

10 little-known reasons not to crash diet for weight loss

2014 Dec. 10



Free Mini-Course on Weight Loss

3 Exclusive Reports on How to get lean abs fast



About the Author



Helena Philippou

Personal Trainer



Helena is fully accredited Personal Trainer including: advanced nutrition. In addition, teaches various group-fitness classes, also, master trainer (Flexi-Bar). Helena is a sitting council member for REPS (exercise professional register). With 20 years experience in the fitness industry and still to date, updating with additional knowledge keeping on top of the game. Helena comes from a boxing background over 15 years, competing in the past both in boxing & kickboxing, recently at the WBFF in bikini category. Helena's versatile approach and experience has lead her to work with, boxers, obese population to competition prep as well as children's fitness & older population. My mission is to deliver the real deal lasting results and making the best investment You.

When embarking on that fitness plan and mentally gearing yourself up to change your life and making it healthier for the good, for some its quickly over before they begin and others seem to manage it.

The media don't make it any easier with endless glossy magazine photos of the latest celebrity who lost x amount of body weight, but the clever psychology behind it is staring you right in the face:

What I mean by this there's a celebrity who has just given birth only a month ago and they are back to their normal weight, then there's the celebrity who's eating has just got out of control from constant indulgencies of unhealthy foods and guess what they loose the weight.

Straight away women who share the same experiences as giving birth to over eating can relate to this and look at glossy magazines as their holy grail of answers, news flash the answer is no.

On top of that there are the endless health companies who make you believe that buying their products or taking a stupid 90 day challenges will change your life, the questions is [what happens when you stop consuming](#) their products or on that note after a 90 day challenge? The point when embarking on that healthy lifestyle is to make it a lasting one not a quick fix.

Lets look at the bigger picture here a quick fix results to quick failure, you can consume as many diet pills and skip meals to taking part in 90 day challenges, but this can not train the mind often leading you to square one

from the non lacking of the brains natural function (release of endorphins) and guess what this can only be achieved through exercise.

It's no wonder that companies like Herbal Life and valasis challenge have seen this opportunity, so why not implement their products with fitness, even better search the data base for all known fitness professionals to sell their products, after all they are fitness professional and automatically the brain of the targeted audiences thinks this is the answer, not!

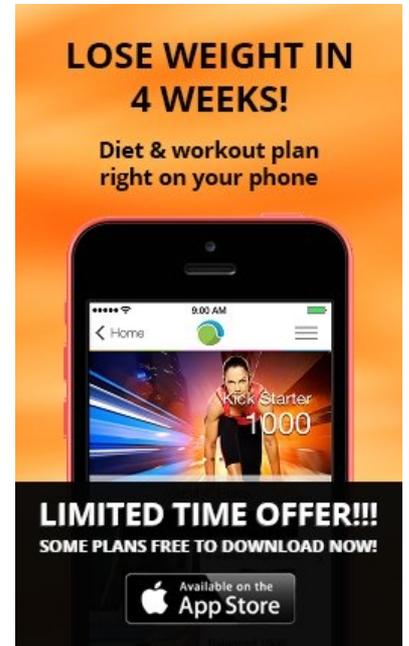
Firstly to any fitness professional out their distributing such products please give me evidence of this been taught in nutritional, gym fitness to Personal Trainers, courses as I do not recall this when I undertook my qualifications?



Secondly its no wonder why people fail before they start with the above mentioned, when really what we should be doing is educating the nation, not miss-leading them under the conclusion that a quick fix is the solution, but rather in the format that your health & wellbeing should coincide with your lifestyle, not for a week but for good.

10 little-known reasons not to crash diet for weight loss is not highlighted enough and if continually done throughout years you the individual will be on the receiving end but not for the good, here is why:

- 1- You slow down your metabolism, (the process that converts foods into energy to function)
- 2- You can bring on depression (starving the body of needed nutrients) especially if you are constantly yoyo dieting from eating a nutritional diet to plain simple lard.
- 3- Your mental ability is not at its sharpest making you rational with making decisions.
- 4- Stretch marks don't only come from pregnancy; constant crash diets can also give you stretch marks from loosing weight quick to putting it on this also applies to men too.



