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For a quick way to lose weight visit
<http://tinyurl.com/loseweight85>

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Are you suffering from excess belly fat that won't budge no matter what you do?

Have the flashy infomercials convinced you that your belly fat is directly related to stress and that they have the miracle pill that will get rid of it with no effort on your part?

Are clever marketing ads suggesting you can rid your stubborn belly fat by investing in their "breakthrough" ab-machine?

Not only is belly fat unattractive, it's unhealthy. You're probably aware of this and have tried to do something about it, haven't you?

Let's face it. You've tried everything and nothing has worked thus far. Stop playing games with yourself. This is your body and your health, and it's about time you got the TRUTH about how to lose belly fat.

Fact #1 on How to Lose Belly Fat - As frustrating and harsh as this may sound, it needs to be said. You will NEVER lose belly fat by doing countless crunches every day. If so, wouldn't most people have them by now? You can do crunches until you are every color of the rainbow in the face and it WILL NOT get rid of belly fat.

Fact #2 on How to Lose Belly Fat - Fancy and expensive ab-machines won't get rid of belly fat. Most the ab-gadgets marketed focus on spot reducing, suggesting to the consumer that all they need to do is use their "state-of-the-art" ab-device and they will get rock hard abs.

Fact #3 on How to Lose Belly Fat - Fat-loss potions and other "miracle" quick fixes will not get rid of belly fat. Many marketing companies wait for the next new piece of "scientific evidence" to emerge so they can use just enough "scientific fact" to create a product and make extravagant claims that hit the consumer at the emotional level.

Fact #4 on How to Lose Belly Fat - Fad diets are the worst of all the belly fat scams. Fad diets prey upon the desperate. They evoke restriction and deprivation, cause a loss of muscle, bone, and water, and in the end, completely destroy the metabolism.

What You CAN Do To Lose Belly Fat I know what you are probably thinking at this point and I now have you completely depressed. Alas, I'm going to tell you how to lose that belly fat you hate and have been trying to get rid of.

If you implement these methods I'm about to discuss, you will begin to notice your mid-section decreasing in size and belly fat will slowly melt off, the right way. When you take fat off the right

way, it's less likely to return. The idea is to create control and then maintain that control.

Keep in mind that this is not a "quick-fix" and you will not see results overnight. Sorry, but I speak the truth. What you can expect is:

Continual belly fat loss over the course of several weeks or more

To have less cravings

Feel the changes as well as see them

To increase your health and self-esteem

Lose Belly Fat Rule #1 - Detox your body and organs. Studies show that a body that's been purged of impurities functions better than one loaded down with toxins. Cleaning your intestinal track is the first step to good health.

Lose Belly Fat Rule #2 - Clean up your eating habits. The eating rules are to eat natural food derived from the earth. Eat a small balanced meal every 3 hours. Taper off complex carbs toward the end of the day. Doing these small, yet effective dietary changes will purge your body of toxins to allow the nutrients to be utilized and it will also boost your metabolic rate.

Lose Belly Fat Rule #3 - Drink water. If you already drinking water, drink more. Water is vitally necessary in toxin removal as well as getting fat moving and flushing it out of the body.

Lose Belly Fat Rule #4 - Cardio constitutes as an effective means of reducing belly fat, provided you keep it within reason. Losing belly fat with cardio is a tool, not the sole answer as many people may think. Doing 20-30 minutes of high intensity interval training three to five times a week is sufficient to boosting your metabolic rate and burning fat.

Lose Belly Fat Rule #5 - Abdominal exercises are wonderful in building a strong midsection. When you build stronger abdominal muscles you will look and feel better, improve posture, and alleviate lower back pain. You can do a wide array of various forms of crunches up to 4 times a week.

Lose Belly Fat Conclusion The bottom line about how to get rid of belly fat is not by investing tons of money into fancy gadgets, expensive pills, and starving oneself, but it's in nourishing the body, purging the impurities and exercising.

You won't have a model-ready body by tomorrow, but in time you will lose the belly fat and keep it off.

Now that you have the TRUTH about how to banish unsightly belly fat, use this information to your advantage and you will be unstoppable.

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