

## Dieting Keeps You Fat In The Long Run



Dieting can keep you fat in the long run, by a process called weight re-gain which is proven to occur after a calorie restricted diet. Studies in rats have shown that fat oxidation (burning of fat) remains high when a diet is consistent however this process is suppressed when the body is restricted from food.

This explains the frustrating ordeal of yo-yo dieting. You endure the discipline of calorie cutting, lose the desired fat, but it all comes back on again. How is this avoided?

Like humans, rats forced to diet end up having a rebound effect in which it is easier for them to regain fat. This mechanism can be lessened or avoided completely by ensuring protein intake remains relatively high. In a study of over 100 people, a very low energy diet was followed for 4 weeks in one group. The other group received 40grams of additional protein to their usual daily diet. On completion of the study, those in the protein-enhanced group had less weight-gain and smaller waists. The reported explanation for this was the improved satiety (a feeling of fullness) which was enjoyed after eating protein, compared to subjects in the lower protein intake group, which experienced greater hunger.

Another study asking why obese subjects don't lose more weight when treated with a low calorie diet confirmed the difficulties with adherence to calorie restriction. Researchers noted that the body's metabolic adaptations induced by eating less were one of the reasons why weight loss initially is rapid when dieting, but then plateaus and even reverses.

These and other studies prove that dieting by cutting calories can negatively impact metabolism and make it harder to stick to the diet, when feelings of hunger ravage the body. The message being: don't skim on protein if you hope to keep the fat off.

I have previously worked in a fat-loss clinic and enjoyed seeing success after success with patients, because the formula was simple - high protein, healthy fats, reduced carbohydrates. Optimise nutrient absorption with gut support and exercise regularly. Every woman who attended our program lost fat that stayed off.

If you need support you have a great deal of professionals to turn to in the Macleod village. We are here to empower you and will praise your efforts, because we know energy invested will be energy well spent!

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## references:

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