

Title:

Are You Losing Body Fat Or Water?

Word Count:

758

Summary:

^I tried that diet and lost 8 pounds in the first week!~

^I've gained three pounds in one day! It must have been the cookie I ate or maybe the mashed p

Stepping on the scale can become an anxiety filled event that leaves people wondering where th

Keywords:

weight loss, water weight, dieting, low carb diets, weight fluctuations, weight changes, welln

Article Body:

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When trying to lose weight the scale often becomes the only measurement of success and this ma

Water weight can affect your total weight anywhere from 1-10 pounds and sometimes even more. I

When a person following a low carb plan eats a carbohydrate-rich food they can easily gain 1-3

Sodium is another dietary component that can lead to fluid gain. Sodium can cause the body to

The best way to tell if you are retaining fluid is to pay attention to your body. If you get i

The bottom line is that it takes 3500 calories to gain or lose 1 pound of body fat. This equat

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