Advantages and Disadvantages of Eating at Night by Sameer

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One aspect of weight management that is important to understand is that we gain and lose weight over period of time, weeks, months, years and not hour by hour. This happens as we take in more calories than we expend. Another important fact of metabolism is that our bodies do not stop working, even when we are sleeping! Hearts are beating, blood is circulating, lungs are functioning, and brains are even working.

For instance, if you eat the same exact meal at 6 pm or at 8 pm, is one more caloric than the other. No, each meal has the same number of calories. What really matters is the total amount of food and drink you have over the course of a week, or a month or longer, and how much energy you expend during that specific interval.

Excess calories will be stored as fat over time, regardless of whether they are consumed during the day or night. When it comes to eating late at night and the potential for weight gain, there are several considerations. Late-night calories won't change your metabolism or magically count more than calories eaten during the day. A regular meal at night on time can keep your energy levels consistent for work and play and can provide some long-term benefits.

The effects of eating late at night are significantly negative and could perhaps have an adverse impact on your health and well-being. It is crucial to break this habit if you wish to maintain a lifetime of good health. Think of all the possible alternatives you could adopt into your lifestyle - strategies that could help you in the right direction.

Let us consider what specific effects eating late at night could cause heartburn, sleep deprivation, Hampers digestion and many more. To fight the negative effects of eating late, a change of lifestyle is needed. Eating late, especially eating heavy meals clogs the digestive system.

Your health is in your hands. Eat well, sleep well and live well.

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