A Weight Loss Diet Tip That Really Works

Many people search for a magical weight loss diet tip that will help them shed the pounds and keep them off. But is there really any such thing? If all the best information could be packaged into one workable piece of advice, then maybe that would be the magical tip people yearn for. The soundest weight loss advice can be summarized as this weight loss diet tip: do not eat processed foods. That includes any white flour products and any sodas, including diet sodas. That's it. That one tip could reverse the trend of increasing obesity in America and begin to restore people to normal balance. The reason is that the standard American diet (SAD - and it is) is very high in simple carbohydrates that convert quickly to blood sugar. This forces the pancreas to produce more insulin. Eventually, the pancreas gets worn out, the insulin receptors on the fat cells stop working properly and people develop obesity and related illnesses such as diabetes. This is the only weight loss diet tip that will work for the long term and not only allow the body to lose weight but also reverse diseases like diabetes and reduce the risk of heart disease. Of course, the amount of food eaten is going to impact your weight, and if you decide to replace our SAD diet with loaves of whole grain bread, you may be healthier but you'll probably still be overweight. If you want to lose weight, you need to burn more energy than you take in through food. Increasing exercise can certainly help you do this and avoiding fast and other processed foods will make it easy to decrease calorie consumption as well as avoiding foods that elevate your blood glucose levels. The more natural your diet, the more active your lifestyle, the more you drink adequate amounts of pure water and the more you can avoid chemicals and other toxins, the better your chances of being restored to a healthy weight and the easier it will be to stay there. Any weight loss diet tip that doesn't prescribe lifestyle change isn't worth listening to. Do yourself a favor and reject artificial, mass-produced food products. Go back to a more natural way of living. Eat living foods that will impart to you some of their own vitality. Food is fuel. If what you are eating is not good fuel for your body, it is best to avoid it. This is the one magical weight loss diet tip that works. Why not put it to the test?

About the Author

Corporate site. Offers products and programs, such as the Cambridge Diet, for weight.

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