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Foreword

Many people have already experienced the amazing results of a fad diet. However, there is a tendency for them to put their weight back on sooner or later because quick weight loss is something that is not healthy for the human body. To put it simply, it can take a serious toll on you. Thus, nothing really beats a sound exercise and nutrition plan because it is the only plan that works effectively in the long run.



Fad Diet Fiascos

Exploring The Fad Diets That Do More Harm Than Good

Chapter 1:

Introduction

Synopsis

If you attempt to cheat your body fat off by simply gulping down the newest diet pill craze, don't expect too much; your fats will come back to haunt you again. It is just a matter of when. Do you remember the fad that Hydroxycut had a few years ago? The FDA has recalled 14 Hydroxycut diet aids as they have grave health issues linked with them, which include liver damage. To tell you the truth, the best place to get a healthy weight loss plan is from your trusted physician. So, if you wish to have a sexy and slim body just like Hollywood stars, you should consult your doctor first before attempting to try any weight loss fad.



Fad Diets – Why are They Bad for You?

The following are the reasons why fad diets are bad for you:

- Usually, bad fad diets promise easy and quick weight loss and are mainly based on consuming more of one kind of food and not another. While there are people who get instant results from these diets, the results are unfortunately not sustained. Sticking to this kind of diet will cause the development of nutritional deficiencies in your body.
- Fad diets are restrictive and boring, so you will surely give up instantly. Your body and mind will play a trick on you and you will start to crave everything that you cannot have. Then, the guilt will set in and you begin to binge.
- To ensure the optimal health of citizens, the American Heart Association has given nutritional recommendations on food. Did you know that most fad diets do not follow these nutritional recommendations and give you low carbohydrates and high fat foods, which if you pursue for a long period of time can lead to heart disease?
- Fad diets that promise instant results are just momentary solutions and don't help you in making lasting changes to your eating patterns. So, it is important to make permanent modifications to your way of eating. Adding veggies and fruits into your weight loss program and having a good mindset for diet can lead to a dramatic change in your life.

- As aforementioned, engaging in any fad diets will require you not to eat the proper portion of vegetables, fruits, fibers and proteins. Sooner or later, you will just suffer from grave health issues that will haunt you for the rest of your life. Scary, right?

Regardless of the picture and appeal of skinny girls that you see on TV, if their diet plan does not have sound nutrition behind it, it is all a TV glitz. Bear in mind that external beauty is just skin deep, but when you completely love and care for yourself from the inside out, and that includes having a healthy diet, you will feel and look beautiful.

In the succeeding chapters, you will be able to discover the naked truth about fad diets, and why they can do more harm than good.



Chapter 2:

Sugar Busters! Diet

Synopsis

Similar to all low-carb diets, the sugar buster diet is largely based on the theory that insulin, manufactured when eating some carbohydrates and sugars will put off weight loss. Yet, this type of diet only lasts for a 14-day period as you build the diet from 30% protein, 40% fat and 30% carbohydrates.



What You Should Know

Are you interested in following this diet plan? The following are the things you need to do:

- Get rid of simple, refined carbohydrates, which include white foods like refined sugars, rice and flour. Also, for a 14-day period, you must also get rid of products containing sugar like jams, candy and snack foods. Sugary foods that have a high rank on the glycemic index must be avoided, including raisins, pineapples and bananas. Root crops such as corn, beets, carrots, parsnips and potatoes also have a high rank on the glycemic index and must be avoided.
- The great thing about the sugar buster diet is that you are allowed to consume foods with complex carbs that have a low rank on the glycemic index, provided that you don't exceed 30%-40% of your daily calorie intake from your chosen carbs. Acceptable carbohydrates include vegetables and fruits, low-fat dairy, whole grains, and vegetables.
- Since protein is a very essential factor of your intake of calories, you have to eat meat. However, unlike other kinds of low-carbohydrate diets, you must choose the leanest meat cuts. Seafood and fish are the most ideal protein sources, followed by poultry meat, lean beef, lamb, and pork. In this diet, eggs are also enabled as a protein source.

- For your information, fats are not just permitted on this diet, they are greatly encouraged. As much as possible, you must get rid of saturated fats. Since your body will be supplied with saturated fats when you consume meat, make certain to use healthy oils when you cook such as olive oil and vegetable oil.
- Since alcohol has a high rank on the glycemic index, it must be avoided at all costs. Yet, an occasional glass of red wine is acceptable provided that you don't abuse it. The sugar buster diet also requires you to limit your caffeine intake to just 2 or 3 cups/day.
- When on a sugar diet, have your meals divided by eating 3-6 small meals all throughout the day. Also, don't eat after 8pm, leaving two or three hours between your last meal and bedtime.

