

TIPS FOR WEIGHT LOSS AND BETTER HEALTH

1. Increase Water Intake (the water therapy)

Water is a very important factor in any weight reduction program. Consumption of water cleanses the toxins from the body in the form of urine. Drink about 4 to 5 liters of water every day.

Different bodies have different requirements of water. A simple way to track how many liters of water your body needs in a day is to divide your weight by 20. The result you will get from this equation will give you the liters of water you must consume every day. For example: If you weigh 70 kilos, then dividing it by 20 gives 3.5 as result. So you must drink a minimum of 3.5 liters of water every single day. This is an essential step for weight loss.

2. Hot Water with Lemon and Honey:

Hot water with lemon and honey is a great trick for losing weight. To make: Mix a spoon of lime juice and half a spoon of honey to hot or lukewarm water. Drink this every morning on an empty stomach to aid your weight loss in 10 days.

3. Reduce the Intake of Carbohydrates:

Rice contains a lot of calories and carbohydrates in it. Reducing the intake of rice can reduce weight to a great extent. A lot of people in India (South Indians) start their day with a *dosa* or an *idly*. These dishes are primarily made from rice. Some people also have this for their dinner. If you want to lose weight, it is essential to reduce these carbohydrates intake to a great extent.

4. Increase Protein Intake:

Protein is a muscle builder that can effectively reduce the fat in our body. It can also convert the loose fat into muscles. Increase the intake of protein and replace carbohydrates food with protein food.

5. Increase Fiber Intake:

Having food with soluble fibers is a great way to reduce weight. Consuming foods that contain soluble fibers will shed the weight by reducing the bad cholesterol in your body. Soluble fibers dissolve in water and form a gel like substance inside the body which slows down digestion. Food with soluble fibers keeps your stomach full for a longer time and this prevents overeating. It keeps weight under control, the slow stomach emptying helps to check blood sugar levels and this has a positive impact on insulin sensitivity. Soluble fibers control diabetes effectively. Soluble fibers are kind to your heart, it reduces the risk of cardiovascular disease and strokes by preventing the absorption of LDL (low density lipoprotein) cholesterol. This is bad cholesterol that blocks the blood vessels and result in heart attacks. Soluble fibers don't interfere with the absorption of dietary cholesterol that is good for health. After all not all cholesterol cause harm!

Incorporate oatmeal, lentils, apples, oranges, pears, oat bran, strawberries, nuts, flaxseeds, beans, dried peas, blueberries, psyllium, cucumbers, celery and carrots. You can make several delicious dishes with this combination, so that you don't have to compromise on taste while losing weight.

6. Avoid the Problem of Constipation:

Constipation can delay weight reduction process a lot. This is because the toxic and waste components are not flushed out from your body. Make sure you keep your system clean and toxin-free.

Drink lots of water and juices. Also have food rich in fiber like apples, oats and green vegetables. You can have banana or ripe papaya; it is rich in vitamins and is a natural laxative. You can have medicines, but sticking to organic fiber rich foods is the best idea

7. Avoid Junk Food:

Want to lose weight? Avoid junk food completely! Junk foods like pizza, burgers, sausages, etc. do not contain any nutritive value. All they offer is fat and added weight. Junk food is the most common factor for putting on weight. Steer clear of these items.

Processed food and fast food are delicious no doubt, it is good to have it once in a while but don't make it a weekly habit. Junk food can trigger stomach and liver disease due to contamination. Stomach problems will reduce weight, but is that a healthy way to lose weight. Losing weight should be a planned effort, it is best to follow a scientific approach for balanced weight loss.

Consume Calorie-less Food:

The trick to losing weight is to consume calorie-less food to reduce weight. Add boiled food to your diet and avoid foods that are sweet, rich in fats or fried.

8. Get Rid of Food Craving:

Food craving is very common and an uncontrollable factor among obese people. Never consume snacks or food when you have food craving sensation. Instead, drink plenty of water to avoid it.

Binge eating is quite common. We don't realize what strong signals from the brain provoke us to have food full of empty calories. You have to analyze what is driving you towards these unhealthy foods that are your favorite. Once you know the reason behind binge eating then only you can stop it. For instance, you are depressed and you want to divert your mind so you order for a pizza with extra cheese which will make you feel good. Here is where we make mistakes, instead of ordering the pizza you could have talked to friend and expressed your anxiety; this would have helped to cheer you up better than a pizza!

Do you know why you binge eat? Or why you ordered that pizza? When you have your favorite pizza or candy, your brain releases dopamine and endorphins that lifts your mood instantly. You want to eat more sugary and fatty foods, this leads to unnecessary increase in weight. It is like a vicious cycle, that you have to break it with your willpower. You have to motivate yourself to ditch the junk food and switch over to healthy options. Healthy foods are also delicious; all you have to be is an innovative cook!

9. Prefer Sprouts to Snacks:

Boiled sprouts are rich in nutrients and have fewer calories. They can be consumed twice a day for brunch or in the evening time 2 hours before dinner. They provide you better nutrients than any other snack. Plus they aid your weight loss.

10. Not More than 3 Meals a Day:

Never consume more than 3 proper meals a day. And most importantly, only the meal for your lunch can be heavy; whereas your breakfast and dinner should always be light. This is one of the most important tip on how to lose weight

11. Proper Exercise:

Working out is very important to lose weight and the simple equation to stay fit is: ***Proper diet + work out =FIT***. You need not necessarily hit a gym to work out. You can start it at home with simple exercises like sit ups or skipping for about 10 -15 minutes a day. You can also go for morning or evening walks and jogging.

12. Consume Fruits with High Water Content and Less Calories:

Fruits and vegetables like water melon, cucumber, and papaya have very less calories. They can be consumed for brunch or in the evening as salads as they make you full. These fruits are best suited for weight loss as they have more water and lesser calories.

13. Avoid Carbonized Drinks:

Any carbonized drinks or beverage must be avoided during a weight loss program. Instead of these carbonized drinks, try and have lime juice or tender coconut water.

14. Avoid Red Meat:

Red meat is highly dangerous as it not only leads to obesity but also diseases like cancer. So avoid it at all costs during your weight loss program and otherwise also.

15. Avoid the Three White Poisons – Rice, Sugar, Salt:

Rice, sugar and salt MUST be avoided in your diet to the extent possible. You cannot totally avoid these but you sure can control their consumption quantity.

16. Never Skip Your Meals:

When you skip your meal thinking that you might lose weight, you actually gain weight. This is because the hunger stays in your body and the next time you consume food, you end up consuming twice the quantity. This is also another important tip for you to abate the worry on how to lose weight

17. Do It Now:

Last but not the least, do not postpone! Some get tempted by food or have no time to start the weight loss program. Remember that it's now or never. Start your weight loss program and strictly stick to your diet.

For more details call

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SUGGESTED USE: Take one(1) capsule twice a day, 30 minutes before meals

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