

How to Lose 10 Pounds in a Week—Shocking, But True



Losing weight seems to be so difficult for many people. Then there's all sorts of diets, shakes, and pills that are supposed to make you lose weight faster. It can get crazy and overwhelming. So what diet can really help you lose 8 to 10 pounds in just a week? We are going to explore different weight loss plans for losing 10 pounds in a week.

Lose 10 Pounds In A Week

Ten pounds should be easy to lose right? For many, many people, though, those 10 pounds are the hardest to lose. But maybe you shouldn't lose hope just yet.

Nutrition experts believe they have come up with a great diet plan involving fresh food and a lot of water called the **Seven Day Diet**. Let's go over some of these plans.

Day 1 for the seven day diet plan wants you to eat fruits, except bananas; it is important that while you are on this plan you follow the instructions including a healthy exercise plan.

Day 2 of this plan wants you to eat nothing but vegetables, raw or cooked is fine.

Day 3 of this plan includes eating fresh fruit and vegetable together, raw or cooked. Make sure you are getting plenty of sleep with this diet.

Day 4 wants you to eat bananas, drink milk and have a bowl of soup complete with the recipe to make it.

Day 5 goes back to the vegetables like tomatoes and fruit, but to combine them with rice of any kind.

Day 6 is all vegetables and rice combined. In addition you may eat salads. On the last day,

Day 7, the plan calls for vegetables, rice and soup. This is just one way to lose 10 pounds in a week. This diet is also heart healthy and has been able to help lower cholesterol.

Lose 10 Pounds And Keep Your Body Healthy

Another diet is all about eating healthy for your brain and body, and it will help to lose 10 pounds a week. It's a sample menu of what you should eat for breakfast, lunch and dinner.

Let me give you the basics of this diet.

This diet will also help to detoxify your body. In the morning for breakfast you may eat some fruit like apples or oranges. It is important drink water with a lot of lemons all day, the lemon has purifying powers and can eliminate toxins from your body.

For lunch this diet suggests that eating 5oz of meat for lunch and to follow that with yogurt. For a snack you may eat a banana. At dinner, which needs to be around 6p.m., it is good to eat hardboiled eggs and salad. Make sure you brew some green tea, a liter can give you 3-4 cups of tea. This diet can be creative and will help you feel slimmer after 7 days.

Can the military diet actually work?

The military diet sounds like it would be boot camp-esque. But many celebrities swear on this type of diet; they are saying losing 10 pounds in a week is easy. Ok what are we dealing with here? Interestingly enough this diet doesn't require a lot of strenuous

exercise or the use of diet pills.



In fact, the military diet is all about metabolic cooking. Cooking to increase your metabolism and detox your body. Cooking with compatible foods, this diet can get you results fast or you can use this diet for long term weight loss.

With metabolic cooking, you can lose 10 pounds in 6 days eating particular foods. Breakfast should be no more than 300 calories, lunch should be right around 400 calories and for dinner 500 calories is

the limit. This diet lets you be creative and you can design the recipes yourself using specific metabolic foods.

One great way to boost your metabolism is to add lemons in water for drinking. Experts concur that lemon is a great detoxifier.

Let's talk about one more diet that will help you to lose 10 pounds in a week the healthy way.

Dr. Oz had a special guest on his show to talk about losing weight quickly. This doctor is Dr. Alwin Lewis. Dr. Lewis suggests a **5-bite diet**. This diet lets you eat anything you want but only taking 5 bites from each food. This is the kind of diet that would be prescribed to gastric bypass patients. For breakfast, lunch and dinner eating only five bites at a time, builds metabolism and helps your stomach shed 10-15 pounds in one week.

Negative Ways To Lose 10 Pounds In A Week

There are some scary weight loss diets out there too. Let's go over some diets that you **SHOULDN'T** use to lose weight. These are plans to stay away from.

Some of these plans will tell you to eat zero calories. Don't turn to artificial sweeteners, these additives can be harmful and may even cause you to gain weight. Using drugs or pills to help you lose weight quickly can be harmful to your brain and your body. Many women choose cocaine to help them lose weight fast, don't attempt drugs, they are simply bad business.

And with diet pills you should eat a healthy diet and still get lots of exercise. There have been many fad diets; the only one that does actually help you to lose weight is Weight Watchers. The users have lost more weight on Weight Watchers than by taking pills or starving themselves. Don't skip any meals because this will make your metabolism slow way down and you can actually gain weight this way.

