

Home Remedies for Obesity

- The easiest and effective remedy to fight obesity would be to have 10 grams of honey, along with a glass of warm water. Consume this in the morning, on an empty stomach. If found effective, the dose can be increased with time.
- You can also mix juice of half a lime and one teaspoon of fresh honey in a glass of lukewarm water. Have this early in the morning, followed by every few hours intake.
- Consuming 10-12 fully grown curry leaves every morning, for 3 months, is found beneficial in dealing with the problem of obesity.
- Have one or two tomatoes, on an empty stomach, every morning. This has been found to be effective in curing obesity.
- In a glass of boiling water, add ginger and lemon slices. Steep for sometime and strain the water. Have this decoction when warm. Not only would it treat obesity, it would also control overeating tendency.
- In a cup of water, add 3 tsp limejuice, $\frac{1}{4}$ tsp powdered black pepper and 1 tsp honey. Have this concoction regularly, once a day, for 3 months.
- Soak a handful of jujube or Indian plum leaves overnight. Strain the water in the morning and consume on an empty stomach. It will prove beneficial in curing obesity.
- Include loads of cabbage in your diet. You can have its leaves raw or boiled. You can also make a vegetable out of it or use it in salads.
- Take out fresh carrot juice, add a little water and churn it in a blender. Filter the juice and drink it.
- Include French beans, jackfruits, grapes, figs, peaches, phalsa and guava in the diet.
- Having green tea has been found to be beneficial in treating obesity. You can also consume tea made from dandelion root.
- In a cup of lukewarm water, add $\frac{1}{2}$ tbsp honey and $\frac{1}{2}$ tsp holy basil paste. Consume this everyday, for treating obesity.
- Horse gram can help cure obesity. Soak 1-2 tbsp horse gram in a glass of water and keep it overnight. Filter the concoction the next morning and have it on an empty stomach.
- Make ginger paste and add a small amount to honey to it. Consume this along with $\frac{1}{2}$ tsp natural guggul. It will prove effective in treating obesity.

Given here are some easy and fast weight loss ideas:

- Make water your favorite drink. A person must have a minimum of 8 glasses of water in a day. Avoid taking soft drinks or carbonated beverages; moreover replace them with water. Water helps in reducing weight in the most effective manner.
- Don't stuff yourself with food in a single sitting; instead have 5 to 6 small meals or snacks in a day. Eating several small meals helps the body to release less insulin, which keeps blood sugar steady and helps to control hunger.
- Make a habit of walking. Instead of driving car to the nearby market, prefer walking down. Walking is more important for people in sedentary jobs. Walk for at least 45 minutes every day; it helps in burning extra calories.
- Keep small plates for serving food because a study shows that the less food put in front of us, the less food we'll eat. So downsize your food plates and coffee mugs, and say goodbye to those extra calories.
- Eat more vegetables during meals as water-rich foods like zucchini, tomatoes, and cucumbers reduce your overall calorie consumption. Some other water-rich foods include soups and salads; they are good source of nutrition.
- Use vegetables to make hefty meals. Like pasta salad loaded with vegetables like broccoli, carrots, and tomatoes can be eaten twice. Same applies for stir-fries; add vegetables to make a fluffier omelet.
- Avoid taking white foods as they contain large amounts of carbohydrates, which may further lead to weight gain. Replace white sugar, white rice, and white flour with whole grain breads and brown rice.
- Switch to ordinary coffee because coffee drinks at shops has extra calories, owing to whole milk, whipped cream, sugar, and sugary syrups. A cup of regular coffee, having skim milk brewed with good beans, tastes great and moreover has fewer calories.
- Use skimmed milk as it is high in calcium and low in calories. For coffee, use nonfat powdered milk.
- Prefer eating cereal for breakfast five days a week. Following this, you will consume more fiber and calcium, and less fat than those who eat other breakfast foods.
- Prefer having meals at home. We're more likely to eat more - in fact, more high-fat, and high-calorie foods- when we eat out than eating at home.

