



18 Natural

WEIGHT LOSS TIPS

IMPROVE YOUR HEALTH AND CONFIDENCE



BY LORI GEURIN

18 Natural Weight Loss Tips To Hack Your Health

Do you want to lose weight? Here are 18 effective ways to help you lose weight and keep it off.

- 1. Eat protein at each meal.** This helps reduce hunger and gives your metabolism a healthy boost.
- 2. Drink a full glass of water before each meal.** It helps cut cravings and makes you feel fuller, so you only eat what your body needs.
- 3. Make sleep a priority.** Did you know that not getting enough sleep can cause you to gain weight? Because sleep deprivation can upset the body's hormone balance of leptin and ghrelin sleep is essential. The average adult needs 7 to 9 hours a night.
- 4. Eat plenty of fiber-rich vegetables, fruits, and other healthy foods.** Filling up on fiber makes you feel full and causes you to eat less. Plus, it's simply healthy.
- 5. Only buy healthy whole food.** Avoiding pre-packaged snack foods that have lots of ingredients will help you stick with your healthy eating plan.
- 6. Eat more nuts.** The healthy fats in nuts keep you satisfied and less likely to overindulge.
- 7. Fill up on healthy soups.** Like drinking water, soup fills you up. Plus, healthful soups pack a nutritious punch!
- 8. Move your body more throughout the day.** And make it fun. When you work your muscles they grow stronger and this increases your metabolism, which can help you lose weight.
- 9. Eat more spicy foods.** Do you like jalapenos? They can fire up your metabolism, causing you to burn more calories.
- 10. Keep a food diary.** Being aware of everything you eat is crucial when you're losing weight. It's also a great way to make sure your body is getting all the essential nutrients it needs. I love the [MyFitnessPal](#) app for this.
- 11. Chew your food well before swallowing.** This takes more time...and that's kinda the point because it gives your brain time to process feeling full.
- 12. Avoid white foods.** These include white flour, white sugar, white rice, and white bread.
- 13. Eat your meals on a small plate.** Most Americans tend to fill their plate with food. So if you use a smaller plate it makes sense that you'll be eating less.
- 14. Drink green tea.** It's been proven to speed up your metabolism. Plus, it tastes so refreshing and delicious!

- 15. Try intermittent fasting.** Fasting is a natural way to lose weight that doesn't cost a thing and has many proven health benefits. If you're trying it for the first time, here's a [quick guide to intermittent fasting for beginners](#).
- 16. Drink coffee.** It speeds up your metabolism, wakes you up, and contains more antioxidants than just about any food on earth.
- 17. Include full-fat foods in your diet.** And don't worry because studies have proven that (despite what we heard for years) eating saturated fat **does not** make you fat and **does not** cause heart disease. But it does keep you feeling full longer which is a good thing when you're losing weight.
- 18. Drink whey protein or plant-based protein.** They keep you feeling full longer and offer several health benefits.

I hope you found this list of natural weight loss tips helpful in your pursuit of better health.

xx, Lori

Lori Geurin
WELLNESS FOR LIFE