

## The Negative Effects of Fad Dieting

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January is the time people frequently make resolutions that are related to dieting and losing weight. However, it is important to keep in mind that fad diets should be avoided as they can have a negative impact on your overall health. Fad dieting can lead to weight gain, altered metabolism, nutritional deficiencies, and hair/muscle loss.

### Weight Gain

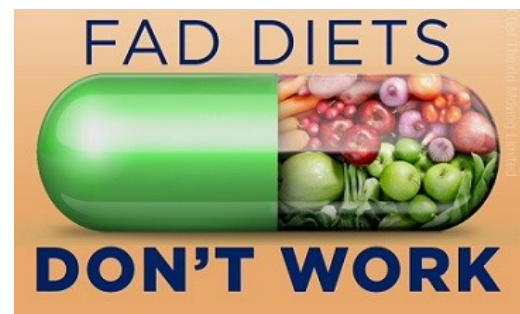
When trying a fad diet, you will likely lose pounds in a matter of days since you will be eating a very restricted diet. Unfortunately, most of the weight you will lose is just water weight. Once you stop the diet and resume your normal lifestyle, you will gain the weight back— with a few extra pounds. Who will really not eat sugar or carbohydrates for the rest of their life? Most people are not able to stick to a sugar free/carbohydrate free diet for the rest of their life.

### Altered Metabolism

Because most fad diets require you to eat a structured amount of food on a structured schedule, you can also disrupt your natural metabolism. Your body has a natural ability to tell you when to eat and when to stop eating. Going against this natural pattern can negatively impact your metabolism. These negative effects can last long after the diet is over.

### Nutritional Deficiencies

Fad diets usually prohibit you from eating certain types of foods. This can lead to serious nutritional deficiency. Carbohydrates are a significant source of energy and depriving yourself of these nutrients can cause you to feel fatigued and unable to function normally. Also, good fats, such as Omega-3 fatty acids, are essential if you want to have good health.



## Hair and Muscle Loss

The nutritional deficiencies that fad diets cause can also lead to health conditions like hair and muscle loss. Your hair requires protein in order to grow and thrive. When you're not getting enough protein in your diet, your hair eventually loses its health. Poor hair health can lead to brittleness, breakage, and loss of hair. Muscle loss is another negative effect of fad diets. Since your diet is very low in calories, your body will look for other ways to get energy. One way the body gets the needed energy is to digest muscle. This is detrimental to weight loss because muscles help you burn more calories even when you are at rest.

## Tips to Safely Lose Weight and Get Slimmer

- Focus on building activity into your daily routine. Walk several blocks rather than driving and take the stairs instead of using the elevator.
- Have a mission: Write a specific wellness mission for the upcoming weeks. For example, "I will eat two clean meals per day for two weeks" and put the plan where you will see it. Continue to improve your mission goals as each one is achieved.
- Toss out products labeled "low-fat, reduced-fat, and fat-free" as they often pack more salt, sugar, and even more calories than the full-fat version.
- "Go" for a daily mile. Whether you walk, run, bike, or swim—you pick. Also, don't forget to time yourself so you can see improvement.
- Use smaller plates. Smaller plates will help with portion control and naturally reduces your calorie intake.
- Scan your kitchen and purge three of the foods that tend to knock you off track from your diet goals.
- Walk, stretch, even squat—every hour. New research has shown that sitting for long periods raises your chances of getting chronic disease, even if you routinely exercise.
- Work out first thing in the morning. Early morning workouts help keep your metabolism humming all day.
- Drink a 17 ounce bottle of water before each meal. The water will help you feel fuller, consume fewer calories, and stay hydrated.
- Instead of sitting down for your whole lunch break, grab a co-worker and spend the first half of your break taking a brisk walk.
- Burn more calories than you consume. To do this, you either have to eat less, exercise more or ideally do both.
- Eat 2 types of vegetables with every meal and eat less meat.
- Add fruit to your breakfast.
- Cut down on alcohol, or cut it out completely. Alcohol is full of sugar and calories and you would need to jog a mile to burn off the calories of one unit of alcohol.
- Most importantly, remember that eating healthy to lose weight isn't quick and short term, it's a permanent change for the better.

<http://www.health.com/health/gallery/0,,20974250,00.html>

<http://www.fitday.com/fitness-articles/fitness/exercises/how-to-eat-like-an-athlete.html>

<http://www.healthy-eating-made-easy.com/eating-healthy-to-lose-weight.html>