Follow Us around the web

Exclusive tips on fat loss

Sign me up to the free course!

Join

Popular Posts

How effective is skipping for losing weight?



February 16, 2014

I guess everybody has done or at least tried skipping ...

Get a bikini body in 2 months: the ultimate diet and workout



March 15, 2014

THE BIKINI BODY STARTS IN THE BRAIN It happens every year: ...

7 Unbelievable ginger benefits for health and weight loss

5- Crash diets can also make you appear older than you are if done for a pre-long period.

6- Crash diets can place a strain on your heart especially (if it consists of a very low-calorie regimens and continuously done for a long period of time) or in general crash dieting repeatedly increases the risk of heart attacks.

7- Crash diets can cause a drop in blood pressure and sodium depletion.

8- Crash diets also make you gain more weight than what you began with.

9- Crash diets in some cases when weight is lost quickly can bring on gallstones.

10- crash dieting for pre-long period has also been linked to [anorexia](#) and [bulimia](#).

So the next times you decide to crash diet think of the dangers you are putting your body under, the quick root is not the way forward but having your health in check is, be kind to you and your body will love you for it not for a short period but for life, by the way crash diets do not give you this guarantee the questions here is are you in for the long run or the short run, the decision is your?

You may also like



How long does it take to start losing weight



Commit yourself and get guaranteed weight loss



Losing weight with smoothies: here's how to do it right -

Healthy Newsletter

Finally out! Exclusive step-by-step guide on fat loss! Request your FREE copy now!

Email

Join



March 27, 2014

Ginger comes on the top of the list of effective ...

Core exercises to improve posture and strength



January 7, 2014

Your core muscles (Multifidius, pelvic floor, diaphragm, longissimus, transverse abdominus, ...

7 healthiest teas and their health benefits



December 23, 2013

Tea is fabulous- and so are all of its benefits. ...

Weight loss tip: go to bed hungry



March 6, 2014

Are you still trying to lose weight and shed the ...

Ditch the pills: natural appetite suppressant foods that...



April 10, 2014

If you're trying to lose weight by eating less, that's ...



WatchFit

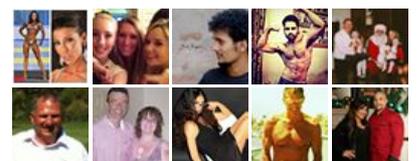
January 1 at 5:00pm

Happy New Year! 😊



Share · 25 3

13,299 people like WatchFit.



Facebook social plugin



Start the discussion...

Be the first to comment.

ALSO ON WATCHFIT

WHAT'S THIS?

High glycemic carbs to avoid at all cost (and what to eat instead)

1 comment • 2 months ago

LEKZIS — Nice write up and quite revealing. wheat meal is being consumed in large quantities in ...

Natural detox diet perfect for the winter months

1 comment • 3 months ago

Phillip Oliver O'Popsmith — Professional. Optimistic. Objective. Praiseworthy.

What to eat to lose weight fast

1 comment • 25 days ago

Rebecca Candler — LESS? hah no im eating abunch of veg and drinking a lot of water doing the ethosien diet ...

8 simply brilliant tips on how to lose belly fat naturally

3 comments • 3 months ago

Audrey Davila — After I lost 45 lbs,I had a really hard time getting rid of my belly fat, no matter how hard I ...

Subscribe

Add Disqus to your site

Privacy



Categories

- Aerobic exercise
- Celebrity diets
- Diet
- Diet Foods
- Diet Plans
- Diet recipes
- Diets that work

Articles

- 5 fun and innovative fitness classes to try in 2015
- Discover what to eat after a workout
- A cleanse diet plan to rip off holiday fat

Blog

Coming soon...

Events

- Battersea Park Running Bootcamp followed by Healthy Breakfast!
- Battersea Park Running Bootcamp followed by Healthy Breakfast!