

how to lose weight of your face

The quest for a more sculpted and defined facial appearance often leads people to wonder how to lose weight of your face. While it's important to understand that spot reduction is a myth – you can't selectively target fat loss in just one area – adopting a holistic approach can significantly contribute to reducing overall body fat, which naturally includes facial puffiness and fullness. This comprehensive guide delves into effective strategies, from dietary adjustments and hydration to exercise and facial exercises, all aimed at achieving a slimmer, more contoured look. We will explore the science behind facial weight, the impact of lifestyle choices, and practical tips to help you on your journey towards a more refined facial silhouette.

Table of Contents

Understanding Facial Weight

Dietary Strategies for Facial Fat Loss

The Role of Hydration

Exercise and its Impact on Facial Appearance

Facial Exercises and Toning

Lifestyle Adjustments for a Slimmer Face

When to Seek Professional Advice

Understanding Facial Weight

Facial weight, often perceived as puffiness or roundness, is primarily influenced by two main factors: overall body fat percentage and fluid retention. When your body carries excess adipose tissue, it's distributed throughout, including the cheeks, jawline, and neck. Therefore, reducing overall body fat through a healthy lifestyle is the most effective way to slim down your face. Genetics also plays a role; some individuals are predisposed to storing more fat in their facial area, making it appear fuller even at a healthy weight. Understanding this fundamental principle is crucial for setting realistic expectations and focusing on sustainable weight loss methods.

Another significant contributor to a fuller facial appearance is fluid retention. This can be caused by various factors, including high sodium intake, dehydration, hormonal fluctuations, lack of sleep, and consumption of certain foods and beverages like alcohol and sugary drinks. When your body retains excess water, it can manifest as bloating and puffiness in the face, particularly around the eyes and in the cheeks. Addressing these underlying causes of water retention can lead to a noticeable difference in facial contour relatively quickly, even before significant overall weight loss occurs.

Dietary Strategies for Facial Fat Loss

A cornerstone of losing weight of your face involves adopting a balanced and nutrient-dense diet. This means prioritizing whole, unprocessed foods that provide essential vitamins, minerals, and fiber while being mindful of calorie intake. Focusing on lean protein sources such as chicken breast, fish, beans, and lentils can help you feel fuller for longer, reducing overall calorie consumption. These proteins also play a vital role in muscle maintenance, which is crucial for boosting metabolism.

Incorporating plenty of fruits and vegetables is essential for a healthy diet aimed at weight loss. These are typically low in calories, high in fiber, and packed with antioxidants that can help combat inflammation and improve skin health. Fiber, in particular, aids in digestion and promotes satiety, making it easier to manage your appetite. Aim to fill at least half of your plate with a variety of colorful produce at each meal to ensure you're getting a wide range of nutrients.

Reducing your intake of processed foods, refined carbohydrates, and sugary beverages is paramount. These items are often high in calories, unhealthy fats, and sodium, all of which can contribute to weight gain and fluid retention. Sugary drinks, in particular, are a major source of empty calories and can lead to spikes in blood sugar, promoting fat storage. Opting for water, unsweetened tea, or black coffee instead can significantly cut down on your daily calorie and sugar intake, positively impacting facial fullness.

Controlling portion sizes is another critical aspect of dietary management. Even with healthy foods, consuming excessive amounts can lead to a calorie surplus and hinder weight loss. Using smaller plates, being mindful of serving sizes, and listening to your body's hunger and fullness cues can help you manage your intake effectively. This mindful eating approach supports gradual, sustainable weight loss, which will ultimately reflect in a slimmer facial appearance.

The Role of Hydration

Adequate hydration is surprisingly crucial when you're looking to lose weight of your face. Drinking plenty of water throughout the day helps to flush out toxins and excess sodium from your body, both of which can contribute to facial puffiness and bloating. When you're well-hydrated, your body is less likely to retain water, leading to a more defined facial contour. Aim for at least eight glasses of water per day, and more if you are physically active or in a hot climate.

Water also plays a significant role in metabolism. It aids in the breakdown of food and the absorption of nutrients, and it helps your body burn calories more efficiently. Sometimes, feelings of hunger can actually be a sign of thirst. By drinking water before meals, you can help manage your appetite and potentially reduce your food intake, further supporting your weight loss goals and contributing to a slimmer face.

