

EASY weight-loss tricks

Below are a few weight loss tips and hints to keep you going. They are easy to follow and easy to carry out, you don't need to give up anything in your diet but can still be on your way to weight loss success.

Grapefruit

Studies by scientists in San Diego, have shown that half a grapefruit before main meals can boost fat loss. No need to change your diet, just a simple addition of grapefruit to your daily intake can help shed those pounds.

Ice water

drinking large glasses of ice water can really kick-start your weight loss regime. Because the body has to heat the ice to get it to body temperature. In doing so the body uses up calories.

Green Veg

Eating your green veg before the rest of your meal can actually help you loose fat. It does this by creating a barrier and slowing down the digestion of other foods. Giving you a slower release of energy and allowing more time to burn off calories.

Thick Chips

Let's face it, not everyone can pull themselves away from the chips, so if you are going to cook chips then do it right. Chunky cut chips and veg don't absorb as much fat as the skinny "French fries" so opt for the chunky fries instead.

Calcium

Has been proven help weight loss and a lack of it in your diet can be a hindrance. A University in Indiana found that young, normal weight women who had 1,000mg of calcium every day lost about 6lb over two years. Before you go out and buy ten crates of milk, I recommend taking it in supplement form.

CLA

Conjugated Linoleic Acid (CLA) has shown to reduce fat mass and increase lean body tissue naturally. It is made by using sunflower or safflower oil and goes through a process to convert it into CLA. Around 30 years ago we would have received CLA naturally by eating beef or dairy products although the amount now produced by cows has greatly reduced due to the way they are farmed. There has never been any reported adverse side affects when using CLA because it's an all natural food supplement.

Cholesterol

Cholesterol is a waxy substance usually found in the blood stream. There are two types of cholesterol, good (HDL) and bad (LDL). The body produces its own amount of natural cholesterol which is all we need. This is why staying away from foods which contain alot of saturated and transfats is important as these will increase your cholesterol and may eventually cause heart problems. Although it is

recommended that you follow a diet low in saturated fat, if this seems impossible, you can follow the tips and hints below to help lower cholesterol without giving up anything in your diet.

Protein

Eating a good amount of healthy protein (chicken, soy, nuts and fish) with every meal can help balance out your diet. Protein is proven to reduce bad cholesterol (LDL) and increase good cholesterol (HDL).

Oily Fish, nuts and Seeds

Salmon, Herring and Mackerel as well as Flax seeds, pistachios and pine kernels are all rich in omega 3,6 and 9 oils which are very good for your body. Omega-3 helps raise good cholesterol (HDL) and lowers harmful fats. The Omega- 3,6 and 9 oils are also linked to improved skin hair and nail condition and increased overall wellbeing.

Soya

Studies have shown that 25g soy based foods a day, such as tofu, bean paste and Soya milk can lower (LDL). I recommend Japanese Miso Soup as a quick soy snack. Bought in sachet form, just add boiling water to create a nice high protein, low fat soup.

Turmeric

A similar root to ginger, used alot in Asian cooking can inhibit the absorption of cholesterol in the intestines. Using fresh turmeric is always best but it can be hard to come by so powdered turmeric is just as good. It can also be bought in supplement form and is beneficial at 900mg daily