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WACKY WEIGHT LOSS **MYTHS**



**THAT ARE KEEPING YOU
FROM SHEDDING POUNDS**

Wacky Weight Loss Myths That Are Keeping You from Shedding Pounds

by

PUREHEALTH®
RESEARCH

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Introduction

Are you constantly looking for the right way to lose weight? Have you tried it all, or are you just getting started on the weight loss journey? Sometimes it can be challenging to weed out sound weight loss advice from the myths.

This report attempts to help you separate myth from sound advice. Among other things, we will talk about the “5-Bite Rule.” We will also discuss “healthy” food that makes you store fat around your middle. That simple morning “hack” that will help you burn an extra 200 calories a day? We’ll talk about that too.

We will expose some myths and misconceptions about weight loss to help you sort the misinformation from good advice. If you’re struggling to lose weight, you need to be able to discern between fads and facts.



What Is a Fad Diet?

A fad diet¹ typically promotes quick weight loss, but it doesn't take into account the nutrients your body needs to function properly. Usually, these diets only work for the short term. Some of them can cause more health problems than they help.

Usually, a fad diet is marketed as **the best or fastest way to lose weight**. Some fad diets recommend eliminating foods that you need to have for a healthy life. Some diets claim hormones are the reason for weight gain, and they suggest that food can change your body chemistry. Most of these diets are either not well-researched or based on faulty research.

These types of diets are the ones that have celebrities lend their names to the marketing or the media promotes. Some of them focus on specific foods like raw foods, foods that contain probiotics, or cabbage. They may include high-fat, low-carbohydrate, or high-protein diets. Some of them eliminate important sources of nutrients or certain ingredients.

Some fad diets will have you eliminate certain foods at specific times of the day. Then some allow you to eat particular foods only in combination with other specific foods. Some of these diets may be recommended for special circumstances, but many of them are lacking in significant nutrients like fiber, or they could be lacking in vitamins and minerals. Missing out on these nutrients can cause serious health issues.

Fad diets often offer the wrong amounts of the foods they do permit you to eat. All of these fad diets have one thing in common. They offer a temporary solution to a lifelong problem. If you stop the diet, you typically regain weight quickly. **Fad diets aren't focused on modifying your lifestyle, so they aren't sustainable as a lifelong eating program.**



Signs of a Fad Diet

Fad diets aren't always easily spotted. However, if you pay attention to these tips, you might have a better chance of spotting a fad. **A fad diet tends to have some if not all of the following features:**

- They promise a quick fix.
- Their claims sound too good to be true.
- They draw overly simplistic conclusions from a seemingly complex study.
- All of the recommendations are based on one study.
- They make dramatic statements that reputable scientific organizations dispute.
- They have lists of foods that are good and bad.
- The recommendations are designed to sell someone's book or a supplement of some kind.
- The studies used to create the recommendations are published without having peer review.
- The studies ignore individual characteristics of people or groups.
- The complete elimination of one of the major food groups or subgroups.
- The diet will have "testimonials" often from celebrities or sports gurus.

The 5-Bite Rule

Have you heard of the **5-Bite Rule** or the **5-Bite Diet**? The 5-Bite Diet² is a fad diet promising amazing weight loss while you eat your favorite foods. The creators market it as an alternative to weight loss surgery, and fans of the diet talk about quick results and easily followed guidelines.

Aspects of the diet that cause worry are the extremely low calorie count that is allowed as well as the potential for missing nutrients and the risk of regaining the weight that is lost.

In 2007, Dr. Alwin Lewis created the 5-Bite Diet as part of his book *Why Weight Around?* The diet is very low in calories and promises quick weight loss without the hassle of counting calories, following a regular exercise routine, or giving up the foods you love. It is touted as giving the same weight loss results you'd get from gastric bypass surgery. Gastric bypass is surgery that decreases the size of your stomach.

The 5-Bite Diet claims that people that follow it can lose as much as 15 pounds a week. How? They limit their food intake to only five bites each meal.





The premise of this diet is that if you can learn to eat like someone who has undergone gastric bypass without having the surgery, you will lose weight. Furthermore, they claim that you will lose enough weight to no longer need or want the surgery.

The portion sizes on the 5-Bite Diet are restricted to 10 or 12 regular-sized bites of food daily. You can immediately jump into the plan, or you can gradually reduce your food intake over a short time.

The plan recommends skipping breakfast and drinking a single cup of black coffee instead. You can have whatever you want for lunch and dinner as long as you only eat five bites per meal. **No foods are off-limits**, but at least one bite per meal (two bites per day) must be from a protein-rich source like meat, eggs, fish, dairy, legumes, or tofu.

