

# Slimming Answer

## [Meet 'the fattest man' in China: Father-of-two weighing 41 stone is set to undergo life-changing weight loss surgery](#)

Deng Guiliang, China's fattest man who can eat eight bowls of rice in one sitting ... He has since decided that he wants to follow in Liang Yong's footsteps and lose ...

## [Adele's short haircut, weight loss wows X Factor fans: Her diet and workout tips – Examiner.com](#)

Examiner.com Adele's short haircut, weight loss wows X Factor fans: Her diet and workout tipsExaminer.comAdele gave birth to son Angelo in October 2012 and has since lost what ...

## [7 Weight-Loss Mistakes You're Likely Making](#)

Trying to lose weight but having a tough time ... You're still thinking less is more. Not eating enough can sabotage successful weight loss. Serial dieters still want to revert ...

## [The overlooked reason why so many people fail at losing weight](#)

Keep a daily food diary in which you log not only your food intake but your mood at the time you eat. Look for patterns that are unhealthy. Just as there's no shame in hiring a dietitian ...

## ['I lost 7st to make my boy's Christmas wish of riding a horse with mummy come true'](#)

Miss you: Nikki piled on weight comfort eating while soldier husband Mat was away She says she tried every fad diet going but would only ever lose a couple of pounds and would give ...

## Britney Spears Tight Abs Wow: Weight Loss Tips Are Low-Carb Diet And Cardio ... – Celebrity Health & Fitness (blog)

Celebrity Health & Fitness (blog) Britney Spears Tight Abs Wow: Weight Loss Tips Are Low-Carb Diet And Cardio ...  
Celebrity Health & Fitness (blog)britney spears abs ...

2 days ago by [Weight Loss Tips - Slimming Answer](#) 0

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### How to lose (or avoid) those holiday calories

I also borrowed information from another piece we did on how many calories we actually burn in workouts to see what it would take to combat weight gain ... the lesser of two evils ...

3 days ago by [Eat To Lose Weight - Bing](#) 0

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## Surprising And Highly Effective Ways To Safely Lose Weight

Incorporating a big breakfast in a weight lose plan is highly recommended.  
People who eat more in the morning and less at night tend to lose more weight.  
[Photo courtesy of John Moore/Getty ...

## Lose Weight Without Dieting & Exercising In Just 1 Week

If you want to lose weight in a week, try this simple tip. Have a proper and balanced dinner before sunset. This exercise will help in a proper digestion and promote weight loss. While ...

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## Weight loss tips: The secret behind Khloe Kardashian's fit body – 1

The Indian Express Weight loss tips: The secret behind Khloe Kardashian's fit bodyThe Indian Express... fitness; Weight loss tips: The secret behind Khloe Kardashian's ...

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## Dr. Oz's Five Weight Loss Tips for Women Over 40. – The Recorder Journal (blog)

Dr. Oz's Five Weight Loss Tips for Women Over 40. The Recorder Journal (blog) Wikipedia offers the alarming story of possible choking on Konjac candy: "Some products formed ...

## Morbidly obese woman who weighs 650LBS and is barely able to stand says her parents enable her life-threatening food addiction by giving her 'whatever' she wants to eat

A 650lb woman struggling with a life-threatening food addiction is among the 12 morbidly obese people who are documenting their heartwrenching battles to lose weight on the fourth ...

## Gisele Bundchen weight loss, beauty tips & diet plan: supermodel posted sexy ... – Latinos Health

Latinos Health Gisele Bundchen weight loss, beauty tips & diet plan: supermodel posted sexy ... Latinos Health Gisele Bundchen walks the runway during the Colcci show at SPFW ...

## 5 Simple ways to lose weight fast based on science

Avoid keeping medical drugs in your wallet by losing weight gaining good health as reward. Discipline your body by not honoring its eating commands. Eat when you are hungry and you ...

## Lose Weight without Dieting

here is a 5 ways that will help you lose weight without focusing on how much you're eating. Have healthy and filling breakfast Many people think skipping breakfast is a great way ...

## Mama June weight loss tips & tricks: Honey Boo Boo's mom shares how she lost ... – Latinos Health

Latinos Health Mama June weight loss tips & tricks: Honey Boo Boo's mom shares how she lost ... Latinos Health Mama June Shannon from the defunct TLC reality TV series ...

## 25 Easy (and Cheap!) Ways to Lose 5 Pounds

But just because you're on a budget doesn't mean you can't lose a few pounds without ... To learn more about eggs' magical weight loss powers, check out our exclusive ...

## Clever Tips To Avoid Christmas Weight Gain: Time To Plan Your Holiday Diet Chart!

Losing the Christmas weight load is not easy, therefore we at Boldsky provide you a handful of tips to avoid piling on weight in the first place! The Christmas season is all about joy ...

## Weight Loss: 10 Tips to Avoid Gaining Weight During The Holidays – Parent Herald

Parent Herald Weight Loss: 10 Tips to Avoid Gaining Weight During The HolidaysParent HeraldToday notes that planning your "conscious indulgence" (food that just makes ...

## What to eat before your morning workout | Medical Matters

Baig said it is never a good idea to skip out on the first meal of the day, even if you are trying to lose weight. Interviewer: Is it okay to skip eating pre-workout if you're trying ...

## Weight Loss tip #106 — Eat in smaller plates – TheHealthSite

Weight Loss tip #106 — Eat in smaller platesTheHealthSiteThere is a lot of debate over whether eating in smaller plates helps one lose weight. When you eat in a smaller plate, ...

## The hidden reason you cannot lose weight

We all know that we need to be eating clean, training hard ... Studies have shown that those who sleep less than six hours per night gain almost twice the amount of weight over ...

## Coco Austin weight loss tips & tricks: Ice-T's wife shares

## slimmer post ... – Latinos Health

Latinos Health Coco Austin weight loss tips & tricks: Ice-T's wife shares slimmer post ...Latinos HealthCoco shared on her blog that in order to lose weight and maintain ...

## 5 Things to Know About Weight Watchers' New Plan

... how it helps people lose weight. The company is replacing its eating plan with a new program called "Beyond the Scale," which includes revamped food guidelines, more emphasis ...

## Weight Watchers' Plan: Don't Call It a 'Diet'

Weight Watchers is replacing its eating plan with a new program called "Beyond the ... They found that Americans still want to lose weight but they don't want to give up too ...

## The top 20 weight loss and healthy eating tips EVER – Starts at Sixty

Starts at Sixty The top 20 weight loss and healthy eating tips EVERStarts at SixtyResearchers at the University of Pittsburgh revealed a staggering 95 per cent of dieters who started ...

## Lack of sleep now a key reason Aussies can't lose weight

Weight Watchers research shows that accessibility of food is leading to unconscious eating: 3 in 5 aussies (61 per cent) find it hard to get themselves into a healthy diet and exercise ...