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Why Most Diets Fail

By Nathan Latvaitis

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Ever thought of, known someone, or gone on a diet? You probably have. The word diet seems like a common word for someone who is unsatisfied with their current physical condition. The problem is that most diets usually end up failing...in the long run. Going on a "diet" usually refers to eating a lot less food, in the hope that it will make us lose those unwanted pounds of fat. Although there are different types of diets, 90% of them stress a strong reduction in calories one way or another.

Everyone has a certain amount of calories that they require per day to keep themselves alive and to perform bodily processes. This requirement of calories is known as Resting Metabolic Rate or RMR for short. For the purpose of this article, we will use my body as an example. My RMR is about 2500 calories/day. I will eat about 2500 calories to just keep myself alive. Note: You can calculate your RMR at <http://www.weight-loss-resources.com/calculators/rmr.html>

On another note, our bodies adapt to the stimuli that they are exposed to. For instance, when one lifts weights their body adapts by growing muscle, when one runs long distances their bodies adapt by building more capillaries to enhance blood flow, when one is exposed to cold temperatures their body begins to shiver in an attempt to create heat through muscle contractions, etc. The point is our bodies adapt to essentially everything that they are exposed to, including how many calories we eat per day.

So, when our bodies are exposed to a calorie deficit (a lower number of calories than our RMR) they must adapt. Let's say that I want to go on a diet and I begin to eat 1000 calories a day instead of the normal 2500 (Actually, I eat more than 2500 calories because I exercise and perform daily activities. 2500 only accounts for the calories needed to keep my body alive. Although for the sake of simplicity, we are only using the RMR. If the message within these parentheses confused you, simply ignore it.) One of the first ways my body is going to adapt is by using up my fat stores to make up for the lack of calories. This is why most diets seem to work in the beginning. The thing is, the body does not want to keep using its precious fat stores for energy. The human body does not see fat as a bad thing; it is a backup mechanism for when a calorie deficit is introduced.

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Now here's the kicker. Since my body is not going to want to keep using up its fat stores, it is going to adapt by lowering how many calories my body needs per day to keep itself running (RMR). One of the main ways it accomplishes this is by eating away at its own muscle. Instead of requiring 2500 calories a day to keep my body running, my body will eventually adapt over a period of time and only require 1000 calories to keep running. Back when our ancestors lived they needed this calorie adaptation to survive when food was short and they were starving. The trouble is, the body cannot tell the difference between starvation and dieting.

Now that my body's RMR has adjusted to the new number of calories that I'm are eating, it no longer needs to use its emergency fat stores to keep itself alive. This is when your fat loss stops from a diet. In addition to this, if I decide that I want to go off of my 1000 calories a day diet and begin to eat 2500 calories a day again then there is a calorie surplus. The body does not need these extra calories so it will store them as fat. The exception to storing them as fat is when the body needs to build muscle

because it has been exposed to some type of exercise or weight lifting, and even then all of the calories are not used for muscle growth.

Now that I have changed my RMR to 1000 calories per day, I have really wrecked my metabolism and it's going to be harder to get to my goal of actually losing fat. That is, unless of course If I want to stay on my diet forever.

So what is the best way to lose fat without messing up my metabolism (RMR)?

A calorie deficit is required to lose weight, but eating less is not the only way to create a calorie deficit. Another safer way is to exercise. More detail can be found on this in Tom Venuto's book "Burn the Fat, Feed the Muscle", which is located at <http://www.weight-loss-resources.com>. You can also calculate your RMR at <http://www.weight-loss-resources.com/calculators/rmr.html>

Disclaimer: This information is for educational purposes only and is not intended to replace medical advice from you're a physician or your health care provider.

Nathan Latvaitis: An avid fitness researcher – helping other people realize their goals through knowledge. Nathan runs a fitness website at <http://www.weight-loss-resources.com> where you can find more fitness tips, articles, calculators, reviews, a message board, and more

Diets, Diets, Diets...Do They Work?

By Mike Yeager

Almost everyone has attempted to follow diets and weight loss programs at some time in their lives. The trouble with so many diets and low fat diets is that they are hard to follow. Some diets leave you hungry and craving food all the time. A healthy diet is one that you feel good about following and encourages you to eat in a healthy way while at the same time reducing the overall calorie content.

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When choosing from among the many diets available, keep in mind what your reason is for altering your eating and exercise habits. Do you want to feel better and have some more energy? Are you tired of not fitting into your clothes and that has caused you to consider one of the weight loss diets? Experts agree that it's not good to try and loose excess weight in a quick manner. It's better to take your time and incorporate a package of exercise, proper nutrition and, in general, balance.

As with all new diets, weight loss and exercise plans, it's always best to consult with your physician and have a complete physical examination before starting.

There are many different diets products to choose from. Choose from only the best providers of coral calcium products that offer great prices. That way you'll be guaranteed quality and they can even be shipped right to your door.

Mike Yeager
Publisher

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