



Weight Loss Myths

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MYTH 2 - To lose weight you must be hungry

There's no way around the fact that you must reduce calories in order to burn fat. Energy balance and thermodynamics dictate that you have to burn more than you take in for fat loss to occur. However, most popular diet programs are too low in calories. Many border on starvation: 1200 calories, 1000 calories, even 800 calories or less.

When you do not get enough calories your body begins to release more of the hormone cortisol (which is your body's stress hormone). This is because your body thinks that its starving and wants to ensure survival by hanging onto its fat stores.

It's hormonally, metabolically and physiologically impossible to achieve permanent fat loss by starving yourself. In fact, very low calorie diets can actually make you fatter in the long run. Very low calorie diets not only slow your metabolism so you burn fewer calories, they are also much more likely to cause muscle loss. This is because it is 'expensive' for your body to carry muscle, as muscle burns energy. When your body panics and goes into starvation mode it sheds muscle and hangs onto its fat stores so it has a better chance of 'surviving'.

If you lose muscle tissue, your weight loss will become even harder and any increase in calories that follows will cause immediate fat gain. This "rebound effect" is almost inevitable because no one can stay on low calories (with a raging appetite and irresistible cravings) forever.

The only way to get rid of fat and keep it off permanently is to avoid the starvation mode with correct nutrition and training. A regular exercise program will go a long way towards achieving long term weightloss. A very simple ways to ensure you are getting enough food is to monitor your energy levels and keep a food diary.

It is recommended that you decrease your calories conservatively - only 10-25% below your daily maintenance level - then increase your exercise level gradually to burn more calories.

Bottom Line: you can't starve fat! You can burn fat, but only starve muscle!