If you want to engage in the sugar buster diet, these are just some of the guidelines that you need to follow. By having discipline and determination, you will be able to see the difference in your body in just a few weeks. However, since this is a fad diet, you have to work extra hard in order to prevent your body from gaining weight back again. Always remember that maintenance is the key for a sexy, slim body.

Chapter 3:

Eat Right for Your Blood Type Diet

Synopsis

In accordance with Dr. Peter J. D'Adamo, the practice of eating in accordance with your blood type dates back to the ancient times. It discloses what your ancestors consumed and what the most compatible foods for your diet are. Your blood type reveals what foods have the capability to restore the body's health and maintain it at its proper weight. A lot of Americans are not aware on what their blood types are unlike the Japanese people who greatly consider it essential to identify their blood types, not just for nutritional purposes, but also to disclose their personality and character.



The Facts

The Eat Right for Your Type diet was developed by Dr. Peter J. D'Adamo and James, his father, twenty years ago. It revealed how the foods you consume impact your body's capability of handling stress, mental clarity, healthy weight, and energy levels. The research of the D'Adamos discloses the diets of your ancestors. These differ among blood types, and yours may be dissimilar than that of your family members or spouse.

How the Diet Works:

According to the D'Adamos, the key to weight loss and health when consuming foods in accordance with blood type is in lectins, a kind of protein molecule. Your body has its own way of reacting to lectins in a different way than a person with a dissimilar blood type. This implies that both of you may consume the same foods, but one of you may have the tendency to contract a disease or gain weight, while the other is not negatively affected at all.

Peter D'Adamo claims that engaging on the Blood Type Diet for 1 month or more, 3 out of 4 had great improvements in various health conditions. The most common effect is weight loss, but there are reports detailing digestive function improvements, stress resistances, mental clarity and overall energy.

Gerhard Uhlenbruck, a professor at the Medical University of Cologne, endorsed *The Eat Right for Your Type* in European countries and touted D'Adamo as one of the most inventive scientists in the continent.

Blood Types:

According to medical doctor, Michael Lam, the blood type diet entails the body's restoration of its genetic rhythm. The said diet works simply because you have the capability in following a logical, clear and researched plan that is largely based on your body's cellular profile.

AB, B, A, and O are the human blood types wherein O is the most widespread and oldest while AB is the latest and rarest.

Lam theorizes that the blood type diet requires anyone to follow this fundamental outline. People with blood type A commonly thrive on vegetables, which include seafood. They are required to eat foods high in vegetable oils and carbs, but to avoid wheat, dairy and meat. On the other hand, those who have blood type O must consume high protein meats, which include lean meat. They must keep their carb intake low and get rid of corn, cabbages and wheat. People with blood type B must have a balanced intake of fruit, vegetables, fish and meat. Those with blood type AB must consume a vegetarian diet.

Chapter 4:

The Atkins Diet

Synopsis

The Atkins Diet is a low-carbohydrate diet that Robert Atkins developed in getting control of his weight problem. The diet worked perfectly, so he published a book series on its success and implementation.

To date, the diet is referred to as a ground-breaking diet plan. Dr. Atkins claims that his diet works by shifting the body's metabolism into overdrive more than other diet plans simply because it forces the body to burn less refined carbs for more fat and fuel. Thus, you lose fat, which in turn helps boost the health of your heart. Conceptually, the Atkins Diet is an easy to follow diet plan.



How To Start

Are you interested in engaging in this type of diet? If yes, then do the following:

The induction phase is the initial two weeks that you are on the Atkins diet. It entails cutting out up to 20 grams of carbohydrates from your body, which in turn sets it into a rapid fat-burning state. In this stage, you are required to eat only salad greens, vegetable oil, eggs, butter, cheeses, shellfish, fish, poultry and meat. You also have to drink 8 glasses of water a day, to avoid alcohol as well as take a multivitamin.

