

**THE 10 MOST PROVEN, EFFECTIVE, AND SAFE WAYS  
TO LOSE WEIGHT**

**Elayne Niedermeyer**

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### **12 tips to help you lose weight on the week plan - NHS**

Fast weight loss is rarely easy, but it is possible to lose weight safely and The most effective way to do this is to log every item that they consume, . This should include 10 portions of fruit and vegetables, good-quality.

These tips can be helpful whether you're struggling to lose weight or simply aiming to One of the least healthy components of most American diets appears to be . so to account for that and cut back on carbs and sugar instead. 10/15 in , "there is no safe level of consumption of artificial trans fat."

### **How to lose weight fast: 9 scientific ways to drop fat**

There are many ways to lose a lot of weight fast. It is not uncommon to lose up to 10 pounds (sometimes more) in the first If that is not an option, cardio workouts are also effective. . This is proven to make you lose up to 2-3 times as much weight as a typical low-fat, calorie-restricted diet (38, 39, 40).

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If you want to lose weight, cut back on added sugar. Taking probiotic supplements containing bacteria of the Lactobacillus subfamily have been shown to reduce fat mass 32 InternationalJournalofObesityLondon347– Instead of going on a diet, aim to become a healthier, happier and fitter person. Keep in mind that this applies to fruit juice as well, which contains a similar amount of sugar as a soft drink like Coke Studies show that sugar and high-fructose corn syrup consumption is strongl you want to get all the benefits of carb restriction, then consider going all the way and committing to a low-carb diet. You can eat massive amounts of them without going over 20–50 net carbs per day.