

Replace These Diet Fads with Proven Weight Loss Tips

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When you're desperate to lose weight, you'll try just about anything. Enter the diet fads that claim to help you lose weight without any effort. Of course, these fads are too good to be true.

Most of the time diet fads can't deliver on their promises. You need some weight loss tips that are effective and will help you to achieve your goals - sensible alternatives that are the best solution for your weight loss problems.

Bad Fad: Feast for Five Days, Famine for Two

This is a weight loss fad that's popular in both the United States and Britain. The basic idea is that you can eat whatever you want for five days a week.

Then, for two days a week you keep your calorie count below 600. The idea is that you fast to lose weight by fasting for just two days a week and then you can enjoy whatever you want the rest of the time.

However, this diet doesn't deliver on all of its promises. You may lose some weight initially, but you'll also suffer from side effects - such as anxiety, irritability, fatigue, and bad breath. You may find that you have a hard time sleeping, too.

Without long-term research, it's hard to say what this will do to your body's health in the long run. However, we do know that it's important to eat a healthy, balanced diet and not fill your diet with as much unhealthy food as possible several days each week.

This type of diet could theoretically help you lose weight, but it won't reduce your risk of disease and it won't teach you healthy eating patterns.

Bad Fad: The Cotton Ball Diet

Rumor has it that some models are eating cotton balls dipped in juice instead of regular food to feel full and keep thin. The claim is that you can feel full without adding any nutrition and that the cotton simply dissolves harmlessly.

It should seem obvious that this is an unhealthy eating habit. You need real food and calories in order to maintain proper health. Many people who go to this extreme for dieting suffer from eating disorders.

This diet can cause your intestines to become clogged and even obstructed due to the way they absorb liquids and aren't able to break down. Avoid any diet that asks you to eat something inedible.

This diet is an extreme example of what people will do to lose a few pounds. Not only will you not be getting enough nutrition to meet your basic needs, you'll also be putting your body in danger.

Bad Fad: The Tongue Patch Diet

One of the latest fads in dieting is actually performed by cosmetic surgeons. But that doesn't make it a good idea for your health. For this diet, a surgeon sews a rough patch to your tongue.

The patch actually causes you to feel pain when you eat solid foods. This causes you to choose a liquid diet that helps you to lose weight. Many people who have experienced this patch report that it causes difficulty speaking, drooling, and can cause you to wake up in the middle of the night with pain.

This is also an expensive procedure, coming in at around \$2,000. It also carries a strong risk of infection as well as the development of ulcers. Some doctors also fear that it could come loose and cause you to choke.

Another thing to be aware of is that if you wear the patch for more than a month, it can actually fuse to your tongue. That means you have to have it removed and if you want another one it has to be surgically applied again.

Anything that causes you to feel pain when you eat is a bad fad. Eating should be a pleasurable experience. It's not realistic to survive on only a liquid diet for an extended period of time.

Bad Fad: The Boredom Diet

The idea behind the boredom diet is that if you take the excitement of variety out of your diet, you won't overeat. In the end, you'll learn to follow your hunger cues and you'll lose weight.

A recent study evaluated this diet with a group of people who ate only macaroni and cheese for a week. They ate less than the control group that ate more variety. Wouldn't you love to just eat your favorite food every day and lose weight?

This is another fad that sounds too good to be true. There are many problems with eating only one type of food for a long time period. For one thing, you need a wide variety of nutrients in order to meet your body's needs.

If you only eat one type of food, you're going to get only the nutrients that food provides. Also, the idea that boredom is what's causing you to eat less is still up for debate. Often when people are bored they look for ways to get excited about something else.

You may find that after eating the same thing, you feel more drawn to trying something new. And your body may begin to start craving some of

the nutrients that it needs - which will steer you off the path of your one food menu.

The bottom line is that you need more nutrients than one type of food can provide. It's okay if you have a favorite breakfast or lunch meal that's your "go to" each day. But you need to make sure that in at least one or two meals a day, you get variety.

Good Tip: Introducing Healthy Bacteria

You may cringe when you think about bacteria. We've all heard horror stories about deadly bacteria or experienced infections caused by bacteria that made us feel miserable.

But your digestive system is dependent on good bacteria that help you digest food. When you're better able to digest the food you eat, you're not as hungry and you're able to eliminate waste better.

This change causes you to lose weight. There are a couple of different things you can do to help change the bacteria in your gut. One way is to introduce healthy bacteria directly through foods that contain live cultures such as yogurt and kefir.

You can also take supplements that contain bacteria that are good for your gut. You'll notice that by taking these supplements, you're able to go the bathroom more regularly and the pounds start to drop off.