After the initial two weeks, start eating the induction-acceptable veggies from step no. 1 in great quantities. This revolutionary phase is referred to as OWL, which stands for Ongoing Weight Loss. This phase is designed to last for a 9-week period by adding a different food group or food every week. The OWL phase stages are as follows:

- Week 3 – induction-acceptable veggies in large quantity
- Week 4 - fresh cheese
- Week 5- seeds and nuts
- Week 6 – berries
- Week 7- alcohol
- Week 8 – legumes
- Week 9 – fruits

- Week 10 – starchy veggies
- Week 11 – whole grains

Begin the phase of pre-maintenance in the 12th week. This phase requires you to increase the carb amount you take in by around 100 calories/week until you notice a change in your weight, then you have to back it off by 100 calories. Look for the carbohydrate amount or tipping point that you are able to ingest. This phase is a bit challenging because it is designed to last for several weeks until you determine your tipping point.

Then, start the lifetime maintenance phase after you determine your tipping point. Don't stop making healthy and delicious food choices and maintain the carb amount you ingest on a week-to-week basis. To maintain your ideal weight, this phase should continue for the rest of your life. You will be amazed with the results later on.

If you are one of those people who want to have a muscular and fit body, now is the right time for you to give the Atkins Diet a try. However, make certain that you strictly follow the guidelines to witness rapid results. You also need to consult your doctor as nothing beats peace of mind when it comes to trying something related to your health.

Chapter 5:

Protein Power Diet

Synopsis

As the problem with obesity grows continuously, more and more individuals are searching for a diet program that can lessen their weight effectively. Protein Power Diets are one of those programs. Many people say that it is a highly effective plan because the most recent research implies that protein has multiple benefits that can help people lose weight in an instant.



Shed The Pounds

One of the most common problems found in a diet program is the hardship in overcoming the feeling of starvation. One good thing about the Protein Power Diet is it makes you feel full during the diet period. If there is one thing that dieters would love about protein, it is its ability to help you control your cravings for carbohydrates.

A few years ago, a book entitled Protein Power written by Mary and Michael Dan Eades, had become popular in the world of fitness. The premise of the said book was simple: enhance your health and lose weight by going on a high-protein, low-carb diet. This proposition was backed by several scientific researches on the result of lowering a person's carbohydrate intake.

However, this approach is not a simple one. To make the consumption of carbohydrates lower, a person has to limit his/her vegetable intake and consume more tofu instead, as it is a great protein source. A Protein Power Diet highly recommends the consumption of fish, red meat, eggs, and mozzarella, which are packed with protein but only have minimal to 0 carbs. Due to the diet's concept, it is indeed a great way to lose weight in just a few weeks, but if you think that counting carbohydrates per meal is a very daunting task, just resort to normal diets which focus more on exercise.

The Three Phases Of A Protein Power Diet Plan

- 1) Intervention – During this phase, you need to eat 7-10 grams of carbohydrates per meal. Also, the protein amount that you must consume will be computed based on the so-called protein diet formula.

- 2) Transition – This phase will help you experience carbohydrate increases, up to 50 grams/day.

- 3) Maintenance – This is the last phase of the Protein Power Diet, which requires you to maintain the carbohydrate amount that you can consume in order for you not to gain weight again.

When you are on a diet, always remember that not all foods are made equal. Prime ribs have a different calorie amount from white meat or turkey. If you are interested in following the Protein Power Diet plan, the following are the recommended foods that you should consume: fruits, dried beans, grain products (in small amounts), vegetables (non-starch), turkey, pork, chicken, eggs, and all kinds of beef. On the other hand, the following are the foods that you should consider as your enemy: refined sugar, peas, sweet fruits, pop corns, bread, pasta products, rice and cereal.

The Protein Power Diet is one of the most popular fad diets in the world of fitness today. Would you like to give it a try in order for you to have the kind of body you have always wanted to have?

Chapter 6:

The Fast Food Diet

Synopsis

Nutritionist and cardiologist, Stephen Sinatra has a frustration with his patients' fast food addiction and their inability to modify their eating habits. Later on, he reached the conclusion that it was important to work with the lifestyles of his patients rather than to fix their diet.

After some observations and tests, he realized that people of today no longer have time to spend on food preparation due to their busy schedule at work. Therefore, they need to have a diet that would perfectly fit their hectic schedules. To address the diet concerns of his patients, he wrote *The Fast Food Diet*. The book is designed to provide dieters with factual information so that they could make healthy food choices.



Diet Basics

According to Sinatra, dieters can have a chance to lose 100 pounds in the initial years without having to give up their favorite fast foods. His fundamental premise is that if people consume 80% of healthy foods, then it is alright to consume the other 20%. This means that the consumption of fast food must be limited to 20% of their daily diet with the diet's remainder originating from healthy foods like lean meats, low-fat dairy, whole grains, vegetables and fruits. Sodas and French fries are not a part of the diet plan and all fried foods must be avoided as they are a major source of unhealthy trans fats.

