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If you are reading this article then you are probably wondering will fasting help you lose weight. Although this sounds easy in principle it is important you know exactly what to do in order to get best weight loss advantages from using this method. In this article I will discuss the strengths and weaknesses of fasting in terms of losing weight.

It is true that fasting can be used in order to effectively lower your weight. You can fast for quite a long period of time just by drinking liquids or eating low calorie substitutes for a couple of weeks and while fasting you will achieve weight loss. However when you are fasting you may find it difficult to carry out some of your usual social interactions as it is not easy to sit there drinking some kind of liquid while everyone around you is eating a regular meal.

Another problem with fasting is that it is important that your body gets vital nutrients in order to function properly and the drinks that you consume may not have these nutrients. It is important to note that long periods of fasting without the necessary supervision can be harmful to your health. Another issue with fasting is that when you stop fasting and start eating regular meals this can then result in you gaining the weight that you have previously lost.

When discussing will fasting help you lose weight then it is important to point that if this is done properly then temporary fasting can actually be the secret to a healthy life. It is important that you are aware that every once in a while it is necessary for our bodily organs to have a rest and short periods of fasting actually provide the kind of rest that can help our digestive system to get rid of toxins that have built up inside our body, in addition to this it can also provide us with a healthy and feasible way to lose weight.

However you will need to prepare yourself both physically and mentally otherwise you may find it difficult to go a single day without food. You will need to be committed and fully prepared before you start fasting.

The day before you fast then it is important that you eat the usual amount of food that you normally eat and make sure you drink an adequate amount of liquids as well. It is important not to skip meals before you fast otherwise you may find that you will crave food and start feeling hungry during fasting. Also discomfort can occur if you have not drank enough liquids the day before you fast.

When you are committed and fully prepared to fast then your hunger will switch off during this period. During the day you are fasting you should focus on spiritual or intelligent work and do light physical tasks instead of thinking about what you are going to eat tomorrow.

The main benefit of fasting is that it helps your body to get rid of toxins, however it is important that you stop the fast in the correct manner. The morning after the fast you should drink one large glass of lemon water, you can put the juice from a lemon into a glass and then add a small amount of salt, this lemon water is important in order to help flush your digestive system.

It is important to note that fasts can be carried out twice a month and you should remember that fasting helps to eliminate toxins and reduce your calorie intake which can then enable you to lose weight.

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