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## 5 Tips and Rules for Losing Belly Fat

Nobody likes a pot belly or paunch. Here are some easy tips for losing excess fat off your waist and get that desired flat stomach:

**1. Almonds:** Eating almonds can be good. You can eat 5-6 almonds everyday as these are good sources of protein and hence good in burning fat.

**2. Eat More Fiber:** Eating more of fiber is another good way to reducing tummy fat. Fiber is very good for digestion and it can prevent us from overeating as it quickly fills our stomach. Fruits and vegetables (specially green leafy ones) are very good sources of fiber.

**3. Healthy Eating Habits:** Just remember that healthy weight loss is not just a one time thing. You have to make permanent eating changes in your life. Staying away from unhealthy foods becomes specially important if you want a flat stomach – eating junk food, oily food, too much sugar, over-fried foods can lead to the dreaded paunch.

**4. Metabolism:** Your body's metabolism rate plays a very important role in losing weight and developing flat tummy. You will find tips to boost your metabolism rate naturally in this guide.

5. Active Lifestyle: Apart from healthy eating, strong metabolism – you also need to have an active lifestyle for staying fit and slim. If you behave like a couch potato then obviously you may develop a paunch. All your other weight loss efforts may go waste if you do not get physically active.

Physically active does not mean spending hours at the gym in difficult exercises. It means that you need to keep moving and do physical activity for sufficient amount of time everyday and at regular intervals. You can find more advice on this in the section below about metabolism rate.

## 17 Tips for a Higher Metabolism

Having a high metabolism means your body burns fat at a faster pace. It is a measure of how fast and how much of fat is burned by your body resulting in energy.

So ideally people would like to have a high metabolism which can mean more fat loss. And the reason why experts warn against going on starvation diets when trying to lose weight is precisely because of metabolism issues.





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If you starve yourself, your body thinks that food is scarce and goes into starvation mode. When this happens the metabolism rate drops. So starving might actually be counterproductive to losing weight.

You know that many factors can affect an individual's metabolism rate. Things like - age, sickness, genetics, how active you are, muscle build of the body etc. all can be factors of metabolism.

Some people do eat a lot but do not put on weight while some others do not eat as much but seem to gain weight easily. I am confident you too must have come across such people. This can be due to fast and slow metabolism.

While metabolism itself might not be the only reason why people are overweight, but it does seem to play such an important role. **If you can find ways to increase metabolism rate in natural healthy ways, then that is excellent for your body, isn't it?**

**Here are some tips to get you started:**

**1. Strength Training:** Gaining muscles can very much help in improving body's metabolism rate. For this purpose lifting weights and strength training is essential.

The more muscles you have, the more calories are burned by the body as energy is needed to maintain muscles.

Strength training will make your muscles stronger and it is helpful not only for burning fat, but also giving a good look to your body.

**2. Eat Smaller Meals:** You know that by eating smaller meals you will be putting less burden on your digestive system. This allows for better digestion of food that is eaten.

Try to have 4-6 smaller and frequent meals rather than 3 large meals. This can automatically prevent overeating as well as its good for your metabolism.

**3. Eat Raw Fruits and Vegetables:** Raw fruits and vegetables are very very rich in nutrients like vitamins, minerals, fiber etc. They also have very less calories. Fruits and vegetables are also very good for digestion and fill you up quite quickly.

So its very helpful to eat them if you want to control your appetite so that you do not overeat the heavy-calorie foods more.

**4. Drink lot of water:** Water is very very essential for a healthy metabolism rate. Do you know that water is important for various body functions.





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Kidneys, liver and almost all organs of the body need a healthy supply of water for proper functioning. If you do not drink enough water, these functions would get affected.

By drinking sufficient water, your body will not need to store excess water. Also your energy levels may soar and metabolism may increase quite a bit.

**5. Stop Eating Too Much Sugar:** Most of us eat a lot of sugar. This is a definite no-no for anyone who wants to be healthy as well as lose weight.

Refined sugar is said to be bad for health in general, and can cause weight gain. You can cut down on the consumption of refined sugar by cutting down on cool drinks and sweets.

Another way to reduce sugar intake is to substitute a healthy alternative for it - i.e. honey instead of sugar. Honey can be used in sweets in place of sugar. It is not harmful like sugar and it has a lot of healing properties too. Honey is not known to cause weight gain, so relax about this as well!

**6. Walk for 30 minutes:** Brisk walking for 30 minutes each day, or atleast 3-4 times a week can be very good for your metabolism rate. Your metabolism can increase a lot with physical activity and walking is one of the best exercises as it gives exercise to all parts of the body.