Taking laxatives for weight loss might seem like a good way to lose weight but in fact it can do damage to your intestines and cause problems inside your abdomen.

Purging is definitely a bad way to lose weight. It can cause harm to you by making you crave unhealthy foods. Eventually purging lead to bulimia.

Smoking is another way for people to lose weight, it is more harmful to your lungs and when you quit smoking you gain all the weight back.

A lot of people turn to excessive exercising with no weight loss. The idea is to work out in short bursts to stimulate the metabolism; some people think that the more weight you can lift the more weight you will lose. This could be harmful in case you are participating in lifting more weight than you should.

Alternatives To Weight Loss



Some of these alternatives to losing weight can help tremendously. One expert suggests writing down everything that you are eating. When this becomes a habit you will see the pounds dropping off.

Another alternative includes getting a weight loss partner, or sponsor if you prefer. This is going to be beneficial to you both. It's nice to have someone to spot with your eating and encourage you to never give up. That is great psychology to have a “cheerleader” helping you meet your goals.

Make sure you are drinking enough water every day. Avoid sugary stuff and when you are getting a hankering for sweet stuff, drink more water, it will make you feel fuller longer.

Another suggestion is to eat less bites of your food, it will be less calories taken in. Some experts suggest that watching television an hour less a day can help you lose weight. Participants during a study ate less food while watching less TV.

Taking a walk outside instead of watching TV is great, too, it gets your blood flowing and speeds up metabolism.

Another alternative to eating is to wash something in your house, mirrors, windows, carpets, etc. The household jobs burn more calories than walking on a treadmill.

Waiting for your stomach to rumble before eating anything is a good way to stop from eating too much, especially because a lot of us are emotional eaters. If you are bored,

sad, angry sometimes those things will make you want to eat as a comfort. That's where drinking lots of water comes in, because drinking water makes your stomach feel full.

Oddly enough sniffing an item rather than eating the item tricks your brain into thinking you are eating it. You will lose more weight this way.

Interestingly enough one study showed that people who ate in a room painted blue didn't eat as much or were even hungry. The color blue acts as an appetite suppressor, while restaurants have a lot of reds, oranges, yellows that stimulate your hunger making you want to eat more.

More alternatives include buying a pedometer and keeping track of how many steps you are taking in a single day. The goal is to have 1000 steps a day. A good way to drop a few pounds is to eat smaller portions for your meals. Instead of using a large plate you can use a saucer and don't get a second helping.

Eating cereal for breakfast every day for a week can increase your intake of whole grains and helps you to stave off diabetes. Here is a good tip: eat a handful of nuts every day, you can create your own trail mix but make sure you have enough protein coming from the nuts.

And lastly, make sure that you get most of your calories before noon. Some experts say eating more at breakfast time will make you eat less at dinner time.

Natural Ways To Lose 10 Pounds In A Week



There are so many fat fighting foods and some that work together to burn fat and keep the weight off. Here are some remedies for losing weight fast.

Cinnamon is a fat destroyer helps manage blood sugar levels. Drink cinnamon tea every day to kick start your weight loss.

Now let's look at green tea and ginger, powerful anti-oxidants combine these two ingredients together. They can absorb the fats in the digestive tract, not to mention how great it tastes.

Ginseng is a natural stimulant that can speed up the metabolism, and managing blood sugar levels. Sage is a wonderful thing to drink in a tea or to use while cooking; sage has a natural calming effect stimulating several areas of the mind and body.

Chewing gum is another great way to handle your calories. Chewing gum tricks the mind into thinking you're eating something.

I keep going back to water as a great way to make your stomach feel full, especially when you add the detoxifying lemon to your water. It will work super hard to flush your system of anything toxic. Plus it tastes great.

Create a routine that you can stick to, especially your meals and exercise. It only takes 21 times of doing something to make it a habit. Once you've created a routine make sure it includes healthy eating and plenty of exercise, you can stick with it and keep the weight off.

Instead of using regular oils for cooking you might want to try pure **coconut oil**. Coconuts have a natural energy boosting power. While it boosts energy, it curbs the hunger you may have.

Eating plain yogurt with honey as a sweetener is a great way to get extra probiotics into your system. These probiotics will streamline your metabolism and aide in digestion.

