

Fad Diets the Crazy way to Lose Weight

It is amazing what people will do to lose weight. Fad diets promise quick weight loss and are undertaken in a panic usually because a special occasion like a wedding is planned or you are going on holiday and you want to look good in your swimwear.

The problem with fad diets is that they promise quick weight loss but this usually entails an unhealthy and unbalanced diet. As discussed last week the Atkins diet has been very popular but can be damaging to your health. There is also a whole range of other fad diets including, the Grapefruit Diet, the Zone Diet, the Egg Diet, the F-Plan diet and the Cabbage diet.

The thought of eating Cabbage soup for any length of time fills me with dread. Not only will this type of diet make your breath smell foul, you will also experience a very windy tummy which could prove embarrassing. Any diet based around one food is much too restrictive to be healthy, is usually low in calories and you are missing essential vitamins and minerals.

Juice or soup diets are quite popular and this type of diet can be considered a sort of fasting, which can lead to feelings of dizziness and fatigue. Your body goes into starvation mode and lowers your metabolic rate (the rate your body burns calories) so you burn fewer calories.

Fad diets tend to be restrictive, boring and difficult to follow over the long term. There is no such thing as a "quick fix" when it comes to weight loss. With many fad diets you are actually losing mostly water weight and once you return to normal eating the pounds just go straight back on.

I hate the word diet and encourage my Clients to make lifestyle changes that will result in weight loss with improved overall health and vitality. Next week I will be looking at the GI Diet.

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