
Knocking Myths about Weight Loss

Posted by Dakkota - 2009/11/30 05:46

Hi!

I really agree with the need of changing your Life Style.
Temporary diets only work if you want to lose a few pounds.

Learning about nutrition and how your body works is the best way to change your life and Really start loosing weight!

Here are some Myths I found in a report:

MYTH 1: Diets Don't Work

When is the last time you saw a starving person look like Luciano Pavarotti? It doesn't happen.

If you reduce what you eat, you'll lose weight. It's true that you might plateau after you reduce what you eat, but that won't last. Stick with it and you'll drop the pounds.

MYTH 2: Eating 2-3 Meals A Day Will Drop The Pounds

Nope, not very often. Most people think snacking is what packs on the pounds, but it really isn't. It's more about what you eat. Actually, eating only 2-3 meals a day can screw up your metabolism and make it harder to lose the weight you want to lose. Eating more often (but not more total calories in a day) can speed up your metabolism and help you drop pounds.

MYTH 3: _____ Foods Make You Gain Weight

The most common way to fill in that blank these days is to say carbs make you gain weight. But that's simply not true. What makes you gain weight is eating too much for your activity level. It's that simple. There is no magic food that's good or bad. Too many calories is what's bad.

So now you know the truth. Not too complicated, right?

But there's a solution... **LEARN HOW TO EAT AND NATURALLY LOSE WEIGHT**

Dakkota

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Re:Knocking Myths about Weight Loss

Posted by Vega - 2010/03/03 07:02

I agree with myth 3 that it isn't any particular food but the amount. But if people who have a hard time following a diet can slowly stop eating certain foods they normally enjoy, they can begin to lose weight. For instance, rather than drinking a soft drink, drink water. Rather than having ice cream for dessert every night, have some yogurt or fresh fruit. Rather than having potato chips for a snack, eat some raw carrot sticks. It's basically about changing you bad habits one by one.

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