Make sure you are getting enough sleep. Lack of sleep can cause your insulin to go up. Put your sleep on a schedule.

When you are feeling hungry, why not snack of flax seeds. Flax seeds are high in fiber, and they help to lower blood sugar levels and aid digestion.

We all love chocolate but there is one kind of chocolate that is good for your body--dark chocolate. It helps curb your cravings and slow absorption of sugar into your blood.

Conclusion

There are many ways to lose 10 pounds in a week. We have discussed the negative and the positive ways to lose weight. It's up to you to decide how you want to lose weight, be careful and study all options. While some methods work for other people, they might not necessarily be the best plan for you. It is also a good idea to talk to your doctor

about your intention to lose weight; he might agree with some of these methods and he will let you know what is the best course of action for your weight loss.

Laxatives for Weight Loss—The Truth That You Need to Know



Does taking laxative really help you lose weight? Many people will say yes, in fact, there are weight loss experts who include laxatives in their weight loss formulae.

But do you know that laxatives may be harmful? While it seems to do the trick and help you lose weight, in essence you are slowly killing your body. We are going to talk about safe weight loss and the cons of using laxatives. I know it's hard to lose weight, but an alarming amount of women and men are turning to laxatives to short cut their way to losing the weight. Let's take a closer look to help you decide whether laxatives are for you.

Categories Of Laxatives

Let's first discuss what laxatives are and their side effects. There are four groups that laxatives belong to; type 1 involves a natural way to lose the weight. This laxative is all fiber and helps stool to move naturally through your body. An example of this type of laxative includes Metamucil and Benefiber. These laxatives are relatively safe and can be used every day to help your body's bowel movement stay regular. This class of laxatives is the least powerful.

The 2nd type of laxatives includes an ingredient that brings water to the intestine to help stool move faster.

The 3rd type of laxatives is called stool softeners. These stool softeners make the stool, for lack of a better word, soft, and generally easy to use for people who need relief overnight.

The 4th category of laxatives are the strongest kind. This group uses a bowel irritant to strip all nutrients from your body. This is extremely dangerous because the laxative is expelling not just stool but all your nutrients. This is the type of laxatives that people use for weight loss. This is scary because in order for your body to keep working, it needs nutrients, but these nutrients are depleted because of the strength of the laxative.

Sure it helps to lose weight but at a very high cost. When a person notices that they are losing weight, they keep taking the laxatives. It may be a few pills a day but eventually it becomes 10-20 pills a day. Side effects can be damaging, causing nausea, vomiting, and severe stomach cramps, it can even cause sudden death.

Safer Ways To Lose 10 Pounds

There needs to be a safer way to lose weight as efficiently as a laxative. According to experts there are 5 alternative things you can do you lose weight and keep your body filled with nutrients.



The first is to make sure you are drinking enough water, it keeps you hydrated and helps speed up the digestive system.

The second thing you can naturally use is prunes. Prunes are rich in nutrients that your body needs and safe to use every day.

The third way to lose weight is coconut milk. Drinking coconut milk every day can increase your weight loss and decrease your cholesterol.

The fourth thing you can eat and safely lose weight is beans. Eat beans everyday to regulate your digestive cycle.

The last suggestion is to eat beets and cabbage regularly. They will help regulate your digestive system and help you to lose weight.

Be Careful Of The Laxative You Decide To Use

There needs to be an awareness regarding laxatives, it can become an obsession and you could lose your life if you are carelessly addicted to the laxative. Your body will start to shut down if these laxatives are being abused. For weight loss, it is much safer to use a natural process with lots of exercise and eating the right foods.

What is the best fat burner for men?



There are so many supplements, vitamins and whey protein shakes in the market today that promise to help men burn their body fat. But how can you know if you are taking supplements that they will help you burn fat effectively so that you lose unwanted? Some supplements are safe for men and women to take. We will delve

into the supplement world to find out the best product to use.

Supplements

Diet and exercise are the best way to lose weight. However adding a supplement can increase the amount of fat you want to burn. Let's talk about some of these supplements.

Fat burners are supplements that are designed to increase your metabolism, boost energy, and control any cravings that you may have. Generally the supplement, or fat burner, includes several actual vitamins and even amino acids that when joined together can cause rapid weight loss. Usually these fat burners have stuff like Ginseng or cayenne pepper. Milk thistle is another common ingredient.

