, umne aktivnosti, ali su rekli da je put egzaktnih nauka ili eksperimenta, put koji vodi samo do pola dionice i koji ne može doseg-nuti onu drugu polovinu. I onda su citirali devet kur'anskih ajeta koji to potvrđuju (prethodno navođeni ajeti), èije razumijevanje nije izvodljivo putem èula.

Re:Korelacija između stvorene stvari i Stvoritelja

Posted by Seka - 2008/11/10 20:46

Do kakvog nivoa spoznaje dosežemo prouèavanjem prirode?

Ono što nam prouèavanje prirode može dokazati je sljedeæe:

1. Ovaj svijet nije sam od sebe stvoren. On ima svog Stvor-itelja.
2. Taj Stvoritelj je Mudar, jer se u konstrukciji Ovog svijeta oèituje vrhunska mudrost njegova Stvoritelja. Ako prouèavamo bilo koji kutak prirode, uvidjet æemo savršenu organiziranost.
3. Stvoritelj je Moæan i Snažan, jer se svugdje u prirodi oèi-tuje Nje-gova snaga.
4. Stvoritelj Ovog svijeta i dalje ima apsolutnu kontrolu nad svim i nadzire sve pojave u prirodi. To je kao kad vam neko da dvije knjige: i kada proèitate mudru filozofsku knjigu, zakljuèite kako je onaj ko je napisao tu knjigu jako pametan, tako i iz prirode zakljuèujemo da je njen Stvor-itelj uistinu moæan i mudar.

Sve što mogu prirodnjaci zakljuèiti svodi se na ove èetiri stvari. To je njihov maksimum. Sada se postavlja pitanje da li je ovaj nivo spoznaje o Stvoritelju dovoljan za jednog muslimana. S aspekta Kur'ana, ovo na-ravno nije dovoljno.

Allahova je vlast na nebesima i na Zemlji i nad onim što je na njima; On sve može! (El- Ma'ida, 120)

Uzvišeni Allah kontroliše ovaj materijalni svijet, ali on je samo dio jednog svijeta. I ne samo da ovladava zakonima prirode,

on pod svojim nad-zorom drži sve na zemlji.

On je stvoritelj Nebesa i Zemlje! Otkud Njemu dijete kad nema žene, On sve stvara, i samo On sve zna. (El-An'am 101)

Nauka nas vodi do svojih krajnjih granica, ali dalje ne može, jer tu nastupa duhovna sfera gdje se eksperimentom ništa ne može dokazati. Ona ne može dati bilo kakav sud ili stav o tom svijetu. I ako dadne neki sud, to je uradila onako, napamet, bez ikakvih uporišnih tačaka. Kur'an ima ono što mi ne možemo dosegnuti svojim èulima, on nam nudi neka druga sredstva spoznaje.

Ovi kur'anski postulati mogu se tretirati trojako:

1. Poduèio nas je izvanosjetilnim znanjima Ovog svijeta koja su nedo-kuèiva bilo kakvim prirodnim istraživanjima.
2. Kur'an nas je podstakao da temeljito razmislimo o Ovom svijetu. One koji nisu kadri ili neæe, ustežu se od ovog promišljanja, Kur'an strogo kritikuje. Ima i hadis koji kaže: "Nema dobra u ibadetu koji nije protkan razmišljanjem." I u Stazi rjeèitosti imam Ali navodi isto.
3. Propisi gdje se npr. nare-ðuje post, namaz, zekat, nisu praktičnoga karaktera, ovdje se radi o propisima misaonoga karaktera. Postoji jedan broj kur'anskih propisa koji nisu iz-vršnoga karak-tera, pri-rodno istraživanje ih ne može dosegnuti, Kur'an je sam naredio promišljanje, a one koji se protive tome, podvrgao je oštroj kritici.

Ti ajeti postoje, na nama je da razmišljamo ili ne razmišljamo. Jedni æe reæi da ne moramo razumjeti sve te ajete i da je najbitnije da vjeru-jemo u njih. Sjetimo se profesora filozofije koji djeci govori lekciju koju oni u tom trenutku ne razumiju i kaže im: "Samo vi to nauèite, a nekad æete to i razumjeti." Kada ih pitaš kakvu korist imaju od ovih ajeta, kakav im je kvalitet, odgovorit æe da ih to uopæe ne interesuje, te da oni samo vjeruju u njih.

Drugi æe rašèlaniti stvari. Oni su shvatili dokle dosežu prirodni, a odakle kreæu misaoni i spekulativni zakoni. To je put kojim se koriste svi instrumenti svoga akla. Ovaj put potvrðuje navedene ajete i upotrebu ra-zuma na val-jan naèin.

