

## Fasting can be ok at times, but NOT always.

Contributed by Webmaster  
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One of the best things you can do to get control of your eating is to keep a food diary. Fasting to lose weight is very harmful if you're just fasting to shed the pounds. Record what you eat and drink and the times. Sometimes it is even beneficial to record your thoughts about the food selection. Many times I eat out of boredom or frustration, by writing down those thoughts, it helps me understand my eating patterns and get control of them. It also helped me determine which diet was most likely to work for my lifestyle and habits. Give it a try, you may learn a lot about your eating habits, and yourself.

By determining the outcome you desire, you can choose the diets that work, while keeping in mind the important weight loss factors of eating healthy natural foods, combined with good quality exercise to achieve your goals.