BRIEF NOTES ON HEALTHY WEIGHT LOSS

Most People gain weight by consuming more energy than they burn.

Other factors play a role such as genetic factors such as metabolism.

It is natural for anyone trying to lose weight to want to lose it very quickly.

Healthy weight loss is not just about a diet or program.

It is about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

REASONS FOR LOSING WEIGHT

Fitness

 A weight-loss program that involves exercise can leave a person feeling fitter, with more energy and stamina.

Sports competitions

In some sports, such as boxing, an individual may seek to control their weight so that they can stay in their existing weight category.

Fertility

 Fertility treatment appears to be more effective in women with obesity and polycystic ovary syndrome (PCOS) if they lose some weight before treatment.

Appearance

People may feel that if they lose weight, they will look more attractive, fitter, or healthier.

Confidence and body image

People with excess weight or obesity may feel uncomfortable about their appearance.

Overall health

Maintaining an appropriate weight can help to boost overall health and prevent diseases such as type 2 diabetes.

Losing weight is not easy, and it takes commitment.

Modest weight loss can decrease your risk factors for chronic diseases related to obesity.

The truth is there is no one size fits all solution to permanent healthy weight loss.

What works for one person may not work for you.

Our bodies respond differently to different foods depending on genetics and other health factors.

Some people respond well to counting calories or similar restrictive methods.

Others respond better to having more freedom in planning their weight-loss programs.

Being free to simply avoid fried foods or cut back on refined carbs can set them up for success.

Do not get too discouraged if a diet that worked for somebody else does not work for you.

A diet is only right for you if it's one you can stick with over time.

Ways on How to Lose Weight Naturally

There is a lot of bad weight loss information on the internet.

Much of what is recommended is questionable at best, and not based on any actual science.

However, there are several natural methods that have actually been proven to work.

Increase Protein to Your Diet

When it comes to weight loss, protein is the king of nutrients.

Your body burns calories when digesting and metabolizing the protein you eat.

Even something as simple as eating a high-protein breakfast (like eggs) can have a powerful effect.

Eat Whole, Single-Ingredient Foods

One of the best things you can do to become healthier is to base your diet on whole, single ingredient foods.

By doing this, you eliminate the vast majority of added sugar, added fat and processed food.

Most whole foods are naturally very filling.

Furthermore, eating whole foods also provides your body with the many essential nutrients that it needs to function properly.

Weight loss often follows as a natural "side effect" of eating whole foods.

Avoid Processed Foods

Processed foods are usually high in added sugars, added fats and calories.

Processed foods are engineered to make you eat as much as possible.

 They are much more likely to cause addictive-like eating than unprocessed foods.

Stock Up on Healthy Foods and Snacks

Studies have shown that the food you keep at home greatly affects weight and eating behavior.

Reduce the chances of you or other family members eating unhealthy.

There are also many healthy and natural snacks that are easy to prepare and take with you on the go.

These include yogurt, whole fruit, nuts, carrots and hard-boiled eggs.

Limit Your Intake of Added Sugar

Eating a lot of added sugar is linked with some of the world's leading diseases.

This includes heart disease, type 2 diabetes, and cancer.

Since sugar goes by many names in ingredient lists, it can be very difficult to figure out how much sugar a product actually contains.

Minimizing your intake of added sugar is a great way to improve your diet.

Drink Water

There is actually truth to the claim that drinking water can help with weight loss.

Drinking a half liter of water may increase the calories you burn by 24–30% for an hour afterward.

Drinking water before meals may also lead to reduced calorie intake, especially for middle-aged and older people.

Water is particularly good for weight loss. It replaces other beverages that are high in calories and sugar.

Drink Unsweetened Coffee

Most people are realizing that coffee is a healthy beverage that is loaded with antioxidants and other beneficial compounds.

Coffee drinking may support weight loss by increasing energy levels and the number of calories you burn.

Caffeinated coffee may boost your metabolism by 3–11%. It also reduces your risk of developing type 2 diabetes by a whopping 23–50%.

