



15 WEIGHT LOSS TIPS THAT are EVIDENCE BASED

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The weight loss “industry” is full of myths. People are being advised to do all sorts of crazy things, most of which have no evidence behind them. Over the years, however, scientists have found a number of strategies that seem to be effective.

Here are 26 weight loss tips that are actually evidence-based:

1. DRINK WATER, ESPECIALLY BEFORE MEALS

It is often claimed that drinking water can help with weight loss, and this is true. Drinking water can boost metabolism by 24-30% over a period of 1-1.5 hours, helping you burn off a few more calories. One study showed that drinking a half liter of water about a half an hour before meals helped dieters eat fewer calories and lose 44% more weight.

2. EAT EGGS FOR BREAKFAST

Eating whole eggs can have all sorts of benefits, including helping you lose weight. Studies show that replacing a grain-based breakfast with eggs can help you eat fewer calories for the next 36 hours, and lose more weight and more body fat. If you can't eat eggs for some reason, then that's fine. Any source of quality protein for breakfast should do the trick.

3. DRINK COFFEE (PREFERABLY BLACK)

Coffee has been unfairly demonized. Quality coffee is loaded with antioxidants, and can have numerous health benefits. Studies show that the caffeine in coffee can boost metabolism by 3-11%, and increase fat burning by up to 10-29%. Just make sure NOT to add a bunch of sugar or other high-calorie ingredients to it. That will completely negate any benefit you get from the coffee.

4. DRINK GREEN TEA

Like coffee, green tea also has many benefits, one of them being weight loss. Green tea contains small amounts of caffeine, but it is also loaded with powerful antioxidants called catechins, which are also believed to work synergistically with the caffeine to enhance fat burning. Although the evidence is mixed, there are many studies showing that green tea (either as a beverage or a green tea extract supplement) can help you lose weight.

5. COOK WITH COCONUT OIL

Coconut oil is very healthy. It is high in special fats called medium chain triglycerides, which are metabolized differently than other fats. These fats have been shown to boost metabolism by 120 calories per day, and also reduce your appetite so that you eat up to 256 fewer calories per day. Keep in mind that this is not about adding coconut oil on top of what you're already eating, it is about replacing some of your current cooking fats with coconut oil.

6. TAKE A GLUCOMANNAN SUPPLEMENT

A fiber called glucomannan has been shown to cause weight loss in several studies. This is a type of fiber that absorbs water and "sits" in your gut for a while, making you feel more full and helping you eat fewer calories. Studies have shown that people who supplement with glucomannan lose a bit more weight than those who don't.

7. CUT BACK ON ADDED SUGAR

Added sugar is the single worst ingredient in the modern diet, and most people are eating way too much of it. Studies show that sugar (and high fructose corn syrup) consumption is strongly associated with the risk of obesity, as well as diseases like type 2 diabetes, heart disease and others. If you want to lose weight, you should be cutting back on added sugars. Just make sure to read labels, because even so-called health foods can be loaded with sugar.

8. EAT LESS REFINED CARBS

Refined carbohydrates are usually sugar, or grains that have been stripped of their fibrous, nutritious parts (includes white bread and pasta). Studies show that refined carbs can spike blood sugar rapidly, leading to hunger, cravings and increased food intake a few hours later. Eating refined carbs is strongly linked to obesity. If you're going to eat carbs, make sure to eat them with their natural fiber.

9. USE SMALLER PLATES

Using smaller plates has been shown to help people automatically eat fewer calories in some studies. Weird trick, but it seems to work .

10. EXERCISE PORTION CONTROL OR COUNT CALORIES

Portion control (eating less) or counting calories can be very useful, for obvious reasons. There are also studies showing that keeping a food diary and writing down what you eat, or taking pictures of all your meals, can help you lose weight. Anything that increases your awareness of what you are eating is likely to be useful.

11. GET GOOD SLEEP

Sleep is highly underrated, but it may be just as important as eating healthy and exercising. Studies show that poor sleep is one of the strongest risk factors for obesity, being linked to an 89% increased risk of obesity in children, and 55% in adults.

12. BEAT YOUR FOOD ADDICTION

A recent 2014 study of 196,211 individuals found that 19.9% of people fulfil the criteria for food addiction. If you suffer from overpowering cravings and can't seem to get your eating under control no matter how hard you try, then you may be a food addict. In this case, get help. Trying to lose weight without dealing with this problem first is next to impossible.

13. EAT MORE PROTEIN

Protein is the single most important nutrient when it comes to losing weight. Eating a high protein diet has been shown to boost metabolism by 80 to 100 calories per day, while helping you feel so satiated that you eat up to 441 fewer calories per day. One study also showed that protein at 25% of calories reduced obsessive thoughts about food by 60%, while cutting the desire for late night snacking in half. This is the single most important tip in the Ebook. Simply adding protein to your diet (without restricting anything) is one of the easiest, most effective and most delicious ways to lose weight.

14. SUPPLEMENT WITH WHEY PROTEIN

If you struggle to get enough protein in your diet, taking a supplement can help. One study showed that replacing part of your calories with whey protein can cause weight loss of about 8 pounds, while increasing lean muscle mass.

15. CHEW MORE SLOWLY

It can take a while for the brain to "register" that you've had enough to eat. Some studies show that chewing more slowly can help you eat fewer calories and increase the production of hormones linked to weight loss.



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