Na kraju krajeva, èovjeèanstvo nema više od tri puta:

- Ø spoznaja prirode i materijalnih zakona,
- Ø put Vahja – put Objave,
- Ø put akla i argumenata donesenih putem akla.

Vidimo da postoji određen broj ajeta koje putem prirodnih zakona ne možemo spoznati. Sam Vahj ih je poslao "upakovane", tako da smo do-bili jedan "paket" kojeg moramo otpakovati da bismo vidjeli šta ima u njemu. Rješenje zagonetke upravo je korištenje akla da bismo ovo "ot-pakovali". Mi imamo potenci-jale, ali ih trebamo iskoristiti. Ovim je data znaèajna uloga aklu, koja je potvrđena u Kur'anu.

Da vidimo šta æe reæi zastupnici èula i materijalne nauke. Materijal-isti vele da ne žele udarati glavom o zid, da žele vidjeti da li nauka zaista može dokazati taj tevhid. Ako upitate nekog nauènika prirodoslovca šta je to znanje utemeljeno na eksperimentu, dat æe vam površan odgovor. Znanje je upravo ono što povezuje i odgoneta uzroke i posljedice pojava u svijetu. Kada to shvatimo, neæe nam biti teško shvatiti zašto æe ako za-palimo šibicu na benzinskoj pumpi, nastati nered. Tako nauènici, pošto spoznaju sve ove za-konitosti, doðu do zakona prirode: gravitacije, New-tonovih (Njutnovih) za-kona, teorije relativiteta. Njihov posao samo je da uspostave lanac zakonitosti, odnosno formule koje povezuju razne uz-roke i njihove lanèane posljedice. Nemamo nijednog nauènika koji poznaje neku pojavu, koja je sama po sebi neovisna, a da je on nije povezao s nekom drugom pojavom. Nema nijednog nauènika koji bi neku pojavu izdvojio, a da ona nema prethodni uzrok i da nema svoju posljedicu.

Jasno je da nauka definitivno priznaje korelaciju između uzroka i posljedice kao i to da ništa nije nastalo samo od sebe i da ima smislenu formulu nastanka. Jedan nauènik neminovno æe ustanoviti da na svijetu postoji hakikat, univerzalna istina i da ona povezuje sve uzroke i posl-jedice. Ne postoji nauènik koji može inicirati neki zakon a da on nije u lanac uvezan sa drugim zakonima. Svaki zakon stepenasto se povezuje sa drugim. Istinskog nauènika upravo ta saznanja neminovno æe voditi do Prvog uz-roka svega. Kada nauènik otkrije bilo koji zakon, on ustanovljava da taj zakon vrijedi u cijelom svijetu i za sva vremena, kao što je to npr. zakon gravitacije, Newtonov ili Arhime-dov zakon potiska.

Prirodnjak æe neminovno priznati da ništa nije sluèajno niti je išta bez svog uzroènika. Osim što æe prihvatiti èinjenicu da postoji univer-zalna Istina, shvatit æe da iza toga postoji jedan savršen red i harmonija. Ta istina – haki-kat, nagnat æe nauènike da shvate da je Stvoritelj Taj Koji stoji iza Univerzuma upravo Onaj Koji je bez poèetka, Koji nije materi-jalan i Koji nadzire sve procese koji se od-vijaju u tom savršenom redu zakonitosti.

Ovo su bili stavovi nauènika koji èak ne moraju biti muslimani, a koji dolaze do gornjih zakljuèaka. Šta kažu teolozi? Teolog æe odmah reæi da Ovaj svijet ima svoj poèetak i ima svog Stvoritelja koji nema svog po-èetka. I taj Stvoritelj upravlja svijetom koji ima svoj poèetak.

Kada suèelimo nauènika i teologa, vidimo da na istu stvar gledaju iz dva razlièita ugla. Nauènik potvrðuje savršeni red i zakonitosti u svi-jetu, a teolozi potvrðuju Stvoritelja. Teolog æe reæi da je Bog Taj Koji ima moæ, snagu, oprost, a nauènik æe reæi da je svijet stvorio neko i da se u njemu oèituje moæ, snaga i mudrost stvaranja. I Kur'an to sve potvrðuje. Znamo da se u Kur'anu kaæe da je Bog stvorio Nebesa i Zem-lju, i dan i noæ dao da se smjenjuju, i da je On Onaj Koji èini da iz sjemenke izraste stablo, te da On oæivljava mrtva tijela.

