

Why Diets Don't Work!



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Why does it seem that almost everyone is always on a diet? And it's always the same people over and over again but you never see any difference in their weight? Well, the reason is most diets are nutritionally inadequate, too restrictive and hard to follow. Most people tend to get bored and frustrated within several months and go back to their old habits. So what is the answer?

The answer is Lifestyle changes

The key to successful long term weight loss is choosing a healthy diet, choosing meal plans that fit your Life, portion control, exercise, having a support system to promote lifelong learning patterns and the most important part of weight loss which nobody pays any attention to is a comprehensive combination of supplements and herbal ingredients to optimize weight loss safely.

We need to change the way we live and create plans that are realistic and enjoyable. When choosing a plan ask yourself "Can I sustain this?" If you are choosing a plan and telling yourself "Oh, it's only for a few months." More than likely whatever you are choosing is not going to work. You need to find something that you can easily follow and fits into your life and commit to making the change- permanently.

One very important thing- - DO NOT STARVE YOURSELF! There is nothing worse for your body than to deprive it of calories, carbs, fats, proteins and essential vitamins and nutrients. And YES I did say Carbs. Carbs are your friends. But just like friends you need to choose the right ones. And Fats- again choose the right ones. Good fats are monounsaturated fats like olive oil and Omega 3 polyunsaturated fats like fish oils. Protein is needed to stabilize blood sugar levels so make sure you are getting enough protein into your diet. Having a good protein filled breakfast will help you rev up your metabolism for the day.

Some good meal plans you may want to follow are the Mediterranean Diet, American Heart Association Diet or the DASH Diet. Take a look at these and see which one will work best for you. Look at the foods and decide- Is this something I can sustain???

Now, lets talk SNACKS. Yes, I know snacking is bad for you. On the contrary, snacking is essential for weight loss. Let me give you an image. You are building a fire that needs to last several hours. Are you going to put all the logs on all at once or are you going to put a few on to get started and then add more as needed to keep the fire going? This is exactly how your metabolism works. You need to continue to fuel your body throughout the day to keep your

metabolism up. The key here is to eat something every 3 hours. If you do this your body is always working.

What about exercise. Again, if you are not having fun you are not going to stick with it. If it becomes a chore or if it becomes too overwhelming - you are going to give up. Find something you enjoy. Losing weight doesn't mean you have to run on a treadmill for an hour staring at a wall or a TV. If you don't enjoy it don't do it. Find FUN ways to exercise. Find a work out buddy. Choose different activities that you find enjoyable. Always include cardio activities as well as resistance weight bearing training. Remember when you diet you burn muscle as well as fat so you need to do activities that increase muscle mass. (Unless you are on CINCH which helps you retain 100% muscle mass) On the supplement side numerous Scientific Studies recommend that everyone should be taking at minimum a comprehensive multi, plus Vitamin C, Calcium, Antioxidants, Fish Oil, Vitamin D, Vitamin E, Probiotics, B Vitamins, Lutein and Lycopene. In addition to this you may want to find a supplement that helps promote efficient glucose utilization as well as we as aids normal glucose transport into cells and normal responsiveness of cells to insulin and keeps blood-sugar levels steady, which may help control cravings. Normally you get some energy drops when dieting so don't forget a natural energy boost. Green, Red and white teas are a great source. Lastly, you may want to look for a good healthy snack bar or meal bar for when you are on the go or need a healthy alternative to the vending machine choices.

This may seem like a lot of information and you are probably saying there is no way I can do this. Let me assure you that the hardest thing is to make the decision to start. Ask yourself what is stopping you from being the best you that you can be?

If you have any questions or if you would like some help please feel free to contact me.

**Wishing you a Wonderful Holiday Season and
A Happy and Healthy 2012!**

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