



Losing Weight While Keeping Your Skin Firm

Considering you don't have an excessive amount of loose skin already, it is possible to lose weight and keep your skin firm in the process. The idea is to keep your body well hydrated day in and day out. NEVER let yourself become dehydrated. Drink plenty of water throughout the day and NEVER totally eliminate your total carbohydrate intake. From my experience most people who have lost weight too fast by eliminating all carbohydrates ended up with a lot of excess skin afterwards. The whole idea is to lose the weight to get healthier and of course to look better with your clothes ON and with your clothes OFF. Here are some tips:

1. Follow a well-rounded balanced diet.
2. Follow a full body exercise routine alternating with a split routine every 4 weeks. For example, full body routine 4 weeks, split routine 4 weeks, full body routine 4 weeks, and so on.
3. Take the vitamin pill in the am, Phentermine at 10:00 with your snack and twice daily the Calcium Pyruvate capsules.
4. Anything you can do to increase circulation will also help. Skin brushing techniques are very good. The Clarisonic brush may be an excellent way of helping to keep your skin stay firm during weight loss. Deep massages may also be helpful in clearing your body of toxins excreted through weight loss.
5. Most importantly, if you are more than 75 pounds overweight DO NOT try to lose weight too fast. The more you weigh the easier it will be to lose weight on this program so ease into it slowly so you only lose about 3 pounds per week. Doing this will prevent the sagging skin. If you lose weight too fast you will end up with loose skin 90% of the time.
6. Skin care products containing DNA supplements work to prevent collagen from breaking down in the face and looking "saggy". Using a physician directed skin care system is recommended as a part of your treatment plan. Use it twice daily as directed.

As I stated above, one key to increasing the elasticity of your skin is to keep your body well hydrated. Yes, drinking water will do this. The average person needs at least ½ an ounce of water per pound of body weight. Possibly more depending on the type of exercise you do on a daily basis. The reason why so many people end up with loose skin after losing weight is because they go on low carbohydrate diets that will in turn dehydrate the body.

If you lose weight and are dehydrated in the process you will see the scale weight go down but unfortunately most of the weight being lost is nothing more than water weight. If you are losing 2-3 pounds per week you are doing great. If you are losing 4-6 pounds you are pushing the limit. Any more than 6 pounds per week and you are sure to end up with loose skin after losing the weight because chances are you are restricting too many carbohydrates from your diet. Cutting out refined flours/breads and sugars are necessary for best results.

We will ask you to get on the scale every week to measure your progress. Some weeks the weight will go down and some it will not. Fat loss is the most important number to watch and excess water may cause a 1-2 lb. fluctuation. Judge your weight loss more by how your clothes are fitting. I always tell my clients to try on the tightest pair of pants they have and then follow my program for 4 weeks and then try them on again. After 4 weeks those tight fitting pants will be a thing of the past.

Follow all the above and you will see satisfactory results.