

Top 7 Dieting Myths



'Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.'

Thomas A. Edison

Are you confused and frustrated?

There is a vast amount of information on how to lose weight fast with pills, natural remedies, high protein low carbohydrate diets and the latest piece of miraculous equipment, the list is endless. Often the information we read is conflicting; so what is the best and quickest way to lose weight? This mini e-book explains the facts we should know and the myths we should disregard.

How to permanently lose weight the right way

The healthiest way to long term weight loss is not with crash diets, fasting, pills or detox programs. The body best responds to slow changes in food and exercise.

Diets that slash your calorie intake or restrict and even eliminate types of food can lead your body to be deficient in the essential nutrients and vitamins that it needs to function.

Long term weight loss is successful when you look to make permanent changes to your eating habits. Often we make goals to lose weight in a set time frame such as 8 weeks, whereas those who are successful at long term weight loss look to implement permanent lifestyle changes and identify steps to achieve and sustain these changes throughout the course of their lives. In simple terms; your body uses food for energy and any excess energy gets stored as fat. So, if you eat more food than your body needs you will increase your body fat and put weight on.

To remove this excess weight, you will need to use up your body storage by reducing the amount of calories you eat and increasing your levels of activity. In today's society people are increasingly becoming sedentary, this means that the body needs less and less fuel and hence burns off less calories.

Myth 1

*“I find it hard to lose weight because I have a slow metabolic rate”
A slow metabolism prevents weight loss.*

Fact

This is a common myth with people who struggle to lose weight despite their efforts to reduce their calorie intake.

Research has shown that an individual's resting metabolism (the number of calories used by the body at rest) actually increases as people become fatter. In simple terms the bigger you are, the more calories you need to keep your body functioning and therefore the higher your metabolism. Unfortunately, people are becoming increasingly more sedentary and it seems likely that this is a crucial factor in the increasing problems with weight gain.

BBC Health report:

"Scientists have measured the exact amount of calories overweight and healthy people burn while sitting or lying quietly. This was done by measuring the amount of oxygen breathed in and the amount of carbon dioxide breathed out."

Results from these studies have consistently shown that overweight people use more energy to keep their bodies working. This is because they have larger bodies with bigger muscles and internal organs.

However, after taking into account differences in body size, lean and obese people have been shown to have similar metabolic rates.

Myth 2

“My diet is healthy, I only buy and eat low fat labelled foods but I am still not losing weight”

Low-fat foods help you lose weight.

Fact

Food companies are excellent at marketing and what they regard as 'low-fat' or 'fat-free' does not necessarily mean low calorie or calorie-free.

Marshmallow packaging often advertises itself as fat free and yes they may be zero fat content but they are very high in sugar which if not utilised will be converted to body fat.

It is really important that you check the ingredients and the nutritional labels on food packages to find out how many calories are in a serving. Check the serving size too, it may be a lot less than you are used to eating. A low-fat or non-fat food is often lower in calories than the same size portion of the full-fat product; however, many processed low-fat or non-fat foods have just as many calories as the full-fat version of the same food or even more calories. They may contain added sugar, flour or starch thickeners to improve flavour and texture after fat is removed. These ingredients add calories.

Eating a strictly fat free diet is not necessary as it is important to have some fat in your diet. Fats in your diet should mostly be made up of unsaturated fats which can be found in healthy oils, (olive oil / sunflower oil) avocados and nuts (avoid trans fats where possible and reduce saturated fats). As a guide; Foods labelled low-fat should contain no more than 3g fat per 100g.

For more information read; 7 things you need to know about fats and 7 things you need to know about sugar.

Myth 3

“If I massively reduce my calorie intake, I will lose weight fast”

A large reduction in calorie intake results in fast weight loss

Fact

When you reduce your calorie intake too low (below 1500 calories a day for women) your body goes into 'starvation mode' and 'thinks' you are starving. As a result, your metabolism will actually slow down and you may not lose weight.

Myth 4

“If I skip a meal here and there, I will lose weight faster”.

Fact

When you leave it too long without eating, you get overly hungry and your metabolism drops. When your metabolism drops you burn less calories. It will also be likely that you may not be eating your calorie daily intake which will also reduce your metabolism (myth 3).

Often people don't understand that hunger actually slows your metabolism. So for all of you who think you're doing your body a service by skipping breakfast, you're actually hurting it in the long run.

Eating within one hour of getting up kick starts your metabolism and helps you burn more calories throughout the day. When you wait until noon or 1pm to have your first meal, your metabolism is already sluggish, you have a tendency to eat more and your body will be burning calories at a slow rate. The best way is to eat smaller and more frequent meals. Digestion actually burns calories, so if your body is digesting food 5-6 times per day, you are burning more calories.

Myth 5

*“I'm not overweight, I just want to lose the fat around my stomach”
It is possible to spot reduce or to lose fat in one part of your body*

Fact

We find this very common with our clients. Most ladies want to lose fat around their stomach and bottom or get rid of their 'bingo wings'. In reality when the body loses fat, it is lost throughout the whole body. Exercise will improve muscle tone, however it will not reduce the body fat in that particular area.

