

# Download The Easy Way To Lose Weight And Stay Thin Forever

1. Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs. What's new is that dozens of modern scientific studies have proven that, yes, low carb is the most effective way to lose weight. The 17 Day Diet: Easy Weight Loss. Being thin is great. Not counting calories is great too. But being thin and not counting calories.. is.... AWESOME. If you've let yourself go and you're ready to get back into a skinny lifestyle, The 17 Diet is a great option. With all the attention this week being given to the FDA's review concerning heart problems connected with Avandia, one of the major diabetes drugs, you may have missed the bad news for what could have been the first new prescription drug for obesity in more than a decade. Another FDA advisory panel voted against Qnexa, which Vivus Inc. developed. Within two years of dieting, between 18 and 30 percent of dieters can regain over half the weight they lost, according to research presented at ENDO 2016, the annual meeting of the Endocrine Society. The reason? They all slimmed down with the help of a diet, which by definition is short term and doesn't produce life long results. To hit your goal weight and stay there, you need to make ...