

SPEEDYDIET^{2.0}

Lose weight fast and easy

*20 answers to 20 Most Frequently Asked
Questions about Weight Loss*

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Is it possible to lose weight by a single meal a day?

Eating one meal per day isn't sufficient for the whole day's activity. Each meal should provide you the nutrients that are essential for ever day dosage. If you deprive yourself from eating 3 meals a day, your body can get weaker in no time. Eventually, you may soon develop to resist food intake which will then drive you into starvation.

As you starve, your body will depend on your stored fat in order to find a way to regain some energy. You won't know when your fat will deplete, and when you know, it may be too late to turn odds. It is a risky decision that should not be taken for granted. Make a room for another choice; if you badly need to get slim, eat healthy meals three times a day.

The idea of this weight loss can be considered as a manifestation of fasting. Like fasting, food limitation plays the vital role. As compared to a book, no matter how healthy fasting could be, sometimes, you just can't deny the idea that just a meal a day is definitely a deprivation.

Exercise will lend you a lot of help. By exercising, you could be burning off 500 calories after eating of about 300-400 calories meal and it is sure way enough to jump start your weight loss exercise. You have will have burned 200 excess calories. It's a choice of balance; you can do more burning and lose more weight.

You have to have a strong will to lose weight. Even if you lose weight with one meal per day, it would be like suicide. You only get to live once, so take your every step as cautious as you could be.

Do Carbohydrates make us fat?

Eating foods low in carbohydrates is what we usually see in diet programs and advertisements nowadays. They claim that with lower carbohydrate intake, customers shall see a rapid improvement. But is that so?

Carbohydrates do not generally make us fat. This is a common misunderstanding by most people who want to lose weight. Perhaps some are just misled to the idea because carbohydrates contribute a lot to the blood sugar content of our body which, if unconsumed will be deposited and stocked. Additionally, it is also may be due to the fact that carbohydrates do contain a lot of calories which is the energy of our body, and if unconsumed will likewise cause fabulous bodies to turn to “flabulous” ones.

Note how the word is unconsumed is repeated in either cases. Yes, only if unconsumed shall this thing become threatening. So how can we solve this? We make sure we burn calories as much or more than we take in. We can get rid of the unwanted excessive deposits of sugar and calories in our body then by taking proper diet, amount of water and amount of exercise.

Also take into consideration the other type of carbohydrates, the good carbohydrates. Good carbohydrates are natural carbohydrates that contain dietary fibers, and minerals and vitamins. These minerals and vitamins provide us with sufficient nutrition to get going and fibers can aid proper digestion.

How will my cravings be regulated?

Basically, craving means an intense feeling of eating some specific food, and can be tough to overcome. You don't have to worry about it being an eating disorder because it's not. It is a hormonal imbalance due to insufficient healthy nutrients so it's totally workable; and here are some ways to get rid of it completely.

Dosage

Foods with high levels of sugar are mostly women's cravings. These include chocolates, cakes, pastries and other desserts. However, for a fact, these foods alter a lot if we mean to talk about hormonal balance and effect. The lesser sugar intake will be a lot better.

Don't Diet

Food cravings typically happen when you go on a diet plan. When your body feels the insufficient nutrients of your food intake, you will most probably crave for food containing such nutrient.

Take for example; before you follow the diet plan, you were used to eating enough foods rich in carbohydrates like rice, then suddenly the carb intake is being reduced. Upon the reduction, your body will respond to the insufficient nutrient you used to have daily. Then, food craving will soon to develop.

At this state, your body signals may be being mixed, thus causing you low serotonin. Serotonin is a happy hormone. When it's low, we feel sad. Hormonal imbalance causes to have low in serotonin. It is true that chocolates make us feel good for a while but at this state, you might just only typically develop a food craving on it.

Do Distractions

Whenever you feel like so much tempted already to eat the "bad" foods, it is always wise to do some distractions. Your conscience can sometimes be credited on disproving the urge to eat unnecessarily. Once you master this, you might just gain the full control of your cravings.

How do I get abs fast?

Do various regular exercises. Focusing on “just” your abs exercises will not help so much compared when you get a total body workout. If you want to lose your abdominal fats, you will have to lose fats on other areas of your body as well. Sounds tough but don't worry, there are some clever ways to get that abs fast.

Do cardio exercises.

Cardio exercises, from the name itself, focuses on strengthening your heart and lungs, and improving your endurance. Exercises like walking, jogging, cycling and swimming enhance your metabolism which in turn help you lose some fats in most areas of the body.

Avoid eating foods with processed carbohydrates.

Processed carbohydrates that are present in breads, cookies and ice cream should be avoided since they contribute a lot of influence in fat gain. These foods are the apples in the eye that cause massive increase in number obese individuals. They are absolutely one of the main reasons for belly fat.

