

Weight Loss Tips - Get In Shape For The Warmer Months

As temperatures rise, so do hem lines. Clothes become lighter and with fewer layers to hide your excesses. Suddenly, those extra pounds you gained seem more obvious than ever. Do you want to know how to lose weight fast? Wouldn't it be wonderful to flatten your tummy in one day or if you could lose 10 pounds in 3 days. Even if it were possible, you'd probably lose fluids and not fat. Sure, water retention can cause you to be a lot heavier than you really are. Get rid of the excess water, maybe through a wrap or the use of diuretics, or by starving yourself, you might lose that weight for a while. Problem is the effect is temporary. The weight will return. Some people might use fasting as a means to lose weight but the effect is temporary. After the fast, comes the feast. If after you end your fast, you get a feasting reaction, eating more than you did before, not only do you gain back the weight you lost, you make it harder to shed off the weight the next time around. Just like yoyo dieting. Losing weight through an unsustainable diet, only to regain it later when you can't stick to that diet messes with your metabolism. It is better to find a moderate diet which is healthy and which you can stick to for life. Weight loss or weight gain is a simple equation of calories. You might ask this question. How many calories to lose weight?

The answer: It depends. In geek terms

About the Author

Save you money by teaching you exactly which muscle building supplements work and are worth spending hard earned money on and which are pure hype.

Source: <http://www.productsherbal.com>