

Use A Fruit Diet to Speed Weight Loss

Jan Johansen November 30, 2013



Portland weight loss

A fruit diet weight loss plan may sound like information from another planet, but the more you look at it, it makes perfect sense.

(Newswire.net -- November 30, 2013) Portland, OR -- Fruits are great detoxifiers to our bodies, and toxins are what causes us to have a lot of our diseases and weight problems. Much of the toxins that our bodies retain reside in the fat in our bodies, along with the material that stays in our intestine. Fruit helps us get rid of a lot of that, and we detoxify.

The fruit diet allows you to eat fruit whenever you want it, if you feel hungry. It is surprising how quickly you feel full, and your hunger just sort of disappears. There is no fruit juice allowed on the first day of the diet, however. It is important to drink 10 glasses of water per day on the diet. This diet is the lose 10 pounds in 7 days diet.

Each morning the diet called for a glass of mildly warm water, with 2 tablespoons of honey and 3 tablespoons of freshly squeezed lemon juice. It should be well mixed together, and then it should be drunk before breakfast each of the 7 days.

It is important to know that fruits are extremely important to our health, as they are great detoxifiers as well as being incredible healing agents. The best kinds of fruits are the citrus fruits. The best fruit for our fruit diet weight loss plan is the grapefruit as it is low in sugar and contains a bunch of fiber which helps to clean out our digestive system.

There are many types of apples, the bigger ones taste better, but the smaller ones are better for you. Apples contain a substance called pectin, which creates a slimy substance on the intestine wall, simulating a bowel movement. That and the phosphorous and potassium in the apple helps to clean us out from the intestines to the kidneys. Apples themselves don't really help the weigh loss, except they keep us running smoothly from the inside out.

Green tea is one of the healthiest weight loss drinks that exist. Just drinking 3 cups of green tea will burn 80 calories, so the green tea is a given.

An example of a day's food would be on day one, you can eat all kinds of fruits, except a banana. Fruits such as apples, watermelon, and any kind of citrus fruit are what you should be shooting for.

Try this: 2 apples and a pomegranate, or an apple, an orange or pomegranate. At the end of the day you should have consumed the equivalent of 4 oranges, 4 apples, a watermelon and 2 pomegranates. Of course you will want to cut these fruits up into bite-sized portions.

Continue on with this type of pattern on the following six days with your fruit diet weight loss plan, and vary the

pattern so that it creates a variety. Mix up the order, or munch on the fruits as you are doing something else, or until you are full and then go about your business.

About A Better You.

A Better You Spa is Portland's leading holistic and integrative wellness center. The center is dedicated to helping their clients look and feel their best, offering a wide array of unique services to improve your health and well-being, from the innovative Madame et Monsieur Electro-Slim™ weight loss systems to purifying spa treatments.

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