

# Think Caloric Restriction is the Path to Weight Loss? Thank Again.

## The Diet Failure Outlined

By Rob

1. Diet Begins



2. Restriction of caloric intake...



3. The body begins to recognize the reduction of calories and nutrients and perceive the diet as starvation... (hunger cravings begin)



4. The body adapts to the caloric reduction by burning muscle tissue. Because muscle is metabolically active, the less muscle you have... the less food your body needs (Defense mechanism)



5. When muscle tissue is lost, the body is able to store fat more efficiently as hunger & cravings increase.



6. The dieter begins to feel more tired and lethargic due to the loss of muscle... resulting in a reduction in physical activity, or poorer performance during exercise.



7. The lack of physical activity causes muscle to atrophy, resulting in even further muscle loss. If the dieter continues to exercise, the rate of atrophy is even greater since the energy needed to perform the exercise will come from the breakdown of muscle tissue.



8. Since fat is ONLY burned within muscle, you'll begin to store fat at an accelerated rate!



9. Weight loss begins to stabilize (plateau) due to decrease in muscle and increase in body fat.



10. The weight loss plateau causes the dieter to further decrease calories as a last ditch attempt to reduce weight.



11. The scale begins to move again, but through to loss of additional muscle, body fluid, and only a small amount of body fat.



12. Over time, frustration, uncontrollable hunger, and a feeling of failure set in. The dieter typically alters, or abandons the diet, and begins to consume fatty, sugary, or high glycemic starches, and at a higher caloric intake.



13. Since the metabolism has slowed considerably through loss of muscle, and a consistent reduction in calories, any increase in calories will typically result in fat storage.



14. In time, the body weight and body fat levels increase and ultimately exceed the statistics before the diet began! The body will now prepare itself (defend) against the next diet.