

Lose Weight Fast Academy

Sneaky Weight Loss Tricks

Drink ice cold water – German studies showed ice cold water can speed up metabolism by 30% for 2-3 hours

Drink 2-3 glasses of ice water as soon as you wake up – kick starts your metabolism and rehydrates you after a nights sleep

Brush your teeth if you get cravings – Has a subliminal affect not to dirty your teeth and peppermint in particular has been shown to kill cravings

Drink green tea just before a workout – EGCG boosts your metabolism

Eat grapefruit – grapefruit lowers insulin and studies have shown adding grapefruit can lead to weight loss without making any other changes

Eat avocado – Good source of good fat and helps balance insulin

Don't shop hungry – If you do your more likely to make poor food choices

Eat cruciferous vegetables (broccoli, cabbage, cauliflower, sprouts and kale) – Contains phytochemicals which fight xenoestrogens

Eat sulphurous vegetables (onions, shallot, garlic and leek) – Speeds up detoxification

Use lots of herbs and spices especially ginger, cinnamon, cayenne pepper and garlic – Help body to burn fat

Chew your food at least 20 times – Chewing your food to mush helps you to digest it better

Use stairs instead of the escalators – burn more calories

Have lots of sex – sex burns lots of calories and can burn 300 plus in a session

Watch comedies – Laughing has been shown to lower your blood glucose levels