Black coffee is very weight loss friendly. It can make you feel full but contains almost no calories.

Supplement with Glucomannan

Glucomannan is one of several weight loss pills that have been proven to work.

It is low in calories, takes up space in the stomach and delays stomach emptying.

It also reduces the absorption of protein and feeds the beneficial gut bacteria.

This water-soluble, natural dietary fiber comes from the roots of the konjac plant, also known as the elephant yam.

Its exceptional ability to absorb water is believed to be what makes it so effective for weight loss.

One capsule is able to turn an entire glass of water into gel.

Avoid Liquid Calories

These drinks are bad for health in several ways, including an increased risk of obesity.

Liquid calories come from beverages like sugary soft drinks, fruit juices, chocolate milk, and energy drinks.

It's also important to note that your brain does not register liquid calories the same way it does solid calories.

One may end up adding these calories on top of everything else that you eat.

Reduce Intake of Refined Carbs

Refined carbs are carbs that have had most of their beneficial nutrients and fiber removed.

The refining process leaves nothing but easily digested carbs.

This can increase the risk of overeating and disease.

The main dietary sources of refined carbs are white flour, white bread, white rice, sodas, pastries, snacks, sweets, pasta, breakfast cereals, and added sugar.

Fast Intermittently

This refers to eating pattern that cycle between periods of fasting and eating.

There are a few different ways to do intermittent fasting.

These methods make you eat fewer calories overall.

This should lead to weight loss as well as numerous other health benefits.

Drink Green Tea

Green tea is a natural beverage that is loaded with antioxidants.

Drinking green tea is linked to many benefits.

This includes increased fat burning and weight loss.

Green tea may increase energy expenditure by 4%.

It also increases selective fat burning by up to 17%.

Matcha green tea is a variety of powdered green tea that may have even more powerful health benefits than regular green tea.
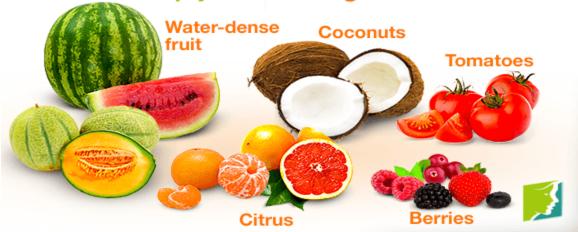
Eat More Fruits and Vegetables

Fruits and vegetables are extremely healthy.

They are also weight loss friendly foods.

Numerous studies have shown that people who eat more fruits and vegetables tend to weigh less.

Count Calories Once in a While

Being aware of what you're eating is very helpful when trying to lose weight.

There are several effective ways to do this.

This includes counting calories, keeping a food diary or taking pictures of what you eat.

Use Smaller Plates

Using smaller plates helps you eat less.

 It changes how you see portion sizes.

People seem to fill their plates the same, regardless of plate size.

They end up putting more food on larger plates than smaller ones.

Using smaller plates reduces how much food you eat.

 This gives you the perception of having eating more.

Consumption of Low-Carb Diet

Low-carb diets are very effective for weight loss.

Limiting carbs and eating more fat and protein reduces your appetite.

It also helps you eat fewer calories.

This can result in weight loss that is up to 3 times greater than that from a standard low-fat diet.

A low carb diet can also improve many risk factors for disease.

Eat More Slowly

If you eat too fast, you may eat way too many calories.

Faster eaters are much more likely to become obese compared to those who eat more slowly.

Chewing more slowly may help you eat fewer calories.

It also increases the production of hormones that are linked to weight loss.

Replace Some Fat with Coconut Oil

Coconut oil is high in fats called medium-chain triglycerides.

These are metabolized differently than other fats.

They can boost your metabolism slightly while helping you eat fewer calories.

Coconut oil may be especially helpful in reducing the harmful belly fat.

This does not mean that you should add this fat to your diet.

You should simply replace some of your other fat sources with coconut oil.

