



## Best Way To Loss Body Without Exercise

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### DIETS AND WEIGHT LOSS

There is no need to go to Gym to reduce the body so we can reduce weight by doing a diet plan at home. We have to 5 types of ways for body loss without exercise and its given below.

#### 1. Drinking lemon juice:-



Lemon water is simply added to lemon juice in the water. Drink lemon juice every morning and you can also take honey inside. This is very helpful in maintaining your health. Lemon contains important vitamins such as vitamin c and potassium in your diet keeps your blood pressure low. Lemon water accelerates your metabolism. So this is a very easy way to maintain your body and promotes hydration.

## **2. Sleep straight and enough:-**



Let's talk about to sleep well. The reason for direct sleeping is to connect with the stomach. Inverted sleep increases the waist portion too much and it stimulates appetite by taking more sleep. It is not a physical problem. It stimulates appetite due to excessive sleep. But it is psychological. It produces the lining of the stomach by the cell.

## **3. Drinking water regularly:-**



Drinking water helps you to eat less and reduce your body. Especially done before a meal. Before eating food about half an hour before drinking water your body gets less and the appetite seems less. Before eating who people drink regular water, they take a special body within 3-4 months. Additionally, do not drink in fast when you drink water, take a break in minimum 2-3 seconds. It helps to the reduces eat less. It may very help you to eat less. And the system of digestion is faster.

#### **4. How to eat your food:-**



Firstly prepare your mind to eat less and then you make you're eating slowly. If you are not satisfied with your appetite you can take your diet plan a little break distance but in less than one and a half hours or one hour can be taken after and chewing your food as often as possible.

#### **5. Eat a balanced diet:-**



Weight loss does not come from simply going to a gym. You need to be careful about what you eat to reduce your weight. Especially You have to stop junk and highly effective diet. Some vegetables and fruits help your excessive balance diet.

**Taking vegetables and fruits into your diet helps in the action of metabolism. You can reduce weight by about 7-8 kg in a month. In vegetable diet plan, we do not only reduce weight but make a natural and smooth skin in the body. Eating vegetables every afternoon, the proportion of cholesterol is maintained**

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Tags [TAKING VEGETABLES AND FRUITS INTO YOUR DIET HELPS IN THE ACTION OF METABOLISM. YOU CAN REDUCE WEIGHT BY ABOUT 7-8 KH IN A MONTH. IN VEGETABLES DIET PLAN WE DO NOT ONLY REDUCE WEIGHT BUT MAKE](#)

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