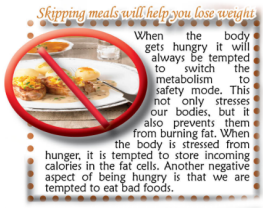


Skipping meals will help you lose weight

Written by
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Skipping meals will help you lose weight

When the body gets hungry it will always be tempted to switch the metabolism to safety mode. This not only stresses our bodies, but it also prevents them from burning fat. When the body is stressed from hunger, it is tempted to store incoming calories in the fat cells. Another negative aspect of being hungry is that we are tempted to eat bad foods.