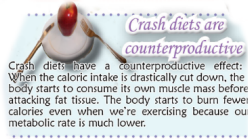


# Crash diets are counterproductive

Written by

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Crash diets are counterproductive

Typical crash diets have a counterproductive effect: When the caloric intake is drastically cut down, the body starts to consume its own muscle mass before attacking fat tissue. The body starts to burn less calories even when we are exercising because the metabolic rate is much lower.