

Is Your Diet Stuck on a Deserted Island?

Over the past 11 years, I have advised hundreds of patients on what they need to do to [lose weight](#). Sometimes, however, it is just as important to explain what NOT to do during a diet. In general, the single worst thing you can do during any weight loss program is to STARVE yourself.

By now many people have heard that a sure way to lose 1 pound of body weight per week is to eat 500 fewer calories than your body [actually needs each day](#). Where people get in trouble, however, is when they say "if one is good, then 10 is great." So instead of limiting 500 calories each day, some dieters go on a "starvation" diet in an attempt to lose weight as fast as possible.

Unfortunately, there is one big catch: heavily restricted [diets](#) simply don't work!! Yes, you may quickly lose a few pounds of water weight, but before long, your body will go into a starvation mode. You see, your body can't tell whether you are restricting your calorie intake on purpose, or if you are stranded on a deserted island and at risk of starving. To your internal systems, it doesn't matter what the reason is....starvation is starvation!

Therefore, in an effort to conserve as much of your vital energy as possible, your body will begin to shut down your metabolism, which means that your fat burning potential will actually DECREASE! The last thing a dieter should ever want is LESS fat burning inside their body, so do yourself (and your body) a favor: leave starvation diets behind!