

THE TOP 3 REASONS YOU'RE DIET ISN'T WORKING

1. LACK OF SLEEP...

- Hinders fat loss and creates more hunger because of higher hormone levels
- Can lead to over eating and cravings for junk food
- Lowers your defenses so willpower lessens

2. NOT DRINKING ENOUGH WATER...

- Water suppresses the appetite naturally and helps the body metabolize stored fat.
- The body retains more water when it's not getting enough water because it perceives this as a threat to its survival and holds onto every drop.
- Water is the most inexpensive weight loss tool around.
- Water helps to maintain proper muscle tone.
- Water helps flush toxins out of the body I'm losing weight there are more toxins to get rid of due to metabolizing the fat.
- The organs need water to function optimally.

3. DRINKING ALCOHOL...

- One drink can set your weight loss efforts back for 3 days...it's not the calories, but the effect the sugar has on the body!
- Your body can't store alcohol so it must metabolize it right away so while your body is metabolizing that, it is burning no fat.
- Let's face it when you have a buzz on, your inhibitions are certainly lowered and you're more likely to overeat.