Some common good side effects are increased metabolism, increased energy and weight loss. You will notice that while you are exercising, your body is burning twice as much fat. Some men lost weight in the belly region faster, getting rid of the "beer gut."

We need to keep in mind that while this works for some men, it doesn't work for all men. It's a matter of finding the right supplement. Supplements can help quite a few different types of people like trainers and weightlifters, to aging men. Their metabolism has been dropping but the right supplement can boost energy and speed up metabolism.

How do fat burners work?

These fat burners work in different areas for everyone. First the stimulant kicks into gear by providing energy and the appetite is suppressed. Some supplements are high in dietary fiber which helps to keep your digestive tract working smoothly. In other supplements there are specific blends of herbs to boost your metabolism.

What are the side effects of taking a fat burner?



The side effects of some supplements are trouble sleeping and dehydration. It is crucial to make sure you are drinking enough water. Some of these side effects will go away in due time but every supplement is different and some might not have any adverse reactions.

If you plan to take supplements keep in mind that there is caffeine among the ingredients so it would be best to take those supplements early in the day and not taking them at night or close to bedtime. If you are wary of adding any supplement to another, it would be tremendously beneficial to have a discussion with your doctor. They will know what supplements are right for you and your body.

Conclusion

While the side effects of taking supplements are few, it is still important to watch for any effects that you don't like. Whether you are a professional trainer or body builder, it's good to keep a journal tracking the supplement use, weight that has been lost, and any side effects you may be experiencing.

What is the very best fat loss supplement?



It is important to note that proper diet and exercise are still, and will remain, the best way to take care of your body. In this world we are rushing around and always looking for the next best thing. In this article we are going to talk about a few of the best fat loss supplements out on the

market now.

The Top Fat Loss Supplements

The first supplement is called MAN (metabolic augmenting nutrition) Scorch. This supplement allows for you to burn as much or as little fat as you want. Not only is this supplement easy to use, it is great for your cravings. It also gives your metabolism a jolt in the right direction. While curbing any unwanted appetites it helps to keep the weight off for longer. This supplement costs \$39.99.

The next supplement is called Hydroxycut Hardcore. This supplement is designed to be used in conjunction with hardcore training and weight lifting. The main ingredients for this supplement are coffee and green tea, so it would be wise to not take it before bed. The bottle says two supplements a day and continuing your hardcore workout. Hydroxycut Hardcore costs \$29.99.

The next fat loss supplement is called Lipo6 by Nutrex. This supplement helps any one, whether you are a beginner or you have a hardcore exercising routine. This formula includes caffeine as well so it should be taken early in the day. This brand of fat loss supplements are among the top selling supplements. It includes a liquid filled capsule that is easier to swallow than the extra large pills of some other fat loss supplements have. This supplement has will set you back \$44.95.

Last but not least is a supplement called Phen 375. This supplement does more than just burn fat, it breaks down the fatty cells inside you, and of course it speeds up your metabolism and suppresses your appetite for hours making your brain think it's not time to eat. This supplement is the highest cost compared with the first three we talked about. This supplements costs \$69.95.

Conclusion



These are the top rated fat loss supplements in the market today. Any one of these supplements will aide in losing weight and speeding up your metabolism. However if you are a beginner don't start a supplement that is designed for hardcore weightlifting.

Try something that will fit your routine. As always it's important to consult with your doctor. Your doctor will let you know what the best supplement should be for you. And while these are all “spendy” supplements, the one that has the highest price may not necessarily be the one that will work the best.

And always be safe while taking supplements. Don't take more than what the instructions say or you could cause damage to your body. Once again I can't stress how important it is to talk to your doctor. Especially if you are already taking other medications, sometimes meds can react badly to other meds, especially if you are supposed to be avoiding caffeine. Be wise, and ask questions. You can't go wrong there.

Will a Fat Burning Cream Help You Lose Weight?



Many people think that weight loss products are limited to pills, machines, diets and shakes. In reality, there are other weight loss products that come in a different, and quite unexpected form—fat burning cream.

In this article, we will take a close look at using cream to burn fat, will it really work, and what the difference of using a cream compared to a pill.

Facts on Fat Burning Cream

Interestingly, fat burning components can be pooled into a cream form, and this can still be as effective as a pill. Creams can trim up your skin and keep your body healthy while you are under a routine that includes diet and exercising. These weight loss lotions and creams are effective at fighting fat below the skin. While it's doing that it is toning the area as well.

