

Kick Start Your Fat Loss – Tip 3 & 4

Eliminate diet sodas. More and more research shows that the body craves sweets when you ingest artificial sweeteners and they will actually make you fat.

Eliminate sugar. Wean yourself off sugar in your coffee. However don't substitute artificial sweeteners

Today's tips go along with tip 2, sweetened soft drinks are empty calories, but what's worse are the drinks sweetened with artificial sweeteners! Yep the fake ones are as bad if not worse than the real thing.

According to current research artificial sweeteners make the craving for real sugar more intense and as a result you end up eating other things that contain sugar. You might suck down a Diet Dew then get a real sugar craving and eat a Snickers bar and there goes your clean eating.

In addition, who know for sure what the body does when you ingest the chemicals these sweeteners are made from. One brand is made from petroleum by-products, i.e. OIL, and not olive oil. Black oil from the ground.

Other artificial sweeteners contain equally noxious and potentially harmful chemicals. If you have to have a soda go for the regular not the diet. If you use sweetener in Iced Tea use sugar, same with coffee.

Ideally you should eliminate sodas from your diet anyway. The other chemicals in soda do cool things like leach the calcium from your bones. Always a great thing, especially for women who can have issues with weak bones already, many of whom may be on meds to increase it.

Coke is great if you need to clean your silverware, it can also dissolve a steak overnight, so what is it doing to your insides??

How to get over your soda addiction?? Decrease the number of sodas per day by one, replacing it with a bottle of water. After a few days reduce it again and add another bottle of water. Keep doing that until you drinking nothing but water and the occasional cup or 4 of coffee or iced tea. Unsweetened in both cases!

Not only will you feel better you'll start to loose fat too