

# LIPODROPS

# 25 Tips for Weight Loss & Maintaining Your Health

LIPODROPS.COM



# HELLO THERE!



Hello!

This is Dr. Collier at Lipodrops here to present you with our extraordinary e-book:  
50 Tips for Weight Loss & How To Improve Your Health!

The following guide will provide profound solutions and in-depth answers to help address issues you may be facing in your Lipodrops health and weight loss journey.

Losing weight is tough—especially as we get older. Therefore, we decided to put together an informative e-book which will give you plenty of insight into your own health and how your body is set up to function!

We hope you find this exclusive guide useful and are able to see results within the next few months as you implement these techniques into your daily lifestyle!

**LIPODROPS.COM**

# TIPS

## 1. Drink Water, Especially Before Meals – It's often

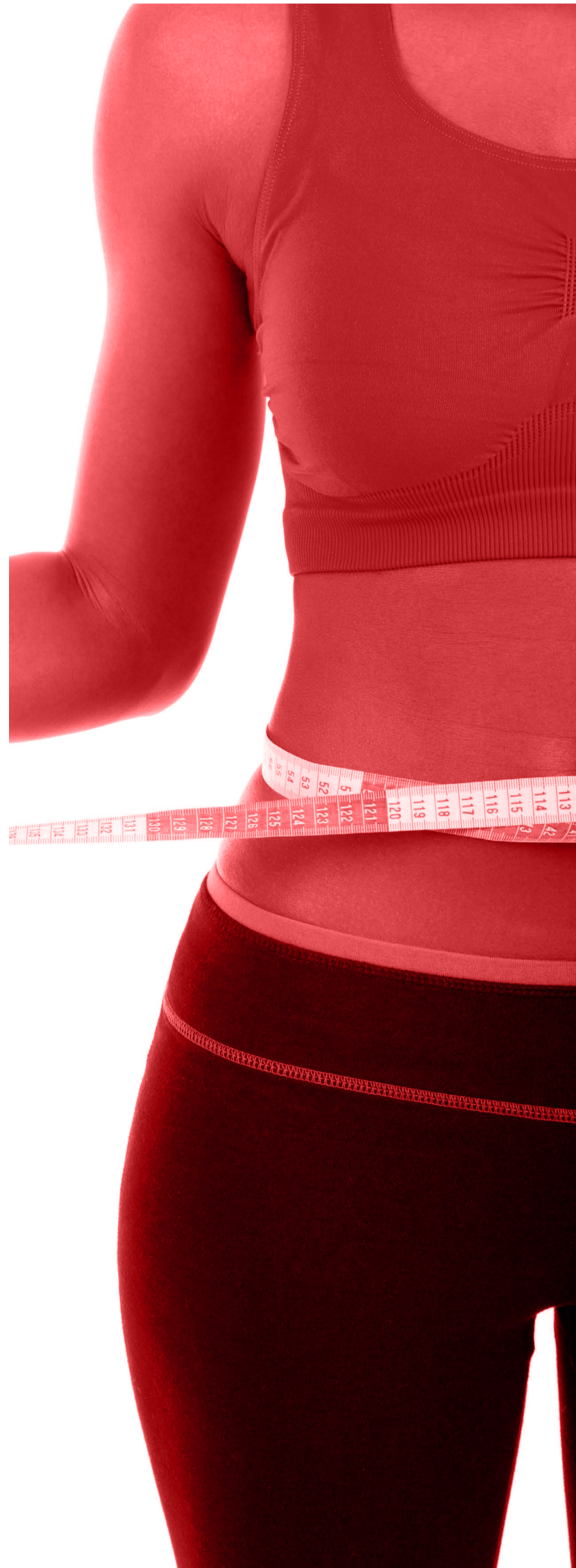
said that drinking plenty of water can assist in losing weight—and it's true. Drinking water can boost metabolism by 24-30% over a period of 1-1.5 hours, leading to extra calorie burn. One study shows that drinking half a liter (or 17 ounces) of water about half an hour before a meal can help a person eat fewer calories and lose 44% more weight, compared to those who didn't drink water before the meal.

## 2. Eat Eggs For Breakfast – Consuming whole eggs has many benefits, including helping with weight loss. Studies show that replacing a grain-based breakfast with whole eggs can help you eat fewer calories for the next 36 hours as well as burn more body fat.

## 3. Drink Black Coffee – When someone thinks of coffee, they might associate negative connotations to the popular drink. In fact, quality coffee is packed with antioxidants and has many health benefits. Studies show that the caffeine in coffee can boost metabolism by 3-11% and increase fat burn rate by up to 10-29%. Limit yourself with the sugar and additives, though—these are what will negate any health benefits it offers.

## 4. Drink Green Tea – Like coffee, green tea offers many benefits, including weight loss. Green tea carries a small amount of caffeine and is loaded with powerful antioxidants called catechins, which work in tandem with caffeine to boost fat burn.

## 5. Try Intermittent Fasting – Intermittent fasting is a popular eating pattern where people cycle between periods of fasting and eating. Some studies show that intermittent fasting is as effective for weight loss as continuous calorie restriction. It may also reduce the loss of muscle mass, which typically happens with low-calorie diets.



**6. Follow Dr. Collier's Pinpoint Plan** - Dr. MJ says, "Turn on ketosis with my Intermittent Fasting Pinpoint Plan." This plan is designed to keep watchful control over the types of food eaten, macronutrients, portion control/caloric intake, lifestyle choices and daily activity level. Following this closely will help you attain a high-performing metabolism and fat burn to boost your weight loss.

**7. Take A Glucomannan Supplement** - A fiber known as glucomannan has been linked to weight loss in numerous studies. This form of fiber absorbs water and sits in your stomach for a while, making you feel more full and helping you eat fewer calories. People who supplement with glucomannan lose more weight than those who don't.