The book provides dieters with complete information so that they can make low-calorie food choices in their favorite fast food restaurants. The book suggests choosing grilled chicken rather than fried, replacing baked potatoes for French Fries, selecting nonfat instead of oil-based or creamy salad dressings, drinking a refreshing carbonated water with lemon instead of soda, and substituting mustard for mayonnaise.

The book also presents a 6-week menu plan, which gives a 1500-calorie allowance per day for women and 1800 calories for men. It also recommends nutritional supplements to make up for a reduced calorie diet's shortcomings.

Advantages Of The Fast Food Diet

- Ideal for dieters with a fast-paced lifestyle
- Comes with a complete 6-week plan
- Gives nutritional guidance for eating in shopping malls and restaurants
- Stresses the significance of the glycemic index for appetite and health control
- Encourages vegetable and fruit intake
- Can greatly benefit dieters who are not able to give up fast food addiction
- Includes quick-cook recipes
- Provides vegetarian options
- Encourages exercise for the effectiveness of the weight loss plan

Disadvantages of the Fast Food Diet

- Supports the consumption of unhealthy foods sold at fast food restaurants
- Difficult to get a sufficient nutritional intake without supplement inclusion. Necessitates a mineral and multivitamin, dietary fiber, fish oil and additional calcium.
- Does not include a maintenance plan
- If dieters would not succeed in incorporating healthy lifestyle changes, there is a possibility for rebound weight gain
- Does not apply to dieters who cook their meals
- Sets unrealistic expectations for weight loss
- Lacks online support

Even though the fast food diet provides dieters with the information necessary in order to lessen calorie intake, it still fully supports fast food intake, which contains unhealthy ingredients. Sinatra acknowledges that fast foods have substances that boost exposure to free radicals, thereby increasing the risk of several diseases.



Chapter 7:

The 3-Day Diet

Synopsis

The 3-Day Diet is one of the strictest diet plans. It comes with a specific menu, after which dieters must have at least 4 or 5 days of normal eating prior to resuming another 3 days for the diet. The proponents of this diet say that dieters can have a chance to lose up to 10 pounds in those 3 days. However, skeptics claim that the weight loss is just water weight. If you are curious on who is telling the truth, read the succeeding paragraphs.



All You Need To Know

The menu plan of the 3-Day Diet includes coffee, dairy products, eggs, meats, toast, vegetables and fruits. It greatly varies from other short-term diets, which usually rule out animal products or bread products or both. This menu also outlines that drinking 4 4-oz glasses of water every day is important. Condiments like mustard, soy sauce, herbs, lemon, vinegar, ketchup, pepper and salt are permitted. Even though this diet has multiple variations, this is the most common.

Speculation/ Theories:

Food combinations at every meal include a high-protein component and a low-fat one such as meat and vegetables. These particular combinations are theorized to give the digestive system a total cleanse, boost metabolism and burn fat, but no specific explanation is made on how it works. According to most diet experts, weight loss is caused by the low-calorie menu along with the water weight's elimination.

Benefits:

The 3-Day Diet can be a good start to a long-term weight loss plan by giving a head start. It also creates a specific menu for 3 days so that dieters will no longer have to make their own. Considering the fact that the diet is just of short duration, people can get rid of cheating as they can eat their favorite meals or dishes on the 4th day.

Considerations:

If you want to achieve quick weight loss, you have to strictly follow the menu of the 3-Day Diet. This means not skipping, undereating or overeating the components. The main purpose of not following the diet longer than 3 days is to maintain the metabolic speed of the body in response to this diet's low-calorie nature. People who undergo this kind of diet should be cautious not to overeat the moment they finish, which is considered to be one of the most common problems with low-calorie diet plans.

Misconceptions:

This diet is also known as the Cleveland Clinic Diet. However, the Cleveland Clinic has a statement on their site that they did not create this diet, and that they hope attaining weight loss can be so fast and simple. This clinic is well known for advocating traditional Mediterranean dietary practices that concentrate on seeds, nuts, olive oil, unsaturated fats, legumes, whole grains, vegetables and fruits.

