

DIETS DONT WORK

Most of the people know "diet" as a temporary and highly restrictive program of eating in order to lose weight.

The word "diet" gives you images of tasteless, deprived foods.

WHY DIETS DON'T WORK??

Biochemical Individuality:

- We're all physiologically different and we all have different needs and requirements.
- A stringent, calorie-restricted diet plan may work for a person but may not work for the other at all.

Deprivation:

- Eating too less actually pushes your body into fat storage mode, as it perceives you are in a famine state, so it needs to hold on to what it's got. You could also be losing muscle.
- You are finally so hungry because you are literally starving your body of essential nutrients that you finally give up and binge on pizza and cookies.
- In fact, they may just end up gaining.

Diets Don't Create A Sustainable Change:

- People perceive diets as something you go on when you want to drop weight, and then you can go off and back to your old ways.
- There's no lifestyle change in place there.
- In order to make sustainable changes in your eating habits, you need to explore why you eat, how you eat and what you eat.
- It's about finding what works for your body.
- Focus on what you can and should have: lots of protein, good fats and fibre, and what you should keep at bay.

Diets Damage Metabolism:

- The longer you restrict calories, the more stressed your body becomes.
- Your body thinks you're in a famine state and thus it slows down your metabolic rate in order to conserve energy.
- If this continues for too long and thyroid function can also be affected.
- A hypothyroid state makes it much more difficult to lose weight and burn fat.

Diets Are Stress-Creators:

- Overly restrictive diets can take all the pleasure out of eating.
- All diets have an element of deprivation of foods that must be avoided to ensure weight loss. There's no pleasure and no joy involved in becoming healthier.

- You are constantly under stress when we are bound to a specific diet that is supposed to be followed.
- Stress increases the levels of cortisol (stress hormone) which tells your body to store fat and slows down the metabolic rate.

Eating should be fun and not a stressful activity. It should release good hormones in your body and not the stress hormones.

A program of everyday healthy, pleasurable eating coupled with regular exercise is the best thing that works.

You must get off the “Diet” mindset and shift our focus on making lifestyle changes which are permanent and fairly sustainable.