**8. Cut Back On Added Sugar** - Added sugar is one of the greatest threats to good health in the modern diet. Most people consume too much without realizing it. Studies show that sugar and high-fructose corn syrup consumption is strongly tied to an increased risk of obesity, as well as type 2 diabetes and heart disease. Cut back on added sugar, and watch your food labels to see your intake.

**9. Eat Less Refined Carbs** - Refined carbohydrates include sugar and grains that have been stripped of their fibrous, nutritious elements. This includes white bread and pasta. These kinds of food can spike blood sugar rapidly, leading to hunger, cravings and increased food intake mere hours later. Refined carbs are also strongly linked to obesity. Eat carbs with natural fiber instead.

**10. Go On A Low-Carb Diet** - To truly get the benefits of carb restriction, consider going all the way and committing to a low-carb diet. Many studies show that a low-carb diet can help you lose 2-3 times as much weight as a standard, low-fat diet while also improving overall health.



**11. Use Smaller Plates** – Using smaller plates has been linked to help some people automatically eat fewer calories. This usually affects those who are more overweight.

**12. Exercise Portion Control/Count Calories** – Portion control, or just eating less, and counting calories can be quite useful for obvious reasons. Studies show that maintaining a food diary can help you lose weight and be mindful of your food intake.

**13. Keep Health Food Around You In Case You Get Hungry** – Keeping yourself surrounded by healthier food options can help prevent you from eating something unhealthy if you become really hungry. Healthy snacks that are easily portable and simple to prepare include whole fruits, nuts, baby carrots, yogurt and hard-boiled eggs.

**14. Take Probiotic Supplements** – Taking probiotic supplements containing certain bacteria have been shown to reduce fat mass. This doesn't apply to all forms of this bacteria, known as Lactobacillus. Some forms of it actually cause weight gain.

**15. Eat Spicy Foods** – Chilli peppers contain capsaicin, a spicy compound that can boost metabolism and reduce appetite. Some people who eat spicy food frequently, however, may see a plateau in its long-term effectiveness.



**16. Do Aerobic Exercise** – Doing cardio, or aerobic exercise, is an excellent method to burn calories and improve your physical and mental health. It's especially effective for losing belly fat, which builds up around your organs and can cause metabolic diseases.

**17. Lift Weights** – One major negative consequence of dieting is muscle loss and metabolic slowdown, also known as starvation mode. The best way to prevent this is by doing resistance exercises such as lifting weights. Studies show that weight lifting can help maintain a high metabolism and prevent you from losing valuable muscle mass. Remember—it's important to build muscle as well as lose fat.

**18. Use Lipodrops Max & Max Pack** – These products are designed to go all-in with your weight loss journey, and will help you burn fat in real-time while you maintain your healthy lifestyle. These essential daily supplements help your body perform better and will jumpstart your metabolism. They contain B12, fat-burning amino acids, Vitamin D, and Omega-3s (among other compounds) to boost your weight loss. Used best in conjunction with the Doctor's Pinpoint Plan.

**19. Eat More Fiber** – Fiber is a crucial component to weight loss. Although the evidence is mixed, studies show that fiber can increase satiety and help control weight over the long-term.

**20. Eat More Vegetables and Fruits** – Veggies and fruits have many properties which make them effective weight loss foods. They contain mostly water, and few calories but lots of fiber. This gives them low energy density, making them filling. Studies show that people who eat vegetables and fruits tend to weigh less.

**21. Get Good Sleep** – Sleep is an undervalued key element of weight loss, as crucial as healthy eating and exercising. Studies show that poor sleep is one of the strongest risk factors for obesity, linked to an 89% increased risk of obesity in children and 55% in adults.

**22. Beat Your Food Addiction** – A recent study found that almost 20% of people in North America and Europe meet the criteria for food addiction. If you have overpowering cravings and can't seem to curb your need to eat no matter how hard you try, you may be suffering from food addiction. Try seeking professional help in this case, as trying to lose weight without first combating food addiction is nearly impossible.

**23. Eat More Protein** – Protein is the single most important macronutrient for losing weight. Eating a high-protein diet has been shown to boost metabolism by 80-100 calories per day while shaving 441 calories per day off your diet intake. Another study showed that eating 25% of your daily calories as protein reduces obsessive thoughts about food by 60% while reducing the desire to late-night snack by half.

**24. Take Whey Protein Supplements** – If you struggle with your protein intake, taking a whey protein powder supplement can help. A study showed that replacing some of your daily calories with whey protein can cause weight loss of about 8 pounds over time while increasing muscle mass.

**25. Avoid Sugary Drinks, Soda and Fruit Juice** – While we all know that sugar is bad, liquid sugar is even worse. Calories from liquid sugar may be the single most fattening aspect of the modern diet. One study shows that sugar-sweetening beverages are linked to a 60% increased risk of obesity in children for each daily serving. This applies to fruit juice too, which has about as much sugar as a soft drink. Eat fruits, but avoid fruit juice!

#### Sources

<https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible#calories-portions>

<https://www.nhs.uk/live-well/healthy-weight/12-tips-to-help-you-lose-weight/>

<https://www.healthline.com/nutrition/26-evidence-based-weight-loss-tips>

<https://www.everydayhealth.com/diet-and-nutrition/diet/tips-weight-loss-actually-work/>

<https://health.clevelandclinic.org/the-7-best-weight-loss-tips/>

<https://www.medicalnewstoday.com/articles/303409#10-tips>

# Follow us on Facebook!

<https://m.facebook.com/groups/lipocares>

**LIPODROPS.COM**