Control Your Weight

Increasing weight or overweight are among the most common health concerns in modern society, and many people fail to keep their weight under control. This excessive weight is a result of spending fewer calories than it was received with the food consumed, and keeping positive energy balance in the body. This may cause a serious health condition, if not controlled.

Loosing of weight requires some help from the person itself. It cannot be achieved in day and day out. Laziness can be a worry for the person; balance must be maintained between work and rest.

Certain home remedies can reduce the weight without harming the body. Eating a low fat vegetarian diet which is a diet free of dairy and meat can help a lot. Also eating whole grains and organic vegetables and fruits is very helpful.

- Avoid frozen, canned and processed foods. Don’t drink any liquids or very little before, during and after your meal.
- Everyday take 2 tablespoons of apple cider vinegar with fruits and vegetables. This will result in burning extra calories
- Drinking a glass of warm water containing lemon juice and a spoon of honey every morning in an empty stomach
- Black pepper is known to control weight and reduces the excess fat.
- Consuming papaya and vegetable soup can turn out to be highly beneficial
- Good to go for all raw food at least for a month to see the result
- Drink twice the water you normally drink.
- Juice of bitter gourd with lemon is considered to be effective in losing weight especially if taken early morning.
- <Green tea is known to help people lose weight
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