Nauènik je onaj koji je našao izgubljene zakone. Ovim smo pomirili prirodnjake i teologe, a jedina sitnica po kojoj se razlikuju jeste što nauè-nici prvo gledaju djelo pa zakljuèuju da postoji Stvoritelj, a teolozi po-laze od Stvoritelja.

Da li je ovo pomirenje dovoljno ili im oboma moramo nešto dodati? Nema nikakve sumnje da nauka moæe potvrditi tevhid, jer svaki zakon u prirodi upuæuje na Stvoritelja, jer se sada mudæize Poslanikove mnogo lakše spoznaju nego prije, upravo zahvaljujuæi nauci. Nauka nije anti-boæanska, naprotiv, ona pomaæe u spoznavanju Boga i što god je ona razvijenija, ta spoznaja je oèitija. Postoje neka ogranièenja kad je u pi-tanju nauka. Pred nama su dva sistema. Jedan je sistem koji funkcioniše po zakonima stvorenog, a drugi koji funkcioniše u Stvoriteljevom okrilju. Nauka kaæe da je svijet stvoren po jed-nom zakonitom obrascu. Nauènici kaæu da su prodrli u srce prirode, te da su shva-tili kako je sve savršeno. I zaista vidimo da je svako materijalno oblièje stvoreno s nekim ciljem koji je prethodno isprogramiran. Napredak nauke omoguæava otkrivanje daljnjih tajni Univerzuma. Kada sloæimo po-jedinaèna stvorenja, tj. sve što je stvoreno, dobijemo jednu odreðenu cjelinu. Otkrili smo, npr., genetski kod, a sada trebamo otkriti šta nam on poruèuje. Drugim ri-jeèima, otkrili smo bit toga, a trebamo otkriti poruku. Nauka nam pomaæe da shvatimo kvalitet i unutarnje ustrojstvo tih stvorenih stvari. To èinimo da bismo otkrili cilj stvaranja toga.

Locating A Drug Rehab Core

Posted by Drug Rehab A single Significant Wake-up Call Of An Tear-off of Drug Rehab - 2012/04/29 13:47

At the same time our personnel are are offered to assist us to quickly attain our goal, we organize unique ideas for recovery, which is correctly used in the treatment treatment. The objective of on your path restorative healing center is to get the client wholly recovered. Besides the treatment, we all deliver drug recovery or alcohol rehab combined with double medical diagnosis. To handle the condition of harmful addictions from the buyer, we percieve exactly why regarding the addiction in this consumers and gadget two kinds of simple treatments for him or her. The first one is a tailored remedy where our therapists get one-to-a person program with these, and allowed them to express entirely, their annoyances which have lead them to this pass, and supply them special awareness and concern, aside from indicating treatment blueprints for lifetime restoration. Another kind of care is that collection treatment method, when consumers are permitted to really feel welcome, safe and secure in the team. drug rehab centers near austin tx How about these I enjoy Lucy VCR footage you still have scattered about? One particular person perishing inside a medical center observed the Three Stooges and Reddish Skelton videos

Your medical practitioners point out that alcohol involving certain quantity once a week is not at all harmful to body of a human, rather is useful for coronary heart and the ones with propensity to get affected with widespread frosty, however over-consumption associated with alcoholic beverages can be be extremely dangerous pertaining to well being

After using this starting point, parents' most essential purpose should be to supply help in the treatment approach. In an effort to aid factors combined and stimulate having a positive loved ones active, therapy clinicians will usually give you the right after companies to oldsters on their own: If your daughter or son is battling addiction, contact the number near the top of your screen for just a absolutely free session using one of our clinicians. Whatever the reason for your challenges, it's not necessarily far too late so that you can find support and reinstate your family. See more at a free of charge session by using a specialized from our It's known if TRT is run with a guy having an current cancer of the prostate situation, the treatment will cause cancer to cultivate more aggressively From the nurses as well as medical researchers for a consultants and also personnel, anyone loves almost any addict support

7 Ways To Lose Weight In Your Wedding ceremony

Posted by a few rapidly approaches to lose weight inside a couple of weeks - 2012/05/03 15:23

