

WHAT CAN YOU TAKE TO LOSE WEIGHT



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Why Can't I Lose Weight 10 Possible Reasons You Have

It can lead to weight gain from a buildup of salt and water in your body. An overactive thyroid is called hyperthyroidism. Many people with it lose weight, but others pick up extra pounds because it can make you feel hungrier. How your thyroid affects your metabolism, energy, and weight is complicated.

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10 Things to Stop Doing If You Want to Lose Weight

Do this instead: Embrace the truth that weight loss is hard, but don't let the difficulty of the process deter you. If you want to lose weight, you can. But it will be uncomfortable. Celebrate small accomplishments to stay focused along the way.

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Weight Loss Tips 57 Ways to Lose Weight and Keep it Off

Monounsaturated fatty acids (MUFAs) actually help you lose weight, Stress makes you feel crummy all around, and can also take a toll on your weight.

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How To Lose Weight Fast and Safely WebMD

If you shed pounds too fast, you'll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics. The academy's advice: Aim to lose 1-2 pounds per week, and avoid fad diets or products that make promises that sound too good to be true. It's best to base your weight loss on changes you can stick with over time.

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Can I Use Vitamins for Weight Loss Healthline

When you scan the supplement shelves at your local drugstore, you might see weight loss touted as a benefit of many products. For example, some people claim that vitamin B-12, calcium, omega-3 fatty acids, and green tea supplements can help you lose weight.

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