

Losing Weight by Following Your Natural Body Cycles

Today, many people are looking for easy ways to lose weight, improve their health, and to eliminate any illness. You can use "The Natural Body Cycles" to get maximum health and weight loss.

By knowing how to regulate your "Natural Body Cycles", you will maintain good health and can even lose some unwanted fat in a short span of time.

To start "Natural Body Cycles" you will need to change your current eating patterns. Yes, we are habitual in the way we eat and it is difficult to modify our eating pattern and our eating habits.

If you are serious about your health you can of course make it a priority, this in turn will help you achieve success.

In the initial stages of "Natural Body Cycles" method, you will have some side effects, but at the same time you will be removing more body wastes and toxins.

Side effects may include stomach upsets, headaches, diarrhea, body pain or similar symptoms. Don't worry, these side effects will not last long and will soon go away as you get more toxins removed. Even if you do get some of the above side effects do not stop, keep moving further on your road to a new eating habit.

However, if the side effects appear to be interfering with your daily routine, slow down the introduction of healthier foods. Just remember that those who do have the most side effects are the ones who need the natural diet the most, just proceed more slowly. If you have been eating a fairly good diet, you probably will not experience any side effects at all.

The Three Natural Body Cycles are discussed below:

Cycle I: 4 a.m. to 12 noon

During this cycle your body removes acids, toxins, waste, sweat, urine, mucus, and other secretions.

Cycle II: 12 noon to 8 p.m.

During this time your body will be taking food and digesting it.

Cycle III: 8 p.m. to 4 a.m.

During this cycle your body will just absorb the food you have taken in the Cycle II phase.

Using The Cycles.

Cycle I eating:

During elimination cycle, you should eat an assortment of different fruits. If you prefer juices, you are advised to take fruit or vegetable juices.

Remember however, that by eating the fruit itself and not just the juice you are adding important fiber to your diet.

During breakfast eat a bowl of cut up fruit. The only snacks before lunch should be fruit, fruit juice or vegetable juices.

You can eat or drink all fruits and juices you want up to lunchtime. Eat fruits like, oranges, bananas, strawberries, apples, melon, mangos or papaya.

By eating this way you are assisting your body's elimination cycle. This will help your body to remove acids and toxins from your blood and body. Toxins and acids make you weak and over weight.

The eating of any solid food during breakfast or Cycle I, like rice, potatoes, meat, milk or cereal will interfere with your elimination cycle, which will point your body more towards sickness and obesity.

Heavy foods slow down the elimination of toxins, where as fruits and their juices will make your body alkaline.

Alkaline body will help you in the elimination waste products and toxins from the body. In this manner you can lose your weight by eliminating more and more toxins and fats.

Cycle II eating:

Cycle II eating will include both lunch and dinner and is more like the average diet. Lots of vegetables, some starches like brown rice or a baked potato, lean meats or fish and a large salad. If you prefer not to eat meat, rely on a variety of vegetables, soy products like tofu and a large salad.

Cycle II allows heavier, harder to digest foods than Cycle I. Although, Cycle II does not end until 8 PM, try not to eat after 6 PM, unless you work evenings, or do not usually go to bed until midnight.

Cycle III eating:

Sorry there is no Cycle III eating. You should only have filtered water. Now however, if you work the swing or late shift, you will move the cycles so that when you wake up you will start in Cycle I.

Eating by your body's rhythm is very easy to do, especially since you will feel more energy, less stiffness, less heartburn and sleep well.

If you are taking any medications, or are under the care of a physician, please check with him or her before attempting any new diet or eating plan. If you have any questions at all about eating right, the status of your health and how to add exercise into your daily routine talk, with your health care provider. They can give you sound advice based on your health screen.

Did you notice that there was no mention of cookies, pies, sweets, junk food or fast food in any of the cycles? Good reason, you should avoid these when ever possible if you want your body to last a long, long time.

Source: <http://www.articlecircle.com>

About the Author

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