

Edgar Winthorpe from Healthy Froggy discusses intermittent fasting.

Dallas, Texas Nov 3, 2022 ([IssueWire.com](https://www.IssueWire.com)) - Edgar Winthorpe, a key contributor to Healthy Froggy @ <https://healthyfroggy.com/> recently discussed healthy strategies for losing weight. At Healthy Froggy, we make it our goal to inform individuals and help them to be *The Best Happy & Healthy You*.

“The reason diets have not been helpful for so many of us is because of our body’s amazing ability to adapt to change,” Edgar Winthorpe recently stated.

Edgar continued by offering several ways to easily lose unwanted pounds without diets, fantasy formulas, or any one of the hundreds of products in the marketplace.

“When you make a change in your daily routine, your body does not take long to notice. In the past, you may have lost 5 lbs. early into a diet program, but soon realized your weight loss had come to a halt. This is the reason why so many of us give up on losing weight,” states Edgar.

He explains that you must first reset your body. Making drastic changes like starving yourself of nutrition or suddenly beginning to exercise relentlessly without proper calorie intake can put your body on the defensive and into survival mode. There are simple steps that can be achieved to easily lose unwanted pounds without making extreme changes.

A natural healthy approach is a key element of any weight loss strategy. There are many supplements offered in the marketplace for weight loss. However, there is only a small percentage of those offered that are formulated with natural healthy ingredients. Scientists have recently studied the people of Ikaria, Greece, and were amazed by what discovered.

The people of this small island lived and ate just as we do in the United States, but as a majority, they were lean and fit. [What they discovered can be seen here in this video.](#)

Intermittent fasting is the first step. Many readers may think this process eliminates all nourishment for long periods of time, but this simply is not the case. Intermittent fasting allows your metabolism and digestive system to reset. The key is to slowly evolve into intermittent fasting. The reason this step is invaluable is that it allows the individual to better understand their own body.

We are accustomed to eating three times throughout the day with an occasional snack in between. This does not allow your body to begin to burn stored fat. By allowing your system to reset, there is more of a psychological effect to the process. Going eight hours without food causes an individual to rethink what they consume during that period. Soft drinks soon switch to bottled water and snacks to all-natural shakes.

The term “*fasting*” usually makes people think they are going to starve throughout the day. However, it is the complete opposite. Early into the process, you will notice that your cravings will subside. Waiting until the evening to eat will soon become normal and much easier than expected. You can still drink your morning coffee and drink beverages throughout your day. “Drinking a bottle of water takes up just as much space as a burger,” Edgar jokingly comments.

The problem with so many diet programs is that you can only fool your body for so long. Many programs

actually have an adverse effect. Have you ever lost five pounds only to gain ten more pounds soon after? This is very common during the holidays. Intermittent fasting may take a few weeks to adjust to, but you will soon feel healthier while shedding those unwanted pounds in the process.

Although there are several intermittent fasting methods, the evening meal method seems to be the best fit for most individuals. Here's why.

- It allows you to safely get your digestive system back into check.
- You're drinking plenty of water and/or all-natural shakes throughout the day.
- It causes you to put more thought into what you will eat for dinner. Remember, this is not a diet. It's a process to help your body run more efficiently.

Surprisingly, a large number of individuals that adopt this method remain on it even after losing their desired weight. Edgar Winthorpe is a lead contributor at <https://healthyfroggy.com/>

"Weight loss is a short-term result, but making your body run as efficiently as possible should be a long-term goal," comments Winthorpe.

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