Beyond plain water, consider incorporating herbal teas into your routine. Many herbal teas, such as green tea or peppermint tea, can have diuretic properties, which can help reduce water retention. They also offer additional health benefits and can be a refreshing alternative to plain water. However, it's important to avoid sugary beverages, as these can counteract the benefits of hydration and contribute to weight gain and facial puffiness.

Exercise and its Impact on Facial Appearance

Engaging in regular cardiovascular exercise is one of the most effective ways to reduce overall body fat, which directly impacts facial fullness. Activities like running, swimming, cycling, and brisk walking elevate your heart rate and burn calories, leading to a gradual reduction in adipose tissue throughout your body, including your face. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week, as recommended by health guidelines.

Strength training is another vital component of a well-rounded fitness regimen that aids in weight loss. Building muscle mass through exercises like weightlifting or bodyweight training increases your resting metabolic rate, meaning your body burns more calories even when you're at rest. A higher metabolism supports more efficient fat loss, which will eventually translate to a slimmer face. Incorporate strength training exercises that target major muscle groups two to three times per week.

Consistency is key when it comes to exercise for weight loss. Sporadic workouts will yield minimal results. Establishing a regular exercise routine and sticking to it will help you achieve sustainable fat loss and a more toned physique, including a more sculpted facial appearance. It's also beneficial to find activities you enjoy, as this increases the likelihood that you'll maintain your exercise program long-term.

Facial Exercises and Toning

While spot reduction of fat is not possible, facial exercises can help to tone and strengthen the muscles in your face and neck. This can lead to a more lifted and defined appearance, which may create the illusion of a slimmer face. These exercises work by increasing blood circulation to the facial muscles and improving muscle tone, much like how body exercises tone your physique. Consistent practice can contribute to a firmer jawline and reduced sagging.

One popular facial exercise involves puffing out your cheeks and then pushing the air from one side to the other. Another technique includes smiling widely and holding the expression for a few seconds, then relaxing. Exercises that target the jawline can involve tilting your head back and pushing your lower jaw forward, holding for a few seconds, and repeating. The "fish face," where you suck in your cheeks and pucker your lips, is also often recommended for toning the cheek muscles.

It is important to approach facial exercises with realistic expectations. They are unlikely to cause significant fat loss in the face on their own. Their primary benefit lies in muscle toning and improved circulation, which can enhance facial contours. For noticeable changes in facial fullness, they should be considered a complementary practice alongside a comprehensive weight loss strategy that includes diet and overall exercise.

Lifestyle Adjustments for a Slimmer Face

Getting adequate sleep is fundamental for overall health and plays a surprising role in facial appearance. Lack of sleep can disrupt hormone levels that regulate appetite, leading to increased cravings for unhealthy foods and contributing to weight gain. Furthermore, insufficient sleep can cause fluid retention and exacerbate dark circles and puffiness around the eyes, making your face appear fuller. Aim for 7-9 hours of quality sleep per night to support your body's natural fat-burning processes and reduce facial bloating.

Managing stress levels is another critical lifestyle adjustment. Chronic stress can lead to elevated cortisol levels, a hormone that can promote fat storage, particularly in the abdominal area and, to some extent, the face. Finding healthy ways to manage stress, such as through meditation, yoga, deep breathing exercises, or engaging in hobbies you enjoy, can have a positive impact on your overall health and contribute to a slimmer facial appearance.

Limiting alcohol consumption is also beneficial for reducing facial weight. Alcohol is calorically dense and can dehydrate the body, leading to water retention and a puffy appearance. Additionally, alcohol can disrupt sleep patterns and interfere with your body's ability to process food efficiently. Cutting back on alcohol intake can lead to a noticeable improvement in facial clarity and a reduction in puffiness.

When to Seek Professional Advice

If you've implemented lifestyle changes and are still concerned about facial fullness or if you suspect an underlying medical condition might be contributing to facial puffiness, consulting a healthcare professional is advisable. Doctors can assess your overall health, identify potential causes for fluid retention or weight gain, and provide personalized guidance. They can rule out conditions like thyroid issues or hormonal imbalances that might affect your weight and appearance.

A registered dietitian or nutritionist can be invaluable in developing a personalized eating plan tailored to your specific needs and goals. They can help you create a sustainable, calorie-controlled diet that promotes overall weight loss and addresses any nutritional deficiencies. Their expertise can ensure you are receiving adequate nutrients while effectively managing your calorie intake for optimal results in slimming your face and body.

In some cases, a dermatologist or cosmetic surgeon may be consulted for advanced aesthetic treatments. While these professionals do not address the root causes of weight gain, they can offer solutions for specific concerns related to facial contouring, such as fillers or minimally invasive procedures. However, these options should be considered after exploring natural weight loss methods and professional medical advice for underlying health concerns.

