

How To Get Rid Of Love Handles

How To Get Rid of Love Handles - Forever! The Best Diet To Get Rid Of Your Love Handles Introduction If you've got them you'll hate them. Love handles as they are now known affect most people - some more than others - and can have a detrimental affect on peoples relationships. Those little flaps that over hang your belt or your trousers, the little wings on either side of you stomach. Whatever way you describe them, they are love handles and in this article I am going to show you the best diet to "get rid of love handles forever" Why Can't I Seem To Get Rid Of My Love Handles? You cannot lose weight using Low Fat Diets. Low fat foods have been popular for more than 15 years, but yet our society is getting more overweight as each year passes. This fact alone should tell you that eating a purely low fat menu is not the answer to losing weight. Therefore, you will not get rid of your love handles using a low fat diet. You won't lose weight using a Low Calorie Dieting Plan either. In fact, eating low calories is the worst thing that you can do to your body, since that will only slow down your body's fat burning engine and ruin all chances of losing weight (low calorie diets may allow a few pounds of weight loss for the first few days, but then after that all weight loss comes to a halt --- known as a dieting plateau). You can never get slim by starving yourself. Thus, low calorie diets will not get rid of your love handles either. You'll probably find it extremely difficult to get slim using a Low Carb Dieting Plan aswell. Low carb diets have recently become popular over the last couple years, but the problem with low carb menus is that they are too strict and TOO HARD TO FOLLOW for average people. Low carb menus tend to rob your body of too much energy (carbohydrates) and make it nearly impossible to remain on the program for very long. This is why so many dieters find it difficult to follow a strict low carbohydrate menu. So you won't get rid of your love handles using this method either. Weight loss programs such as Weight Watchers (and Jenny Craig) usually involve slower dieting progress over a longer period of time, since such programs generally promise only 2-3 pounds of weight loss per week. Also, programs such as Jenny Craig usually involve buying special meals and/or dietary supplements during the initial phases of the program. While some people may like these types of dietary programs, most people prefer a dieting plan which focuses on faster weight loss, and that is what i done to get rid of my love handles. So How On Earth Do I Get Rid Of My Love Handles Then? Well, this is what worked for me and thousands of other people who have tried it and is different from any other system out there. Lets be honest here, you have lovehandles because... ..because you're eating the wrong foods, the wrong types of calories per meal, and you're also eating meals in the wrong patterns each day. A new method has blown every other plan out of the equation and it works like this... The pattern that you choose to eat your meals each day is more powerful than any prescription weight loss pills. This is true because your body is like an "engine" and it only needs certain foods at certain intervals each day, and if you don't eat the right foods at the right times then it won't burn those calories -- and you'll wind up storing those calories as fat tissue. (Hint: You need to eat more than 3 times per day to lose weight, but we'll show you the details later). The answer to getting rid of your love handles is not really about rotating your overall calorie intake. The answer to vanishing those love handles is SHIFTING THE TYPES of CALORIES that you eat. So you need to do this... ..Shock your metabolism by doing something you've never tried before -- you're going to do the OPPOSITE of what it expects you to do. You're going to NOT continue eating the same types of calories and meals for more than a couple days at a time, and you're going to lose a lot of weight by doing this. To make this work you need to SHIFT the types of calories eaten as shown in our diet on the next page, and if you do this then your metabolism will burn all of the calories eaten. Then, when it finishes burning those calories it will find the nearest available fat tissue on your body and burn that too... So to get rid of you love handles you need to change your diet menu every few days -- and this is something you've never tried before, and that's why you've never been able to get rid of your love handles when dieting. Conclusion How To get Rid Of Love Handles is the topic of the year. Everyone who has love handles wants rid of them! Just do something about your Love Handles and you will be much happier! 'HERE'S TO A LOVE HANDLE FREE FUTURE!' Sammy

About the Author

Provides online analysis of consumers dietary intake and lists information on nutrients and their nutritional.

Source: <http://productsherbal.com>