Stay clear of junk food or food items that's more sugar and fats. Human beings provide the habit to provide by

themselves if you can ,, so keep your denture or pan sizing compact when ingesting. In the event the denture dimensions are small, you can find a lesser amount of possibilities of food consumption within an pet and unexpected method. Negative fat foodstuff are a fun way to safe and sound weight loss and health. These kind of meals are the ones that want additional calories to burn in comparison to the precise calories that the meals product has. phentermine 37.5 This {excess fat|extra fat|body fat|surplus fat|unwanted fat|unwanted weight} {stored|saved|kept|located|stashed|placed} {deep|heavy|strong|serious|deeply|profound} {in your|inside your|within your|with your|as part of your|in the} {abdomen|belly|stomach|tummy|mid-section|abdominal area} {heightens|raises|enhances|boosts|increases} your {risk|danger|threat|chance|possibility|probability} for {diabetes|diabetic issues|all forms of diabetes|diabetes mellitus|type 2 diabetes|having diabetes}, {heart disease|cardiovascular disease|heart problems|coronary disease|heart related illnesses|cardiovascular illnesses} and {obesity|weight problems|being overweight|unhealthy weight|morbid obesity|excessive weight}. {Put a stop to|Stop|Eliminate|Halt|Cease} {chronic|persistent|long-term|continual|serious|constant} {stress|tension|anxiety|strain|pressure|worry} with {exercise|physical exercise|workout|exercising|work out|training} and {mediation|arbitration}. Just {15 minutes|fifteen minutes|quarter-hour|a quarter-hour} {a day|each day|per day|every day|daily|on a daily basis} of {silent|quiet|noiseless|muted|hushed|subtle} {time to|time for you to|time and energy to|time for it to|the perfect time to|a chance to} {yourself|your self|oneself|on your own|by yourself|all by yourself} with {slow|sluggish|gradual|slower|slow-moving|slowly} and {mindful|conscious|aware|informed|careful|knowledgeable} {breathing|inhaling and exhaling|inhaling|breathing in|respiration|deep breathing} {is enough to|is sufficient to|will|is sufficient} {significantly|considerably|substantially|drastically|appreciably|tremendously} {reduce your|lower your|lessen your|decrease your|eliminate|lower} {stress|tension|anxiety|strain|pressure|worry}. {Some form of|Some type of|Some kind of|Some sort of|A certain amount of|A version of a} {physical exercise|workout|exercising|work out|physical activity|training} {everyday|daily|each day|every day|day-to-day|on a daily basis}, {for one|for just one|for starters|first|for example|for 1} {full|complete|total|entire|whole|100 %} {hour|hr|hour or so|hours|time|an hour}, {will be very|can be really|will be really|can be very} {beneficial|advantageous|helpful|valuable|useful|effective}. This {refers to|describes|identifies|is the term for|means|represents} {intensive|rigorous|extensive|demanding|intense|strenuous} {exercising|working out|doing exercises|training|performing exercises|physical exercise}, not {casual|informal|everyday|laid-back|relaxed|recreational} {physical activity|exercise|physical exercise|exercising|training|work out}. {Exercises|Workouts|Workout routines|Physical exercises|Routines|Work outs} {can include|may include|range from|normally include|can incorporate|may incorporate} {either|possibly|both|sometimes|often|frequently} {brisk|quick|fast|fairly fast|pretty quick|good} {walking|strolling|jogging|going for walks|taking walks|wandering}, {cycling|biking|bicycling|riding a bike|riding a bicycle|bicycle}, {swimming|going swimming|floating around|boating|skating|diving}, {jogging|running|sprinting|strolling|going for walks|exercising}, {running|operating|working|jogging|managing|going} {or even a|or perhaps a|or possibly a|or maybe a|or simply a|or possibly} {combination of|mixture of|mix of|blend of|combined|mix off} these.