The good thing with walking is that most people can do it. Its not a tough exercise whether you are young or old.

**7. Performing High Intensity Cardio Workouts:** According to new research, high intensity exercising is the recommended thing. Earlier people believed in low intensity exercises carried out for long time.

But new research seems to point out the benefits of high intensity, short duration workouts as better for health, building muscle or for burning fat. Our bodies seem to work better in short bursts of intense activity then resting phase in which the body recovers.

The advantage of high intensity workouts is that even when you have stopped exercising, it still takes some time for the body to cool down completely to its normal levels - all the while keeping your metabolism rate at elevated levels!

You need to learn how to do this properly and correctly in order to burn fat, lose weight, improve metabolism, remain fit or to build some muscles. **Learn how to do it properly - [Maximum Strength Workouts](#)**





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**8. Not Less than 1200/Day:** Do not consume less than 1200 calories in a day. Anything less than this can send your body in starvation mode as discussed above and reduce your metabolism rate.

**9. Eat Protein:** Protein is said to be a muscle builder. Eating more protein can help in building more muscles mass and therefore indirectly help in boosting metabolism for good.

**10. Avoid Alcohol:** Staying away from alcohol becomes important if you want to maintain healthy metabolism. This is because alcohol tends to slow down metabolism and also causes weight gain as it contains lots of calories.

**11. Avoid junk food:** Junk food is very low in nutrition but high in calories. It is also very addictive. People who start eating junk food tend to overeat and develop unhealthy food choices.

All this will lead to unwanted weight gain, poor health, digestion problems and may also affect your metabolism rate. Not to mention, junk outside food is heavy on your wallet too!

**12. Eat healthy snacks:** In the above tip, I mentioned that we should avoid junk food as it is quite addictive. But most of us are in the habit of eating frequent snacks. What should we do about this.

Well there is a way out without completely giving up on your snacking habit. That is to replace your junk snacks with something healthier - usually raw fruits and vegetables.

Examples of foods that can serve as snack substitutes are carrots, cucumbers, tomatoes, apples, bananas to name just a few. Fruit or vegetable juices can serve as replacements for soda drinks.

**13. Chew Your Food Slowly:** Do you want to avoid overeating, then chew your food slowly. This is good for improving digestion thereby improving metabolism rate too.

By chewing your food properly, you can eliminate overeating, gas problems etc. It is recommended that you chew each morsel of food atleast 30 times or even more!

**14. Eat Breakfast Earlier in the Day:** Eat your breakfast early in the day. Since you have been without food for so many hours while sleeping at night, your body may tend to get into starvation mode if you delay breakfast.





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**15. Eat Your Dinner Early:** Like breakfast, try to have your dinner early too. Ideally there should be a gap of at least 3-4 hours between dinner and bedtime. This can ensure that your food is properly digested before you head off to bed!

**16. Look for Ways to Be More Active:** Try to be active as much as possible. We can easily find many opportunities throughout the day when we can get involved in some physical activity.

Examples include walking up the stairs sometimes instead of elevator, parking vehicles farther than you would usually do so that you have to walk the extra distance etc.

**17. Exercise in the Mornings:** If you exercise early in the mornings, you can gain better control over food cravings. Morning exercise can also make you active during the day, thus helping in boosting your metabolism rate.

Another advantage of early exercise is time. Most people can easily afford time to exercise early in the morning and still have time left to get ready for office without getting late. So try to exercise early in the mornings rather than late during the day.

Maintaining a healthy metabolism is important for permanent and natural weight loss. The problem with dieting is that it reduces the all important metabolism rate thus shattering the chance of long term weight loss.

This can be a primary reason that most diet plans fail. If you want to know how to lose weight without dieting and without spoiling your metabolism, check out – Fat Loss 4 Idiots Program for Weight Loss

### **11 Natural Fat Burning Foods**

Now that you have read tips on how to increase metabolism rate, let's see some fat burning foods which can be really helpful in your weight loss efforts. If you eat fat burning foods they can help you burn away the excess fat so that you can find it easier to stay slim and lean.

**Below is given a list of fat burning foods.** Try to include them in your diet as much as possible on a regular basis. They give your body the extra metabolic kick that it needs to shave off weight quickly.

**The list of natural strongest fat burners is:**

#### **1. Apples:**

An average size apple provides only 81 calories and does not contain sodium or saturated fat. In addition to this, apples can help in lowering cholesterol level in your blood as well as blood pressure.





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## 2. Whole Grain Bread:

You needn't dread bread. It's the butter, margarine or cream cheese you put on it that's fattening, not the bread itself. Bread is a natural source of fiber and complex carbohydrates, and is okay for dieting.

