

WHY DIETS FAIL



- ❑ They Focus all the attention on deprivation
- ❑ The more we are told not to have food, the more we want it
- ❑ Diets lower your metabolism so you store fat more easily
- ❑ Diets focus on your weaknesses instead of your strengths
- ❑ Some diets cause you to lose lean muscle tissue which is what you need more of to burn off fat
- ❑ Diets don't teach you to be aware of the emotional component of eating (feeling your feelings)
- ❑ Diet colas contain phosphoric acid which stimulates our appetite and leaches calcium from our body, contributing to osteoporosis.
- ❑ The more you worry about weight, the more you compulsively over eat
- ❑ Diet products are developed to create a dependency on them for repeat sales, not to improve your health
- ❑ Diets fail to address your current attitudes and your lifestyle
- ❑ Diets create stress and stress can create compulsive eating
- ❑ Diets don't teach you to tune into your body to gauge how full you are at any given moment
- ❑ Diets don't teach you to eat when you're hungry, enjoy it and STOP when you're 80% full
- ❑ Diets can create nutritional deficits, which decreases energy, strength, stamina and can cause depression
- ❑ Diets don't use hypnosis or imagery to communicate with your subconscious mind (which drives our eating/feeling parts)
- ❑ Diets don't address emotional eating issues