

Why Diets Don't Work

Important Dieting Information

Are you frustrated with your weight problem and don't know what to do about it? Do you find that you lose weight at first, only to gain it all back later, and maybe more when you stop dieting or when you find yourself bingeing? Are you fed up with weight loss programs that don't work?

There is a good reason for that. You don't lack willpower. You are not doing anything wrong. It is just that dieting doesn't work!

Weight Loss is a Major Business

- * Americans spend more than 40 billion dollars a year on dieting and diet related products
- * It is estimated that 40-50% of American women are trying to lose weight at any point in time.
- * Researchers estimate that 40-50% of high school girls are on diets.
- * Another study found that 46% of 9-11 year olds are sometimes or very often on diets.
- * Over 1.2 billion people worldwide are overweight and the numbers are increasing rapidly.

If so many people are dieting, then why are weight problems and obesity are among the biggest and fastest growing health problems in the western world? Surely everyone now knows that obesity increases the risks of many health problems, such as diabetes, high blood pressure, stroke and heart disease. And yet, as more and more people diet, our weight problems continue to rise.

The reason for that is that quick weight loss diets don't work! Dieting is a waste of time, energy and money. But this is a little known secret that few will tell you, because too many people are making too much money on the "lose weight quick" scams. The diet industry is raking in billions of dollars and yet almost two thirds of North Americans are still walking around overweight. The diet industry is about one thing... money! Some quick weight loss diets might work temporarily, but in the end the weight comes back, usually more than before. And often a person's health is damaged by these diets.

Facts About Dieting

- * Dieting rarely works. 95% of all dieters who lose weight regain their lost weight and more within 1 to 5 years.
- * Dieting can be dangerous.
- * Yo-yo dieting (cycles of weight gain and weight loss) has been shown to have negative effects on health including increased risk of heart disease and negative impact on metabolism.
- * Dieters often miss out on important nutrients that may cause serious health problems.
- * Dieting can lead to eating disorders. The obsession to be thin can lead to anorexia, bulimia, bingeing and compulsive exercising.
- * Dieting impacts your mental health and restricts your brainpower, leaving you mentally unfocused.
- * Dieting robs you of energy and slows your metabolism down.
- * Numerous studies link chronic dieting with feelings of depression, low-self esteem and Increased stress.
- * Dieting increases compulsive eating. It turns us into people ruled by cravings and driven to eat even when we are not hungry. We spend our lives obsessed with food and weight.
- * Dieting ends up becoming one of the causes of obesity and eating disorders.
- * You are fatter after a diet than before!

Why Dieting Doesn't Work

Quick fix diets usually never give long lasting results. The reason is most of the weight loss is due to loss of water. When you restrict calories, your body interprets it as impending starvation. The way the human body works, when it is under stress of starvation, it hoards the fat and burns the muscles first. The weight lost comes from water and the break down of muscles - the places we don't want to lose it from.

So, the last thing you want to do is drastically cut calories. When you do, the body will start breaking down muscle protein to produce energy for vital body functions. The body will use muscle protein as fuel, before it starts burning fat, so you end up losing more muscle mass than fat during dieting.

Breakdown of muscle protein results in large amounts of waste products, ketone-bodies, to appear in the blood. The body has to get rid off these. The ketone-bodies are filtered from blood in the kidneys to the urine. To do this, the body pulls large amounts of water with it, to flush the body out. Thus you lose weight fast. No matter how much you drink, you can't prevent this loss of water. The only way to get control of your water balance is to stop starving yourself.

When dieting, the body starts saving energy by turning some functions off and running others at a slower pace. Fat is designed to provide the body with energy and protect it from starvation. If you go below 1000 calories a day, your body will slow your metabolism down to compensate.

That is why weight loss slows down dramatically after a few days on a crash diet. And a slow metabolism is exactly the opposite of what you want to lose weight.

Another reason that diets don't work is bingeing. Bingeing doesn't happen because of a

lack of willpower. It is a direct result of dieting. As your body senses a restriction in calories, it goes on the alert for an impending threat to survival. As a result, it tells you to eat, which results in your bingeing on calorie and fat filled foods. The more successful you are at starving yourself, the more the body will increase it's efforts to eat more foods.