- Try to eat slowly and put your fork or spoon down after every bite. Drink water often and talk about your day with your partner. If you eat slowly, you would feel contented with your meal.
- Eat only when your stomach wants food. Usually out of boredom, nervousness, habit, or frustration; many of us unnecessarily have food. If you want to have something specific, it's probably a craving, not hunger.
- Prefer flavorings like hot sauce, salsa, and Cajun seasonings rather than butter and creamy or sugary sauces. These flavorings not only provide flavor with no fat and few calories, but the spicy ones also turn up digestive fires, causing your body to burn more calories.
- Eat fruit rather than drinking fruit juice. Eating whole foods will keep you satisfied for longer period of time than juice. Moreover, fruit juices are very high in calories.
- Eat equal portions of vegetables and grains at dinner. A cup of cooked rice or pasta has about 200 calories, while a cup of cooked veggies has just 50 calories. This will help to avoid a grain calorie overload, and high-fiber veggies will help satisfying your hunger.
- After every two hours, get up and walk around the office or your home for five minutes. A brisk five-minute walk after every two hours will you're your body active.
- Once a week, make a habit of washing something thoroughly - could be floor, windows, shower cabin, bathroom tiles, car, etc. It helps in burning out about four calories for every minute spent in cleaning.
- Take a walk before dinner and it'll not only burn calories, but also cut down your appetite.
- Prefer not eating with a large group as we tend to eat more when we eat with other people, probably because we spend more time at the table. When eating in groups take a note of time and leave the plate, as and when you have had enough.
- Skip watching TV for an hour and go for a walk instead. Or else, you have now time to finish your domestic chores.
- Take most of the calories before noon because studies tell that the more you eat in the morning, the less you'll eat in the evening. Moreover, you will get more chances to burn off those early-day calories than late-night calories.
- Order alcohol by the glass, not the bottle. This way, you'll be more aware of how much alcohol you're intaking. Alcohol is high in calories, however moderate drinking can be good for your health.

- Stock your refrigerator with low-fat yogurt. Cut down 500 calories a day from your diet and eat yogurt three times a day for 12 weeks. It will help you lose more weight and body fat.

Green Tea Weight Loss Benefits

- Green tea is a special kind of tea processed only from the leaves of *Camellia sinensis*. It is very beneficial for health as it has undergone minimal oxidation during making. This tea basically originates from China, however now it has become extremely popular in many other Asian and European countries because of its proclaimed herbal qualities. Doctors even claim that regular consumption of green tea helps in minimizing the risk of heart disease and many kinds of cancer. However, the most widespread use of Green tea is done to treat obesity.

How Does Green Tea Work?

Green Tea is said to be an excellent fat burner. It regulates the glucose level in the body by keeping a check on the blood sugar level. It hampers the function of amylase, which is an enzyme that converts starch into sugar leading to cut on the excess availability of sugar to body. Green Tea also enhances the metabolism rate and thus, leads to fat burn. A component called catechins in the Green Tea is also said to lower the surplus cholesterol level. Green tea is also said to inhibit fatty acid synthase and controls appetite, which overall helps in drastic weight loss.

How To Use Green Tea?

In order to derive the benefits from Green Tea, you need to use the green tea in a proper way. On a general you should use 2.25 grams of tea per 150 gm of water, or about one teaspoon of green tea per cup water. Green Tea is preferably brewed in an earthen pot with its lid covered. Timings for brewing Green tea depend upon the quality of the tea. High quality tea needs to be brewed for less time while low quality tea require a little more time to brew.

Theanine and Caffeine in Green Tea

Theanine and Caffeine in Green Tea are the two main elements that make Green tea an efficient product for weight loss. Though the caffeine content in the green tea is less as compared to black tea and coffee, interestingly it acts high on metabolism. The caffeine content in the green tea is very efficient in increasing metabolism rate and burning fat. Theanine, which is the main amino acid in green tea, is also equally responsible for weight loss as it induce relaxation and the release of dopamine in body, leading to weight loss and a feeling of well being.

How Much Of Green Tea Is Enough?

