

Forum:[Hack Forums](#)

Thread: [You struggling to lose weight?](#)

Leobrace - July 29, 2018, 12:43 pm

Hello, if you're trying to lose weight and aren't getting the results you've been trying to get. Maybe I can help? Here's what I do, I stay away from chips, bread and pasta ! I fast for 16 hours meaning I don't eat let's say I woke up at 6 am I don't not eating for 6-8 hours (fasting) I eat areound 2-3 pm. You're body needs energy for the day, so you haven't eaten yet well it's going to speed up you're metabolism with your fat.

I'll explain more about it if you want to learn because this is the moth efficient and healthiest way to lose weight period ! A lot of people don't know it but let me tell you this all celebrities do now and days

'Ben - July 29, 2018, 4:42 pm

Fasting, nothing new and no it's not the healthiest or the most efficient.

Leobrace - July 29, 2018, 7:51 pm

(Jul 29, 2018 04:42 PM)Ben pid= Wrote:Fasting, nothing new and no it's not the healthiest or the most efficient.

It is the healthiest and it's more efficient w/ the Keto diet. When you're intermediate fasting, your body eats your fat for energy. I do it everyday and I feel great and look great plus all the celebrities do it

Nadisty - July 30, 2018, 2:01 am

(Jul 29, 2018 07:51 PM)Leobrace Wrote: [\[CITE\]](#) It is the healthiest and it's more efficient w/ the Keto diet. When you're intermediate fasting, your body eats your fat for energy. I do it everyday and I feel great and look great plus all the celebrities do it

So all the celebs do it, so should you? Nice logic...? Fasting isn't a great way of loosing weight, because eventually 9/10 you'll gain the weight quicker than you lost it.

RyBragger - July 30, 2018, 4:58 am

Check out intermediate fasting on youtube, it is pretty interesting concept and maybe it works for you.

Leobrace - July 30, 2018, 6:50 am

(Jul 30, 2018 02:01 AM)Nadisty Wrote: [\[CITE\]](#) So all the celebs do it, so should you? Nice logic...? Fasting isn't a great way of loosing weight, because eventually 9/10 you'll gain the weight quicker than you lost it.

I do it as well and I have results... you don't have to do it. I'm telling someone that's having trouble losing weight, yeah celebs do it as well. They aren't the only ones doing it either just saying. Nope you'll lose the weight and it won't come back. Unless you're eating a shit load

Nadisty - July 30, 2018, 11:14 am

(Jul 30, 2018 06:50 AM)Leobrace Wrote: [\[CITE\]](#) I do it as well and I have results... you don't have to do it. I'm telling someone that's having trouble losing weight, yeah celebs do it as well. They aren't the only ones doing it either just saying. Nope you'll lose the weight and it won't come back. Unless you're eating a shit load

Why not just do it the proper way through proper diet and and exercise? Telling someone to starve

themselves isn't helping them. What would be help is linking them to articles, information or giving factual tips instead of getting someone to damage their body and complete a process which is a waste of time.

You have results for how long? Dieting isn't just a fast, it's a lifestyle. If you implement it in your mind you can loose weight quickly but then once you stop starving yourself because you'll need to eat, then what? Repeat the process again. Waste of time.

Leobrace - July 30, 2018, 11:57 am

(Jul 30, 2018 11:14 AM)Nadisty Wrote: [\[CITE\]](#) Why not just do it the proper way through proper diet and and exercise? Telling someone to starve themselves isn't helping them. What would be help is linking them to articles, information or giving factual tips instead of getting someone to damage their body and complete a process which is a waste of time.

You have results for how long? Dieting isn't just a fast, it's a lifestyle. If you implement it in your mind you can loose weight quickly but then once you stop starving yourself because you'll need to eat, then what? Repeat the process again. Waste of time.

It's Way opposite of starving yourself I've been doing it for three years and I feel great I have a Lotta energy I love doing this personally and I've showed people how to do it and they love it too and they have great results. You fast for 16 hours you have a eight hour window to eat and With in those eight hours you eat to do you have your macros in.

This diet technique is great and I love it so much and I'm happy that my friend told me about it mostly all the bodybuilders do it. If you don't take my word for or you can just go on YouTube Simple as that. So I'm not telling anyone to start themselves because that's not what it is that's not what I'm saying I will never ever tell someone to start themselves that's like me telling them to kill themselves but at a slower rate.