

Fast Weight Loss Is More Water Than Fat



A lot of people want to lose weight in the quickest way possible and are often fascinated when they use a weight loss product or service that produces a rapid weight loss in the first few days or weeks. While it might be appealing to think that they are at last on the right track and that they will finally be able to stick to it and lose unwanted body weight, there is however a flip-side to this rapid weight loss experienced.

After experiencing the initial rapid weight loss, it is too often the case that a lot of dieters who make use of such quick fat reduction products find that they simply start losing hope as their fat loss rate almost always grinds to a snail pace. And while it might be great if all the bodyweight reduction experienced during the initial phase of the diet program was actually from body fat, the fact is that this is not the case.

The truth of the matter is this - losing body weight is actually easy, but losing body fat is not as easy as it might seem. It would also not be an exaggeration to say that a lot of diet promoters are pretty much aware of this fact but somehow intentionally fail or refuse to enlighten dieters about this weight loss phenomenon.

This is what is actually happening. A great percentage of the weight lost during the early phase of virtually any weight loss program is mostly due to water loss from body tissues because water forms part of every single cell in the human body. In

fact, fat-free mass is 70-75% water, and body fat is just about 10-40% water.

Due to the reduction of calorie intake during the early periods of using any weight loss product and in particular those especially designed to "supposedly" facilitate quick fat reduction, the body is forced to release and burn its stored glycogen for energy fuel. Glycogen is essentially made up of 75% water and 25% glucose and therefore when glucose is metabolized, water is largely produced as a by-product.

Consequently, about 75% of the weight lost during this initial rapid bodyweight reduction is mostly from lean body mass (muscle and water) and 25% from unwanted body fat. Normally, for every gram of glycogen that is burned, the body loses about 4 or 5 grams of weight. When body water is lost in this way, and due to the fact that water is heavy, the drop in pounds is easily noticed on the scale.

It is only when the body's glycogen stores become significantly depleted that the body begins to burn fat for energy. However, each gram of fat has about twice the calorie content of 1 gram of glycogen and therefore it would require burning double the amount of calories needed to lose 1 gram of glycogen to lose 1 gram of fat.

Company Description

Weight Loss Dayton is a weight loss clinic in Dayton, OH that specializes in medical weight loss. The weight loss center provides weight loss programs that help patients lose weight without being hungry. The clinic includes a licensed physician that gives each new patient a complete physical before prescribing any medications that are included in the weight reduction program. The program includes the combination of a reduced calorie diet, monthly consultations with the doctor and supplements to control hunger and appetite. The initial consultation includes a complete physical and blood work before starting the program to lose weight. First time patients can save \$50 on the first appointment. Call 937-684-4099 to schedule a consultation today.

Contact Details

Weight Loss Dayton

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(937) 684-4099

Website: <https://sites.google.com/site/weightlossdaytonohio/>

Google Site: <https://sites.google.com/site/weightlossdaytonohio/>

Google Folder: https://drive.google.com/drive/folders/1vGAgHzpFGwPD1TXN_1_MJykGRH7BTLze?usp=drive_open

Twitter: <https://twitter.com/WeightLossOhio>

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