HOW TO AVOID THE 9 REASONS DIETS FAIL
How To Avoid The 9 Reasons Diets Fail
A Special Report by Trusted Health Products

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Diets Don’t Work; Lifestyle Changes Do

We have all heard the phrase, “Diets don’t work” and changes in lifestyle do. The problem with most ‘diets’ is there is a mindset of eating a certain way for the short-term, not something you could sustain for the rest of your life. Instead of making small changes that you can actually live with, ‘diets’ imply that you will return to your old way of eating. The problem is, your body will too. The reality is that small changes work, and big changes do not when it comes to successful weight loss.

The other problem with ‘diets’ is that they can make you hungry. Feeling deprived is not the way to lose weight in the long-term. Plus, they can make you feel tired and lethargic. When you don’t have enough energy, the last thing you will want to do is go to the gym for an exercise class or lift weights. Performing any of these activities plus everyday life is no way to live. It is like being asked to eat like a bird and train like a hamster.

Losing precious muscle tissue is another issue with ‘diets’ because they neglect to support lean muscle tissue, the key to boosting your metabolism. When you lose muscle, your metabolic rate drops, making it more difficult to burn calories efficiently. Restricted ‘diets’ are often too low in calories, forcing the body to burn more muscle than fat, setting the stage for weight gain.

Solution: Eating nutrient-dense meals, every three to four hours, made from whole foods that include good quality protein, vitamins and minerals will help support lean muscle tissue, reduce body fat, keep you full and give you energy. Lifestyle changes work; diets don’t.

1) Fail To Track Progress

There is no need to ‘groan’ about keeping a journal of your weight loss efforts, exercise and most importantly food and beverages consumed. It will go a long way in educating you about how foods affect your performance levels, both in the gym and in everyday life. It helps you to tune into your body as you note when and where you ate and how you were feeling at the time. Were you stressed out? Dealing with a difficult situation at the time? Feeling starved or deprived? Noting how you felt at the time you were eating a meal helps identify the stressors in your life and how they can be better managed.
**Solution:** Find a small notebook that fits easily into your pocket or purse that makes it easy to record what you eat and drink on any given day. Make a commitment to journaling for one week. Look at your journal as a friend, that will help you be aware of where you need to make specific changes in your lifestyle and eating habits. If you want more accountability, report to your accountability partner what you have eaten each day.

2) **Didn’t Have An Accountability Partner**

An accountability partner is a person who coaches another person to help and encourage them to keep a commitment – in this case to lose weight and get healthy. It was originally used in connection with weight loss programs in the 1960s. Beginning the journey to lose weight and get healthier may not be easy and having an accountability partner to share your experience with is important – and can be the deciding factor that the weight loss goals will be achieved.

In the realm of dieting, there is evidence that social support is a positive factor influencing weight loss. In research published in the *Journal of Consulting and Clinical Psychology* in 2005, doctors at Brown Medical School and Dartmouth University found that people who had an exercise buddy were more successful at losing weight.

To select a good accountability partner for your support system, select someone that will hold you accountable every step of the way as well as enhance your weight loss journey and help make it easier for both of you. This partner can help in different ways such as working out with you, preparing meals together or even covering for you – such as babysitting – while you go to the gym.

Make sure that your accountability partner also has a clear understanding of the time and energy expected from each other. To show that you are serious about your weight loss plan, write up a contract that spells out your mutual short and long-term goals and how you plan to help each other achieve them. Both partners should have a copy of the agreement, re-read it often and remind each other of what they are attempting to accomplish.

3) **Restrictive Diets Are Not Sustainable**

Simply put, strict dieting forces your body into ‘starvation mode.’ When you embark on a ‘diet’ that is super low in calories, the body responds by protecting its fat stores and instead uses lean muscle tissue to keep the body working. Muscle is lost and a slower metabolic rate is the result. Weight loss comes to a halt.

The more muscle we have, the more calories are burned, creating a faster metabolic rate. Muscle is able to burn more calories than fat. Protecting your metabolic rate is key and that means eating sensibly, exercising and not feeling deprived. You can still enjoy cheating once in
awhile so that will allow you to enjoy a special meal or dessert without trying to sustain a too-restrictive diet.

**Solution:** Support lean muscle tissue while reducing body fat with a sensible meal plan that works for your schedule and body. Find foods and meals that you enjoy, are simple, easy to remember and prepare.

4) **Quick Fixes Don’t Work; The Promise Of A Quick Fix Is An Unrealistic Expectation And Fails Long Term**

It may be a difficult concept to grasp but in order to lose weight - you must eat. Quick fixes don’t work and starving your body only leads to more weight gain when you go back to eating normally. The body needs calories for energy. If you starve yourself, you might lose a little weight, but the long-term effects are counterproductive. The quick fix diets end up slowing down your metabolism as your body conserves energy by storing body fat.

**Solution:** Eat mini-meals every 3 to 4 hours – shakes included - that consist of good quality protein, vegetables and fruits and avoid processed carbohydrates. Eliminate soft drinks. Commit to making healthy lifestyle changes that can last a lifetime.

5) **Lack Of Exercise**

Exercise is an important part of any weight loss program. It boosts metabolism both during and for several hours after exercise. Plus it helps preserve lean muscle tissue. Aim for 30 minutes of exercise per day. Both anaerobic (without oxygen) exercise such as strength training with weights and cardiovascular exercise (aerobic – with oxygen) work well to support lean muscle tissue and the heart. Plus, the benefits of yoga cannot be ignored. You can enjoy a greater range of motion, increased flexibility and balance.

