Lose weight or be more toned in 2 months?

There are many ways to lose weight and be toned naturally. Starving is one way but not one we would recommend.
Many people would say there is an obvious answer to the question – eat low calorie food and exercise- job done! If it was that simple why then does it not work for a lot of people?
Try these ideas instead:

Don't eat low calorie foods! 'What!' I hear you say.

- Low calorie diets do not work. The body is too clever. It thinks a period of starvation is coming – the body thinks from centuries ago when days of famine were familiar. Eat what we call Low Kapha (or low K) energy foods. These are basically foods that are light to digest such as apples rather than fruits such as bananas. For a list of these foods email us info@coolherbals.com.

- Stick to a 5:3:2 ratio in foods you eat. 50% fruits and vegetables, 30% protein and 20% carbs. In simple terms try eating a plate of salad with each meal. I can hear some of you say 'I don't like my greens'. Eat those vegetables that you enjoy – perhaps put some dressing on them.

- Ensure you eat the six tastes with each meal. Sugar, salt, astringent (bland foods like potatoes) and sour are common tastes. Sprinkle lemon on salads for example to give you the bitter taste and onions or garlic to give you pungent and foods. Alternatively use a supplement such as Kapha Spice Mix powder to give you the six tastes.

Don't go to the gym to exercise – unless you can make yourself. Most people beat themselves up out of guilt when they do not exercise. Do simple exercises at home if you find this easier. Exercises such as walking up and down the stairs a few times or vacuum cleaning the house are options. Email info@coolherbals.com for a list of both physical and mental exercises.

Wrap up! When you wear a slimming belt it holds your stomach in. The muscles around the area are taught to keep the tummy in. Use a slimming wrap to enhance the effect of toning and tightening. Used regularly your stomach, arms and legs will look slimmer. There are various slimming wraps on the market the CoolSlim wrap and Universal wrap are two leading ones.

Imagine

Miss England 2013! Not literally of course. Research shows that you have to imagine what you want to look like at least once daily and that at night before going to sleep. You can convey a sublime message to the universe of your intention. The powers of nature help you get to what you want.

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