{In addition|Additionally|Furthermore|Moreover|Also|On top of that}, {your body|the body|your system|one's body|your whole body|your entire body} {uses|utilizes|makes use of|employs|works by using|functions} {water|drinking water|h2o|normal water|mineral water|waters} {to flush|to purge|to get rid of|to purge out} {toxins|harmful toxins|toxic compounds|poisons|contaminants|waste} out, {neutralize|reduce the effects of|counteract} {acids|chemicals|fatty acids|acid} and {dilute|thin down|water down|weaken|decrease|diminish} {excess|extra|excessive|surplus|unwanted|too much} {acids|chemicals|fatty acids|acid}. {It's quite|The correct answer is|It is} {obvious|apparent|clear|evident|noticeable|totally obvious} that {water|drinking water|h2o|normal water|mineral water|waters} {is a|is really a|can be a|is often a|is usually a|is actually a} {critical|crucial|essential|vital|important|significant} {element|component|aspect|factor|ingredient|part} and {most people are|many people are|so many people are|everybody is|everyone seems to be|we are all} {severely|seriously|significantly|greatly|drastically|badly} {dehydrated|not properly hydrated|dried out|dried up|dry|dried} {and not|and never|rather than|instead of|but not|without} even {aware of|conscious of|mindful of|alert to|aware about|cognizant of} it. {Without proper|Without correct|Without the right|Without right|Without the proper} {hydration|moisture|water|liquids} {levels|amounts|ranges|quantities|degrees|stages} {your body|the body|your system|one's body|your whole body|your entire body} {can become|may become|can be|could become|becomes|can get} {acidic|citrus|acid} and {store|shop|retailer|keep|retail store|retail outlet} {toxins|harmful toxins|toxic compounds|poisons|contaminants|waste} {in the|within the|inside the|from the|inside|while in the} {fat|body fat|excess fat|extra fat|weight|unwanted fat} {stores|shops|retailers|merchants|outlets|suppliers}, {halting|stopping|the halting of|quitting|ceasing|ending} {fat loss|weight loss|fat reduction|weight-loss|fat burning|weight reduction} {dead|lifeless|deceased|useless|expended|inactive} {in its|in the|in their|rolling around in its|to use|included in the} {tracks|monitors|paths|songs|trails|rails}. {Caffeine|Coffee|Caffeinated drinks|The level of caffeine|Caffeine intake|Level of caffeine}, in {many of the|most of the|lots of the|a lot of the|the majority of the|a number of the} {drinks|beverages|refreshments|products|cocktails|liquids} {people|individuals|folks|men and women|persons|people today} {choose to|decide to|elect to|opt to|tend to|want to} {quench|satisfy} {thirst|desire|being thirsty|hunger}, {can cause|may cause|could cause|might cause|could potentially cause|can result in} {further|additional|more|even more|additionally|further more} {dehydration|lack of fluids|contamination}. {For a|For any|To get a|For the|For just a|For your} metabolic {boost|increase|enhance|improve|raise|supercharge} and {flushing|eliminating|purging|eradicating|filtering|flush} {fat|body fat|excess fat|extra fat|weight|unwanted fat} {you should be|you ought to be|you need to be|you have to be|you will be|you'll want to be} {drinking|consuming|ingesting|having|sipping|enjoying} {pure|real|genuine|natural|100 % pure|absolute} and

{fresh|clean|refreshing|fresh new|new|contemporary} {filtered|strained|blocked|television|tv|purified} {water|drinking water|h2o|normal water|mineral water|waters}. Just {adding|including|incorporating|introducing|putting|contributing} 16 {ounces|oz .oz|oz of|ounce} {of water|water} {between your|involving the|relating to the|between|in between your|regarding the} {meals|foods|dishes|food|dinners|food items} {can give you|can provide you with|can present you with|can provide|supply you with|can supply you with} the {hydration|moisture|water|liquids}- {edge|advantage|side|border|borders|fringe} {you need to get|you ought to get|you need|you should get|you have to get|you have access to} {fat|body fat|excess fat|extra fat|weight|unwanted fat} {moving|shifting|relocating|transferring|going|switching} {and the|and also the|as well as the|along with the|plus the|as well as} {weight|fat|bodyweight|pounds|excess weight|excess fat} {off|away|away from|off of|down|out of}. {Eat|Consume|Take in|Try to eat|Feed on|Take} {more|much more|a lot more|far more|additional|extra} {fiber|dietary fiber|soluble fiber|fibers|fiber content|roughage} - {A good|A great|An excellent|A fantastic|A superb|A very good} {part of|a part of|section of|portion of|component of|element of} {effective|efficient|successful|powerful|useful|helpful} {weight loss|weight reduction|weight-loss|fat loss|fat reduction|losing weight} {is having|has|is} {food|meals|foods|foodstuff|food items|meal} {moving|shifting|relocating|transferring|going|switching} {through your|using your|via your|by your|through the|in your} {system|program|method|technique|process|procedure} {fluently|with complete confidence|on a conversational level}. {By adding|With the addition of|With the help of|By having|By building|The actual addition of} {more|much more|a lot more|far more|additional|extra} {high|higher|large|substantial|excessive|great}-{fiber|dietary fiber|soluble fiber|fibers|fiber content|roughage} {foods|meals|food items|food|ingredients|foodstuff} {to your|for your|in your|on your|for a|to the} {diet|diet plan|diet regime|eating habits|diet program|eating plan} {it can|it may|it could|it might|it could possibly|it may possibly} {keep your|keep the|maintain your|maintain|keep|maintain the} bowels {moving|shifting|relocating|transferring|going|switching} {correctly|properly|appropriately|effectively|the right way|accurately}, {it will|it'll|it's going to|it is going to|it can|it will eventually} {keep you|help you stay|make you stay|help keep you|stop you|prevent you} {fuller|larger|bigger|richer|more voluminous|satisfied} {longer|lengthier|more time|extended|for a longer time|for a longer period}, {and it will|and it'll|and will also|and this will|as well as|and will} {aid in|help with|assist in|help in|facilitate|help out with} {fat burning|fat loss|fat reducing|weight loss|fat reduction|weight reduction}. {Most people|Many people|A lot of people|Most of the people|The majority of people|Plenty of people} {don't eat|do not eat|avoid eating|don't try to eat|smaller food portions|during each meal .} {near|close to|around|in close proximity to|in the vicinity of|next to} {the amount of|the quantity of|how much|the volume of|the number of|the level of} {fiber|dietary fiber|soluble fiber|fibers|fiber content|roughage} {needed for|required for|necessary for|essential for|meant for|needed in view of} {fat loss|weight loss|fat reduction|weight-loss|fat burning|weight reduction} or {overall health|all around health|general health|all-around health|overall wellness|overall fitness}.