Now when you have understood all the benefits of Green tea and its use, the million dollar question is that how much of green tea should you use daily? Now different scholars answer it differently. Some Chinese homeopathic practitioner asks to consume about 10 cups a day while many other tell to limit the use to 2 to 3 cups a day. On an average, extracts of all the results say that it is best to consume about 4 to 5 eight ounce cups of green tea per day.

How To Naturally Lose Weight Fast

The best way to lose weight is to lose it naturally. However, losing weight fast calls for a strict diet regulation and immense self control. Natural ways of reducing weight are mostly focused on diet moderation and substituting a high calorie food with a healthier and fat-free option. To witness the desirable results quickly, it is advisable to stick to a healthy routine and exercise self restraint. Read the article for some highly useful tips on how to naturally lose weight fast and get that perfect shape in just a matter of time.

Tips For Losing Weight Fast Naturally

Increase Your Vegetable & Fruit Intake

Increasing your vegetable and fruit intake will not only replenish your body with the most required nutrients, but also assist you in losing weight fast. You can switch over to citrus fruits, from the ones that are high on calories. In fact, you should feed yourself on as much vegetables and fruits as you can, while cutting down on the fatty foods.

Cut Down On Beverages

A lot of our daily calories are the contribution of fuzzy drinks, coffee and alcohol. You can switch over to more natural and healthier options like green tea and fresh fruit juice. Green tea contains anti-oxidants and is great option to start your day with. Also, drink plenty of water, as it is known to speed up the process of weight loss and flushes out toxins from your system as well.

Shun Processed Food

One of the major reasons of excess weight is our consumption of processed food. Especially, youngsters are being increasingly identified with their love for pizzas and burgers, which have a very high fat content. In fact, fast food and processed food are the key reasons why obesity is on a rise in young children. Reducing weight asks for strict self regulation, if you want to see quick results. So, shun the processed food at the earliest.

Eat Fiber

Do you know that an average person can lose around 10 pounds per year just by doubling his/her fiber intake? Foods rich in fiber make you feel full just like water and most of the fiber rich foods are low on calories. Increase your fiber intake to 25 grams a day for best results. You will be able to curb your appetite in a healthy way, by upping your fiber intake, as they create a feeling of fullness.

Switch Over To Lean Protein

Lean protein makes you feel immediately satiated and the feeling remains for longer periods. It also maintains muscle mass crucial for fat burning process. At a minimum, 20-30% of our daily calories should come from sources of lean protein, like cottage cheese, low fat yogurt, skimmed milk, egg whites, fish, shrimp prawns, skinless chicken, turkey, beef, lentils, fish, kidney beans & soy products. Consumption of lean protein also helps you get over sugar cravings.

Zero Calorie Food

Did you know that zero calorie food can help you lose weight and get that perfect figure you always eyed? With this article, check out a list of zero calorie foods and their advantages.

For all those who want to get rid of fat, but cannot indulge in dieting, the good news comes in the form of zero calorie food. Most of you would agree that just at the utterance of the word dieting, the mind starts revolving around all the delicious and scrumptious food that you have to live without. One of the biggest deterrents that people face while dieting is the pain to resist all the lovely food and rely upon the tasteless and bland food items. However, did you know that by gorging upon a sumptuous meal also, you can lose weight? Surprised!! This might seem as a miracle, but believe it or not, it is just a matter of eating a healthy diet and you would be off to flaunt that sexy waist!!

Advantage Of Zero Calorie Food

Zero calorie food is the best way to get rid of the excess fat, without starving yourself. They bring the zest back to the meal, without adding calories. Also known as negative calorie foods, such food use more calories to digest than the actual amount of calories they contain! The calories present in such food items are hard for the body to use. As such, the body burns more calories than those present in the food items. This gives these foods a tremendous natural fat-burning advantage. Mainly fruits and vegetables feature in the zero calorie food lists. High in nutritional value, they contain relatively fewer calories. Also, a diet rich in fruits and veggies is sure to make way for a healthy lifestyle.

