



No Nonsense Weightloss Guide (Correct Times)

Richard K. Mai

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Are you carrying a little extra weight around the middle? Maybe you've got more than just a little weight problem, maybe it's a rather large one and you need to get rid of the fat for health reasons. Rest assured that you're not alone!

Obesity in America is at an all-time high. One out of every three Americans is obese, a number that has doubled in just ten years. This epidemic is growing out of control in other countries as well as fast food franchises open in China, Japan, gery, and other industrialised nations.

When you are overweight, it's a serious issue. Carrying extra weight can make you more susceptible to heart problems, diabetes, stroke, and various types of cancer. It can also affect your body image as well thus causing problems with your self-esteem.

You deserve to be healthier and take off some of that weight that is making you unhealthy. But what if you're like me and love food so you hate the idea of having to eat rice cakes and alfalfa sprouts or starving yourself just to help the weight come off.

We have good news for you! You don't have to starve yourself to lose weight!

Many people associate weight loss with being hungry all the time. They're afraid to start a weight loss plan because they want to avoid the frustrations of hunger.

And yes, a lot of times for many people they think it's better to be overweight than to starve. I'm no exception. I really like to eat, so there's no way I would be constantly hungry for the sake being thin. What kind of life is it if you're always feeling hungry?

Our natural instinct tells us to eat when we are hungry. Hunger is a signal telling the body that it needs to eat. It is also a signal to the body that it is in danger, that it needs food now. Our self-preservation instinct makes us scarf down everything in sight in response to feelings of starvation.

Our body doesn't care that we live in the modern world where food is plentiful. It acts the same as it would if we were living in a wild, having to hunt for our food. And it is not wise to go against the instinct that is designed to protect us from starvation death.

So, get ready for a surprise: you do not have to be hungry in order to lose weight. On the contrary, eating regular meals and keeping yourself full is what will actually help you stick to your healthy eating plan and reach your goals. Keeping your hunger in check will help you avoid overeating. It will also prevent you from feeling miserable, frustrated and out of control. Diet and weight loss is big business these days. It seems you're always seeing and hearing ads for weight loss products that promise amazing results. Some of them have their own meal plans, some are just small little pills that purport to burn fat, and others ask you to cut certain foods out of your diet in order to adjust the body's metabolism.

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