Eventually the body wins because survival is our strongest instinct. Bingeing is also a result of depriving yourself of something, which psychologically makes you obsessed with what you can't have.

After the Diet

After the quick weight loss diet you go back to your normal eating pattern, and what happens? The body that has shut off functions in order to conserve energy is now, suddenly, fed. The cells in your body have an immediate response to the sudden abundance of food, and that is to keep on saving energy, storing up for the next famine. As your body saves energy, it also begins storing all the extra energy - as fat. So, you end up having lost fat burning lean muscle tissue and added more fat! That wasn't really what you had in mind when you started your diet.

In addition to building fat again, the body has no ketone-bodies to get rid of. Consequently, less water is secreted and your water balance is restored. As you replenish your emptied water stores you rapidly gain back the weight you lost. So, by building fat, and replenishing water, you will gain weight quickly the first few days after a diet.

And each time you diet, you are teaching your body how to deal with starvation by hoarding fat, so each round of dieting increases your overall body fat!

Freedom from Dieting

So, how can you lose weight if dieting and restricting calories don't work? There is no quick fix answer.

Any healthy weight loss needs to come gradually. The goal is to give up dieting forever and get back in balance. Stop trying to lose weight. No more counting calories. Instead make a commitment to get healthier by eating healthier foods and living a healthier lifestyle.

When you get off the diet roller coaster, you will feel better, become healthier and lose the weight for good. When the body is well fed with healthy foods, it will shed the extra fat. It doesn't have to store it anymore. And when you give the body the nutrients it needs to be healthy, you stop having all the cravings for less healthy foods.

Enjoy the freedom from counting calories. You will find yourself moving slowly and naturally to your perfect body weight, and you will feel better than you ever have before, lean and full of vitality, energy and health. This means developing some new healthy eating habits, as well as other health habits such as exercise.

Try to avoid extremes. Moderation is the key word. And stay away from unbalanced fad and crash diet regimens.

Natural Weight Loss

According to the American Heart Association, a healthy diet rich in fresh fruits and vegetables along with regular physical activity can help most people manage and maintain weight loss for both cardiovascular health and appearance.

Raw, fresh, uncooked foods are best. Cooking foods above a temperature of 118 degrees Fahrenheit destroys the enzymes that the body needs to process the foods. For more information on enzymes see our Enzyme Information page on our website at <http://enzyme-health.com>.

If you are like most of us, the change to a healthier lifestyle is a drastic change and looks overwhelming. That is why we have developed this simple plan to build healthy habits slowly, working on just a couple of small things at a time-- small things that will add up to a great new life. This works especially well for people who are resistant to changing their diet.

What is even more exciting is that we are offering *The Enzyme Health Diet Plan* for free right on our site.

So don't wait, check out *The Enzyme Health Diet Plan* right now at <http://enzyme-health.com>!

Thousands of people are losing weight and getting healthier adding coconut oil to their diets. Discover the secrets of coconut oil weight loss at our companion website <http://coconut-oil-diet.com> and start losing weight today!

Dianne has found a revolutionary natural raw whole food supplement, FrequenSea with marine phytoplankton, that is helping thousands and taking the health market by storm. For more information go to <http://www.superphyto.com> now. Distributors needed immediately for this exciting fast growing company. Check out the website at <http://www.marine-wellness.com> now for more information.

By Dianne Ronnow © 2002-2007. All rights reserved. <http://mohavepublishing.com>

This publication contains the opinions and ideas of the author. It is intended to provide helpful and informative material on the subject matter covered. It is sold with the understanding that the author and publisher are not engaged in rendering professional services in the guide. If the reader requires personal assistance or advice, a competent professional should be consulted. The author and publisher specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

The material in this book is provided for informational purposes only. For specific medical advice or diagnosis, consult a healthcare provider.

Written by Dianne Ronnow. Published by Mohave Publishing, P.O. Box 723, Kingman, Arizona 86402. © 2002-2007 Mohave Publishing. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of Mohave Publishing. Contact us at mohavepublishing@gmail.com