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Advices For Efficient Losing Weight

Sauna, bath, infra-red bath. Infra-red radiation strengthens cellular activity, accelerates a metabolism, and provides free breath of a skin as independent body. Steam, shrouding and warming up a body, opens a time, increases circulation in cells and stimulates a metabolism. Hot steam accelerates a metabolism, opens skin cells and expels accumulated dirt. A bath urges on, restores and accelerates a metabolism. A bath steams and gives health because it accelerates a metabolism several times, speeding up palpitation, and simultaneously clears the body of the chemical wastes.

Sleep. A deep sleep promotes a hormone growth in an organism and accelerates a metabolism and, accordingly, burns calories and leads to the weight reduction. A deep sleep, first of all, promotes renovation of brain cells, and it, in its turn, leads to the speedup of metabolism process.

The sun. The sun light increases activity of the person, accelerates a metabolism, helps to synthesize vitamin D. Even the mood in clear day is better. The sun light can favorably influence the general condition, stabilize and make active protective forces. Do not stay at home in a sunny day!

Fresh air. Oxygen causes the accelerated metabolism, hypodermic fat "is burnt".

Reduce stress. The stress releases fatty acids which are redistributed in a blood system and are accumulated in fat. The following receptions will help to lower stress: Sit easy some minutes blindly. Be focused on pleasant thought or a word. Sigh deeply and slowly some times and slowly weaken muscles, from a head to toes. Make a neck self-massage. Place thumbs under ears, and the fingers along a nape. Cautiously do small circular motions by all fingers during 5-10 seconds.

Sex. It also accelerates a metabolism. Orgasm has a physiological sense: blood is strenuously sated with oxygen, tissues nourishment improves and the metabolism is accelerated.

Contrast shower. For metabolism speedup and body elasticity preservation it is desirable to take a contrast shower or a shower with a gradual kick down of a water temperature from 34 to 20 degrees. The contrast shower always comes to an end with cold water.

Protein. The organism consumes much more time for the digestion of protein food, than for the same process in the relation to easily digested carbohydrates and fats. According to the American dieticians, naturally, confirmed by the experiments on the willing to grow thin, process of protein digestion activates organism power inputs (that is calories burning) almost twice. There is even more optimistic data for meat eaters.

Vitamin B6 and other vitamins. Vitamins really accelerate a metabolism in cages. Folic acid. Folic acid which is contained in carrots, accelerates a metabolism in an organism that conducts to strengthening of immune system.

Fruit. Action of soft fruit acids accelerates a metabolism and allows to lose superfluous kilos. The substances contained in apples, help a metabolism in an organism.

These days the abdominal fat issue has gained in popularity very much. The matter is that reduction of [abdominal fat](#) is not only the question of looking good but also healthy lifestyle. Those who are searching how to reduce [abdominal fat](#), please visit this site.

Besides, to get the desired results one has to use all the ways possible. And this is where the web technologies might be of great help. Learn to make use of blogs, social networks, search Google and other searching engines for "[reducing abdominal fat](#)". Sign up for the RSS on this and other blogs. All this will help you to make a smart and nicely balanced decision, and find what you require for the best price on the market.

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