Zero Calorie Food Diet

The ideal way to get the better of the zero calorie foods is to install them in your regular diet. However, in case you looking for a quick loss of fat - without going on a diet, start by adding vegetables to your main dishes, snacking on fruits, piling your sandwiches with fresh vegetables and having fruits instead of dessert, after your meals!! Talking about beverages, water is enough to do the trick. Make sure you consume about 6 to 8 glasses of water everyday. Not only would it help you attain the perfect figure, but also bring a glow on your face. The best part is that by replacing water for sweet beverages, you would be ale to save yourself from hundreds of calories!!

Zero Calorie Foods

In the following lines, we have provided a list of zero calorie foods, including both fruits and vegetables.

Vegetables

- Asparagus
- Beets
- Broccoli
- Green Cabbage
- Carrot
- Cucumber
- Cauliflower
- Celery
- Dandelion
- Hot Chili Peppers
- Cucumber
- Endive
- Garden Cress
- Garlic
- Green Beans
- Lettuce
- Onion
- Radish
- Spinach
- Turnips

- Zucchini

Fruits

- Apples
- Blueberry
- Cantaloupe
- Cranberry
- Grape Fruit
- Honey Dew Melons
- Mango
- Oranges
- Peaches
- Papaya
- Pineapple
- Raspberries
- Strawberries
- Tangerines
- Tomato
- Watermelon

OBESSITY TEST:

Are You or Aren't You?

So how do you know if you're overweight or obese? First you need to calculate your body mass index (BMI). This is the method the government uses to determine who's at a normal weight, who's overweight, and who's obese. To get your BMI, divide your weight in pounds by 2.2 to convert your weight to kilograms. Then divide your height in inches by 39.37 to convert it to meters. Multiply your height in meters by itself, and then divide your weight in kilograms by that number. Say you weigh 150 pounds and you're 5'7" (67 inches). Your BMI figures would look like this:

150 divided by 2.2 = 68.2
67 inches divided by 39.37 = 1.70
1.70 x 1.70 = 2.89
68.2 divided by 2.89 = 23.59

A normal BMI is between 19 and 25. A BMI over 25 is considered overweight. And a BMI over 30 is considered obese.

Debunking Common Weight-Loss Myths

Are your thoughts and habits keeping you fat? Believe it or not, the biggest obstacle to losing weight can be your own misconceptions about dieting. To see if your beliefs may be holding you back, read the following statements and decide which ones you believe are true. Then read the brief discussion after each statement to learn the facts, so you'll know what works and what doesn't.

If I skip breakfast or lunch, I will lose weight faster.

Eating fewer meals can actually lead to weight gain and added body fat. In fact, one study showed that people who skip breakfast have a four to five percent lower metabolic rate (the rate at which your body burns calories to maintain vital functions when at rest) than those who do not. When you skip meals, your body fights back by slowing down the rate at which you burn calories. Believe it or not, you will lose weight more efficiently if you eat several small meals a day rather than one or two large meals.



Skipping breakfast, or any meal for that matter, can actually

**do
more harm to your health than good.**

As long as a food is fat-free, I can eat as much of it as I want without gaining weight.

Fat is indeed the most concentrated source of calories in our diet: A gram of fat provides nine calories, while a gram of carbohydrate or protein provides only four. So cutting down on the amount of fat you consume can be an efficient way to lower your calorie intake as well. However, just because a food is fat-free doesn't guarantee that it's low in calories.

As a matter of fact, when manufacturers remove the fat from a food product, they sometimes replace it with so much sugar that the fat-free product ends up providing more calories than the original product. And consuming more calories than you need -- no matter where they come from -- will cause you to gain weight. So while limiting dietary fat can be beneficial to your health and can be a simple way to trim excess calories from your diet, you must also keep tabs on and reign in -- the number of calories you consume at the same time.

I want to lose weight, but unless I lose it fast and see results right away, I know I won't stick with the program.

