

Dieting to lose weight quickly in a healthy way...

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I'm not trying to suggest the 3-Day Diet does not work, because it will. I am telling you with 100% certainty that it is not a good option. Losing weight fastest takes time. The food choices, the high restriction on calories, and no plan for changing your lifestyle make it a long term failure. Every time I've watched someone try a fast weight loss diet, they succeed. Then two weeks later they weigh 1 or 2 more pounds than they did before the diet. They felt starved, they had not changed any habits, and immediately following the diet they rewarded themselves with food. To lose weight fastest, most of the times those rewards included desserts, hamburgers, pizza, or just returning to drinking their normal amount of sugar filled soft drinks. Since your metabolism slowed down during those three days of starvation, those added calories will be amplified, and will quickly replenish those fat cells, and put your weight back to where it was or above in no time.

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