

How to Lose 10 Pounds Tips

Public opinion with all the elements it involves: magazines, television, web sites and fashion trends puts a great emphasis stress on good looks turning slimness into a beauty standard.

This is the explanation why there are so many suggestions, programs and diets to help one lose 10 lbs, at least. Before sticking to a program recommended by some word of mouth talk to a doctor to make sure there is not a clinical cause for the weight excess. Among the most frequent problems here we can identify hormonal imbalances, digestive and eating disorders, a sedentary life pattern and improper food intake. Even if a diet to lose 10 lbs, doesn't seem like something dangerous for one's health, it all depends on the approach you take and the time interval you set to get fitter.

For instance there have been instances when people trying to lose 10 lbs have discovered that it is almost impossible to reach such a small goal. The reason for such situations is that the overweight is triggered by some health problem, that as long as stays improperly diagnosed keeps adding up to the condition. Thyroid gland disorders for example are known to reduce the metabolism and cause people put on weight even when they stick to a good healthy diet. Treatments are available, but they can be administered only after medical tests and following medical recommendations.

Women after childbirth also find it almost impossible to lose 10 lbs in the first few months after delivery. The fat excess here comes from the hormonal changes that have been incredible during pregnancy changing not only metabolism but the entire system, and that will disappear as soon as the hormone secretion gets back to normal. A diet combined with physical exercises is not recommended until three months have lapsed from childbirth, or you could impair the overall health condition. What you can do is stick to healthy food, rest well and stay outdoors as much as possible to help the body resume regular functions.

Sticking to a lose 10 lbs crash diet is not at all good for one's health. Nutritionists point out the fact that drastic weight changes are not healthy on the long run because they bring about very few nutrients totally insufficient for the body processing. If during a diet the lack of food reduces the metabolism, the system will not know how to react when you end the diet and you start having more food. The extra food amount you'll have besides the diet regime, will be converted into energy fat deposits under the circumstances.

About the Author

To read more about how to lose 10 pounds in 3 days, [how to lose 10 pounds fast](#), or [how to lose 10 pounds](#) tips and secrets, visit my blog to learn how to start losing those pounds today.

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