This {sounds|seems|appears|looks|appears to be|may seem} {obvious|apparent|clear|evident|noticeable|totally obvious} {but most|but many|but a majority of|most|but the majority|but a majority} {people|individuals|folks|men and women|persons|people today} just {check the|look into the|look at the|confirm the|examine the|check out the} {calories|calories from fat|energy|calorie consumption|unhealthy calories|fat laden calories} and {throw|toss|chuck|put|place|pitch} it {down|lower|straight down|along|all the way down|decrease} their {throat|neck|tonsils|can range f|guitar neck|neck of the guitar}. {Calorie counting|Counting calories|Counting calorie intake|Counting calorie consumption} {will only|is only going to|will simply|will still only|will undoubtedly|only will} {work|function|perform|operate|do the job|get the job done} {if you are|if you're|in case you are|should you be|for anyone who is|when you are} also {watching|viewing|observing|seeing|enjoying|looking at} {how many|the number of|the amount of|what number of|just how many|the quantity of} {you are|you're|you might be|you happen to be|that you are|you will be} {burning off|getting rid of|dropping|burning up|losing|burning}. {You need to|You have to|You should|You'll want to|You must|It is advisable to} {stick to|stay with|follow|adhere to|stick with|remain faithful to} {different types of|various kinds of|several types of|a variety of|different kinds of|unique variations of} {foods|meals|food items|food|ingredients|foodstuff} {if you want|if you would like|if you'd like|if you need|if you wish|in order for you} {the weight|the load|the body weight|the extra weight|the burden|extra weight} to {fall off|disappear|go away|vanish} {quickly|rapidly|swiftly|speedily|easily|promptly}. {Stick to|Stay with|Follow|Adhere to|Stick with|Remain faithful to} {low|reduced|lower|minimal|very low|small} {carbs|carbohydrates|carbohydrate food|carbohydrate supply|carb supply|sugars} {and you|and also you|and you also|so you|therefore you|and you simply} {can't|cannot|can not|are unable to|are not able to|won't be able to} {go wrong|fail|make a mistake|get it wrong|go awry|not work out}!3. {Yes|Indeed|Sure|Of course|Certainly|Without a doubt} {amazingly|incredibly|surprisingly|astonishingly|extremely|particularly}, {scientific|medical|technological|clinical|controlled|methodical} {studies have shown|research indicates|studies show|research has shown|research shows|research} that {weight loss|weight reduction|weight-loss|fat loss|fat reduction|losing weight} {is just as|is equally as|is simply as|is as|can be just as|is simply} {much|a lot|significantly|considerably|very much|a great deal} {in the|within the|inside the|from the|inside|while in the} {mind|thoughts|brain|head|intellect|imagination} {as it is|because it is|since it is|as it's|which is|as things are} {in the|within the|inside the|from the|inside|while in the} {action|motion|actions|activity|steps|measures}. {I suppose|I guess|Perhaps|I assume|Maybe|I reckon that} {it makes sense|it seems sensible|it's wise|it feels right|it is sensible|it's a good idea} that {if you can|if you're able to|when you can|if you possibly could|whenever you can|provided you can} {convince|persuade|encourage|influence|tell|coerce} {your mind|the mind|your brain|your head|your thoughts|your body and mind} {that you have|you have|that you've|which you have|that you've got|that you have got} just {done|carried out|completed|accomplished|performed|executed} {a massive|an enormous|a huge|a tremendous|an immense|a large} {workout|exercise|work out|exercise routine|training|exercise session} {then you|then you definitely|you then|then you certainly|then you definitely|in which case you} {should|ought to|need to|must|really should|will need to} lose weight,

