

## Why Yo-Yo dieting can Devastate your Health

The amount of fat stored in the body will increase with every diet the slimmer embarks on. When a person loses weight, both fat and muscle tissues are lost. When the weight is regained, as it always is, it is usually made up of a greater proportion of fat and less lean muscle, leaving the person with more fat stores than before. Besides that, a history of loss and gain is associated with greater amounts of fat stored in the abdomen, a pattern of fat distribution linked to greater risk of heart disease and diabetes.

Some studies suggest that Yo-yo dieting may increase the risk for certain health problems. These include high blood pressure, high cholesterol, and gallbladder disease.

The yo-yo diet is one type in a class of many extreme fad diets. Also known as "weight cycling," the yo-yo diet is characterized by a cyclical pattern of repetitious loss and gain of body weight. Some of the ways people choose to do this include skipping meals and consuming very few calories, practically starvation tactics. However, the yo-yo diet is an unsuccessful and even harmful weight loss technique. Dieters often experience initial success, but due to its overwhelming toll on the body, the inability to continue this strict regime of weight loss in the long run causes dieters to regain all of it back and then some.

Repeated cycles of loss and gain take a psychological toll. Many dieters perceive each unsuccessful attempt to keep weight off as a personal failure. The result, over time, is erosion of self-esteem coupled with depression and even guilt.

This pattern of losing and regaining weight is weakening their immune systems. Women who have tried to lose weight this way more than five times will have about a third lower natural-killer-cell function. On the other hand, women who manage to maintain their weight for five or more years have 40 percent greater natural killer-cell activity as compared to those whose weight had remained stable for less than two years.

Nature is a wonderful thing, when a person tries to go on a starvation diet, their weight loss consists of losing both muscle and body fat. When the body senses that it is quickly losing its energy source, it kicks on its famine response, a defense mechanism that aims to protect fat stores by using up lean tissue and muscle for energy instead. This weakens the stability of muscles. Because the amount of muscle in the body is directly proportional to metabolic rate, a loss of muscle also means the loss of metabolic rate. While this process naturally occurs in the case of actual famine, it is not suitable or healthy for a regular weight-loss diet.

The yo-yo diet works in such a way that it is harder each time to lose weight. As the yo-yo nears the end of its string, the plastic spool starts spinning slower. Similarly, the yo-yo diet follower may find it more and more difficult to lose any weight, leading to depression and lack of self esteem. As soon as the dieter starts attempting to eat normally again, all the weight regained will be stored in the form of fat. The yo-yo diet essentially tampers with a healthy body's normal fat-to-muscle ratio, which is a primary aspect of good health.

Fad diets in general are too extreme on the human body. Many times, radical food deprivation is misleadingly perceived as a substitute for good diet and exercise habits. However, people's susceptibility to the yo-yo diet process is the result of many dynamic factors, including biological factors (genetics, hormones, and biochemicals), emotional and motivational support, and misguided expectations. The environment also plays a huge role, since everywhere we turn we face pressures from images in mass media of supposedly perfect body shapes.

Experts agree that the yo-yo diet is not a healthy way to lose weight in the long run. Alternatives that help dieters lose their excess poundage without altering the body's fat to muscle ratio do exist. Some of these tips include:

1. Aiming for achievable, small weight loss goals
2. Cutting calorie consumption gradually over time
3. Always eating breakfast
4. Modifying exercise and activity levels to sustain muscle mass while losing weight

5. Taking a really close look at what motivates you when, and why you eat  
Ladies!!: How to Lose Up to 16 Pounds and Look 7 Years Younger in 17 Days...  
It's "cheating"... but... it works!  
Burn Off Body Fat Hour-by-Hour  
A 20 Second "Shortcut" Technique to a Flatter Stomach --- about the easiest thing  
you can do to be slimmer!  
New weight loss pill tested by U.S Marines with amazing results!  
A tablespoon of this common product attacks, breaks up, and washes out fat from  
your body. Watch the fat melt away before your eyes.  
How To Metabolically Burn Fat Cells out of your Body for Good  
Spend less than \$12 on a week's worth of "fat attacking" foods from the grocery  
store and not need to spend a dime more on any other grocery store food...  
Drop about 16 pounds in 17 days without suffering... (disclaimer: about 3-5 of  
those pounds will be excess water weight... BUT... the other 11-13 pounds will be  
pure fat melted off your body)  
Do this "Unusual technique" while you're sitting down watching TV... activates your  
fat deposits which will flood into your bloodstream and be eliminated  
The Amazing Benefits of This Program  
What does all this mean? Here are some of the things you can look forward to:  
The psychological secret to keeping your lost weight off FOR GOOD (When you know  
how this works, you NEVER have to worry about gaining any weight back)  
The One Mistake that even doctors make about their diet that robs them of 47% of  
their Natural Energy  
Why the "experts" are just Dead-Wrong in much of their advice for losing weight!  
(Even though a technique or program may have worked for them, it might not work for  
you... especially if you follow the advice of genetically gifted model types!)  
How to avoid the energy sapping powers of cardio --- DON'T DO ANY CARDIO! Read this  
first.  
How by eliminating one common food (it's not a favorite to begin with) ... your  
body will "reset" and peel off the pounds  
How and why insomnia is keeping you fat and how to change that FAST  
Before you eat your next meal... READ THIS... so you can ward off gaining weight...  
you NEED to do this before each meal  
The exercise that peels off pounds while you lay back and watch TV  
How to "Supercharge" your metabolism by putting it in a HYPER fat loss state  
A Spoonful of this obliterates fat immediately after it enters your body  
When, where, and how to use water to "jolt" your body into thermogenesis (note: the  
temperature of the water is a key part to why this works - - - don't guess wrong)  
How to overcome the body chemicals that keep you fat  
How to burn off bodyfat hour by hour  
Why people in Colorado are healthier, less overweight and stay young longer than  
people of any other state  
How to wake up the teenage metabolism that lives inside of you  
How to take advantage of Recently Discovered Secret Beverly Hills Anti-Aging  
Exercises  
What to never... EVER eat and drink if you want to lose weight  
A great "follow up" exercise to do that will help skyrocket your results with this  
program... AND it allows you to relax for 40 minutes  
How to "signal" your fat cells into self-destructing!  
Two common foods that (if eaten daily) will 100% guarantee you'll drop pounds fast!

**Find out More Now:** <http://tinyurl.com/llmvww>