

## Lose Inches

### HERE'S THE SCOOP ON A TYPICAL DIET

Your body is smarter than you think. It knows when you are hungry and is equipped with a survival mechanism. If you cut your calories less than 1200 a day, your metabolism will definitely slow down to conserve energy. When you slow down this calorie burning ability, your body will no longer need these calories as before you started the diet. It's not fair, is it?

Your body also holds on to fat until you absolutely need it, and with most diets the weight you lose is typically muscle and water. You don't want to lose muscle mass because muscle burns calories. When you lose muscle you slow down your metabolism even more.

You know the feeling...most diets usually leave you hungry, tired and craving all the foods you miss. It's hard to stay on this diet, and most people will usually fall off the diet and go back to their old eating habits.

Let's face it...for most of us the pounds usually creep back.

There is hope for people who want to lose weight. Think about losing inches instead. Don't think about dieting; think about a healthier way to feel satisfied by maintaining your energy level and less stomach grumbling throughout the day.

You want a healthy inch loss system that works by preserving your lean body mass promoting your weight loss from the fat that you want to get rid of. When you maintain lean body mass, you will keep your metabolism cooking. You want to be able to control your hunger, boost your energy level and support your metabolism, and stay satisfied, not deprived!

Another critical ingredient to help with the success of inch loss is leucine - an essential amino acid that help your body preserve muscle mass while you lose weight from fat! This also helps protect you from the drop in metabolic rate that happens with most diets.

Eating healthy, exercise and incorporating a healthy inch loss program will make a healthier, happier you!

## About the Author

For more information on a healthy inch loss program, visit [Health & Wellness Haven](#)

Source: <http://www.vitaminaid.net>