

Being Free From all That Excess Weight.

Do you want to lose 20 pounds in a month devoid of exercise? If yes, then you will discover this article very useful. However, you must be realistic. If your current weight is only 120 pounds, then don't expect to lose 20 pounds in a month. Your body is "designed" to keep you alive and it will be very challenging to lose that much weight in such a short phase of time.

Right now, let's take a look at a number of ways to lose 20 pounds with very little effort:

* Try to motivate yourself as much as you can:

If the only way to adjust your diet to achieve flat abs, it would be somewhat difficult to stick to any program for a long time. The solution? Give yourself extra incentive. Think about all the benefits you will enjoy when you lose that extra fat. Immediately take a look at only a few benefits: You can reverse otherwise prevent diabetes, you can improve sleep apnea and other sleeping problems, decrease the risk for cardiovascular disease, lower blood pressure, cholesterol and triglyceride levels, you can have more energy, fewer headaches and reduce the threat of getting arthritis. What is more, when you look good, you feel good. Losing weight can help you restore your self esteem and boost your mood and confidence.

* Boost your metabolism with spicy food:

It's true. If you're like spicy foods, this is splendid news. They can help you boost your metabolism and lose more weight. What is more, research suggests that individuals who enjoy this kind of food end up eating smaller portions throughout the day. Many spicy foods contain the compound called capsaicin (the fiery compound in hot red peppers). This substance can boost your body's ability to burn fat and can furthermore satisfy appetite. A group of researchers from Quebec looked at the effects of spices such as capsaicin, black pepper, red chili pepper, and ginger on metabolism and weight loss. They found that these spices increased thermogenesis and helped people burn more calories. Capsaicin seems to take part in a star role when it comes to fat loss. Consuming capsaicin with a meal boosts metabolism by as much as 20%! But, that is not all. This substance could make fledging fat cells self-destruct, according to Taiwanese scientists. The research they conducted was focused on cells called preadipocytes, which afterward developed into fat cells. When these cells got exposed to capsaicin, they died before becoming fat cells.

* Try the method of Logic:

Before you eat a bite of a fattening food, think about whether this action will carry you one step closer to your target otherwise one step away from it. This will stop you from making the incorrect decision and will encourage you to think about the lengthy term results of your events. The end result: 80% -90% of your decisions will be better and healthier.

About the Author

I like to write about almost anything and enjoy writing articles but my specialty is in [weightloss](#) and providing essential information and excellent programs that I highly recommend.

Source: <http://www.articlegods.com>