

## [HOW TO LOSE WEIGHT VERY VERY FAST](#)



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Regardless of how busy you are, it is essential that you make time to exercise each day if you actually want to lose weight and keep it off. Even little things like walking instead of driving to the store can affect how quickly you lose weight. Before you begin, use a measuring tape to measure your waist, hips, and bust. If you are gaining weight but these measurements are going down, it means that you are gaining muscle and losing fat.

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In a small saucepan over medium heat combine lemon juice, lemon zest, sugar and egg yolks. Stir constantly with a wooden spoon. The mixture should start simmering and thickening.

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