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The scale can tell you your body weight is normal, but I won't tell you what.n eight times more effective than fixating on a number on a scale. This is a threat. Remember that even if you want to lose weight, this does not mean that you need to go on a diet. The main thing is not to neglect your health, and also not to poison it with harmful products. Help your body fight excess weight, and especially obesity and diabetes. Therefore, make up the diet correctly, including foods that are good for your body. Also remember that in order to lose weight, you need to eat often and in small portions. The most useful are vegetables and fruits. Grapefruits should also be excluded from fruits. Why do you think there are so few fruits? First, they contain alcohol. Second, they are high in calories. In addition, many types of fruits contain high amounts of sodium. As a result, you will either get fat or go into minus on the scales. Proper nutrition is your faithful friends and helpers. Give up salty, spicy and sweet foods. This has a very negative effect on your health. Remember, the less you eat, the better your body works. I will definitely tell you how to achieve this. Along with this, you need to drink plenty of water. You can drink plain non-carbonated mineral water, but rather clean water. Do not forget about fresh fruits and vegetables. Also, you do not need to eat sandwiches alone. You need to drink freshly squeezed juices or eat raw fruits. Your menu should include dishes with a small amount of salt. If you are trying to lose weight, give up flour and sugar. Take vitamin complexes more often. You also need to remember about vitamins A, E and K. In the summer, eat as many citrus fruits as possible. All fruits do not like fasting, so you should not give them up. It is not recommended to consume too much salt. Remember to always drink water, because without it you will not be able to lose weight quickly. Always carry a bottle of water with you so that you can rest in case of fatigue .

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