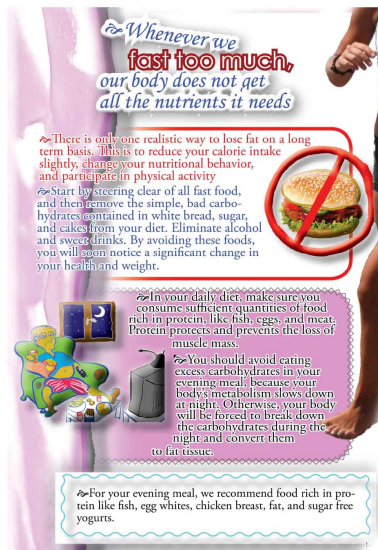


Whenever we fast too much, our body does not get all the nutrients it needs

Written by

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There is only one realistic way to lose fat on a long term basis. This is to reduce your calorie intake slightly, change your nutritional behavior, and participate in physical activity.

? Start by steering clear of all fast food, and then remove the simple, bad carbohydrates contained in white bread, sugar, and cakes from your diet. Eliminate alcohol and sweet drinks. By avoiding these foods, you will soon notice a significant change in your health and weight.

? In your daily diet, make sure you consume sufficient quantities of food rich in protein, like fish, eggs, and meat. Protein protects and prevents the loss of muscle mass.

? You should avoid eating excess carbohydrates in your evening meal, because your body's metabolism slows down at night. Otherwise, your body will be forced to break down the carbohydrates during the night and convert them to fat tissue.

? For your evening meal, we recommend food rich in protein like fish, egg whites, chicken breast, fat, and sugar-free yogurts.

? Include in your diet, essential fats, like those found in olive oil and fish. These help you burn body fat.

? You should always avoid eating directly before you train, since you would simply be giving your body access to a readily available source of energy, and not require it to burn its own stored fat.

Always make sure that you do eat something suitably healthy throughout the day. Fasting during the day creates hunger pangs that can lead us to the temptation of eating junk food. It will also leave us feeling lethargic and lead to ineffective training sessions.

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