If you lose weight fast (more than a pound or two a week), you are more likely to lose some muscle. Think of muscle as your body's engine. The larger the engine, the more gas it burns. If you lose too much muscle during weight loss, your engine becomes smaller and you need less "gas," or fewer calories, to keep it running. As a result, you'll actually gain weight if you eat the same number of calories that you previously consumed to maintain your old weight. Losing weight fast makes it harder for you to keep the weight off in the long run. Keep that in mind if you get tempted to switch to a fast-weight-loss fad diet or feel like abandoning your weight-loss efforts altogether.

I know that I can't eat at my favorite restaurants and still lose weight.

It's possible to dine at any kind of restaurant today -- from fast food to five star -- without compromising your weight-loss efforts. Granted, when you eat away from home, you may have less control over how the foods are prepared and which ingredients are used, but you can control which foods you choose and how much of them you consume. The secret is to know how to approach the restaurant challenge.

I have to give up "real desserts" to reach my goal weight.

You don't have to forgo your favorite foods or "goodies" to lose weight. Most people eat for pleasure as well as nutrition. If you love pie à la mode, just eat it less often and/or in smaller portions. Better yet, think substitution, not elimination.

I know the best way to lose my flabby stomach and thighs is to do sit-ups and leg lifts.

Actually, spot reducing doesn't work. When you lose fat, it comes from your total fat reserves, and you have no control over what part of the body those fat reserves will come from. Spot exercises can tone and strengthen muscles in specific areas. But, aerobic exercise -- such as brisk walking, jogging, cycling, or aerobic dance, for example -- is the best way to burn fat. The bottom line: You'll burn more fat from around your middle (as well as from other fat-laden areas) if you take a brisk 20-minute walk than if you do 100 sit-ups.

I would rather jump in the sauna and sweat off a few pounds than exercise.

You can't bake, sweat, or steam pounds off. Sweating without exertion causes only a temporary water loss, not a fat loss. The water lost will be quickly regained as soon as you have anything to eat or drink. And remember, sauna suits, rubber belts, and nylon clothes designed to make you sweat during exercise can actually damage your health. To avoid potentially deadly dehydration and heatstroke, it's important to replace fluids lost during exercise and allow your body's natural thermostat to regulate your temperature.

I will only feel successful if I reach my target weight.

Success means more than a number on the scale. It is an ongoing process that is rewarded each time you make a positive lifestyle change. So, don't be a slave to your bathroom scale. Put your time and effort into what really counts: keeping accurate records, and increasing your daily activity. Habits, not the daily fluctuations on the scale, will determine whether or not you achieve long-term success.

If I can't exercise strenuously for hours at a time, it really won't help me lose weight.

In general, experts agree that what's most important for improving health and controlling weight is replacing sedentary habits (like sitting in front of the television or computer) with activities that involve movement. All physical activity--whether it's running a track or a vacuum cleaner -- counts.

According to the government's latest Dietary Guidelines for Americans (2005), it's the total amount of time spent in active pursuits that's most important when it comes to weight control. Although 30 minutes a day can help lower risk of chronic disease, to really manage your weight, the guidelines say you'll probably need to gradually work up to getting at least 60 minutes of physical activity on most days of the week (coupled with a calorie intake that doesn't surpass your needs).

But you don't have to get that 60 minutes of activity all at one time. Putting in a few 10- to 15-minute bouts of physical activity throughout the day-such as before work, during your lunch hour, and after dinner -- will work just fine.

And what about intensity? Although vigorous exercise (fast-paced aerobic activities such as jogging that really get your heart pumping) will burn the most calories, you'll still lose pounds if you couple moderate-intensity activity (such as brisk walking) with sensible eating. Even housework and gardening chores that get you working up a sweat-such as raking the lawn, scrubbing the bathtub, or washing the windows-count.

I just don't have the willpower it takes to lose weight and keep it off for good.

Lasting weight control is a process that takes "skillpower," not willpower. By identifying your eating habits, using the remedies in this book, and thinking positively, you can tackle your weight and win.

In the same way you can have misconceptions about weight loss, you may also have misconceptions about your own body image. In the next section, we teach you how to assess your own body image.