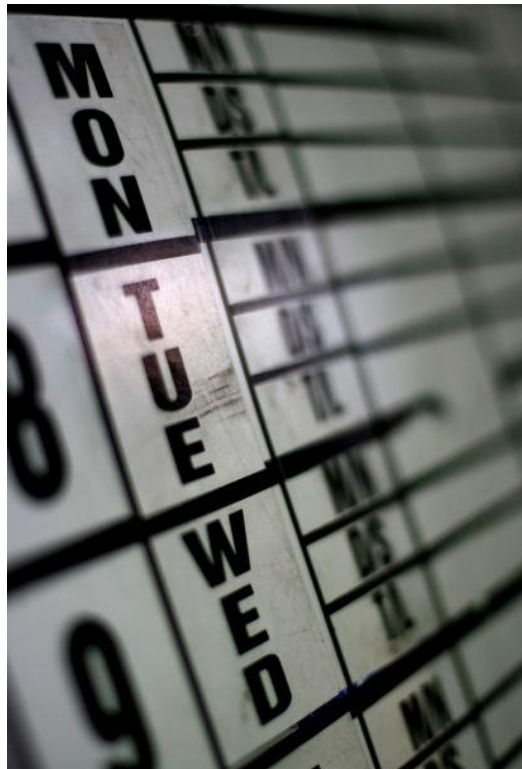
Have you always wished you were as sexy as Angelina Jolie? Why don't you give the 3-day Diet a try? However, you have to prepare for its unfavorable effects to your body.

Chapter 8:

Cabbage Soup Diet

Synopsis

One of the best ways to lose weight is to reduce your diets in conjunction with proper and regular exercise. When you undergo the Cabbage Soup Diet for 1 week, you will be able to lose 10 pounds because the number of calories you consume is low. This high-fiber low-fat diet is easy to follow and encourages you to do your own variations, which makes it less restricting and a bit appealing. There are people who make use of this type of diet as a stepping stone for a moderate and long-term diet. Reports show that the majority of people who tried this diet have achieved their desired weight in just a span of 1 week.



The Irony

The program's basis is a special Cabbage Soup recipe, which enables you to consume acceptable foods whenever you want. What is ironic with this diet is that it is designed to aid you deal with any starvation that you may feel, but the problem is that you are likely to starve at all times as this diet is a highly restrictive plan that severely cuts down your different nutrients and calories as well.

7-day Eating Plan:

The Cabbage Soup Diet entails a 7-day eating plan. Since it is low in nutrients and calories, it is ideal if you do not follow it for more than seven days. You must take a long break between every 7-day cycle if you prefer to go through the diet again.

To give you idea on how to get started with this diet, here is the 7-day eating plan:

1st day – You can consume the soup and the fruits you want except bananas.

2nd day- You are allowed to consume cabbage soup and the vegetables you want, but fruits are not allowed. For dinner, you are allowed to eat a baked potato.

3rd day – You can eat the cabbage soup with any veggies and fruits that you crave for. However, bananas and potatoes are exempted.

4th day – This day, you can eat as much bananas as you want. Drinking skim milk is also allowed plus the cabbage soup.

5th day – You can eat 6 tomatoes and 10 oz of beef along with the cabbage soup.

6th day – You can consume as much veggies and beef as you wish along with the soup.

7th day – This day, you can consume unsweetened fruit juice, veggies, cabbage soup and brown rice.

As you will notice, the Cabbage Soup Diet is a restrictive menu. You are forbidden to consume a lot of foods and until day 5, you don't obtain any real source of protein in the diet. The restrictions in the diet are the reasons as to why many do not recommend it. Yes, it can help you lose weight due to the foods' low-calorie content, but it would likely be water weight. Plus, the lack of nutrients is 100% unhealthy. Therefore, this is not a healthy diet plan to follow. If you want to try the Cabbage Soup Diet, you better think twice.



Chapter 9:

Starvation Diet

Synopsis

The concept of weight loss is simple—eat less. But what if eating less is taken to the extreme? This is where several diseases enter the picture. Starvation, also known as severe food deprivation, actually obstructs weight loss. See how ironic the world of weight loss is? Well, that is just the way it is. Though it seems quite contradictory, starving your body of food can make your weight loss goals more difficult to achieve.



Less Is More

Not eating the right amount can slow down the metabolic rate of the body, thus making it more difficult to achieve weight loss. Automatically, your body detects when there has been a modification in calorie levels and it reacts accordingly. If you starve or restrict your body from eating foods, your body will start to preserve its fuel, which is stored fat. As a result, less calories are burned, so you cease losing weight. While being on a diet means hunger and deprivation, staying well-fed at the right time and with the right amount actually results to more effective weight loss and maintenance.