Another way to change the bacteria in your gut is to improve your diet. Eating more fiber can give the bacteria something to munch on - which helps them live longer. While our bodies have a hard time breaking down insoluble fiber, bacteria can feed on it.

It only takes a short time - about two weeks - before you start to see a change when you increase the fiber in your diet. This is a weight loss tip that's not only good for the numbers on the scale, but it also reduces your risk of colon cancer.

Good Tip: Gluten Free Diet

Many people find that they lose more weight when they eat a gluten free diet. More and more people are developing a food intolerance or even allergy to gluten. Gluten is a protein found in wheat that's present in foods that contain wheat.

For some people, eliminating gluten is a weight loss aid because it helps them get relief from the intolerance they have to the food. But for most people, it helps eliminate high carbohydrate foods that tend to pack on the pounds.

Foods high in gluten also tend to be high in sugars. Those sugars can cause you to gain weight, especially belly fat. By eliminating gluten, you're reducing the sugars in your diet and you'll be able to cut calories and lose more weight.

Any food containing wheat will have gluten in it. The good news is that you can find many gluten-free foods on the market. Foods made with oat flour, rice flour, or corn meal will be naturally gluten-free.

Even by reducing the foods containing gluten that you eat, you'll find that you can experience weight loss. And you'll still be able to get plenty of vitamins and other nutrients that you need from other foods.

Good Tip: The Nordic Diet

You may have heard of the Mediterranean Diet before, but the Nordic Diet is a new one. Researchers have studied the nutritional needs of countries such as Iceland, Denmark, and Sweden to develop a diet that can help you stay healthy and lean.

This diet is compiled of foods such as herring, canola oil, and bilberries – foods common in the Nordic areas. People following the Nordic diet eat

fish at least three meals each week. They also eliminate sugar and red meat.

Whole grains and root vegetables are also encouraged as part of this healthy eating plan. Researchers completing a study of this diet found that it reduced inflammation and improved the cholesterol ratio of those who followed it.

This is a very healthy diet that could be considered as healthy as the Mediterranean Diet. However, many of the foods that are recommended are more common in the Nordic countries and may be harder to find in some areas than those of the Mediterranean plan.

But following either the Nordic or Mediterranean Diet is going to provide you with a reduced risk of heart disease, weight loss, and improved overall wellness. In the end, you should choose what works best for you.

Good Tip: Vegetarian Diet

Becoming a vegetarian can help you lose weight. But even more importantly, it can reduce your risk of heart disease and cancer. There are different kinds of vegetarian diets.

Some people choose to eliminate meat and poultry but continue to eat fish (pescetarians). Some eat eggs and dairy products (vegetarians) while others eliminate those totally (vegans).

A recent study that followed vegetarians for a five year period of time found that they had a lower risk of death from heart disease than those who were in the control group and ate meat.

Regardless of which type of vegetarian diet you choose, eliminating red meat from your diet can have huge positive health consequences. You can reduce your cholesterol, reduce your intake of fats, and improve the health of your heart and blood vessels.

Many, though not all, vegetarians lose weight when they make the change from meat eating to vegetarianism. And the more vegetables and fruits that you eat, the more antioxidants you take into your body.

That means you have more nutrients that fight disease, help you lose weight, and keep you young. If you're interested in the health benefits, but you're not ready to commit to a vegetarian way of life, you still have options.

Limiting red meat to once a week will greatly improve your health. Also choosing to eat at least five servings of fruits and vegetables each day can help you feel the effects of a vegetarian diet.

If you're not ready to give up meat and poultry entirely, you can also add a meatless day to your week. Even this small step can help you lose weight and reduce your risk of disease.

How to Spot a Fad Diet vs. a Good Diet

Every time you turn on the television or look online, you can find a brand new diet trend. Some diet tips are good for you while others are unhealthy – even if they do help you lose weight.

How can you tell the difference? Here are a few things to look for that can help you spot a bad fad:

- It asks you to eliminate an entire food group or eat only one food group.
- It requires you to eat less than 1,200 calories per day.
- You must buy additional supplements to go with the diet.
- It requires a medical or surgical procedure.
- It eliminates all fats.
- It sounds too good to be true.
- It promises weight loss with no effort.
- It offers to help you lose more than 2 pounds in a week.
- It asks you to eat something that isn't normally eaten.

- It isn't backed by scientific research.

All of these factors should clue you in that the diet you're examining is a fad. This type of diet should be avoided. Losing weight at the risk of your own personal health isn't worth it. Instead, follow a diet that allows you to eat a variety of foods and encourages slow weight loss.

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