{your mind|the mind|your brain|your head|your thoughts|your body and mind}
{controls|regulates|handles|settings|manages|adjustments} {how many calories|the number of calories} you {burn|burn up|burn off|melt away|shed|melt off} {after all|in the end|all things considered|in fact|of course|naturally}. {Your brain|Your mind|The human brain|Your head|Mental performance|The brain} {uses|utilizes|makes use of|employs|works by using|functions} {the vast majority of|most|almost all|nearly all|the majority of|many} {the energy|the power|the vitality|the force|the action|the electricity} {in your body|within your body|inside you|within you|in the body|in the human body}. {It is very|It's very|It is extremely|It is rather|It is quite|It is especially} {difficult to|hard to|challenging to|tough to|tricky to|not easy to} lose weight {if you do not|if you don't|unless you|should you not|if you can't|understand what} {control|manage|handle|management|command|regulate} {the amount of|the quantity of|how much|the volume of|the number of|the level of} {food you eat|what you eat}. {One of the best|Among the best|One of the better|The most effective|Among the finest|Probably the greatest} {ways to|methods to|approaches to|solutions to|strategies to|tips on how to} {potion|concoction} {your food|the food|your meal|the meat|your meals|the fish} {is by|is as simple as|is simply by|is actually|is actually by|is} {measuring|calculating|computing|calibrating|testing|gauging} it {with a|having a|using a|which has a|that has a|by using a} {cup|mug|pot|glass|goblet|tumbler}, {and everyone|and everybody} {should have|must have|needs to have|really should have|ought to have|will need to have} {a cup|just one cup|a single cup|one cup} {lying|laying|lying down|resting|telling lies|relaxing} {around the house|throughout the house|at home|in your home|savings around your house|in the house}. {A few|Several|A couple of|A number of|Some|A handful of} {foods|meals|food items|food|ingredients|foodstuff}, {such as|for example|including|like|for instance|just like} {meat|beef|meats|various meats|animal meat|steak}, {cannot be|can't be|can not be|is not|are not|should not be} {measured|calculated|assessed|tested|scored|proper} {with a|having a|using a|which has a|that has a|by using a} {cup|mug|pot|glass|goblet|tumbler} but {you do not need|you don't need|you don't|you no longer need|you don't have|it is not necessary} a {scale|size|level|range|degree|machine} to {weight|fat|bodyweight|pounds|excess weight|excess fat} the {meat|beef|meats|various meats|animal meat|steak}. {Instead|Rather|As an alternative|Alternatively|As a substitute|In its place} {use the|make use of the|utilize the|utilize|makes use of the|take advantage of the} {following|subsequent|pursuing|right after|next|adhering to} {rule of thumb|guideline|general guideline|principle|rule|suggestion} when {eating|consuming|ingesting|having|taking in|feeding on} {meat|beef|meats|various meats|animal meat|steak}: your {plate|dish|menu|denture|platter|eating plan} {should be|ought to be|needs to be|must be|really should be|need to be} {divided|split|separated|broken down|divided up|partitioned} in 3 {equal|equivalent|the same|identical|similar|even} {parts|components|elements|pieces|areas|sections}, {meat|beef|meats|various meats|animal meat|steak}, {veggies|vegetables|greens|fruit and vegetables|produce|fresh vegetables} and {whole grain|wholegrain|wholemeal|whole fiber|wholesome}. {As mentioned before|As i've already explained|As previously mentioned}, {in order to|to be able to|so that you can|as a way to|so as to|in an effort to} lose weight you {also need to|should also|must also|also have to|should|need to} {decrease your|lower your|reduce your|lessen your|reduce|decrease} {calories|calories from fat|energy|calorie consumption|unhealthy calories|fat laden calories} {intake|consumption|ingestion|absorption|daily allowance|take in}.

