

Crash diets are false and counterproductive!

Written by

DATE_FORMAT_LC2 -



Crash diets are false and counterproductive!

You will always initially lose weight on a crash diet, but this weight loss does not consist of losing fat. It consists mainly of the loss of liquid and muscle mass. A crash diet will never help you to reach a significantly lower target weight and maintain it for longer than 2 weeks. However, with the right choice of food you do not have to suffer permanent hunger during your attempt to lose weight.

? Drastically cutting down your calorie intake induces your body into emergency survival mode. The body slows down its metabolic rate as it tries to manage on fewer calories. Your body is then forced to use other sources of energy, such as muscle mass, while it tries to preserve its fat cells. Under such stressed circumstances, your body resists burning fat tissue and protects it instead.

?