
Didrex Addiction?

Posted by Dietpill - 2007/09/26 15:56

Has anyone here sucessfully gotten off these without gaining a bunch of weight?

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Re:Didrex Addiction?

Posted by thestain - 2007/10/10 00:54

Yes, it can be done. By eating properly. No weight can be lost without eating because your body will go into survival mode and store anything you eat as fat. Weight can be lost easily, by eating small portions, at least three times a day. Cut the fat, cut the carbs. cut the portions. For instance go by the amount you are consuming. 12 ozs. for breakfast and lunch. 16 ozs for dinner. You can even consume 4ozs of ice cream a day and still lose weight. But you must eat!:)

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