

How to lose weight after Christmas

Published on 01/02/14

If stress has a stronghold on your life, try the Weight Loss Alarm Clock app for iOS and Android. Developed by a neuroscientist, this unique sensor free and easy to use sleep cycle alarm clock app allows users to wake up with a gentle and relaxing Tibetan alarm tone. Scientific studies show that stress when a person wakes up affects their cortisol levels, weight and skeletal muscle mass. By reducing alarm tones to something less stressful and more soothing therefore aids to resolve this problem.

Palo Alto, California, USA - Some people binge when they're stressed. A Yale University study found that women who secreted the most cortisol (a hormone released during stress) ate the most high-fat food after stress. The combination of cortisol and insulin prompts the body to store fat in preparation for possible starvation - just what you don't need. If stress has a stronghold on your life, try this new sleep cycle app for iPhone, iPad, iPod touch and Android.

This unique sensor free and easy to use sleep cycle alarm clock app allows Android and iPhone users to wake up with a gentle and relaxing Tibetan alarm tone. Developed by a neuroscientist, this application will redefine the way a person sleeps and wakes up all while allowing them to lose weight. Scientific studies show that stress when a person wakes up affects their cortisol levels, weight and skeletal muscle mass. By reducing alarm tones to something less stressful and more soothing therefore aids to resolve this problem.

Higher levels of cortisol in people which can occur when someone wakes up in a stressful environment create a number of negative effects such as weight gain, depression, pain, suppressed thyroid function, high blood pressure, fatigue, headache and much more.

When phone users wake up to the gentle and soothing tones with Weight Loss Alarm Clock, they will begin to feel the difference the first morning. All users need to do is download the app on their phone, plug in the power to the phone and night and have a restful sleep until they slide their finger across the screen to deactivate the alarm in the morning. This innovate alarm clock constantly readjusts to a user's personal sleeping habits looking for small details and integrates these details in a complex algorithm to make waking up every morning unique and effective.

According to the National Research Centre in Denmark, waking up with a normal alarm clock puts the body under unhealthy and unnecessary stress making the body raise cortisol levels and causing health problems such as weight gain. A Yale University study showed that slim persons who are under high stress levels gain weight in their abdominal area.

Now iPhone and Android users can jumpstart their weight loss routine every morning with Weight Loss Alarm Clock. Using Weight Loss Alarm Clock is an easy way to change someone's life for the better. The app is available for iPhones and Androids and is only \$1.99. There are no special tools or sensors required and very little lifestyle change is necessary for this incredible healthy weight loss tool.

Device Requirements:

- * iPhone, iPod touch, and iPad
- * Requires iOS 5.1 or later
- * This app is optimized for iPhone 5
- * 0.9 MB or Android

Pricing and Availability:

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Weight Loss Alarm Clock 1.0 is \$1.99 USD (or equivalent amount in other currencies) and available worldwide through the App Store in the Health & Fitness category. It is also available for Android.

Weight Loss Alarm Clock 1.0:
<http://stressfreealarmclock.com>

Purchase and Download:
<https://itunes.apple.com/app/weight-loss-alarm-clock/id703312222>

Screenshot 1:
<http://a1400.phobos.apple.com/us/r1000/089/Purple/v4/f3/6a/53/f36a535d-8c47-a851-263c-85abd0a2ca63/mzl.rycssiod.320x480-75.jpg>

Screenshot 2:
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App Icon:
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