



Walk-In Clinic in Blue Springs MO | What Are The Problems With Fad Diets

Reduction of the number of calories that you ingest will make your body begin to burn away the irregular fat to make up for your daily caloric needs. Following the correct plan protocols on food portions and food types will assure you are achieving the avg. daily weight loss of .5–1.0 lbs. per day of pure fat loss. Providing visible results week after week will keep the motivation going. Once your body has burned most of your visceral and body fat, by turning to stored fat for fuel, you'll start building muscle.

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