

Looking forward to losing weight and why

Moving on along the road of life turns and twists of trends and cultures have been adding tastes to our lives every now and then. The world hitherto has been advancing, improving lifestyles from generation to generation, and imposing effects of both natures, beneficial as well as adverse. Surprisingly one of the most prevailing trends of the era is losing weight, and interestingly it does not apply to overweight people only, but also to average weighted people. Especially popular among young females, losing weight has turned out to be more of an obsession than a need!

One thing I find common among those who can be called obese is that their innocent statement, I do not eat anything still gaining weight. Well I say something very firmly that that water gives no calories and therefore whatever they gain is just what they have eaten as food or drinks. The problem is that they cannot calculate the calories they will get of their pick, all the time.

Remember one fact proven by the nutritionists is that everything taken, I mean eaten, other than water and minerals if eaten in excess or more than the amount required will accumulate as fats in the body for future use. The storage locations are a little different among men and women other than adipose tissue cells beneath the skin. The eating habit decides if the extra food has been taken as the experiments reveal that people those who eat many times in a day tend to gain more than who do not eat at mid night and for less times during the day like twice or thrice. When they eat less but for more times, the enzymes get less substrate, more time and lower concentration to react and finally more food is properly digested.

The assimilation of digested food does not enter in to the blood stream directly and goes to the liver through hepatic portal vein. The liver decides how much to store and how much to release for the cellular respiration in to the blood. When there is no span of fasting in between the two meals means that the glucose level in the blood will never be lowered and most of the proteins, carbohydrates and fats will accumulate in the body. This is how the fats get more and more layer by layer in the body silently without being noticed.

Once the weight is increased it will not be reduced in minutes and that is the major issue. All those who have gained weight did not gain it in minutes and therefore how come they can get rid of it so quickly? Yes, there are certain parameters of digested food that can be lowered immediately like cholesterol, minerals content. Cholesterol we obtain from any animal source plays a vital role in increasing weight as we can make it in our body like the other animals can make in their bodies. Therefore we should prefer the good kind of cholesterol that we can get from plant sources.