

Weight Loss Shoots to Number 19 in the Charts

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On December 27 the search term "weight loss" shot from nowhere to number 19 in a list of the 300 most searched terms on the Internet. Does this indicate a new determination to restore our health in the New Year or a temporary guilt trip brought on by the excesses of Christmas?

London, England

The list in question is supplied weekly by a British company specializing in the analysis of search terms. Their analysis for the previous week did not contain the term "weight loss" anywhere in the list of the top 300 searches, after those relevant to sex and gambling were removed. Favorite searches in the week leading up to Christmas included:

- Xmas recipes
- Christmas cake recipes
- Christmas baking recipes
- Christmas candy recipes
- Christmas cookie recipes
- Christmas sugar cookies
- Christmas dinner cooking
- Christmas recipes
- Christmas dinner menus

So how many New Year's resolutions are indicated here? Having seen the list of terms in use before the holiday, it seems obvious that many of the surfers were prompted by the guilt of overeating at Christmas and were trying to prepare themselves for a more frugal 2006. But how many of them will go through with it?

John Murphy of Networthy Marketing said "We offer a free, no-obligation weight loss consultation on the telephone. The process starts with an online survey at <http://www.smartbox.co.uk/weight-loss> where we learn the present condition and goals of the person who needs help. Then we call for a friendly chat."

Murphy continued "It is surprising how frank people can be when completing the survey and often my heart goes out to them. We are able to help many of them to achieve their goals and achieve a healthier, happier lifestyle but many go into denial as soon as they have completed the survey and it becomes impossible to contact them"

By now we all know how serious a problem overweight and obesity are in the affluent Western world. A recent survey conducted in the UK indicated that men were worse than women in denial, with 25% of overweight men refusing to accept the fact. Dave Bucknell of Crawley said " I was in

denial for years but finally gave in to pain in my back and knees and did something about it. I've now lost over 50 lbs and feel so much better. My advice is to stop thinking you can't do it because you can."

Contact Information

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Keywords

[weight loss](#)

[weight loss diet](#)

[weight loss program](#)

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