

Doctor Oz Reveals How to Lose Weight Fast On His Website DoctorOz.com

John Paul July 30, 2014



lose weight fast

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([Newswire.net](#) -- July 30, 2014) Manhattan, New York -- According to Doctoroz.com, all you need is just two weeks in order for your body to jump start your weight loss and win the fight over fat.

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Essentially he recommends starting your day with a cup of hot water and half a lemon. Then finish breakfast with a breakfast smoothie. The foods and beverages he recommends you eat includes brown rice, olive oil, green tea and Greek yogurt

with unlimited low-glycemic vegetables.

Dr Oz suggests you eliminate wheat along with artificial sweeteners, alcohol and white sugar and he also he recommends no meals between 8 pm and 8 am

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Will this work? Essentially you need to burn more calories than you consume. So in theory yes it will work. webmd.com states "If you burn 500 more calories than you eat every day for a week, you should lose about 1-2 pounds. If you want to lose weight faster, you'll need to eat less and exercise more. For instance, if you take in 1,050 to 1,200 calories a day, and exercise for one hour per day, you could lose 3-5 pounds in the first week, or more if you weigh more than 250 pounds. It's very important not to cut calories any further -- that's dangerous. Limiting salt and starches may also mean losing more weight at first -- but that's mostly fluids, not fat."

So if you want to lose weight fast the key is reducing your calorie intake, speeding up your metabolism and exercising more. And don't forget to have fun while doing it as the more you enjoy doing something the better chance you will have of sticking to it over an extended period of time.

For more information on losing weight please visit <http://loseweightfast.attacksanxiety.com>

Lose Weight

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