

## How to Target Abdominal Weight Loss Wisely

Equipments may come and go, you could spend hours doing countless sit-ups and crunches, but one factor that simply can't be overlooked for a healthy abdominal weight loss is a dietetic change. Friends, in the present world no one can advise you best way to lose weight. But it's important to do it in a healthy and realistic way. This allows you to get the nutrients you need, feel positive about helping your health and well being, and get on with living your life. Adopting a healthy and long lasting way to weight loss ensures healthy mind, body, and soul for you. In today's age and world, being slim, shapely, possessing ripped abdominal muscles and toned arms seems to be the aim of a vast majority of the people you see spending tons of hours working out at gyms. These same people spend loads of money on the new weight-loss pill or supplement guaranteed to 'make you eat less and increase your metabolism...' and in spite of whatever side effects the product may contain, the average Joe, still thinks this quick fix will be worth the risk. In truth, some of these people have luck with these efforts, and yes they possess the ever so ripped and toned muscles we as a society admire so much. However, the fact that needs to be accepted and pondered upon thoroughly is: 'Whatever is not built on a proper foundation will eventually crumble!' There is a saying that is known to every culture which goes: "you are what you eat..." What you eat plays arguably the most important role on your overall health and fitness, thus PROPER DIET should be the most important factor of any and every health seeker. What then should one eat? In a nut-shell: yes as boring as it may sound- Fruits and Vegetables. I can honestly say to you, when I REALLY want to see my cuts in my abs, if I go on a mono-diet of seasonal fruits for several days (actually 2-3 days) , the cuts just come showing in all their glory. Now imagine what my abs look like when I fast! If the suggestion above seems a little bit extreme for now, try just using mucus-lean or mucus-poor foods such as Potatoes, Leaves, Avocados, Natural Brown Rice (soaked overnight and perhaps cooked with blended ORGANIC Tomatoes and celery), just avoid the refined, packaged and processed foods of the usual American Standard Diet. I have written on the best abdominal exercises elsewhere, but just in case my favorites (and I must point out the fact that they work more than just the abs..) are the Ab-Wheel, Hindu-Push Ups, Gorilla Crunches and Bicycle. Of course some other do's and don'ts apply to abdominal exercises and weight loss (which not surprisingly is noticed first in the abdominal region eh?) but for now, let's try to make the first step to be a change in our dietetic habits for lasting results. In Friendship,

## About the Author

Weight loss articles plus links to several newsletters containing recipes. Includes information for joining the Slim for Life Program.

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