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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Weight Loss – Attacking the Root of the Problem

By Randy Mclean

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So many people these days are wondering about the most efficient way to keep their metabolism going and at the same time are looking for results that are permanent. The answer to this question is not that difficult as we will begin to examine.

To start off, most people associate aerobic activity with weight loss when they picture the exercise portion of a weight loss program. You know, the classic fitness instructor in leggings leading out a fitness class, 'One and two...' While this view is not wrong it is only half of the battle.

While aerobic activity does burn fat and spikes the metabolism that spike isn't permanent. You need some other way to keep your metabolic rate higher than average all of the time. This way your body will burn calories more efficiently allowing you to eat more food and also burn more calories at rest. For this you need more lean muscle mass because fat does not burn calories. It just sits there.

The most efficient way to add more muscle mass to your body is through a light weight training program for the beginner or light calisthenics if you don't have weights of any kind. There are also other creative ideas for those who don't have weights or don't want to join a gym for some reason, whether it be finances or a lack of self–esteem.

As a note to any women who are wondering...no, you will not look like a bodybuilder. I can back this up with a number of reasons. 1. These women are the select few out of thousands who have the genetic potential to build themselves up to that point. 2. These women take advantage of the genetics they have by spending hours a day in the gym training extremely hard. 3. Most of the hardcore ladies are on muscle building drugs.

For those men and women who are busy and/or have better things to do (and who doesn't) three times a week should be sufficient. You could try Sunday, Tuesday and Thursday or possibly Monday, Wednesday and Friday, whichever is better for you. This way your body will receive sufficient rest between sessions.

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On your first workout try exercising your chest, shoulders and triceps. On your second workout try working your back and biceps and on your last workout of the week try legs. Your workouts don't have to be long or strenuous. In future articles we will explore beginning routines as well as more advanced ones. You can repeat this process every week. Remember, the more muscle you have the more calories you will burn.

Combined with moderate aerobics you can expect to see dramatic results not only in your appearance but in your metabolic rate over the course of just a few months. Just remember to be consistent. That is the key. It is not how long or hard you go in one session that counts but what you do over a longer period of time that really matters. Don't get discouraged and keep focussed. You will see some who are a little over zealous after they watch a Rocky movie for example, and then they will go and work out like they have never worked out before but then they will stop for the next few months. As you

probably have guessed, this is definitely the wrong approach although their intentions might have been sincere.

Besides the benefits already mentioned there are also additional benefits directly related to weight loss concerning your appearance itself when you are toned. For men, you will have that 'v' taper in your back creating the illusion of a smaller waist. The same goes for women. If your shoulders are widened a little your waist will also appear to be smaller. The same is also true if you have a good outer sweep in your quadriceps (outer thigh). And combined with fat burning aerobics, you can expect your results to be twofold.

Randy Mclean has a diploma in Fitness and Nutrition from Education Direct, a YMCA individual conditioning certificate and is the author of Instinct – Master Your Mind And Your Body! For free tips and tricks visit www.weightlossguidance.com

Weight Loss Supplement

By Rolf Rasmusson

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Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these

Weight Loss – Attacking the Root of the Problem

products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting contentat www.nutritional-supplement-4u.com



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