

# 6 Weight Loss Myths You Need To Know



**Myth #1: Skipping meals will help me lose weight by eating fewer calories.**

Many people try eating less to weigh less only to discover they're starving themselves fat. How can that be? Research has shown that people who eat all their calories in one or two meals gain more weight than those who space out their calories over several meals. Why? Because of hormonal responses in the body that make them prone to storing fat rather than burning it.

**Myth #2: You need to count calories if you really want to be successful with losing weight.**

A recent study from the Journal of the American Medical Association may indicate otherwise. Two groups were assigned meal plans. Group one was told only to eat whole grains, fruits, vegetables, nuts, olive oil and foods typical in a Mediterranean diet. There was no instruction on amounts, calories, portions, etc, only to eat these foods until full. Group two was told not what foods to eat but specifically what amounts and percentages of nutrients to eat. You know like 50 percent carbohydrate, 30 percent protein and so many

total calories, etc. What happened? You guessed it, without counting group one lost more weight and inches while eating fewer calories.

**Myth #3: Not being able to stay on a diet is due to a lack of willpower.**

Wrong, you can't fight the biology of your body! If you try you'll lose every time. When you don't eat your body sends signals to your brain that you need to eat through the hormone Ghrelin. The chemical impulses keep coming until you stop them by eating. Willpower has nothing to do with it. Low-calorie diets simply don't work. The best approach is to eat something small every 3 1/2 -4 hours to raise your metabolism instead of starving yourself and going hungry.

**Myth #4: I should eat low-fat or "sugar free" diet foods in order to lose weight.**

Diet foods are part of the problem and can be very misleading. The primary culprit of weight gain from so called "diet foods" is high-fructose corn syrup. This sweetener is used mostly in processed foods in-

stead of table sugar (sucrose). We've gone from practically not consuming this substance at all in 1960 to now the average American eating 63 lbs of it a year! Foods with high-fructose corn syrup don't turn off your body's natural hunger hormones making it easy to consume excess calories. Many experts believe the consumption of high-fructose corn syrup is the leading cause of the obesity epidemic in our country today.

**Myth #5:** A bowl of high fiber cereal covers my daily fiber needs

Fiber is without a doubt a true weight loss super food. It slows food down moving through your system, thus making you feel fuller longer. The problem is few people eat the minimum recommendation of 30 grams per day. For optimal results you should look to eat between 50-60 grams of fiber per day. A bowl of high fiber cereal will only provide between 4-8 grams! Look to consume plenty of leafy green vegetables, fruits, nuts and whole grains throughout the day in addition to your oatmeal or high fiber cereal.

Besides controlling blood sugar and decreasing insulin levels, fiber also reduces calories intake for up to eighteen hours a day.

**Myth #6:** I have to spend an hour or more working out in the gym if I want to lose weight.

Ever wonder who made up the one-hour rule for working out that everyone seems to follow? Bodybuilders that's who....and they have drastically different goals than average person trying to lose weight and get in shape. Thirty minutes of resistance exercise done three times a week when combined with daily aerobic exercise and supportive nutrition will produce amazing results. ■



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