

How fast is realistic weight loss?

Contributed by Webmaster
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Not only does the diet restrict calories, and types of foods, it also wants you to drink coffee or tea at every meal, and only 4 cups of water beyond that to lose weight fast and easy. To me that that does not sound like a healthy diet program. Number one, I drink much more water than that every day. I need more water than that. Number 2, I try to avoid caffeine when possible. So, I wouldn't think this is the best way to lose weight fast. I don't need caffeine to fuel my body.

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