

## **Lose 10 lbs in 2 weeks Super Easy...**

*Most people think that in order to lose 10 lbs in 2 weeks, you need to go on a low fat, low calorie, or low carbohydrate diet. But this is not the case. The secret is Calorie Shifting...*

**July 25, 2009** - [PRLog](#) -- In order to begin the process to lose 10 lbs in 2 weeks, we need to understand the reason why we might be overweight in the first place. Most people think it is solely because they are eating too much fat, taking in too much calories, or have too many carbohydrates in their diet. This is not the case. For instance, eating low calories is one of the most harmful things you can do to your body because it slows down your body's fat burning engine and lessens the chances of you losing weight. Actually you might lose a few pounds initially, but it will not last. No wonder most people start diets only to quit in such a short time!

I want to shed some light on a truth that is **HARDLY EVER** talked about. One of the reason most people are overweight is because they eat the wrong foods and eat meals in the wrong patterns of the day. Most people eventually end up basically starving themselves to lose a few lbs, but I have a friend who learned the techniques I'm sharing with you in this article, that lost 10 lbs in 2 weeks by actually **EATING 5 TIMES A DAY!** It's not so much about how much you take in, but how you distribute fat, calories, and carbohydrates into your body at the right times. This is sooooo important.

Food is fuel to our bodies. If you lower the amount of calories you take in (basically starving yourself), then your metabolism detects it and then adjusts itself by burning fewer calories each day. What a revelation! The food you take into your body is more powerful than any kind of medicine or prescription weight loss pills you can take. Our bodies operate at intervals of 2-3 hours. It is good to eat every 2-3 hours. You want to make sure you eat fruits and vegetables every day. And do not eat after 2-3 hours before you go to sleep. Also drink 6-8 glasses of water every day. This is key! Doing this will increase your metabolism by up to 40% and will also flush your system daily.

One thing you have to understand is that food is **NOT** your enemy. Most people think it is, and that is why they think they have to **EAT LESS** food in order to lose 10 lbs in 2 weeks. This is simply not the case. Our brain actually controls the release of fat burning hormones after each meal. Every time you eat something there are 2 types of hormones released into your bloodstream, and together they control Fat Burning and Fat Storage. These 2 hormones are controlled by the foods that you eat.

Here is the main secret! Calorie Shifting. Learn how to shift your calories at the right times at the right intervals and you will be on your way to losing the weight you desire to lose! You can do it!

There is a super sneaky and cool diet that teaches you how to lose 10 lbs in 2 weeks almost effortlessly. It's not about eating less, it's just about getting the right knowledge on how to shift your calories the right way.

<http://www.runwithfire.info>

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Lose 10 lbs in 2 weeks starting today...Do this without starving yourself or having to cut back on everything you eat...Just a few small tweaks can get you in shape in no time...

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