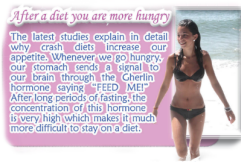


After a diet you are more hungry

Written by

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After a diet you are more hungry

The latest studies describe in detail the reasons why crash diets increase our appetite. Whenever we go hungry, our stomach sends a signal to our brain through the Gherlin hormone saying "FEED ME!" After long periods of fasting, the concentration of this hormone is very high which makes it much more difficult to stay on a diet.