**Weight Loss Without Excercises**

***Some Resources comes from Microsoft Copilot***

I weight over 119 Kilo Grams, that is defined as **obesity**. I need to clearly clarify by the time I written this note, my weight still weight’s the same. I seldom move not active. Doing Excercise always being treated as the only ways to loose fat. I personally have tried some of the traditional or popular weight loosing programs, such as keto (low carbonhydrate intake), however, not very effective. The underlying problem is why we are fat is base on we over eat. We need to burn the excess or even more that we consume. The only way to burn the fat is by doing excercises. Let me clarify, I am not a doctor or any nutirent professional. But it is clear that doing excercise to burn the calories is just like liting a march stick. Let me clearly explain this phenonmenom. We all know inorder to lit a march stick we need 3 things, one is the march stick and the another is the march box, last will be the heat. If we want to lit the stick, we just only need to swap (produce heat) the stick on the rough surface of the march box. Then the stick will be lit up. Now back to the basic, why the march stick lits up. First we need fuel (that is part of the substance on the tip part of the stick). Second we need oxygen and last we need the heat. In our body system loosing fat also seems similar to liting up a march stick. First we need fuel (that is the fat cells stored in our muscel or organs), second we need oxgen that is by inhale or exhale when doing excercise. Third, by doing excercise out heart beats start to increase so as heating up our body to burn the fats. Liting up a march stick will causes light, buring fats will loose calories. Very similar isnt it? Then back to the problem, as we metioned we need 3 things inorder to burn calories. First we have fuel (fats stored in our muscels), second an oxygen (if not, we will all be suffocate to death), the last heat, that occurs by doing excercises so as to increase the heart beat so as to increase our body temperature. We have the first 2 things, but without doing excercises our body will never burn fats. Then is there any thing that we can do to increase our heart beat so as to increase our body temperature to burn the fats. Yes! by food. By searching Microsoft CoPilot, I found out 2 natural herbs that when consume will increase the heart beat.

****1. Ephedra Herbal (Increase Heart Rate)****

**2. **Hawthorn Herbal (Increase Heart Rate Variability)****

**Each have side effects when over consume. Below lists out the links about it. Feel free to take a look.**

*****Resource Links:*****

*****-*** *<https://www.just-health.net/foods-that-increase-heart-rate.html>***

**You can also googling search by yourself you want to know more about chinese traditional medicine.**