

Women & Weight

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Why Does Weight Matter ?

Appearance

Self Esteem

Health Related Issues

Being In Shape | Considered Being beautiful.

Lack of

- Lack of sleep

- > The body functions best when well rested.
"When you don't get enough sleep, your body experiences physiological stress and, biochemically, you store fat more efficiently

Stress

- When we stress our bodies store fuel, slow down metabolism , and dump out chemicals [cortisol, leptin, and other hormones] which are more likely to cause weight gain in the abdominal region

How To Loose Weight ?

- For my 10% time project I research the main reasons that women gain weight outside of pregnancy and health related issues and I put together two dietary plans to try and loose weight. Using myself as the test subject.

Diet 1: The Master Cleanse

- > A severe dieting plan, consisting of nothing more than a lemon juice concoction. It's supposed to help you lose up to 20 pounds, look younger, cleanse your body of internal waste, and boost your energy levels in 10 days. For the 10 days you don't not eat anything, you only drink the lemonade during the day and laxitive tea during the night and morning.

Lemonade Diet Ingredients

◉ Lemonade Diet

- > 2 Tablespoons Fresh Lemon Juice
- > 2 Tablespoons Rich Maple Syrup
- > 1/10 Teaspoon of Cayenne Pepper Powder
– or to taste (as much as you can stand)
- > 8 ounces (250 milliliters of Pure Water)

Diet 2: Low Carb Diet

- ◉ No sugary beverages
- ◉ Eat more vegetables
- ◉ Eat More Fats
- ◉ Quality over quantity (eat in smaller portions.
- ◉ Choose Brown Over White

Result

- I lost more weight On the master cleanse but the no carbs diet was better for my body.