For more information read; 7 steps to a flat stomach, 7 ways to get rid of bingo wings and 7 steps for tighter thighs & bum

Myth 6

If I do the diet, I will lose weight fast and then be more motivated to keep it off.

Fad diets work for permanent weight loss.

Fact

Fad diets promise rapid weight loss. They will often require you to cut certain foods out of your diet or limit your calorie intake well below your recommended daily amount. Whilst you may lose weight initially, most people quickly tire of the rigid regime and regain any lost weight.

It has been researched widely and proven that it is very difficult to lose more than ½ to 2 pounds of body fat a week. Often weight loss in excess of this is a drop in water and muscle mass.

There are important health costs associated with rapid weight loss:

Losing weight fast (in excess of 3 pounds a week after the first few weeks) may increase your risk for developing gallstones (clusters of solid material in the gallbladder that can be painful).

Diets requiring you to consume less than 800 calories per day can result in heart rhythm abnormalities, which can be fatal and increase the risk of type 2 diabetes, heart disease and high blood pressure. It is also important to be aware that fad diets may be unhealthy as they often prevent the variation of foods needed to provide all of the nutrients your body requires.

It is also a common misconception that natural and/or herbal equals safe. In many cases, products have not undergone robust scientific research to establish if they work and are safe for consumption. There has been media attention with herbal products containing ephedra which has caused serious health problems, even death in some cases. As a result of this, newer products have claimed to be ephedra-free; however, whilst they do not contain ephedra they often contain ingredients similar to ephedra.

If you are using a herbal or natural product, it is important to contact your Doctor. Some natural or herbal weight loss products can be harmful.

Myth 7

“I want to lose body fat first then tone up, doing weights will just make me look fatter”

Lifting weights is not good to do if you want to lose weight, because it will make you bulk up.

Fact

A programme which includes resistance work can actually help you to lose weight. Whilst these activities do help you to build muscle, it is important to note that muscle burns more calories than body fat. Stated simply, if you have more muscle you burn more calories, even just sitting! If you do strengthening activities 2 to 3 times a week, this will not 'bulk you up'. Women have much less testosterone and growth hormone than men and contrary to belief it is difficult for most women to build muscle.

Most health promotions for exercise recommend doing at least 30 minutes of moderate intensity physical activity, three to five times a week. To maximise weight loss, we recommend you add strengthening activities two to three times a week.

7 fattest lies about dieting

'The rest of the world lives to eat, while I eat to live'

Socrates

1. Skipping breakfast helps you lose weight

In actual fact, studies indicate that when you cut out breakfast, you are more likely to take in extra calories later in the day to compensate. Skipping breakfast is also bad for your metabolic state and mood.

2. Fruit juice is as good as eating whole fruit

Our recommendation is to eat foods as close to their natural state as possible, often this means the food has a shorter shelf life. In many cases additives & preservatives used to increase shelf life are often full of hidden horrors (sugar & trans fats). As fruit juice has a longer shelf life than freshly squeezed home made fruit juice, it could contain unwanted additional ingredients, so check the label before you buy. Although, not inherently bad for you, you would certainly be much better eating the whole fruit rather than taking in empty calories from juice.

3. Weight gain is inevitable the older you get

It is true that your metabolic rate does drop with age; however, one of the main reasons for weight gain is the decrease in activity levels as we age. It is therefore important to increase your activity levels (30-45 minutes of moderate exercise, 5 times per week) in combination with a reduced calorie intake and portion size.

4. If I could lose weight it would solve all my problems

We hear this all the time from our clients at Life Changing and we often find that our client's weight is only one of their problems. In some cases, weight gain is the symptom of the stress or issues they are having or have experienced, especially if the problem occurred before the weight gain.

If you are a person that eats when you are sad, then you have to deal with the root of the problem and then work to reduce your weight. If you keep

addressing the symptom (weight) and not the problem (sadness, low self esteem, etc.) then you will keep going round in circles.

There are many things you can do. Firstly, it is important that you increase your awareness of yourself and the source of your difficulties. You then need to look at where you would ideally like to be in order to live a fulfilled life and set realistic goals to help you achieve this. We know this is a lot harder than simply carrying out these steps, which is why we set up Life Changing Weight Loss Retreats to allow you the space, freedom and professional support to change your life and live out the new you.

For more information visit www.lifechangingweightretreats.co.uk or read [7 steps to eradicate emotional eating, 7 steps to conquer habitual eating and 7 steps to effective goal setting](#)

5. I want to enjoy my holiday without being on a diet and anyway everyone gains a few pounds over the holidays

Firstly, if you set out with this mindset at the beginning of your holiday assuming you will gain weight, it is a self-fulfilling prophecy and you most definitely will. Instead, start out with the right mental attitude and be positive about what you can achieve. We have proven with our clients, that it is possible to enjoy your holidays and stay at a constant weight, even lose weight. You need to simply have your weight loss goal in mind and eat in moderation. There is no need to deprive yourself (as you will often eat twice as much later or the next day). Eat sensibly and treat yourself, but not every hour! Increase your activity levels with games and walks and try out new adventures.