FAQ

Q: Is it possible to lose weight of your face specifically without losing weight elsewhere?

A: No, it is not possible to target fat loss in a specific area like the face. Weight loss is a systemic process, meaning when you lose overall body fat, you will lose it from all areas of your body, including your face. Focusing on overall healthy habits will lead to facial slimming.

Q: How long does it typically take to see results in facial slimming after starting a weight loss plan?

A: The timeline for seeing results in facial slimming can vary significantly from person to person. It depends on individual metabolism, genetics, starting weight, and consistency with diet and exercise. Some people may notice subtle changes within a few weeks, while for others, it might take a few months of dedicated effort to see a noticeable difference.

Q: Does drinking more water really help in losing weight of your face?

A: Yes, drinking more water is crucial for reducing facial puffiness. Adequate hydration helps flush out toxins and excess sodium, which can cause bloating and water retention in the face. It also supports metabolism and can help manage appetite.

Q: Are facial exercises effective for making your face look slimmer?

A: Facial exercises can help tone and strengthen facial muscles, which may lead to a more lifted and defined appearance. However, they do not burn fat. Their effect on facial slimming is primarily related to muscle tone rather than fat reduction. They are best used as a complementary practice to overall weight loss.

Q: What role does sodium play in facial puffiness?

A: High sodium intake causes your body to retain water, which can lead to bloating and puffiness in the face. Reducing your consumption of salty processed foods and opting for fresh, whole ingredients can significantly help in minimizing facial water retention.

Q: Can lack of sleep contribute to a fuller-looking face?

A: Absolutely. Lack of sleep can disrupt hormones that regulate appetite, leading to cravings and weight gain. It can also cause increased fluid retention and exacerbate under-eye puffiness, making the face appear fuller and more tired.

Q: Are there specific foods that can help reduce facial bloating?

A: Foods rich in potassium, such as bananas, avocados, and sweet potatoes, can help balance sodium levels and reduce water retention. Incorporating fibrous fruits and vegetables, lean proteins, and healthy fats while limiting processed and sugary foods is generally beneficial for reducing facial bloating and supporting overall weight loss.

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how to lose weight of your face: How To Lose Weight Well & How To Lose Belly Fat

Charlie Mason , How to Lose Weight Well: Obesity has emerged as a real problem today. With more than 2 out of 3 people getting affected by it, the problem is as real as it could get. Everyone is trying to escape from the clutches of obesity but the plan doesn't seem to work. Obesity is simply not a simple cosmetic problem but a package deal of serious health issues like diabetes, heart problems, and other metabolic disorders. Some weight initially goes down with these measures but you are back to square one after a while. The main reason behind these failures is improper handling of the issue. Most weight loss measures have been merely trying to cut down on calories whereas the problem has always been elsewhere. It is the wrong food that has been causing obesity. This book brings to you a tried and tested approach to weight loss: If you feel that weight loss measures have failed you terribly, then this book is for you. This book is for everyone who has tried several ways to lose weight but failed. It will tell you the easy ways to lose weight through healthy eating. This book is your guide to natural foods and the immense weight loss benefits they bring. This book will tell you the ways to lose weight by eating well. It will shed light on weight loss psychology and explain the good habits to adopt for weight loss. In this book, you'll get to know the easy ways to lose weight by eating healthy. It will not tell you to eat less but to eat the natural foods freely. You can lose a lot

of weight and sustain it easily by making the right food choices and the plan has been laid out clearly in the book. **How to Lose Belly Fat: How to Lose Belly Fat: A Complete Guide to Losing Weight and Achieving A Flat Belly** is your one-stop shop to achieving the body of your dreams! Take this book step by step and allow it to educate you on why humans have a difficult time losing belly fat and how to combat the cravings and lack of motivation that come with typical weight loss plans. This comprehensive guide breaks down the components of blasting belly fat into a simple, easy to understand fashion. This book will teach you the best way to eat healthily, get active, and mentally prepare yourself to burn fat and get fit. Inside you will find: An easy to follow comprehensive guide to losing belly fat, getting health, and getting fit A deep understanding of how to burn belly fat The best way to tackle belly fat so that you can have a skinny waist A comprehensive guide on what foods to eat to burn fat A comprehensive guide on what foods will prevent you from losing belly fat What you can drink to boost your metabolism What beverages you should avoid while getting fit A deep understanding of how the body processes the food we eat An in-depth guide to metabolism How to go from a sedentary lifestyle to an active lifestyle The kind of exercise needed to get fit

how to lose weight of your face: *How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight* ,

how to lose weight of your face: Gradually Vegan Lose Weight Naturally Charles Thornton, 2014-09-26 This book by the healthy weight loss expert, Charles Thornton BSN, will get you to the best weight of your life. People gain weight over time, but they want to lose weight quickly. Gradually Vegan will take the weight off and keep it off. This is a lifestyle change where immediate results can be seen. This book will help the reader become a healthier person overtime.

