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Getting to Know More about Vitamin C

Vitamin C is not just helpful in fighting colds. If you need to lose weight for whatever reasons, this vitamin can help you. Did you know that fruits that are high in Vitamin C can let you burn more fats?

What Is Vitamin C?

Vitamin C is also referred to as an ascorbic acid. It's a water-soluble vitamin with an antioxidant function in one's body. This just means that this neutralizes free radicals, which can cause damage to cells.

Vitamins that are water-soluble are not stored in one's body. With this, you need to consider taking a fresh supply of these every day. Otherwise, you will be at risk of developing a deficiency that can lead to some health issues over time. Unfortunately, one's body does not have the capability of producing Vitamin C. So, it is important to ensure that you take this nutrient adequately.

Chapter 7:

Change Your View about Whole Grains

Synopsis

A diet that is rich in whole grains can help in fighting your belly bulge while decreasing the risk of heart disease.

A new study showed that people who followed weight loss programs, which incorporate whole-grain breads and cereals are most likely to achieve weight loss goals successfully.

In addition to that, those people who consider whole-grain diet experienced a drop of about 28% in CRP or C-reactive protein, which is an inflammation indicator in one's body that is linked to heart disease.

Researchers said that the results suggest that considering whole grains into your weight loss journey can help you burn fat and reduce the risk of developing a heart disease.

Whole Grains Versus Refined Grains

In a recent study, a group of obese people with metabolic syndrome was divided into 2 groups. Metabolic syndrome is a collection of the risk factors, which increase the risk of diabetes and heart disease.

Both groups were advised to cut calories for a total of 12 weeks. But, one group was told to take only whole-grains or whole-grain products while the other was asked not to consider eating any whole-grain foods.

At the end, both groups showed weight loss success. Both have experienced a decrease in their body fat. However, people who belong to the group who will eat whole grains only have reduced weight rapidly. They also experienced other benefits. But, the persons who belong to the refined grain group did not get other benefits.

Whole Grain Sources

If you are searching for a source of whole grain, here are the several whole grains you can consider:

- Whole wheat
- Oatmeal
- Popcorn
- Brown rice
- Whole-grain corn

Reasons Why You Should Not Forget Water for Your Weight Loss Resolution

One of the main reasons why you must drink water when dieting is that this can help you avoid dehydration. Initial weight loss is caused by loss of water. You need to drink a sufficient amount of water for you to stay hydrated.

The process of burning fats and calories also requires a sufficient supply of water for you work efficiently. You have to keep in mind that dehydration reduces the process of fat-burning. Once you have burned calories, you create toxins like an exhaust coming out of your car. Due to this, water plays an important role in flushing toxins out of your body.

If you try to weight loss to build abs and muscles, water helps in maintaining muscle tone through assisting muscles in their ability to contract and this lubricates your joints. With proper hydration, you will be able to reduce muscle as well as joint soreness when exercising.

Many people are aware that a healthy weight loss revolves around having a good amount of fiber. But without water, your weight loss will never be successful as you might experience constipation.

Chapter 10:

The Benefits of Maintaining A Healthy Weight

The benefits of maintaining a healthy weight are many. Not only it improves the quality of life, but also it boosts one's quantity of life.

Here are the main benefits of maintaining a healthy weight:

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Page 37 of 40