To lose weight {without|with out|without having|with no|devoid of|without the need of} {dieting|going on a diet|a diet|diet|diets|sticking to your diet} {means|indicates|signifies|implies|suggests|usually means} {that you can|that you could|you could|that one could|you can|that you may} {still|nevertheless|nonetheless|even now|however|continue to} {eat|consume|take in|try to eat|feed on|take} {most of the|the majority of the|a lot of the|almost all of the|many of the|the vast majority of} {foods|meals|food items|food|ingredients|foodstuff} {that you|that you simply|which you|that you just|you|for you to} {normally|usually|typically|generally|commonly|ordinarily} {eat|consume|take in|try to eat|feed on|take}. {However|Nevertheless|Nonetheless|Even so|On the other hand|Having said that}, {you should be|you ought to be|you need to be|you have to be|you will be|you'll want to be} {more|much more|a lot more|far more|additional|extra} {careful|cautious|mindful|watchful|very careful|thorough} about {the kind of|the type of|the sort of|the level of|the amount of|the} {food|meals|foods|foodstuff|food items|meal} {that you|that you simply|which you|that you just|you|for you to} {eat|consume|take in|try to eat|feed on|take}. {You should also|It's also wise to|It's also advisable to|Its also wise to|It's also sensible to|You must also} {focus on|concentrate on|give attention to|target|consentrate on|center on} {burning|burning up|using up|using|getting rid of|losing} {more|much more|a lot more|far more|additional|extra} {calories|calories from fat|energy|calorie consumption|unhealthy calories|fat laden calories} than {you consume|you take in|you eat|consume|consumed|eaten}. {Here are|Listed here are|Listed below are|Allow me to share|Here i will discuss|Here's} 3 {easy steps|simple steps|basic steps|simple actions|easy ways|clear steps} {to help you|that will help you|to assist you|that may help you|to assist you to|that can assist you} lose weight {without|with out|without having|with no|devoid of|without the need of} {dieting|going on a diet|a diet|diet|diets|sticking to your diet}: Lose Weight {without|with out|without having|with no|devoid of|without the need of} {Dieting|Going on a diet|A diet|Diet|Diets|Sticking to your diet} {Tip|Suggestion|Idea|Hint|Word of advice|Rule} {#|Number}1: {Start|Begin|Commence|Start off|Start out|Get started} {Doing|Performing|Carrying out|Undertaking|Accomplishing|Executing} MoreA {pound|lb|single pound|lb .|single lb|single lb .} of {fat|body fat|excess fat|extra fat|weight|unwanted fat} {is equivalent to|is the same as|matches|comes to} 3,500 {calories|calories from fat|energy|calorie consumption|unhealthy calories|fat laden calories}. So {by maintaining|keeping|by preserve|to keep} {your calorie intake|the amount you eat|the quantity you consume|take in|eat|put in your mouth} and {increasing your|upping your|boosting your|replacing the same with|improving your} {calories burned|calories expended}, {you can|you are able to|it is possible to|you'll be able to|you may|you could} {achieve|accomplish|attain|obtain|realize|reach} {weight loss|weight reduction|weight-loss|fat loss|fat reduction|losing weight}. {Try walking|Faster|Jog|Perhaps|Like|Walk} {around|about|close to|all around|all-around|all over} {your neighborhood|town|your location|your community|your area|your town}, or {running|operating|working|jogging|managing|going} {in the park|around the block|neighborhood}. Even {10 to 15|ten to

fifteen|10 or 15|10-15|ten or fifteen|8 to 10} {minutes|moments|min's|units|a few minutes|a matter of minutes} {daily|every day|everyday|day-to-day|each day|regular} {of any|associated with a|of the|from a|of a typical|of your} {physical activity|exercise|physical exercise|exercising|training|work out} will {make a difference|really make a difference|make any difference|change lives|issue|matter}. So {make it a|turn it into a|transform it into a|convert it into a|morph it into a|make it the} {habit|routine|behavior|practice|pattern|addiction} {in order to|to be able to|so that you can|as a way to|so as to|in an effort to} lose weight {effectively|successfully|efficiently|properly|correctly|proficiently}. Lose Weight {without|with out|without having|with no|devoid of|without the need of} {Dieting|Going on a diet|A diet|Diet|Diets|Sticking to your diet} {Tip|Suggestion|Idea|Hint|Word of advice|Rule} {#|Number}2: {Choose|Select|Pick|Decide on|Opt for|Pick out} {What You|That Which You|Everything You|Whatever You|Anything You|What We} EatThe {kind of|type of|sort of|form of|style of|types of} {food you eat|what you eat} {is essential|is important|is vital|is crucial|is critical|is really important} in {achieving|attaining|reaching|accomplishing|obtaining|acquiring} {weight loss|weight reduction|weight-loss|fat loss|fat reduction|losing weight}.

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