how to lose weight of your face: Stuff Your Face or Face Your Stuff Dorothy Breininger, 2013-05-07 While organizing the lives of her many clients, Emmy-nominated organizing expert Dorothy Breininger learned to face her own stuff, and lost seventy-five pounds in the process. In this one-of-a-kind book she addresses weight loss from the much-needed perspective of what lies underneath our clutter—metaphorically, physically, and emotionally. Whether you're a packrat or a calorie-counter, a neat freak or a binge eater, Breininger reveals why, to be successful on the scale, you must first master the clutter within you and around you. With the same no-holds barred candor that resonates with TV viewers, she offers prescient advice to help anyone face their stuff, with an organized, step-by-step approach to either toss it, tame it, or tailor it to fit their lives. Filled with personal stories from clients, her own success story, and tips from fitness coaches and organizing experts, this imminently practical book gives everyone the tools to declutter their way to their dream size.

how to lose weight of your face: Weight Loss for Men - Metric Edition Vincent Antonetti, PhD, 2013-12-12 This eBook is packed with all the information you need for real understanding, the guidance you need to be successful, and easy-to-use 1200 kcal, 1500 kcal and 1800 kcal meal plans you need to lose weight - with strong chapters on nutrition and exercise. **Weight Loss for Men** has a new BMI-based Height-Weight table as well as new tables you can use to predict and monitor your weight Loss for various diet calorie levels, to determine body-fat percentage, your maximum waist size and your optimum waist size for health, and much more. This is another sensible, easy-to-follow eBook you can trust from NoPaperPress. (Metric units, PhD author) **TABLE OF CONTENTS**
1.BEFORE YOU BEGIN - What Should You Weigh? - BMI-Based Weight vs. Height Body - Fat Storage Percent Body - Fat Measuring Percent Body Fat - Percent Body Fat Table - Waist to Hip Ratio - Maximum Waist Size - Optimum Waist Size 2.WEIGHT LOSS - Your Total Energy Requirements - Basal Metabolic Energy - Activity Energy - The Weight Control Program - When Does Weight Change Occur? - What About Counting Carbs? - The Best Weight-Loss Diets - Simple Weight Loss Math - Weight Loss Prediction Tables - Selecting the Correct Table - Your Weight Loss Rate Could Decrease - Weight Variations Due to Water - The Dreaded Weight Loss Plateau - Weight Loss Maxims - Planning Weight Loss Eating Patterns - Set Meals - Easier Calorie Control - Pre-Planned Diets - Helpful Diet Strategies - Exchanging Foods - Simple is Better - Get Good Cookbook - Estimating Portion Sizes - How to Handle Overeating - Keep a Log of What You Eat - Handling Special

