

How do You Lose Weight?



By mass, about 96 percent of our bodies are made of four key elements: oxygen (65 percent), carbon (**18.5 percent**), hydrogen (9.5 percent) and nitrogen (3.3 percent).

You take the water away and about 70% carbon of our body weight comes from Carbon...

That carbon found it's way into our bodies from the food we eat - Fats, Carbohydrates and protein are all made of Carbon.

Fats are roughly 75% Carbon, while Carbohydrates and Proteins are both around 40% Carbon

The majority of Carbon leaves your body through your breath as CO₂

An average active individual can expire up to 500 litres of CO₂ in a day.

500 Litres of CO₂ weighs roughly 900 grams.

So in any given day you can breathe out over 2 pounds of CO₂

CO₂ is 27.3% carbon, this means that you have the ability to expire almost 250 grams of Carbon in a day.

If you expired 250 grams of carbon today, and you ate nothing at all during that period, then you would have lost 250 grams of weight as carbon from your body.

Now if you didn't eat during that period, where did that carbon come from?

No less than 95% of the total amount of carbon in your body is contained in your fat stores.

When you are not eating, but still alive and breathing, much of the Carbon you breathe out comes from your body fat.

This is how you lose fat, though your breathing.

And, this is also how I know for certain that [you lose weight when you are fasting](#).

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