



Weight Loss Myths

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MYTH 1 - To lose weight you must 'cut out carbs'

FACT: Many types of tissue including your brain can ONLY use carbohydrates ('carbs').

This means that if you cut carbs out, your brain cannot function properly and you'll feel tired, irritable and lethargic. This will lead to you slowing down and burning less energy in your daily activities.

Carbs are also essential as a fuel source for exercise. As soon as you get to the stage where you are 'puffing', your body needs carbs as fuel. Not getting enough carbs will cause your body to panic and switch off its fat burning pathways.

FACT: you cannot burn fat effectively if your blood sugar levels are too low. What your body will do instead, is start to break down glycogen (sugar stored in the muscle) and muscle. This is disastrous as your 'metabolism' is literally how much muscle you have. The less muscle you have, the less energy you will burn during the day, even when you are doing nothing.

FACT: The initial weight-loss that is often seen in 'low carb diets' is often largely due to muscle loss. The scariest thing about having a slower metabolism is you will need even less food to put on weight, meaning that you will store even more of that packet of tim tams. So where does this leave us? We know the importance of carbs but what types of carbs should we eat? Well there are good carbs and bad carbs.

Good carbs are low in GI. This means that it takes a while for your body to break them down and provides a sustained release of energy for you to be able to exercise. It will also mean that you will get fewer cravings for food as you will never have very low blood sugars. Bad carbs are refined carbs which are broken down very fast by your body and give you a 'sugar high'. These cause your body to release insulin which is the most potent 'anti-fat-burning' hormone in the body. What tends to happen is that your body will release too much insulin and your blood sugar levels will drop even below what they were before you ate. This will leave you craving a 'sweet treat'.

To find out more about good carbs and bad carbs see your local GP or ask any of our Guaranteed Results Personal Trainers.

