Avoid the 4 Flaws That Kill All Diets
The Good News and Bad News About Dieting

Billions of dollars are spent each year by those looking to lose weight. The good news is most will be successful. The bad news is that success won’t last long. After a brief period of excitement because they lost a few pounds, most dieters will find themselves heavier than when they started. The stark reality of the scale will leave them wondering, “What happened?” It will drive many into a spiral of despair and hopelessness that will lead to even more weight gain.

Some will give up for good while others will give up until it’s time to make resolutions again next year. Most will wait until another diet craze touted by a friend catches their eye on social media or they see a celebrity on the cover of some magazine while standing in the grocery store checkout line.

Chances are you know that feeling all too well, which is why you are reading this report. The bottom line is that diets don’t work. Most of the time it’s not the dieter failing the diet, but it’s the diet failing the dieter. That’s why the simple word with four letters has become a confusing subject that is the equivalent of a four-letter word.

Before you lose hope and give up completely, realize there are four common themes that doom diets to failure.

Most Diets Are:

1. Too restrictive
2. Too complex
3. Not realistic
4. Not sustainable

Too Restrictive

When we talk about a diet being too restrictive, we are not necessarily talking about calories. Although some diets set such drastic calorie limits it would make a bird lose weight. Many diets are too restrictive in terms of nutrition. It’s true that if you consume less calories than you burn
you will lose weight. However, those gains will be short lived if what you are losing is water and muscle instead of fat.

If you are given a daily calorie goal or point total you shouldn’t exceed and it doesn’t matter what you eat or whether you exercise, it’s time you ditch that diet and find something else. It doesn’t matter how many of your friends swear by it, it’s a recipe for disaster.

Diets like that promote starvation - not the kind associated with hunger pangs, but literally not having enough nutrition to support the requirements of your body. When you don’t provide what your body needs for the daily task of rebuilding cells, especially protein, it will take it from elsewhere by breaking down muscle tissue. It’s like taking tile from your bathroom to renovate your kitchen. Also, your metabolism slows and so does your ability to burn calories when you lose muscle. That’s why many dieters end up putting all of the weight back and then some.

Instead, you need to ramp up your nutrition while keeping your calorie count down. It’s possible to restrict your calories yet have incredibly satisfying and nutrient dense meals that not only support your eating goals, but promote health. That’s one of the benefits of meal upgrade products like LivingFuel. A LivingFuel Super Smoothie has extraordinary nutrition in a reduced calorie format that not only fuels your body to replenish itself, but gives you tremendous energy.

**Too Complex**

Another reason diets fail is they are too complex. Some seemingly require advanced degrees in mathematics to calculate percentages of fats, proteins and carbohydrates or to keep your sugar level between certain limits.

Some have strict restrictions on food combinations in terms of when to combine and what to combine. It’s almost as if they are made to be too hard on purpose so when it doesn’t work, the dieter feels the burden of guilt. It becomes the fault of the person who tried to lose weight rather than the fact the diet was far too complex in the first place.

**Not Realistic**

Many diets make unrealistic promises. There is no such thing as a quick fix when it comes to weight loss, but we have been conditioned to think it’s possible. If it took you 15 years to gain 30 pounds, don’t expect that weight to come off in 15 days. Yet that is what some diets promise. And when it doesn’t happen, who is made to feel the blame? - certainly not the diet.
Unfortunately, the diet industry resorts to unrealistic promises or show results that are “not typical” in order to get people’s attention. With some diets you could initially experience rapid weight loss. But as mentioned above, it is most likely not the fat you are trying to lose.

The last place you need to go to get in shape and lose weight is the gym because you cannot out work poor eating choices, but diets that promise you don’t need to exercise are also another red flag warning that should be heeded. Once you get your nutrition right, your body will have so much energy you will want to exercise. Exercising increases your calorie expenditure and any resulting muscle growth increases your resting metabolism, which translates to more calories burned on a daily basis.

The converse is also true. When you lose muscle mass, either through poor nutrition, lack of exercise or both, it slows your body’s ability to burn calories on its own. That is what causes many dieters to gain more weight in the long run.

**Not Sustainable**

The combination of being too restrictive, too complex and unrealistic is what makes most diets unsustainable. They cannot be kept up for a long period of time. Can you seriously see yourself carrying a food scale with you a year from now making sure you are still carefully calculating every portion size? Will you continue to only eat fruit on Tuesday mornings after a full moon or make sure you don’t exceed 100 grains of wild rice with your 3.7 ounces of lean beef?

