

How to naturally lose weight in 12 weeks

Posted by [Marna Thal](#) On 06/06/2016

For the last couple of years, the number of people looking for ways of losing weight has really increased. Watching your weight is important in ensuring that you maintain the basic metabolic rate ([BMR](#)), ensuring that you are physically fit and getting you in a good shape. For many people, they try to find solace in the slimming tablets that have for now flooded the market despite their great unhealthy effect. What many people do not realize is that what we eat and take into our bodies is actually what we become. Also, if you already have added the unnecessary weight, you can lose it naturally by leading a lifestyle that will stimulate the weight loss.

If you are looking at fitting your lifestyle in less than 12 weeks, there are several ways that you can naturally lose the weight that you want. According to researchers, there are [foods that are perceived to be unhealthy](#) to consume but the fact is that the choice and preparation of these foods is what determines the health and the effect they will have in our bodies. Some of these foods are:

1. Vegetables: These foods are famous for being rich in fiber, antioxidants and other nutrients that are important for the human body. Eating vegetables is very important in lowering the risk of cancer diabetes and heart diseases. When it comes to helping with loss of weight, vegetables are recommended as they are very low in calories.

2. Meat: Consumption of meat has been for a long time been discouraged by health practitioners. This is because the meat today is not the same as it used to be. Nowadays, animals are pumped with drugs and lots of [unnatural foods](#) thus contributing to the unhealthy nature of the meat. Animals, such as cows, that ate their natural source of food have much better nutrients. It is recommended to take meat from naturally raised animals. Choosing this type of meat is far much better than going for a standard western diet.

3. Fish: Fish has been consumed for a long time but it is very important to ensure that you are eating healthy fish. The ones that have been contaminated due to the pollution of the ocean. Fish is a very good source of Omega-3's and it lowers depression, mental disorders as well as other chronic diseases.

4. Fruits: Fruits are high in fiber and have low energy density, vitamin C as well as antioxidants. If your ultimate goal is losing weight, then it is recommended that you should consume utmost 1 piece per day. They are tasty and don't require any preparation.

5. Nuts and seeds: These are known to contain a lot of essential nutrients and they are particularly high in vitamin E and magnesium. Despite the fact that they are high in fats, eating nuts are associated with insulin sensitivity, improved health as well as lowering of body weight. It is recommended that you should eat these nuts and seeds in moderation.

For 12 weeks, you should ensure that you consume a part of the above foods in your meals, carry out some physical exercises and ensure you take some slimming tablets. This goes a long way in ensuring that you lose weight and at the same time staying healthy. While leading a healthy lifestyle, it is important that you keep on conducting comprehensive blood tests to ensure that the change of lifestyle does not affect your general health.

If need be, it is important that you [join a weight loss program that will mentor you](#) to work harder at losing more weight while you lead a healthy lifestyle.

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