**Solution:** Find an exercise you enjoy doing and mix it up so you stay motivated and challenged. You might take a fitness or yoga class twice a week, meet with a personal trainer to learn strength training the proper way, with good form, or go for a walk (with your dog) on days when the weather is good. Would you ever think of not taking a shower or brushing your teeth each day? Exercise must be looked at in much the same way. Make a commitment to exercise each and every day.

6) **The Wrong Attitude**

Having the right mindset is so important to stay motivated and think yourself thin. There is every excuse in the world for not exercising or eating right, however, old patterns and eating habits must change in order to be successful at weight loss. Picture yourself thin. Find an old picture of when you were thinner and post it in a place where you will see it every day.
Part of having the right attitude is to be patient. Losing 1-2 pounds a week is an excellent, healthy way according to the American Dietetic Association. If weight is lost too fast, typically lean muscle tissue is lost, not body fat.

**Solution:** Ask yourself what you did before you gained the weight. Were you eating different foods or drinking more water? Did you exercise? Were you involved in an activity that required physical exertion? Ask the hard questions and make a commitment to make one change at a time. That will help you keep the right attitude and stay on track with realistic expectations. Start small and make lifestyle improvements and changes gradually for weight loss success.

7) **Lack Of Quality Foods**

When the food we eat is lacking nutrients, vitamins and minerals, it can lead to overeating and never feeling satisfied. Many of today’s ‘diet’ programs you see advertised on television are lacking nutrients and focus solely on the calorie count through points or other means. The quality of food is neglected and that can make all the difference between successful weight loss and failure.

A healthy eating plan is not about avoiding nutrients. It doesn’t restrict entire food groups but focuses on foods you should eat the most of, like fruits and vegetables at every meal, since they are the most nutrient-dense. Half of your plate should contain fruits and vegetables that are bright in color, full of phytochemicals, and offer numerous health benefits.

**Solution:** Every time you eat a meal, add a vegetable or fruit, preferably organic. Make a commitment to avoid pre-packaged, processed and fast foods as much as possible. One trick that is helpful is to use a dinner plate for vegetables and salad. Use a salad plate for protein and whole grain choices at dinnertime.

8) **Unrealistic Goals**

Setting realistic goals for weight loss is something many people struggle with, especially if they are only losing a pound per week. In order to lose more weight faster, you would have to eliminate some necessary nutrients and that could jeopardize your health. The more unrealistic the goal, the greater the chance you might not maintain the weight loss for the rest of your life.

One of the ways to set a realistic goal is to document your progress through pictures each step of the way. Write down what you are eating in your journal and make note of how you were feeling, how hungry you were or what might have been happening at the time. This is one of the most efficient ways to reveal eating patterns and triggers of emotional eating and food traps. Are you on the road a lot? Are drive-thru’s too tempting? Keeping emergency foods on
hand can help you stay on track with your goals. Good choices of emergency foods are fruits and vegetables.

**Solution:** Enjoy the journey of getting healthier and celebrate the loss of each pound with something that doesn’t have to do with food. Get a pedicure, massage or treat yourself to a new outfit or book. Make an effort to stay away from a tight timeline that only makes you stressed out. Learn to enjoy the process of making healthier choices and losing weight gradually. Continue to set goals, write them down and modify when needed. Don’t give up.

9) **Unable To Overcome Food Addictions**

Losing weight and eating healthy for some people is next to impossible. Despite the fact they know what they are doing or eating is harmful, they repeatedly eat large amounts of unhealthy foods. The truth is manufacturers process foods that include chemicals and additives that make the food addictive. They have a powerful effect on the brain, just like a drug addict is addicted to drugs because it involves the same areas and neurotransmitters of the brain with similar symptoms.

Processed junk foods that contain wheat, sugar or both create an intense dopamine signal, creating a powerful ‘reward’ in the brain. Food addiction can lead to serious diseases such as Type 2 diabetes, heart disease, cancer, arthritis, fibromyalgia, depression and Alzheimer’s.

Food addiction can make you unhappy with your body and break your self-esteem. Eating a processed junk food can set you up to crave more of the same, creating a chemical dependence on that addictive substance. It is very similar to an alcoholic who has a sip of wine and will relapse with all the consequences that go along with that. Food addiction works the same way.

**Solution:** Make a commitment to stay away from refined and artificial sugars, refined food and ‘junk’ food. It is impossible for food addicts to eat ‘junk’ food like a regular person. That is the sober truth. Avoiding the ‘trigger’ foods will allow you to lose weight while eating healthy. The old adage, “all good things in moderation” works for some people but is often a disaster for those with a food addiction. The addictive substance must be avoided at all times.

Make the decision to avoid them at all costs and it will become easier without the cravings. You will lose weight, have more energy, and feel better and of course, live longer. Sure, you might not be able to have dessert with your family or eat cookies over the holidays but it will be totally worth the effort.

Look at each meal you eat throughout the day and replace any junk or processed food with a whole food or even a smoothie. Substitute a soft drink with iced tea with lemon, for example. Make a commitment to drink more water in place of artificially-flavored drinks. Replacing bad habits with good is the only way to avoid a food addiction and enjoy a happy, healthy life.
Conclusion

When you start following these 9 tips and incorporating them into your daily lifestyle, you are putting yourself in the best position to succeed. You’ll not only see better results in your health in the short term, but you’ll also be able to sustain a healthy lifestyle for the long run. Remember, diets don’t work, but lifestyle changes do.

Ready to learn more about living a healthier lifestyle that promotes healthy weight and boosts your energy? Click here to opt in for announcements about our upcoming weight loss program and products.

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