You can have one bite of food between meals twice a day. That's two, one-bite snacks daily. You can drink an unlimited amount of calorie-free drinks. **It's recommended that you take an omega-3 supplement and a multivitamin daily to help offset any nutrient deficiencies.**

Potential health issues with following the 5-Bite Diet include nutrient deficiencies, as meeting nutrient requirements can be nearly impossible when you eat so few calories each day. Additionally, when you consistently partake of fewer calories than is needed daily, you could begin to lose muscle and lead to weakness, walking difficulties, and memory loss, especially over 50. Your metabolism can be slowed, which can increase the risk of regaining everything you lost. Also, following a highly restrictive diet can lead to eating disorders or binge eating.

“Healthy” Food That Makes You Store Fat Around Your Middle

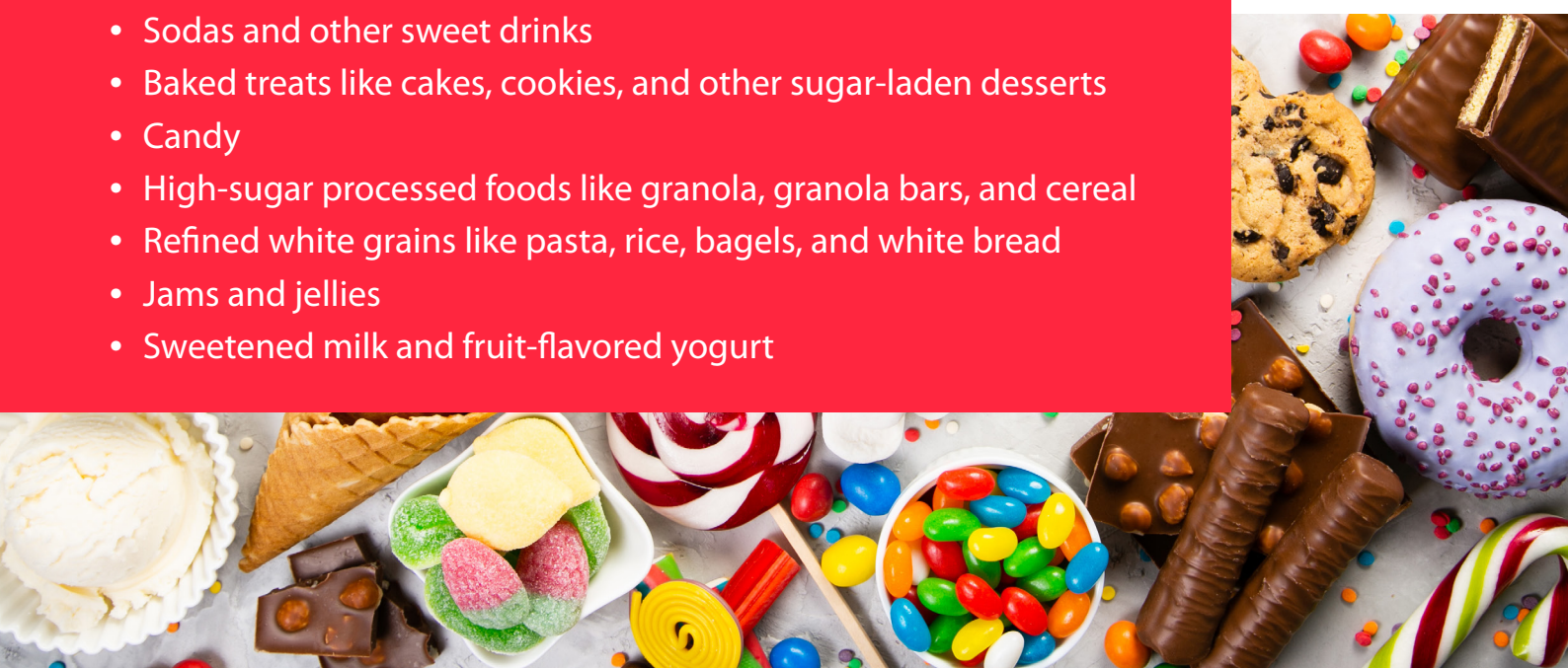
Part of the point of dieting is to lose belly fat. However, we sometimes choose to eat the wrong things, not realizing we are counteracting our best efforts. **Some of the foods we think of as “healthy” might be causing us to gain weight.**

When we eat, our body transforms the food into a sugar called glucose. Our body then produces the hormone insulin to help send the glucose into our organs and muscles to be used as energy. Most of the time, the system for glucose transfer works well, but occasionally, the insulin doesn't do its job properly, and the result is a build-up of glucose in the system³.

It's essential to know which foods can cause the insulin and glucose system to falter. Having this information allows you to avoid foods that can cause blood sugar spikes. When glucose doesn't properly transfer to the muscles and organs, it gets stored as fat. Often, foods we consider to be healthy can cause glucose spikes—carbohydrates are the most likely culprits.

