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Fat Loss And Weight Loss: What Is The Difference?

Fat loss

In general, fat loss and weight loss are not the same things. There are many people who associate the pounds they get on the scales that they lately have shed with the lost fat. However, it is completely another process. Any time you are on the diet you are likely to lose both fat and muscles. Frankly speaking, the fact that you tend to lose your muscles does not belong to the process which assist your perfect health state. The point is that muscles take part in the metabolism because it keeps the latter running. Look what happen to them, when you are on a crash diet or starvation. They usually simply lose the muscle which is so needed for the process, and as a result your metabolism slows down and can even stop working in case you continue unhealthy diet. Then, when your metabolism slows down, you start storing fat because you are consuming the same amount of food while the digestive system works differently. So, you can guess that you will get the opposite effect, not the one you intended to see. All this means that when the person follows such diets she or he might feel the weight loss. However, she or he does not shed fat actually and the appearance has not changed and she or he has not become more attractive. The thing is that the muscles weight more than fat and you lose them and the weight on the scales, though still there is some fat on your hips. So, it proves once again that your goal has not been reached, as there is fat stored on the waist, abdomen and on other parts of the body.

Admittedly, the most frequently met problem is that the majority of people do not know exactly how to get rid of extra fat. The system I am going to speak about can give you a hint how to experience fat loss, but not muscles loss. It teaches how to support the state of the muscles that are responsible for the metabolism and how to eat more per day in order to “fuel” your fat burning process. Finally, it points out what food to eat in order to boost the metabolism. Additionally, you will have the chance to learn the secrets of water and why you have to avoid salads, how to make your organism think that it is full and how to teach your mind keep aside from the fat products and how to keep the natural weight after the process of weight loss. In fact, this system can demonstrate the results within 15 days. Besides, you will memorize 10 “evil foods” you have to avoid and 10 ones that you can get benefit from. The golden rule is the realization of the fact that diet is not the thing that can be done overnight with the successful results.

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