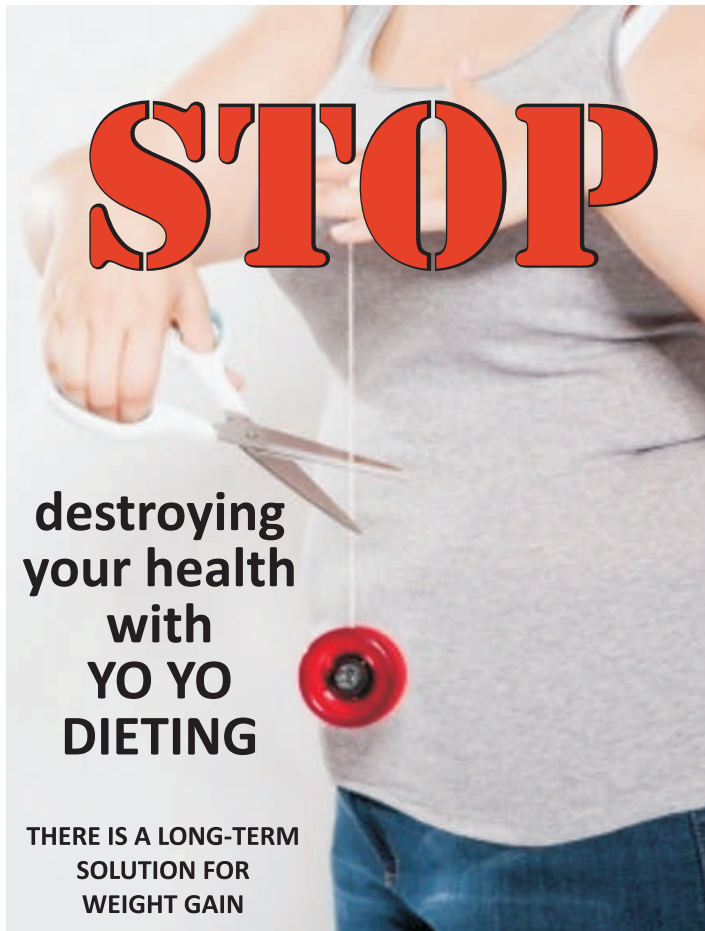


## Yo Yo Dieting



Each year, dozens of new diets come onto the market and those desperate to lose weight fall for a variety of 'quick fixes', 'gimmicks' and 'fads' – most of the time these 'diets' don't work, or at best have short term weight loss.

**However, serious medical problems can arise for those who indulge in what is known as 'yo-yo dieting'.**

The sad reality is this – when the emphasis is on a healthy body and the weight issue secondary the body responds. A healthy body is neither over nor underweight; a healthy body suits the 'individual' perfectly!

The reason why many gimmick diets don't work is because they are planned for the masses and not the individual body condition. The goal for most of the manufacturers is financial rather than long term health benefits for the buyer.

**Serial dieting can have many adverse effects including:**

**Low levels of blood sugar** - can affect the production of the brain chemical serotonin, which improves mood. Many yo yo dieters are prone to anxiety and depression.

**Poor or weak muscle tone** - the pattern of repeated weight loss and gain can affect the strength of muscles. Muscles are made of protein, and if there is a lack of this essential fuel then muscle cells cannot be properly formed or carry out their work.

**Skin problems** - A lack of iron can result in skin problems, especially dermatitis. Many starvation diets result in temporary vitamin and mineral deficiencies, especially the B vitamins, as well as iron and zinc. The skin is constantly producing new cells, and it needs vitamins and minerals.

**Anaemia** - a reduced level of the oxygen-carrying pigment haemoglobin in the blood). This can cause listlessness, tiredness and fatigue as well as headaches.

**Premature ageing** – yo yo dieting plays havoc on all your body systems, weakening the immune system and compromising health.

**And for the irony:**

Some studies have concluded that yo-yoing promotes weight gain because the body responds by adapting to low energy intakes, making it harder to lose weight and easier to regain it on each cycle.

**If you really want to stop this harmful practice and achieve full body health as well as weight loss book an appointment today.**