The Protective Mechanism of the Body:

The body's metabolic response to food deprivation shows a defensive mechanism of survival. When you do not consume foods, the body presumes that you may be experiencing famine. Since the body does not know when the food may come along, it preserves its stored calories to be used later on. This evolutionary defense of your ancestors creates an eating pattern called "all or nothing" which is proven ineffective for your weight loss goals. Yes, it is true that sustained food deprivation over an extended period will lead to weight loss. However, this is not a realistic or healthy weight loss plan. Starvation diets will not just damage your metabolism, but your body as well.

Starvation Drops Serotonin Levels:

Apart from damaged metabolism, food restriction can also cause your serotonin levels to drop dramatically. You might be wondering what serotonin is. Well, it is a neurotransmitter that creates a satisfied, peaceful and calm feeling. When the levels of your serotonin get low, you feel more cranky and agitated. When you attempt to modify any habits, this cranky or agitated state can make it more difficult for you to stay motivated and successful. As a result, dieters give in to the temptation of eating more than what they should. Consuming foods rich in carbohydrates leads to consistent levels of serotonin, thereby giving you emotional and physical strength to stay on the right track.

Eat to Lose Weight:

Would it be too ironic if someone tells you to eat to lose weight? Well, it is a shift in perception that must go with successful and maintained weight loss. According to Dr. Laura Pawlak, research highly suggests that one of the most effective approaches to permanent and gradual weight loss is a diet plan that includes several fruits, legumes, vegetables, whole grains and good fats. Her book entitled Stop Gaining Weight stresses the importance of eating 5 or 6 times per day with several plant-based and high-protein foods. The book also points out that those who want to lose weight must drink plenty of water.

Chapter 10:

The Disadvantages Of Fad Diets For Long Term Weight Loss

Synopsis

With several fad diets in the world of weight loss today, aren't you tempted to follow one? Hollywood stars are some of the avid followers of these diets, that is why they receive countless praises from the media. Avoiding food groups and severe calorie restrictions may seem worth your effort to achieve your desired weight. However, did you know that these fad diets can seriously affect your overall well-being and health? Learning about the cons of fad diets will pave the way for you to achieve a safer, healthier and a more maintained weight loss.



The Bad Side

Severely restricting the calories from your body may lead to nutritional deficiencies. If the sodium and potassium levels of your body are low, it may affect your heart and lead to heart attacks. Other deficiencies include vitamin B12 and iron deficiencies. To function, your organs greatly rely on the energy from carbohydrates. Thus, if your body lacks carbohydrates, it may lead to liver and kidney failure. These fad diets may also trigger disorders in eating like bulimia nervosa and anorexia.

Restrictions in Foods:

In order for your body to function at its optimal level, you must consume healthy foods that are rich in minerals and vitamins. This process is reversed by fad diets. To attain the promised weight loss, these diets limit you of the food you can eat. As a result, your body is robbed of essential nutrients. When boredom creeps in, you will later on crave for prohibited foods. Therefore, instead of losing weight, you tend to gain more.

Cost of Fad Diet:

As you will notice, fad diets easily come and go. They are also expensive as they require you to buy pills, powders, shakes, bars, and books that are deemed important for the diet's maintenance. If you neglect to do this, you may fail in your

attempt to lose weight. South Beach and Atkins are two of the many diets that require dieters to purchase a variety of items to support their diet.

Weight Gain:

When you decide to follow a fad diet, never expect to achieve long-term results. Why? This is because you will gain back your weight when you begin eating normal once again. For your information, the quick weight loss you achieve on any fad diet you follow is that of muscle tissue and water—not fat. Thus, once you decide to stop dieting, the body reloads its water content, thereby resulting to weight gain.

Following any fad diet will give you a feeling of disappointment instead of fulfillment and satisfaction. If you think that it is your best friend, think again. Did you know that fad diets are your worst enemy? Therefore, it is still better to lose weight slowly, but surely and healthily. Start looking for the right diet that will work best for you now! But wait. Don't forget to consult first your doctor.

Wrapping Up

No matter which method works for you just know that weight loss is possible. It is always important to put your health over everything else. Don't be discouraged when thinking about starting a diet, it can be done! The great thing is once you begin you will feel great and it will not even be a chore anymore. Good luck!

