

THE
LONGTERM
EFFECTS



OF YOYO
DIETING

Hippocrates Weight Loss Academy

HIPPOCRATES
HEALTH INSTITUTE

There are few things more disappointing than the frustration of going on a restrictive diet, diligently calculating your calories, exercising until exhaustion and actually losing some weight, only to fall off the wagon and gain it all back...plus more!

Why does this always happen?



SURVIVAL INSTINCT

The truth is, your body is smarter than the latest fad diet's promises and starving yourself is simply not sustainable. No one can maintain an overly restrictive lifestyle or diet indefinitely because your body has a survival instinct, and this instinct cannot be fooled or ignored.



STRESS

Starvation, or severe calorie restriction, is a stress on the body and causes internal fatigue and undesirable hormone changes. When we diet, we place stress on the adrenal glands and create panic in the body, which alerts our hunger drive to power up and our fat cells to get ready for storage.

DEFENSE MECHANISM

This unavoidable body defense mechanism makes long-term dieting virtually impossible to maintain.

This is where the famous yo-yo cycle starts and why we eventually get too hungry to eat so little, and end up gorging on higher calorie foods, gaining weight super quickly and feeling desperate to start another diet.



SET POINT

There's another serious issue with starvation/yo-yo dieting: the increasing of your set point. Every time you lose and regain the weight via calorie restriction and overeating, your body compensates to protect you against future starvation by increasing your set point. Set point is the natural and comfortable weight that your body works to maintain on a day-to-day basis. This means that if you overeat on whole foods one day, your body will naturally feel less hungry the next in order to keep you from gaining too much weight. You might also feel hyper or have the desire to workout, walk or jump around. On the opposite end, if you radically under-eat or over-exercise on Monday, you will likely have very low energy on Tuesday and feel famished all day.

NUTRITIONAL DEFICIENCIES

Perhaps the biggest and most dangerous issue with most yo-yo and fad dieting is that by continuously starving your body of the abundance of nutrients and calories (energy) that it needs, you are actually causing severe nutritional deficiencies. These core nutrients are required to maintain proper brain function, to make the hormones we need to sleep properly, think properly, feel healthy and experience balanced emotions.

METABOLIC DAMAGE

If we continuously under eat for many weeks or even months at a time, the desire to exercise disappears completely and our metabolism will slow in order for the body to conserve the vital energy needed to maintain brain and organ function. This phenomenon is known as metabolic damage, or severely impaired metabolism, and it makes weight loss even harder to achieve on subsequent crash diets.



PSYCHOLOGICAL FACTORS

Severe nutritional deficiency and long-term calorie reduction or poor-nutrient food choices, paired with severe rebound weight gain, often leads to anxiety, binge-eating disorders, depression, impaired rational thinking, changes in self-esteem, skewed self-awareness and the development of conditions such as body dysmorphia (obsessive thoughts about the flaws of one's own body and the desperate need to remedy these flaws) by triggering the impulsive and stress-related part of the brain.

If the severe dieting continues, or if extreme weight gain occurs after ending the diet, this can trigger even more debilitating eating disorders such as anorexia nervosa, bulimia nervosa, bulimarexia, orthorexia and more.



STATISTICS

In a world where crash dieting and quick-fixes are all the rage, we are seeing epidemic levels of eating disorders.

- At least 30 million people of all ages and genders suffer from an eating disorder in the U.S.
- Every 62 minutes, at least one person dies as a direct result from an eating disorder
<http://www.anad.org/education-and-awareness/about-eating-disorders/eating-disorders-statistics/>
- Eating disorders have the highest mortality rate of any mental illness



CONCLUSIONS

It is clear from these statistics, along with the rising levels of obesity, that something needs to change and that our current approach to dieting, weight loss and getting healthy are not succeeding. The great news is that there is an answer. There is a perfect diet and lifestyle that not only fuels the body and brain with everything it needs nutritionally, but one that also allows you to eat larger volumes of satisfying foods than you ever have before. This delicious mineral-rich, plant-based alkaline diet helps your body to detoxify itself, helps rebalance your gut bacteria and promotes improved health in every organ of your body. By ditching the yo-yo and embracing nature's abundance, weight loss becomes both painless and effortless.

Getting fit and healthy has never felt or tasted so good!



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ABOUT THE BEST DIET
FOR WEIGHT LOSS
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