These creams act under the same principle as using a nicotine patch. The cream is absorbed the same way, subcutaneously. If these creams and lotions are used in conjunction with a healthy diet and plenty of exercise, you'd see some positive results in your weight loss efforts.

Fat burning lotions and creams do not increase metabolism, even if you are eating healthy and exercising. As far as building your metabolism you would have to do that on your own. Creams are easy to use, and they increase blood flow in the area where the cream was rubbed on. There are no side effects reported regarding the fat burning cream but it should not be used with other fat burning pills.

Is the cream better at burning fat than taking pills?

Let's talk pros and cons on this subject. Some fat burning lotions and creams are effective with a solid diet and exercise. A fat burning supplement can do the same thing with diet and exercise. When consumers check the fat burning cream while trying to decide what will work, they will see that it is not as expensive as pills but most of these fat burning lotions haven't been fully researched and may cause some reactions such as skin irritations.



There are some top rated creams we can compare to pills. The first product is called Derma Cut. This lotion promises to shrink belly fat and keeps skin healthy and hydrated. This skin lotion has no risks. This is the highest rated skin cream at 98%.

The next product that was tested in called Fitmiss Burn. This product claims to be able to do the same as the Derma Cut lotion. However the ratings for

Fitmiss Burn were not as high as Derma Cut, with a rating of 84%.

Super Hd is another lotion that claims to provide the same principles as the Derma Cut but was an even smaller rating than Fitmiss Burn, at 80%. This lotion wasn't as effective as the first two.

The next rated lotion is called Fat Girl Six Pack, it is not as effective as Derma Cut, it didn't rate very high on spotting stubborn fat and it rated low on reducing the fat without the risks. This cream's rating is 74%.

The last cream we will look at is called Cel-Tech, but according to users, it was not very good at shrinking fat. It also scored low for the quality of ingredients. This is the lowest rated one at 70%.

Conclusion

There are obviously some products that didn't do very well and some that you might like to try. Remember that before starting a cream or pills to let your doctor know. Do your own research and educate yourself on what is the best option for you.

Acupuncture and Weight Loss—What You Should Know About



According to a Cornell University research, Chinese people eat 30% more than Americans, but surprisingly weigh 25% less. It may be because of their lifestyle, daily activities and plant-rich diet, but the same research noted that one of the things that help Chinese people stay slim is acupuncture.

This is why Acupuncture is commonly recommended for weight loss, smoking cessation, and other health issues. But does it really work?

Let's talk about the benefits of using acupuncture on losing weight and see if it works better than pills and fat burning creams.

What is acupuncture?

Acupuncture makes use of very fine, sterilized needle that are inserted into specific body points that are also called "qi channels" or "energy pathways". The needles stimulate the nerves to release endorphins or your body's "feel-good" hormones. The procedure can create a relaxing, calming effect, that can significantly help in counteracting cravings and excessive eating due to stress, anxiety or frustration.

Acupuncture has been around for thousands of years, used in Chinese medicine since ancient times to stimulate the organs, especially the stomach and the spleen to strengthen the digestive system. It is still practiced even today, in fact, acupuncture have been discovered within the last decade to reduce the appetite and lose belly fat within 10 acupuncture sessions that lasts in a span of two weeks.

Research has shown that acupuncture can be used in conjunction with the standard diet and exercise can help you lose weight faster. These sessions of acupuncture zero in on the spots that have the most fat, like the belly and find the pressure point affecting that area.

Is acupuncture better at helping remove stubborn fat than lotions or pills?



Acupuncture restores your body's hormones and promotes a calm mind. Acupuncture has been around for millennia, and it is proven to be safe. It can stimulate your own body to accept the displacement of energy and can prevent things like chronic pain and weight loss. Acupuncture finds all the imbalances and works with your mind to eliminate the problems.

As far as weight loss is concerned, the weight loss hormones are stimulated and subconscious kicks into high gear shedding those unwanted pounds. It will take several

sessions to reinforce the weight loss, though, in fact, some has to undergo through a dozen sessions to see significant results.

Make sure that when you decide to use acupuncture you do some research and find one that may even be a doctor. When you set up your sessions make sure you are willing and able to go to each session, typically 10 sessions are the most effective. Make sure that your sessions include a well balanced diet and if you can handle it, some cardio can help too.