

## Weight Loss Diet Programs

Obesity or over weight badly affects the health of a person. To retain the health, it is important to reduce the over weight. A weight loss diet program is the best solution to being overweight. A person can make a research on these programs through the Internet, books or friends. The choice, to consult a dietitian, is another way to find the proper meal plan. A dietitian gives information about the proper nutritional plans, as per the physical requirements of the person.

Some people take diet pills to cut down the weight. Studies have shown that, in the year 2007, more than 50 billion people had taken weight loss pills. Accordingly, the health professionals stated that, these pills offer great success but can be harmful to the human body.

A simple weight loss program such as a low carbohydrate, low fat and low sugar can bring out miracles in a person's life. A person can improve their health and reduce the overweight with the introduction of fruits and vegetables, daily in their daily nutritional program.

List of Diet programs:

The list of weight loss programs include:

1. Protein programs: The protein diet programs or Dr. Atkin's diet is a weight loss program that focuses on muscle mass increase. Dr. Atkin principle states that, if there are more muscles, the body supplies the additional nutrients to muscles to perform their work. The additional nutrients in normal case are stored as fats. This weight loss program includes only protein food.
2. Balanced weight loss diet program: This one focuses on a balanced chart of a diet plan. This diet sheet involves fruits, vegetables and unique soup. The plan divides the eatables evenly on weekly basis. A person on balanced diet program has to avoid high cholesterol food such as dairy product, oils and noodles.
3. Milk and Banana program: This program includes only milk and banana intake. A person on this diet program has to avoid all other food supplements.
4. Detox weight loss diet program: An initial diet program removes toxic waste to keep the body healthy. The plan concentrates on easily digestible food and a plenty of water intake. This diet program increases the bowel movements, which helps to remove the waste easily from the body. A person on detox has to avoid chemicals, coffee and processed food.
5. Liquid diet plan: This plan includes food in the liquid form. A person can take water, coffee, soups, milk and fresh juices. The health experts state that liquid food supplies minimum calories and has low fat and carbohydrate content. People with liquid weight loss diet program have to avoid solid food.

Impression:

It is very easy to reduce the weight of a person with regular exercise and a proper diet plan. Apart from the above discussed plans, natural diet plan is another weight loss program practiced by the ancestors. Researches show that, our ancestors had good health. This is because, they were on naturally obtained food such as fruits, vegetable and water. The food from nature increases the body's metabolism and reduces the excess body weight. The diet plan comprises of uncooked organic food only and is the best of all weight loss diet programs.

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