

Lose Weight Fast – 5 Detox Tips To Speed Metabolism & 5 Tips To Lose Weight Fast!

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Monday, 30 January 2006

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These 10 tips can be incorporate in sensible any diet and will see you shed pounds and lose weight fast!

5 Detox Tips

{bot_wrgoogle}The body needs to be working as efficiently as possible to lose weight fast; as if your body organs are working at maximum efficiency you will shed weight quicker. Logical but not many people think about this when dieting

So here are your 5 easy natural detox tips

Eat cherries and strawberries

These foods are rich in ellagic acid a nutrient that helps mop up free radicals and help combat pollutants such as alcohol and as a by product they boost brain power.

You can also add raspberries an alternative to the above 2 choices.

Eat Grapes

These are rich in flavinols, which help your arteries work to their maximum and make blood run smoothly and quickly around the body.

Eat citrus fruits such as berries

These foods are rich in vitamins C & E, which will help cleanse and detoxify the liver making it work more efficiently.

Prunes & Fibre

Eat prunes as they will naturally cleanse the colon stimulating the gut and help expel waste quicker, you should also up your intake of fibre as well to cleanse the colon further.

Apricots

If you are smoker this food is particularly useful, apricots are rich in beta-carotene and vitamin C which helps repair smoke damage to the lungs.

Cranberries or juice

Contains proanthocyanidin which are antioxidants that will help cleanse and flush out the kidneys.

You can also add a couple of supplements if you wish top the above list to help detoxify further. Alfalfa and milk thistle are good choices. The first acts as a general cleanser and the second as a cleanser for the liver.

Your organ will be working more efficiently with above foods and this will help you get rid of weight faster as your kidneys and liver in particular will work more smoothly.

Now here are 5 tips to lose weight fast

5 Easy weight loss tips

Drink Iced Water

Two litres a day minimum. Water has to be iced as the body will burn 100 calories just heating the water to normal body temperature. Also hunger pangs are very often thirst pangs, so this will help you stop over eating.

Add lemon to flavour if you wish and gain the added benefit of cleansing your liver at the same time.

Water also helps your body metabolize stored fat by helping the kidneys flush waste quicker. When you don't drink enough water the liver needs to help the kidneys perform this function. When the liver has to help the kidneys its normal function of providing stored fat for energy is slowed down.

Green tea

Drink 5 cups a day. Research shows this can burn a massive 80 calories a day! It is believed the antioxidant catechins in green tea boost the metabolism and help burn fat.

Chilli sauce & mustard

These foods increase your calorie burning capacity by between 5 – 10% for up to 2 hours after eating. This is because they contain capsaicin which speeds the metabolism, so if you enjoy hot food your in luck!

Low fat dairy foods

Can increase fat burning in the abdominal area. Why? Because these foods are rich in calcium which encourages the release of fat from fat cells and also reduces the amount of fat absorbed.

Eat Fibre

Eating fiber foods to help keep things moving through your bowel as stated above and makes you feel full.

The average person can lose 9-10 pounds in one year just from doubling their fiber intake aim for 25grams per day (the average for most adults is just 8grams) fiber rich foods include strawberries, apples, brown rice, chick peas, potatoes (with skins) and brown rice.

The above tips should be incorporated into a sensible diet and they will enhance it and help you lose weight fast.

More sensible diet tips and advice

For more ways to lose weight fast without resorting to fad diets then visit our website =><http://www.net-planet.org/health.html>

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