It is recommended that before you do abs exercises, you should remove the fat that covers in that area first. This is to ensure that the muscles you're going to build will not just add up in the fat layer but rather replace it.

Do abs exercises

Now, building the abs exercises is the most crucial part. One should be careful on what exercise to perform. Some exercises may be effective but when done overly rigorous may be very harmful, just as crunching shortens your abs eventually destroys its shape. Any standing exercises aiming for the abs will be an effective alternative.

Always regulate the kind of exercise that you will undergo. Instead of building your muscles, you might end up harming yourself. This will remind you that doing too much exercise is no good at all.

Do this as often as daily

Do the abs exercise as often as daily for a faster result. Spending an hour or two to work on the routine will melt your fats away and build that abdominal muscles you have always wanted to have.

When should I eat — before or after an exercise?

Come to think of it, for as long as you take an equivalent calorie in out, you should in any way be in the same good standing. For a fact, it isn't the exactly the idea of eating before or after exercising that matters the most. It is how much calories you take in and take out.

However, deciding whether to eat before or after exercising may be crucial at certain situations. If you are up for a rigorous exercise that requires a lot of energy, it may be better if you eat before exercising, especially if the training place is at a certain distance away from any stores or meal house. Doing your hard routines would be difficult if you don't get packed by sufficient energy levels as you should be. On the other hand, if you're routine are cardio exercises only, feel free to get moving even without taking a meal first. It is traditional anyway to take cardio exercises before taking breakfast.

Moreover, this meal is what most people call pre-workout meal. A good pre-workout meal ideally contains protein and carbohydrates like a cup of rice and a slice of lean meat. Carbohydrates will provide you enough energy to get going on your routines while proteins ensure and aid muscle build up and repair.

Why do I get hungry all the time after I decided to lose weight?

Starvation is not the key to a successful weight loss. However, if you really want to lose some weight, you will really have to adjust your meal intake especially if it is critically excessive; however, this might probably cause you to get really hungry all the time. Despite that fact, let it not be a reason enough for you to ruin your program. Try to find a solution for this before you quit.

So, chances are, maybe you are not eating enough healthy foods—which is very important. Healthy foods like vegetables and fruits contain dietary fiber that keeps you feel full much longer than those with less dietary fiber. Fiber-rich foods aid proper digestion and help us compose ourselves between meals. Therefore, we shall not have to eat unnecessary snacks as much as possible.

Talking about snacks, take healthy snacks instead of junk foods. An apple or an orange should be enough to get you going. If you feel like you have to, then don't deprive yourself, but make sure you eat the right foods and right amount of them.

One more thing that doctors really advice is to never skip breakfast. Breakfast is the most important meal of the day. It is okay to eat relatively the most at breakfast because activities are expected to be done after this meal. If you wish to eat more, and then make sure you also do activities that can burn more calories to complement your intake.

Finally, never skip meals. Skipping meals is one way to totally blur your goal. Skipping diet is very unhealthy. Despite the intention of trying to get results faster, you are doing the opposite. Skipping meals causes hormonal imbalances to our body and can alter our ideal body condition. It is always advised to eat and never skip healthy meals.

Should the amount of salt in my diet be counted for?

It is important to understand that what we consider here is our everyday preservative that we can find in our kitchens. Aside from being a preservative though, salt or sodium chloride, or iodized salt, is also commonly known as an important ingredient in our recipes to give more flavor and taste as well. To that, different researches have been made up to date to further clarify how much salt can affect our body.

Most commonly, the amount of salt can be found in the label. For a fact, fresh foods contain less salt than canned ones. In some instances too, dietitians believe that highly commercialized dishes may contain more salt than home-made ones do. Thus, it is as always safer and better to pick the fresh and natural ones over canned goods, and make your own favorite recipe than consistently take your meals in a food chain. You may not be aware but there's a big possibility that you have already absorbed more salt than your body needs. Adults are recommended only for sodium intake not to exceed 2400 milligrams per day.

There are different effects on human body when salt is taken, that's why it is important that we must be cautious in what we eat. True that there are bodies that are highly tolerant in salt but there are some as well that should be very sensitive. Those that have very poor tolerance in salt must be careful as they pose the highest risks to salt-related diseases among anyone else.

When things go wrong, salt-related diseases may occur such as kidney malfunction and high blood pressure. Since the kidneys regulate the sodium in our body, when a vast amount of this chemical becomes beyond control of our filtering kidneys, a blood pressure can occur or at worse, a kidney malfunction.

You may need not to worry though since salt has small effect on people with normal blood pressure on average. Yet all of us must remain vigilant to eating unhealthy foods or so not to risk our own lives from serious kidney diseases or infections especially the elderly people.

Naturally, it's constantly a good thing to remember to talk over health concerns with the doctor. And as always, we must keep in mind that a balanced diet is the key to moderate the food matter as well as salt neutralization.

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