

# The Top 5 Worst Dieting Mistakes!

By Holly Stokes, The Brain Trainer, NLP Coach

**Avoid these top 5 Dieting Mistakes! What you don't know CAN hurt you. Don't be fooled by diet programs that can leave you worse off than before you began the diet.**

**1. Don't go Hungry!** Often when we think of weight loss, we think of not eating as much and maybe we start skipping meals. The problem in going hungry is that our body needs glucose (the form of sugar the body uses) to power everything, from our muscles to our brain. When we skip meals, we don't get the energy we need. Besides feeling hungry, deprived and weak, we may not have the brain power to make good decisions and we feel crabby and cranky and take it out on those we love.

Going hungry is bad for your relationships, your co-workers, your kids, and it's bad for you! If you've been prone to skipping meals, you'll find it's harder to say no to the sugary snacks that steal your health. While they provide a quick burst of energy, and quick glucose for the brain – they can crash your energy an hour or so later. When you skip meals, you actually end up making poorer choices than if you ate balanced and regular meals. Eat better, not necessarily less.

**2. Severe Calorie Restriction** can actually hurt you. The body needs a certain amount of calories to run everything, respirations, heart rate, digestion, and the brain – every system in your body uses calories or energy to operate. This is called the basal metabolic rate and it's typically, 50-80 calories per hour in most people or 1,200 to 1,920 calories burned all day. Cutting your calories severely signals to your brain that it's a time of famine.

The body recognizes that it doesn't have the calories it needs to operate, rather than burning fat, it begins dismantling your muscles. This is because muscles cost a lot of energy to run. In order to compensate, the body begins to reduce your muscle mass. The scale will even tell you that you are losing weight, but you are really losing muscle weight not body fat. When your body drops your muscle, it is decreasing your metabolism, the efficiency at which you burn calories! You want to lose body fat, not your muscle mass.

**3. Don't Go for "Diet" Products!** Diet products, shakes and bars can be loaded with sugars. Sugar can cause your body to have a spike in insulin release and this in turn causes your body to store more fat. Insulin is the carrier hormone that transports sugar into the body's cells. If you have more than you can use at one time, guess what it does – stores it for later as body fat!

Spikes in your insulin release can also cause insulin resistance, metabolic syndrome and contribute to diabetes. Everyone is jumping on the diet bandwagon these days – don't be fooled by advertising claims and misleading labels. Look for low sugar products, around 5 g per serving or less, no trans fats, and no artificially hydrogenated oils. Beware of diet products, though they are low in calories – they can be loaded with sugar and other fillers that aren't good for your! Read the label to know what you are really getting!

**Cutting Out All Carbs!** Don't make this mistake! Even though some diet programs tell you all carbs are bad and high fat and meat are okay – it's not okay for your intestines! It is a recipe for disaster. Some programs don't distinguish between good carbs and bad carbs. If you are eating a lot of meat and fat, and not enough fiber (found in fruits and vegetables) your intestines won't be able to move the food through your system and it can actually lead to auto-intoxification. This is where your intestines re-absorb the toxic byproducts of the rotting meat and fat.

I do know some people who've lost weight with such a program, but most people I've interviewed have felt sluggish, low energy, and experienced constipation even after just a week or two. If you are not feeling good – it's probably not good for you! Atkins was never meant to be followed for a long time and it's not a lifestyle solution. Get your good carbs from fruits and vegetables and other high fiber foods.

**Willpower Alone Doesn't Work!** Maybe you've tried this one before, "I'm not going to eat sugar anymore!" but then, you see it everywhere. Suddenly, it's popping out at you everywhere from strollers to bakery counters. You may even be rock solid a few times, pass up the cookie, the soda, but then give in to the birthday cake!

Willpower can even have a backlash. After awhile, if you've been passing up what you CAN'T have – you feel deprived and then rebellious. Fighting with ourselves over willpower, suppressing the cravings is a cause of binge-eating. We don't need to continue to fight with ourselves, we just need some new mental habits.

**Get off the yoyo dieting cycle!** These old ideas on weight loss are common, but America continues to expand its middle. They might even work for awhile, but the weight comes right back, plus more when you go back to regular eating.

The choices we make most of the time are the ones that matter! We don't need to avoid foods, we don't need to create a war with ourselves and our body. If you are ready for real change and lasting results, where you don't have to worry constantly about foods, counting calories, and you can slim down naturally – if you are ready to not have to worry about your weight...you need a mental shift!

The real culprits behind our motivation are the habits wired into our brain. These habits affect our food choices, our feelings about fitness, and they are even responsible for self-sabotage!

If you want lasting results, you simply must change the mental habits that are getting in your way! There is a healthy weight mindset that allows you to enjoy foods, still lose weight, eat better, and have the health and the body you want. The healthy weight mindset can make it comfortable for you to release the extra weight and get to living the life you want, and allow you to have the body you crave!

These secrets to training your brain for lasting weight loss are outlined in detail in my book, "Lighten Up! Train your Brain to Slim your Body." In this book, you get detailed exercises on how to recognize your mental habits and how to change them. Even deep-seated patterns of the unconscious mind, you can identify them and transform them, eliminate self-sabotage, and end the struggle. You know the old saying, "it takes 30 days to make a new habit" – it's simply outdated. With the right strategies, you can set up a new habit in less than 15 minutes!

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Article by Holly Stokes, The Brain Trainer, and Master NLP Health Coach. I love empowering clients by helping them change the old patterns, mental habits and 'programs' that get in the way of motivation, focus and success. Yes, you can have the health you want, you can have the body and life you want – and with the right tools and the right support, I am here to help you make it happen! [www.lightenup.me](http://www.lightenup.me)