

Lose Belly Fat Naturally

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Here are three tips on how to lose belly fat naturally:

Reduce
your calories

Most
people attempt to lose belly fat naturally by crash dieting. This does not work. Let me repeat. Eating no food will not help you lose fat, in fact, you may even gain a little bit of weight because whatever you do put in your body will be stored and not used.

Eat
small meals consistently throughout the day.
If you are taking in 4000 calories a day right now, don't jump down to 1500. You will not last a week. What you need to do is scale your calories down slowly until you're below maintenance (the amount of calories you need to maintain your current weight). So whatever you're currently at, cut it by 500.
If you are starting to lose weight yet, drop it down another 500.

Naturally
lose belly fat by eating the right food

What
you put in your body has a major effect on how you feel. After eating a boneless skinless chicken breast and a low fat salad you feel great and energetic; however, if you just finished a big mac and a coke, you feel sluggish and tired. Feed your body the food it needs to help you burn belly fat.

Focus
on lean cuts of meat, boneless skinless chicken/turkey, lean ground beef, complex carbohydrates like sweet potatoes, brown rice, whole grain pasta, and lots of veggies.

Reduce
your carbohydrates

A
huge key in losing belly fat naturally is reducing your carbohydrates. Carbohydrates are your primary source of energy, when not used, your body stores them as fat. Now, you shouldn't eliminate carbs completely, just reduce them. You still need energy to go about your day, get your workout in ect. When you do eat carbohydrates, focus on veggies and complex carbs, as they cause less of an insulin spike than simple carbs like white bread (any refined product basically).

So,
in order to lose belly fat naturally -- without crash dieting - - you want to reduce your calories, choose the right foods that will help you feel energetic and minimize your carbohydrate intake.

If you're already training hard and eating right check out Acai Fire. But only incorporate this fat burning tool into your routine if you are serious about losing fat and getting real results. If you just want to lose a pound or two, this product isn't for you.