

## How do you attain weight loss through fasting?

Fasting, when done properly, can be a basic part of a solid weight loss plan. If done correctly it can be a great start to your new way of living. On the other hand, you might be so ravenous after fasting for a long time that you might just pounce upon all those goodies you have not eaten during the fast. Willpower, willpower! When I first started my weight loss program, I began with a fast. I have fasted for 2-7 days on a few different occasions. The reason that fasting can be such a great way to start a weight loss program is because you can see results immediately. It will also make it very easy to stick to your diet for the first week. After not eating for a few days, your food will taste better. This is a great time to go a few days eating only fruits and vegetables. This can easily turn your two day fast into a 7 day, full body cleanse. Fasting can make you look much thinner in only a couple days. You may not lose a significant amount of weight, but it will look like you have. It can make your waist noticeably thinner and clear up blemishes or skin problems. Although I do not think fasting is to be used specifically for weight loss, I think you can do it to get your body ready for a healthier way of living. Use it as a way to cleanse your body out and get rid of all the toxins clogging your system. I suggest drinking fruit and vegetable juices while fasting. I have read that you should do a water fast, but it can be a miserable experience if you have never fasted before. So stick to natural juices. One of the better results I saw from my fasting experience was that I have more self control over my eating habits. I have always been a binge type of eater. After my fast, I felt like I could restrain myself easier. It is probably a mental attribute. I mean if I can go without eating for 7 days then I can sure keep myself from eating something I should not. So although I do not think you can use fasting as a diet or weight loss program, I do feel that it can be a great start to a proper weight loss diet and exercise program. I think it is definitely something that everybody should do at least once a year. If you have any health problems, you should consult a physician before starting any weight loss program. And, if you absolutely cannot go without food then simply try going a few days eating vegetables and fruits only. This will give you most of the same results as the fasting will. However, I recommend the fast over the fruits and vegetables because of the confidence and control you will begin to enjoy as a result. Did you find this article useful? For more useful tips, hints, points to ponder and keep in mind,

## About the Author

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