

# **Weight Loss Methods - Poll of EpicureanFriends Results**

**Post by “Eoghan Gardiner” of November 19, 2023 at 6:25 AM**

I have gone from about 110kg to 87 kg in about 6 months from just eating 500-700 calories less than my daily intake and doing either an hours walk or jog (at a leisurely rate not killing myself) the main thing is being happy when you feel hungry and saying to yourself "I am losing weight". At least for me even if I am at 200 calorie deficit I still feel very hungry so I had to accept it.

I also do IF so I eat from 1 pm - 9 pm