

Safe, Easy and Permanent Weight Loss Tips

This is part 5 and last of a series of tips to help you lose weight safely and KEEP IT OFF PERMANENTLY! Where we are so far: Part 1 was to fix your gut by taking a high-quality probiotic.

Part 2 was to drastically reduce sugar and carbohydrate consumption to reduce insulin resistance, eat 'one ingredient foods' such as organic meats, vegetables and fruits, and concentrate on eating foods higher in fiber.

Part 3 involved eliminating "bad" fats and emphasizing "good" fats as part of a healthy, sensible diet

Part 4 Covered getting started on a 'Smart' exercise program

What else can you do?

Continue making smart food choices, even when eating out. Most of the sugar is in the sauces! Concentrate on Protein, fiber and healthy fat by choosing lean meats, leafy vegetables, salads and vegetable side dishes, while minimizing the bread and rolls. Pass on the sugary desserts and alcohol in quantity. An occasional glass of wine is OK.

Another way to reduce blood sugar and improve insulin resistance is by changing what your body burns for energy from sugar to fat. You can do that through a process called "intermittent fasting". It is not as bad as it sounds, and it is pretty easy once it is understood.

Intermittent Fasting is a process to deplete the glycogen (sugar) used by your muscles for energy so your muscles can use the stored fat for energy instead. A low-carb diet (ketogenic diet) encourages fat-burning. Fat-burning has many health benefits for a body adapted to it, such as lower blood sugar and improved insulin response.

The easiest way to fast intermittently is to fast on two non-consecutive days per week, or restrict daily eating to a strict 8 hour window such as between noon and 8 P.M. This window essentially means that you will skip breakfast. Also, do not eat

within 3 hours of bedtime no matter what time your window is. You will be fasting (except water of course) for 16 of the 24 hours and following the low-carb lifestyle. After a couple of weeks sugar cravings will disappear, you should feel better overall, and if you are doing HIIT, your belly fat should begin to decrease.

What other steps can you take?

Test your own blood sugar to see how your body reacts to certain foods. [Go here on the internet](#) and read the article and related articles. This eye-opening series of articles is on “normal’ blood sugar and diabetes and is worth reading. You can also go [here and read this article](#) on preventing heart disease and diabetes.

View the video at: www.incoralspringsfl.com/loseweight Thanks for viewing these presentations, this is the last of the series. I hope it was informative and helpful.