Studies at Michigan State University show some breads actually reduce the appetite. The dark high-fiber bread can actually make you feel less hungry and cause you to lose pounds if taken on regular basis. Eat dark, rich, high-fiber breads such as pumpernickel, whole wheat, mixed grain, oatmeal and others

## 3. Grapefruit:

It helps dissolve fat and cholesterol. An average sized grapefruit has 74 calories, delivers a whopping 15 grams of pectin (the special fiber linked to lowering cholesterol and fat), is high in vitamin C and potassium and is free of fat and sodium.

## 4. Mustard:

Try the hot, spicy kind you find in Asian import stores, specialty shops and exotic groceries.

Dr. Jaya Henry of Oxford Polytechnic Institute in England, found that the amount of hot mustard normally called for in Mexican, Indian and Asian recipes, about one teaspoon, temporarily speeds up the metabolism, just as caffeine and the drug ephedrine do.

Mustard is natural and safe unlike ephedrine etc.

## 5. Soups:

Don't go for the canned varieties from the store. But the homemade soups can be good for weight and fat loss.

## 6. Spinach:

Spinach has the ability to lower cholesterol, rev up the metabolism and burn away fat. It can be a very good natural fat burner and quite strong too.

## 7. Barley:

This filling grain stacks up favorably to rice and potatoes. It has 170 calories per cooked cup, respectable levels of protein and fiber and relatively low fat. Roman gladiators ate this grain regularly for strength

## 8. Beans:





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Beans are one of the best sources of plant protein. Most common beans have 215 calories per cooked cup. They have the most protein with the least fat of any food, and they're high in potassium but low in sodium. So they can be good and strong fat burners.

### 9. Berries:

They can be the perfect weight loss food. They have natural fructose which satisfies your urge for having sweets. They also contain sufficient fiber to absorb calories.

### 10. Cabbage:

This is really a wonder food. There are only 33 calories in a cup of cooked shredded cabbage, and it retains all its nutritional goodness no matter how long you cook it.

Eating cabbage just once per week can help in protection against colon cancer.

### 11. Carrots:

Which list of fat fighting foods can be complete without the honorable mention of carrots?

A medium-sized carrot carries about 55 calories and is a nutritional powerhouse. The orange color comes from beta carotene, a powerful cancer-preventing nutrient (provitamin A).

### Conclusion:

I hope you have enjoyed the above list of **strongest fat burners**. These are all natural fat burners without side effects. And most of them are tasty to eat. You just have to eat them properly and on regular basis in order to burn fat.

Be sure to include these fat burning foods in your diet as much as possible. Eat more of fresh fruits and vegetables as they can help in burning fat and staying healthy. You can find out about more fat fighting foods here - : [110 Fat Fighting Foods](#)

### Ideal Weight Loss Solution

I have already mentioned that starving is not the ideal solution to losing weight fast and naturally and keeping it off. One of the primary reason why starving is a bad idea is that it reduces metabolism rate because of which it is not effective for long term weight loss.





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You may lose weight for a few days when you are crash dieting, but guess what – this weight loss may stop after a while. More importantly, the weight you already lost might come back again!

You might have tried dieting earlier only to realize after a lot of hard work that its not so effective for losing weight. In your frustration, you might have completely given up the idea of losing pounds, isn't it?

**So if crash dieting or starving is not the solution to your weight loss problems then what is?**

The answer is to eat food but eat in a correct manner. Healthy food choices is one of the areas you have to look out for. If you want a weight loss program which can show you how to **lose weight quickly without starving yourself, then definitely check out – [Fat Loss 4 Idiots Program!](#)**

**It is a very popular weight loss program and many people have praised it and seem to have found it to be effective - [Fat Loss 4 Idiots Program!](#)**

It does seem to be one of the best weight loss programs around in the market! How is it different from your normal diet programs? Well there are a lot of differences. It works on **calorie shifting method**. You can read detailed review here - [Fat Loss 4 Idiots Review](#)

### **The Truth About Low Calorie & Low Carb Diets:**

**Do you know that low calorie diets or low fat diets may not be effective for long term weight loss?**

Calorie Shifting method can be a great way to lose weight in a healthy manner. The problem with low carb, low calorie or low fat diets is that the metabolism rate might drop thereby stopping any further weight loss after some time.

**By cycling calories**, you just may stand a better chance of losing weight for prolonged period of time. Eat less number of calories for 3 consecutive days, then on the 4<sup>th</sup> day you eat about 400 odd additional calories. By cycling like this, you can reduce the possibility of metabolism rate slowing down. More about this here – [Calore Shifting – Fat Loss for Idiots](#)

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