

FEELING CONFIDENT ON THE OUTSIDE STARTS INSIDE!

As the weather warms and invites to gatherings begin to roll in, that cute dress in the back of your closet calls out to be shown off. Here are a few neat health hacks to solidify your confidence for socialite season and rock your favorite outfit.

* *Note: Always speak with your physician or a licensed dietician before making any significant changes to your diet. Please take any medical conditions you may have into account before considering these tips.*

MORNING METABOLIC BOOST

As soon as you wake up, squeeze the juice from half a grapefruit into a glass of warm water and drink. The juice will prep your digestive system for the day and—according to multiple studies—might help boost your metabolism in general.

INTERMITTENT FASTING

One of the most effective ways to burn body fat is to use it as nature intended: as food for your body when no other food's around! When your body has nothing to eat it will simply "eat itself," resulting in you losing the weight that's been converted into fuel.

Intermittent fasting can be as simple as skipping breakfast in the morning or as complex as restricting your food intake to a tight four-hour window per day. Start small with just a minor adjustment to your regular eating schedule and see how you feel.

LOW CARB WATER-PURGE

This quick-acting weight loss shortcut has gone through many names over the years (the "Drinking Man's Diet," "Atkins," "keto," and so on), but the principle remains the same: you can lose quite a few pounds rather quickly if you completely abstain from carbohydrates for an extended period of time (usually a full week or two).

Scientifically, it works because the body uses glycogen to store carbohydrates. Glycogen also retains water, so when glycogen levels deplete from not eating carbs, your body purges the excess water weight as well.

Keep in mind this works both ways, so when you finally treat yourself to a plate of spaghetti after your big night out in your little black dress, don't be shocked by the number you see on the scale the next day.