Add Eggs to Your Diet

Eggs are the ultimate weight loss food.

They are cheap and low in calories. It is also high in protein and loaded with all sorts of nutrients.

High-protein foods have been shown to reduce appetite and increase fullness compared to foods that contain less protein.

Eating eggs for breakfast may cause up to 65% greater weight loss over 8 weeks.

 It may also help you eat fewer calories throughout the rest of the day.

Spice Your Meals

Peppers contain a compound called capsaicin which may boost metabolism.

It also increases the burning of fat.

Capsaicin may also reduce appetite and calorie intake.

Taking Probiotics

These are live bacteria that have health benefits when eaten.

They can improve digestive health and heart health.

They also help with weight loss.

Overweight and obese people tend to have different gut bacteria than normal weight people.

Probiotics may help regulate healthy gut bacteria.

They may also block the absorption of dietary fat while reducing appetite and inflammation.

Sleeping

Enough sleep is incredibly important for weight loss.

It also prevents future weight gain.

Sleep deprived people are up to 55% more likely to become obese compared to those who get enough sleep.

This is partly because sleep deprivation disrupts the daily fluctuations in appetite hormones.

This leads to poor appetite regulation.

Eating More Fiber

Fiber-rich foods may help with weight loss.

Foods that contain water-soluble fiber may be especially helpful.

This type of fiber can help increase the feeling of fullness.

Fiber may delay stomach emptying.

This makes the stomach expand and promote the release of satiety hormones.

This makes us eat less naturally without having to think about it.

Many types of fiber can feed the friendly gut bacteria.

Healthy gut bacteria have been linked with a reduced risk of obesity.

Make sure to increase your fiber intake gradually to avoid abdominal discomfort.

Brushing Your Teeth after Meals

Many people brush or floss their teeth after eating.

 This helps to limit the desire to snack or eat between meals.

This is because many people do not feel like eating after brushing their teeth.

If you brush or use mouthwash after eating you may be less tempted to grab an unnecessary snack.

Combating Your Food Addiction

This involves overpowering cravings and changes in your brain chemistry.

This makes it harder to resist eating certain foods.

This is a major cause of overeating for many people and affects a significant percentage of the population.

Some foods are much more likely to cause symptoms of addiction than others.

This includes highly processed junk foods that are high in sugar, fat or both.

The best way to beat food addiction is to seek help.

Doing Some Sort of Cardio

This includes jogging, running, cycling, and power walking or hiking.

It is a great way to burn calories and improve both mental and physical health.

Cardio has been shown to improve many risk factors for heart disease.

It can also help reduce body weight.

Cardio seems to be particularly effective at reducing the dangerous belly fat.

Add Resistance Exercises

Loss of muscle mass is a common side effect of dieting.

If you lose a lot of muscle your body will start burning fewer calories than before.

By lifting weights regularly you will be able to prevent this loss in muscle mass.

As an added benefit you will also look and feel much better.

Use Whey Protein

This is a type of protein shown to have numerous benefits for muscle mass, strength and fat loss.

Most people get enough protein from diet alone.

Replacing part of your calories with whey protein can cause significant weight loss.

Some varieties are loaded with added sugar and other unhealthy additives.

Mindful Eating

This is a method used to increase awareness while eating.

It helps you make conscious food choices and develop an awareness of your hunger.

It then helps you eat healthy in response to those cues.

Mindful eating has been shown to have significant effects on weight, eating behavior and stress.

It is especially helpful against binge eating and emotional eating.

Changing Your Lifestyle

Dieting is one of those things that almost always fail in the long term.

Eat to become a healthier, happier, fitter person but not just to lose weight.

Natural Supplements to reduce weight

A number of supplements are available that claim to help people lose weight.

These include;

- ❖ Omega-3 products and fish oils.
- ❖ Chitosan, derived from shellfish.
- ❖ Green tea extracts.
- ❖ Some Chinese herbs.
- ❖ Bitter orange extract.