6. Salads are a healthy option when eating out

This is unfortunately not always the case as food retailers load salads with foods high in fats such as bacon, cheeses and fried chicken. There is also the dressings, which are often oily, creamy, blue cheese dips, coleslaw and mayonnaise. It is important to ask about dressings in order to make more informed choices. There are many eating out guides that breakdown nutritional information of main food outlets.

For more information read; [7 Rules to eating out](#)

7. You have to join the gym

This is not true. There are many different ways you can exercise. Rachael Hunt, our expert Personal Trainer (as seen on Channel 4's Embarrassing Bodies) specialises in getting you fit and in shape without ever having to step foot in a gym.

7 true facts about dieting:

*'Take twice as long
to eat half as much'*

1. The Diet Plateau

As we lose weight, it becomes harder to lose even more, until eventually we hit that dreaded plateau. For this reason, we should be changing exercise routines and diets on a regular basis in order to adjust for those physiological changes.

2. Concentrate on body fat not weight

Using the scales to monitor progress is one mistake many dieters make. They place too much emphasis on losing weight over losing body fat. You should concentrate on losing body fat and try to maintain lean body weight. When this happens our metabolism is elevated and our body composition changes, leaving us lean, shapely and fit.

3. Exercise can be fun, take up an activity with a friend

The secret to keeping up regular exercise is to make it fun rather than seeing it as a chore that must be done. Take up an activity with a friend; for example, tennis, swimming or bowling. You can motivate each other and make it fun and before you know it the weight will soon come off.

4. Fat contains twice as many calories as other food groups

Fat contains more than twice the amount of calories per gram than protein or carbohydrates. By cutting out bad fats (trans and saturated fats) in our diet, you will automatically reduce energy intake without reducing food intake too much.

5. Drink Water

Never underestimate the power of water. In addition to a good diet and plenty of exercise, water is a great weight loss assistant. First of all, if you are not accustomed to drinking a lot of water, you will find yourself running back and

forth to the bathroom. What is really happening is that your body is flushing out the water it has been hanging onto during what some call "survival mode". As you continue to drink at least 6-8 glasses per day, your body doesn't need to store the water anymore. It assumes the water will keep coming and if it does, the constant flushing will decrease, resulting in fewer trips to the bathroom. As far as weight loss is concerned, water encourages proper kidney function and increases the efficiency of the liver's fat burning capabilities. Drinking water also reduces retention. As we said before, when you don't drink enough your body tends to hold on to more fluids. By drinking enough your body will release what it doesn't need and you will have less bloating.

6. High levels of sugar contained in drinks

We have noticed that the majority of people don't pay much attention to what they drink when they are trying to lose weight. However, did you know that you can easily consume 800-1,000 calories and lots of sugar per day just from what you drink?

Some drinks are high in fructose and may contain as much as 30-40 grams of sugar in one serving. This is high when you consider that the recommended daily amount is a maximum of 48 grams of sugar per day. Fizzy drinks is another drink filled with sugar. Don't just read the calorie and fat content, ensure that you check the amount of sugar in your drinks as well.

7. Sugar Contained in Fruit

Fruit is good for you as it provides us with essential vitamins and antioxidants. Some people believe that when they are dieting they can eat all the fruit they want because it's healthy and natural. After all, an apple a day keeps the doctor away. However, fruit contains a lot of sugar. Even though it is natural sugar it can still cause weight gain if you eat too much. The more active you are, the less you need to be concerned about the amount of sugar in fruit. Fruit is a much better snack than a chocolate bar, but just remember to limit your servings to 2-3 portions per day.

7 facts to help you on your weight loss journey

'Never, never, never quit'

Winston Churchill

1

It is not just about the fat and calories in your foods. Look in more detail at what foods contain, in particular pay attention to the sugar and different types of fats.

2

Drink water instead of fizzy products and high sugar fruit drinks.

3

Your weight affects you in many ways other than your appearance. We find that it affects overall quality of life in relation to your physical health, self-esteem and even depression. Identify and focus on all the positive changes you can experience when losing weight. Before embarking on a weight loss journey, it is important to ask yourself the following questions:

Why do you want to lose weight?

Are you truly committed?

Do you have a support system?

4

To lose weight effectively, it is a good idea to focus on making four permanent changes to your life:

a) What you eat

b) How you eat

c) Your relationship with food

d) Your activity level

5

Set realistic and time bound goals and break them down into smaller goals (for example, to lose 4 stone within 1 year – lose 1 stone every 3 months, lose 5 pounds every month and lose 1-2 pounds a week).

6

A drop in 3,500 calories equals a loss of one pound of fat. Whether you take in 500 fewer or burn 500 more calories a day, by the end of the week you will be one pound lighter!

7

You need to plan alternative strategies to cope with emotional eating. Many people with weight issues have the habit of eating in response to emotions and stress. Be ready!

Its important to note the dangers and risks of being overweight:

Diabetes,

High blood pressure,

Cancer,

Heart disease

These are life-threatening health risks. When your motivation dips, keep these in mind.

For more information on weight loss visit
www.lifechangingweightlossretreats.co.uk



We look forward to hearing from you