To avoid unhealthy blood sugar spikes, you don't have to completely avoid carbs. However, carb-rich foods that digest quickly can cause a spike and a quick drop in your blood glucose levels. The most common food culprits for raising blood sugar are:

- Refined table sugar
- Sodas and other sweet drinks
- Baked treats like cakes, cookies, and other sugar-laden desserts
- Candy
- High-sugar processed foods like granola, granola bars, and cereal
- Refined white grains like pasta, rice, bagels, and white bread
- Jams and jellies
- Sweetened milk and fruit-flavored yogurt



The higher the sugar content in the food or beverages, the quicker your blood sugar levels will increase. Some carbohydrates are “low-glycemic” foods meaning that they help to naturally control blood glucose levels. Many low-glycemic carbs are also high in fiber. Fiber has the effect of slowing digestion which also slows the release of glucose into the bloodstream, which in turn promotes healthier insulin functions. .



High-fiber foods include fresh fruits and vegetables, beans and legumes, and gluten-free whole grains such as oats, quinoa, millet, and buckwheat. . Dried fruits and fruit juices are higher in sugar than fresh fruit. Also, animal proteins don't have a significant effect on blood sugar.

You may have heard to eliminate pasta or bread from your diet to help keep your blood sugar, and therefore, your fat production, in check. **However, not all breads or pastas are bad.** Highly refined white bread and pasta should be avoided, but gluten-free whole-grain bread and pasta have a decent amount of fiber and won't trigger inflammation, and therefore, they can potentially help lower the amount of fat held in your belly.⁴

Many people think that exchanging regular soda for diet soda constitutes making a better choice. However, that is wrong. Drinking numerous diet sodas can cause you to gain more weight in your waist. Some researchers think that the reason for the added weight is the overestimation of how many calories are saved by drinking diet soda, which leads to overeating.

One food or drink that most people consider healthy is fruit juice. However, **fruit juices can pack upwards of 36 grams of sugar per cup.** For that much sugar, you could have enjoyed four glazed donuts from Krispy Kreme. On top of that, most of the sugar in juice is from fructose, which is associated with creating visceral adipose tissue (also known as belly fat).

It's better to drink regular water if you want to keep belly fat at bay. If water isn't your favorite, you can add a touch of flavor. That flavor can come from freshly sliced fruit—with the peel still on it.



Simple Morning “Hack” That Will Help Burn An Extra 200 Calories Per Day

Your body is ready for whatever you put into your system first of the day. **Think about what you can do to have what you need first thing to get your body feeling empowered to lose weight.** Think about how you can get your body to absorb more nutrients daily⁵.

It's as simple as creating a concoction with apple cider vinegar, lemon, honey, and cayenne pepper. What does drinking this concoction do? Let's look at each of the ingredients individually.



- **Lemon:** Lemon breaks down mucous. We always have a lot of mucous build-ups. Lemon cuts through the mucous and allows the liver to detoxify itself.

- **Apple cider vinegar:** ACV helps the lymphatic system. The lymphatic circulatory system contains the lymph nodes and drains waste. It also helps produce the white blood cells that help to fight infection in your body.

The process is to take 12 ounces of water (lukewarm), add the juice of half a lemon, and add 2 tablespoons of apple cider vinegar. Then add a little honey to keep it from being so tart. Add some cayenne pepper to jump-start the metabolism.



Mix all the ingredients and drink the entire glass. You can phase the honey out over time if you find this to be too sweet. **The drink helps to detoxify the liver, boost immunity, and helps digestion.** Not to mention it can help you burn belly fat.

Conclusion

Fad diets are those diets that don't necessarily increase your nutrient intake. The diets could be founded on some old wives' tales promising fabulous results for very little effort. Fad diets are typically marketed as tools for fast weight loss. The plans may or may not be easy to implement.

Typically, fad diets are founded on some nutritional myth that is based on one limited study, if it's even based on research at all. Rather than attempt to lose weight using a fad diet that may or may not result in weight loss, **it's better to make positive lifestyle changes in the form of eating a well-balanced diet and expending more calories than you take into your body.**

Typically, a fad diet isn't meant to last. It's meant to create fast weight loss that you then must learn to maintain. Whether you are currently attempting to follow one of the diets mentioned here, or some other dieting myth has gotten your attention, **you must understand that weight loss isn't a quick, painless process** if your ultimate goal is for the weight to come off and stay off.

Many fad diets deprive you of one of the food groups, or they have you eat certain foods only or at specified times of the day. These practices can deplete nutrients, and some of them can cause you to gain weight rather than lose it. Additionally, if you follow a fad for too long (or too often), you could develop unhealthy habits that lead to an eating disorder.

When you want to lose weight, it's best to do so in an intelligent manner that incorporates nutrients from all food groups as well as moderate exercise.



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