

DIETING IS FATTENING

How DIETING can make you FAT

Weight loss, followed by weight re-gain, or the [yo-yo dieting cycle](#) is the modus operandi (MO) of the average modern dieter. But these recurring weight fluctuations are more than inconvenient, discouraging, or fleeting aspects of the dieter's dilemma.

They have a lasting and fundamental impact on the body's system, altering its makeup, its ability to function and the efficiency with which it burns calories. The critical issue is not *how many* pounds the dieters loose but what *kind* of pounds! Since the loss of lean body mass occurs as soon as dieting begins, every down phase of the yo-yo syndrome leaves the dieter with less muscle mass. When the weight is regained mostly fat and very little muscle is replaced.

The ability to repair loss of lean body mass decreases with each decade of life so weight loss has more serious consequences as we age. Weight loss efforts may train the body's metabolism and cell function to adjust to a low-calorie diet by **decreasing the basal metabolic rate** which means you don't burn calories very efficiently. It can also teach the body to metabolize the food you eat more efficiently, store it as body fat, and reduce the rate of dietary induced thermo-genesis, or the rate that the body uses fat for energy.

The restrictive diet is the problem! The body is just trying to make adjustments based on the environmental threat of less food, just like animals in hibernation. By practicing [Responsive Eating](#), which is eating in response to hunger within 5-10 minutes whenever possible, making a perfect match with the belly hunger, and developing or maintaining regular pleasurable exercise **much of the damage can be undone**. To rebuild the muscle lost through years of dieting, be sure to include strength or resistance training in your exercise routines. Muscles are the part of the body that require energy and burn calories, so as we loose muscle through weight loss we burn less calories in our daily activities and in our exercise time.

Here is an example of human research:
Seven Weeks on the Program
Identical calories consumed

Exercisers

Non-exercisers

Note: muscle weighs twice as much as fat

	Weight Loss	Muscle	Fat
Exercisers	-19	+4	-23
Non-exercisers	-18	-7 ☹️	-11

Only 1 lb difference, so why exercise? Look at the fat loss and muscle gained!

So the weight loss you see on a weigh scale can be VERY DECIEVING you could be losing muscle which burns calories and keeps the metabolic rate high! This is why you could get to the same weight you were 15 years ago and after years of dieting look VERY different. Your percentage of body muscle is dramatically reduced with each dieting episode.

Later if both groups regain the weight the non-exercisers will have a greater percentage of body fat and less active calorie burning tissue (muscle) than the exercisers. The non-exercisers will have reduced their metabolism as well. Then each weight loss attempt (diet) after this will take place at a slower rate, requiring more extreme measures with each diet. This is why people say “*I can’t seem to lose weight by dieting like I was able to do when I was younger*”, after years of the [yo-yo diet cycle](#).

Here is another example of a typical dieter:

A healthy 23 year old woman, starts out at 115 and **25 %** of that weight is body fat, she is not connected to her belly hunger and fullness and gains 20 lbs over a four year period. She now weighs 135 and has 34 % body fat. She diets drastically and reduces her weight back to 115 in 8 weeks and the end result is **31%** body fat. Soon she resumes her old unchanged habits and the body in defense after dieting, regains the weight back to 135, now she has **38 %** body fat.

As the cycle is repeated for several years she ends up with a body weight of 115 after a dieting episode but her body fat is **40 %**. Plus her body is starving and just waiting for an opportunity to “catch up” on nutrients and weight. Her reduced amount of active lean tissue (muscle) and slowed metabolic rate have plunged her into a vicious cycle of weight gain. She watches herself get heavier even as she consciously controls her diet.

		weight gain	loss	gain	loss
Pounds	115	↑ 135	↓ 115	↑ 135	↓ 115
Body fat	25%	↑ 34%	↑ 31%	↑ 38%	↑ 40%

The solution and reversal of this dilemma is to [Choose Inner Wisdom](#) to guide you, stop restrictive dieting (that is disconnected from your belly wisdom) AND make exercise (including strength training) a part of your daily life just like brushing your teeth. Remind yourself that your muscles *hunger* for exercise, we were built for active living. When we don’t get regular exercise our body doesn’t function as efficiently, we miss our inherent potential for vitality and good health. Exercise even for as little as 5-10 minutes, that is a concerted effort, to break through the threshold of inactivity and take good care of the body feels empowering. Exercise is also a stretch of the willpower, that makes us feel like we have some control over our lives and it affects our healthy ego strength in a very positive way.

Stop dieting forever and begin to eat in strict adherence to your belly wisdom with [Responsive Eating](#), while practicing understanding and meeting all of your other needs ([Other Hungers](#)). Stop weighing yourself compulsively, let the pounds fall where they may, and focus on your health and developing excellent self-care. Learn to eat in response to hunger, fullness and body cravings while you [Normalize foods](#).

Excerpted from research done by George L. Blackburn, M.D., Ph.D. & Konstantin N Pavlou, Sc.D., at the Harvard Medical School in 1985.

Many such studies have been done over the years showing the same outcome.