

Download How To Lose Weight Your Way To Ideal Body Or 1000 Ways To Lose Weight

This is it, folks. This is the first, last and only weight loss article you will EVER need to read. Only, this is much more than an article. This, my friends, is a guide. 1. Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs. 15 pounds lighter in 2 weeks – needless to say I was pretty excited and this definitely helped me to keep going. I followed a customized fat loss program for 90 days. This article was updated on January 7, 2011. With the holidays over, you may be looking down at the bulging evidence of too much merriment around your waistline. If you've resolved to lose weight ...