

Courtney says weight loss down to detox

Courtney Love has credited detoxing with helping her lose weight. Posing in a hat, jewellery and shoes for an interview in Harper's Bazaar magazine, the US singer says she's been "quite disciplined" in changing her lifestyle. The 43-year-old tells the magazine in its September issue: "I've lost a lot of weight, and I have done it through being quite disciplined." Courtney says she now weighs about 9st 13lb. She credits her new figure to visits to a clinic for "colonics and fasting" several times a year and eating a daily diet of two meal replacement shakes and "fish and macrobiotic food". "Some people think it's about weight loss, but it's about detoxing," says the star, who underwent a lifestyle change after packing on pounds last year. The former frontwoman of rock band Hole - and widow of Nirvana singer Kurt Cobain - blames the weight gain on a bad breakup and eating too much macrobiotic food. "My daughter (Frances Bean) and I were kind of going for it because the dessert's fantastic," she says. "I put on 30 pounds, and I put on another 15 out of emotional depression." "By the way," she adds, "I hate reading magazines where the actresses are saying, 'Broccoli and fish, broccoli and fish'. You liars. You bulimic liars."

About the Author

From www.metro.co.uk:

For weight loss, there are different types of fasting plans that can be arranged. There is a lot of controversy with the idea of fasting.

How to lose weight with a fast, fasting for weight loss. The average weight loss on our fasting detoxification program is between one and two pounds.

Natural Weight Loss Success Story. Weight Loss tips and techniques for life. juicing, macrobiotics, fasting and then began to put it into practice.

Fasting to cleanse the body and jumpstart a weight loss diet has been recommended for years. But the reality is that fasting deprives the body of nutrients.

The Dharma Healing Center offers 7 to 31 day fasting and detoxification, cleansing, liver detoxification and fasting for weight loss programs.

For instance, fast weight loss has been linked to the appearance of gall stones. Fast weight loss also places you at greater risk for an eating.

Learn more about fasting, rapid weight loss and overcoming addictions. Ralph Cinque worked with Herbert Shelton and knows natural.

A water fast will result in an average of 1 to 2 pounds per day of weight loss. But that is not the benefit of fasting.

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