

Why fad diets don't work.



Every year, millions of people give fad diets a go only to find that they quickly return to their old eating habits and their old weight. It's not hard to figure out why.



- **Fad diets are often an unrealistic and unhealthy way to approach weight loss**
- **Fad diets are generally a quick fix and unsustainable because they are so far removed from a normal and healthy approach to eating**
- **Fad diets can play havoc with your metabolism**
- **Fad diets tend to concentrate more on food than the exercise you should be adding and are often about rapid weight loss rather than reaching weight loss goals gradually**

Often the result of fad dieting is that the weight that comes off in a hurry goes right back on in a hurry.

So if you are ready to take a sensible, long-term approach to losing weight, give fad diets a miss. When you ask your doctor about scientifically proven weight loss treatments¹, ask about sensible dietary choices that can help you reach your weight loss goals.

Importance of developing a healthy, sustainable lifestyle.

The same gradual approach goes for exercise. Forget your plans to be running marathons by the end of the first week. Remember that reaching your current weight took some time and that you should be prepared to spend some time reducing it. Easing gradually into a more active lifestyle will allow you to build up to an exercise regime you can handle and that's far less likely to cause your body strain or injury.

When you ask your doctor about scientifically proven weight loss treatments¹, ask about ways to include exercise in your life to help you reach your weight loss goals.

Lifestyle changes

No matter what weight management option you choose, to lose weight and keep it off successfully, you will need to change your lifestyle by eating less, eating healthily and exercising.

The truth about other treatment options?

Oral treatments

Doctors can prescribe various prescription and over the counter (OTC) weight loss medications for those who have tried to change their lifestyle and still find it hard to lose weight and also for individuals with health risks due to obesity.

Medications for weight management are classified as the following:

Appetite Suppressants

- Suppresses appetite i.e. reduces desire to eat
- Common side effects: increased blood pressure, palpitations, insomnia, trembling, headaches and restlessness
- Taken once daily. Only indicated for short-term use

Fat Absorption Reducers

- Lowers fat absorption from food
- Common side effects: Oily spotting, flatulence, fecal urgency or incontinence, fatty or oily stools and increased defecation
- Taken three times a day before meals

Satiety Enhancers

- Prevents overeating by helping users feel full sooner with less food
- Common side effects: Dryness in mouth, constipation and insomnia. Less common side effects: elevated blood pressure and heart rate
- Taken once daily

Surgical treatments

Surgical treatments are usually reserved for the most severely obese people (people who are more than 100lbs overweight) who are facing medical co-morbidities or complications. Surgery carries risks and complications such as infection and excessive bleeding.

Laparoscopic Adjustment Gastric Band (Lapband)

- An adjustable band is placed around the stomach to restrict food intake

Gastric Bypass

- The stomach is made smaller by creating a small pouch at the top using surgical staples or a plastic band
- The smaller stomach is connected directly to the middle portion of the small intestine (jejunum), bypassing the rest of the stomach and the upper portion of the small intestine (duodenum) hence decreasing the absorption of food

Intragastric Balloon (non-surgical treatment)

- A soft expandable silicone balloon is inserted through the mouth later inflated with saline. The balloon is removed and replaced every 6 months.