**Gaining Weight After A Break Up? 3 Tips To Burn Calories Broke up with your boyfriend?**

Eating load of chocolates?

Skipping the breakfast?

It is understandable…

Large number of women turn to food in tough times..

So don’t blame yourself…

This is a common experience after a breakup…

When you experience pain, your brain craves for serotonin…

Serotonin is a feel good hormone…

It’s the mind way of keeping you happy….

Here are the couple of easy tips to drop the excess pounds…

Tip# 1: Don’t skip your breakfast…

It is important to get your metabolism started in the morning…

Even you can manage with a handful of almonds…

Protein rich breakfast is helpful

Tip#2: Start drinking 2-3 cups of green tea per day..

It improves your body ability to burn fat…

Tip#3: Find an activity that makes you happy

You can watch funny movies…

You can listen to good music …

Even better Turn to some positive activity….

Finally consider this…

Is it not an opportunity to shift to a healthy diet?

Get started with Paleo diet..

The Paleo diet is the most talked crazy diet now!

Want to know more about Paleo diet?

Download my free report

“Go Paleo - Watch The Pounds Disappear”