**The Super Health Diet**

Eating should not be that difficult! That’s why we advocate the Super Health Diet. It’s not a diet in the traditional sense, but a common sense eating plan built around *The Four Corners of Superfood Nutrition* that will give you an abundance of lasting energy, keep your hunger satisfied and help you optimize your weight. The best way to kick off the Super Health Diet is with the easy-to-follow 7-Day LivingFuel Challenge. It sets you up to achieve dramatic results. The combination of the 7-Day LivingFuel Challenge and the Super Health Diet is the most dynamic and effective weight optimization plan ever created.

Nutrition is paramount in the Super Health Diet and the focus is on clean proteins and organic produce balanced with healthy fats and proper hydration. Moderate exercise is also important as well as plenty of rest. Much more information is available in KC Craichy’s best-selling book
The Super Health Diet. Dr. Richard Lippman, a 1996 nominee for the Nobel Prize in medicine, says it’s “the most remarkable nutrition book of the 21st century.”

**Tips to Take Control of Your Eating**

Unless you are blessed with super-human willpower, in which case you probably don’t need to be reading this report, you will benefit from these practical tips that will help make your next “diet” more successful.

- **Change your mindset.** It’s sort of like budgeting. The word budget has a negative connotation, but if you think of it as a spending plan, which it is, it’s not so negative. A diet is just an eating plan.
- **Have a long-term vision.** Instead of going on a crash diet so you can lose weight for some near-term event (reunion, party, swimsuit season, etc.), focus on a long range view based on improving your health. Instead of thinking about where you will be in six weeks, plan for where you will be in six months or a year. The tortoise beats the hare every time in the children’s storybook and in life.
- **Pump up the protein.** Protein is quite possibly the single most important nutritional element, not only for weight loss, but for overall health. Protein provides the essential amino acids your body uses as building blocks to rebuild cells. As mentioned above, if you do not provide your body with enough protein it will break down muscle within the body to acquire those amino acids. In addition to providing those building blocks, protein helps curb your hunger by promoting fullness, helps stabilize blood sugars and studies have shown high protein levels tend to limit the regain of weight after dieting.
- **Be prepared for setbacks.** When you hit a rough spot and make some bad eating choices, don’t get discouraged and give up. Think of it as a journey on a highway. If you were on the Interstate heading from Chicago to St. Louis, but made a mistake in Springfield and took the exit for Kansas City, you wouldn’t just say, “Oh, well, I might as well just go to Kansas City,” would you? No! When you make a mistake and find yourself heading in the wrong direction, take the next exit and get back on the highway headed in the other direction. It might be a slight detour, but at least you will be back on your way to St. Louis again.
• **Plan your meals.** If you don’t think about your meals in advance you will have to make due with whatever is handy. If you are eating out, select a restaurant based on what’s in your eating plan and know in advance what you are going to order, or at least have it narrowed to a few choices. That’s preferable to picking a restaurant based on other factors and hoping they have something that will support your nutritional goals.

• **Develop a list of “never” eats.** Take into account your overall health, not just your waist size, and come up with a short list of things to avoid at all costs such as deep fried foods and highly processed lunch meats.

• **Allow yourself some room to splurge.** An occasional treat will not derail your plans and should not be a reason to throw in the towel completely.

• **Don’t fear the fats.** Fat is not your enemy – at least when it comes to dietary fats. The desire for low-fat and no-fat foods has led many people to make unwise choices that contain a long list of health-compromising artificial ingredients. Avocados, coconut oil, olive oil and other natural fats are good for you and way better choices for your body than margarine, vegetable oil or corn oil.

• **Don’t skip breakfast.** Skipping breakfast is an easy habit to start with the busyness of mornings, but it’s important to “break” your “fast” from the night before and start your metabolism. Dieters may justify it by saying they are reducing their calorie intake, but habitually skipping breakfast only serves to slow your metabolism. Unless you are fasting for a purpose, and skipping breakfast every day isn’t really fasting, you should start your day with a high-protein breakfast.

• **Snack wisely.** Snacking should be rare if you want to lose weight. However, plain raw almonds, not the honey-roasted or candy-coated kind, are a good option to curb your hunger. They are high in protein and contain healthy fats.

**For More Information:**

These tips will help you avoid the never-ending cycle of gaining, losing and gaining again. More great information about nutrition and wise eating can be found in The Super Health Diet book and at LivingFuel.com. Both are excellent resources if you want to expand your knowledge of healthy living through superfood nutrition.

**Provided by:**

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