Situations - Graph Your Weight Loss - Can You Target Weight Loss? - Losing Belly Fat - Last On First Off 3.WEIGHT MAINTENANCE - The Weight Maintenance Program - Why Do People Regain Weight? - Weight Control - Life-Long Struggle - Planning Maintenance Eating - Mini Diets Maintain Weight Loss - Keys to Life-Long Weight Control Appendix A: NUTRITION - Proteins are Building Blocks - You Need Carbs - Glycemic Index - Cholesterol and Triglycerides - More About Fat - Vitamins and Minerals - Phytonutrients: From Plants - Guidelines for Healthy Eating - Basic Food Groups - Vitamin/Mineral Supplements - Become a Calorie Expert - Estimating Calories in a Meal - You Need Fiber - Water, Water Everywhere - Use Salt Sparingly - Not Too Much Sugar - Common-Sense Nutrition - Eat Slowly Appendix B: EXERCISE - How Many Calories Do You Burn? - Types of Exercise - Select the Right Exercise - Aerobic Exercise: How Hard? - Target-Training Zone - Walking Program - Get a Pedometer - Jogging Program - Strength-Building Programs - More Strengthening Exercises - Still More Exercises - If You Miss a Workout - Risks and Possible Problems - Avoiding Injury - Keep an Exercise Log - Effective Low-Cost Exercising - Workout: Lose Weight & Be Healthy LIST OF TABLES - Table 1 Body Mass Index (BMI) - Table 2 Weight Profile vs. BMI - Table 3 BMI-Based Weight vs. Height - Table 4 Age-Adjusted Body Fat Percentage - Table 5 Approx Percent Body Fat - Table 6 Max Waist - Ages 20 to 40 - Table 7 Max Waist - Ages 41 to 60 - Table 8 Max Waist - Ages 61 to 80 - Table 9 Optimum Waist - Ages 20 to 40 - Table 10 Optimum Waist - Ages 41 to 60 - Table 11 Optimum Waist - Ages 61 to 80 - Table 12 Selecting Weight Loss Table - Table 13 Portion of Table 14 - Table 14 Weight Loss - Inactive - 18 to 35 yrs - Table 15 Weight Loss - Active - 18 to 35 yrs - Table 16 Weight Loss - Inactive - 36 to 55 yrs - Table 17 Weight Loss - Active - 36 to 55 yrs - Table 18 Weight Loss - Inactive - 56 to 75 yrs - Table 19 Weight Loss - Active - 56 to 75 yrs - Table 20 Weight Loss Eating Plan - Table 21 Menus for 1200 kcal Diet - Table 24 Menus for 1500 kcal Diet - Table 23 Menus for 1800 kcal Diet - Table 24 Daily Food Log - Table 25 Weight Maintenance Calories - Table 26 Maintenance Eating Plan - Table 27 Glycemic Rank of Common Foods - Table 28 Fats in Foods - Table 29 RDA for Selected Vitamins - Table 30 RDA for Selected Minerals - Table 31 Calorie Rank of Basic Foods - Table 32 Calorie Rank of Common Foods - Table 33 Calories Burned vs Activity - Table 34 Walking Program - Table 35 Exercise Log

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Simple walking strategies to lose weight without expensive equipment or gym memberships• Mediterranean, low-carb, and other diet plans customized to different needs and preferences• How to eat right and lose weight while still enjoying your meals• Science-based approaches to optimize your metabolism and energy balanceUnlike temporary solutions, this book focuses on teaching you how to lose weight now while building habits that last. The walking to lose weight section provides beginner-friendly plans that progressively increase in intensity, making fitness accessible to everyone. Whether you're looking to lose weight fast for an upcoming event or create a sustainable approach to diets to lose weight over time, this essential guide provides the tools, knowledge, and motivation you need. Learn to work with your body's natural processes rather than against them, and discover how small, consistent changes lead to remarkable results. Start your journey to better health today with proven strategies that combine the best of nutrition science and practical lifestyle adjustments.

how to lose weight of your face: What's Eating You? Kelly N. Brewster WHNP, 2022-10-20
Now there are two types of individuals that will pick up this book and read it cover to cover. There are those who have moments of clarity; they recognize that there is a need in their life and that changes need to be made. Then there are those who will have the ultimate aha moment, finding themselves literally on the brink. The difference between the two comes down to endurance, discipline, and an unwavering tenacity. Which one are you? Those having the aha moment? Welcome aboard! You are embarking on a journey that will allow you to create permanent changes to your overall well being and weight loss goals!

