

Two little known Tips to Lose Weight Fast and Easy

Here are two simple steps to lose some weight fast without suffering through absurd diet plans and physical exercises. If you try to adopt these two simple tips, you can't help BUT TO lose weight. Read this now if you want to lastly, once and for all, get rid of extra pounds of your belly fat. Two simple Steps to Lose Weight Now

1. Add fiber to your meals Fiber is the mystery ingredient for weight loss that few people know about. I'm going to make this as simple as possible for you. I want you to add 2 foods to your diet everyday. One for snacks and the other to be added to your meals. What are they? Black beans and apples. I hear you saying: What? Apples and beans are supposed to force my body to lose weight? Yes, they are. Use the apples (2-3 a day) for snacks and use 1 can of black beans as part of 1-2 meals. There's 25 grams of fiber in a can of black beans and 5 grams of fiber in each apple. Those extra 40 grams of fiber will make wonder to your body and FORCE it into losing weight whether it wants to or not.
2. Remove 3-5 pounds of excess water bloat Water weight is about the easiest thing you can manipulate for weight loss. You should understand this... you're probably carrying 3-5 pounds of extra water that is not needed. This is because of evolution and survival. The extra water weight helped you to survive in times of scarce water. With the extra water that you're carrying each day with you your belly can look like a balloon. Without that water it will be flatter and you'll look slimer and healthier. There is an easy way to get rid of this extra water weight and it's not by drinking less water, dehydrate your body and make you sick. You should simply drink MORE water. Yep, you've heard it countless times before and I'm sure the people didn't explain the science behind WHY you need to drink extra water. But if you did drink 30-50 ounces of extra water beyond what you're currently drinking, your body will take that as a cue that water isn't scarce. The body then FLUSHES the unneeded water out of your system within 1-2 days usually. Those are 2 of the best ways to lose weight fast and easy.

About the Author

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