how to lose weight of your face: Love God, Lose Weight Cathy Morenzie, 2019-12-01
(Previously published as Receiving God's Love) Tired of Gaining Weight or the Guilt & Shame from Emotional Eating? Be Filled with the Spirit Instead! For years, I'd gain at least 5 pounds around the holidays or whenever I felt stressed. I used it as an excuse to break all of my boundaries with the promise that I'd restart my diet after the latest drama or life catastrophe had passed. Because I didn't understand the depth of Christ's love for me and as result, I only focused on feeling satiated by filled full of my favorite foods which ironically left me feeling empty and trapped. I felt anything but free. Over the years, I've come to realize that without a deeper understanding of God's love for me, I'm lost. I refuse to let overwhelm be a stronghold over me because I simply over-extend myself and over-eat until I'm stuffed. So I've chosen to live a new way and choose "Faith over Food" and I invite you to join me. Every time I feel anxious, scared or overwhelmed, I now engage in a deeper understanding of God's love for me during any of these storms. Love God, Lose Weight is a 22-Day Devotional that aligns your heart with the heart of our Heavenly Father's and renews your passion to live for HIM and in HIM. ● God's love is steadfast and unchanging ● God's love transforms our lives ● God's love comforts us ● God's love is revealed to us through Jesus Christ ● God's love gives us peace and joy ● God's love is poured into us through the Holy Spirit ● God's love compels us to love one another Our freedom and peace is found in God's love. As we learn to give and receive God's love, all the other cares of this world fall away. When love is the foundation of all we do, the Holy Spirit strips everything else away--even the excess weight! What will be left is a life of gratitude, peace, joy, and love rooted in a wonderful relationship with our heavenly Father. Grab a copy of this wonderful uplifting devotional for any season of your life where you're struggling with your weight and need God's power and grace to restore you. Love God, Lose Weight is a 21-Day Devotional that will align our heart with the heart of our Heavenly Father's. As we learn to give and receive Godly love, all the other cares of this world will fall away. When love is the foundation of all we do, the Holy Spirit will strip everything else away—even the excess weight. What will be left is a life of gratitude, peace, joy, and love rooted in a wonderful relationship with our heavenly Father. About the Author CATHY MORENZIE is an award winning author, Christian weight loss coach, international speaker and leader in the health & wellness industry for over 30 years. This faith-filled, personal trainer herself struggled with emotional eating, self-doubt and low self-esteem but discovered the answers laid in "Faith, not Food!" She began a quest to learn & share God's truth about your health, weight and self-esteem. Now, Cathy shares exactly how you can change just

about everything in your life because she knows what it's like to feel stuck. Let her guide you along the Lord's path to break free with a new mind & body of Christ! Other Healthy by Design books by Cathy Morenzie Weight Loss, God's Way Pray Powerfully, Lose Weight 21-Day Meal Plan

how to lose weight of your face: Fabulous Jelly: Use Your Brain to Lose Weight Susannah Healy, 2013-09-06 We all know what we should be eating and diet gurus abound, yet over 40% of the population is still overweight. Why? Because most of us find it so damn difficult to get 'in the zone' long enough to stick to a new eating plan that we really couldn't be bothered. In 'Fabulous Jelly' author and psychologist Susannah Healy describes the triumphs and failures of her own weight loss (including an absolute fortune spent on re-joining weight loss clubs), before she learned to use her own professional experience to design a plan that worked for her. Now two stone lighter, Susannah shares her secrets about how to get your brain to work with and not against you in weight loss, using research from neuroscience and cognitive and behavioural psychology. Susannah shares her eating plan that will get you motivated - and provide results. This book is not a life-long eating plan, but it will kick-start your weight loss, give you the motivation to keep going and stop all the rubbish clichés about 'completely new you' that are sabotaging your weight-loss goals. It's a fact: frozen veg are the new avocado!

how to lose weight of your face: Your Face Won't Crack If You Smile Robert Krueger, 2012

how to lose weight of your face: Get Off Your Arse and Lose Weight Steve Miller, 2014-12-04 No more excuses! The Life Bitch is here, and he has no time for whingers. If you know your bum looks big, then get it off the sofa. Steve Miller is an expert in training people in positive thinking. His approach depends on using skills that everyone has: common sense (you are fat because you eat too much - no one is fat in a famine) and a bit of determination. He is tough-talking (he calls a hippo a hippo) but warm and witty too; and he shows you - with real life examples and stories - techniques that really work. His approach is realistic, and it's all about getting real. This is not just about shedding the flab, but about becoming the person you want to be, and realising that it is in you to make it happen.

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that makes us look old, brown fat is healthy, firm, and resilient and gives our bodies a youthful appearance. In Dr. Lyons's nearly 30 years of clinical experience, he'd noticed a brown fat in lean patients. His findings pointed to the presence of different types of fat in the body and suggested that the quality of the fat is determined by external factors. These observations are akin to three April 2009 New England Journal of Medicine studies that showed that triggering a different and deeper brown fat may be the secret to a lean, healthy body. THE BROWN FAT REVOLUTION will be the first book to shed light on superficial brown fat, revealing how it makes the body look younger and healthier, and how you can change yellow fat into brown with a specifically tailored and realistic program that includes: A four-week eating plan that alternates carbohydrates and proteins, keeping blood sugar at an even keel to avoid fat production A monthly exercise routine centered on weights and bungee cords--not cardio--keeping metabolism up continuously (not temporarily, as cardio does) to burn more fat It's easy, consistent, and inexpensive. And the results will last for the rest of your life!

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