

You Should Know How Your Diet Is Supposed To Work
(あなたは実践中のダイエットでどのようにして体重が落ちるか知っておかなければ
ならない)

Author: Gary Vaughn

The vast majority of people start dieting in order to lose weight.
Losing weight can be accomplished in a number of ways.
A diet is simply a specific method for accomplishing that task.

When one decides that they need to lose weight,
the first thing that must be considered is the reason for wanting to
lose weight.
Is the weight loss going to be directed at a way to gain better health
or is it more of a vanity reason?
The reason for dieting is as important as the method used to lose the
weight.

If attaining a more healthy lifestyle and striving for better health is
the reason,
it should not be of any concern how long the dieting takes to achieve
the weight loss goal,
if in fact there is a goal. If good health is the main objective,
length of time should not be an issue because the diet should simply be
a part of a life-style change
in which the dieting change would be a long-term part of the life-style
anyway.

If, on the other hand, vanity is the reason and the dieting person is
hell bent on
losing a significant amount of weight in a short period of time in order
to fit into an object of
clothing or simply to look great at the class reunion in a month,
the method chosen for dieting will be completely different and, most
likely, quite unhealthy.

Long term lifestyle type diets are usually of the type that occur in
small increments of weight loss
and continue as exercise is slowly increased and more healthy food, in
smaller portions is consumed.
These are usually quite simple diets that don't cause a significant
amount of suffering
as long as the dieting person is committed to the long-term goals.

The vanity type diet is usually a quick but very self-denying diet
in which the dieting person eats very little or eats foods
that do not tempt the pallet as far as taste or attractiveness go.

Often, very large amounts of water are incorporated into these diets
and most people do not drink enough water to begin with.

When they are confronted with the need to increase their water intake
significantly,
they hesitate or they are not very compliant.

Water, when one is not thirsty, simply does not taste very good.

The vanity diet also usually requires a substantial increase in activity in the form of exercise and most people have a strong aversion to that form of activity.

There are also diets that are not in either the lifestyle change nor the vanity dieting lists but are really a forced lifestyle change that is completely necessary for the dieting person to continue to live.

Once such diet is the diabetic diet.

If one ignores their diabetes and continues to eat large amounts of carbohydrates, as most Americans do, they will eventually suffer serious health deterioration.

So, the necessary-for-life diets are not the ones we are really concerned with in this article.

There are a number of different diets available for each of the non-necessity diets.

The basic lifestyle change diet has already been described though some of the latter day fad diets are also appropriate for long-term dieting if the person doing the dieting is indeed dedicated to the lifestyle change.

Some specific fad diets that would work for this person are the Atkins or low-carb diet,

The Zone diet or the South Beach diet.

The extreme vanity diet person can also use the low carb diet for fast weight loss

or they can try starvation or if they really want to lose weight fast and suffer a bit more

but at least retain some type of decent health, they can attempt the Lemonade Diet.

The lemonade diet is highly effective but is more a fast than a diet and a special mixture of water,

cayenne pepper, lemon juice and syrup are required.

One must be highly dedicated to losing weight for this diet to work as no food is allowed for a period of at least ten days and the Lemonade dieter will feel worse

before they feel like a million dollars.

The diet is extremely effective for losing ten pounds or more in ten days though.

The added benefit of this diet is that it does a thorough job of cleaning the colon.

Each one of the above mentioned diets should be highly suspect and not just accepted for

it's reputation or the current fad. One who is considering dieting should, at the very least,

buy the book that is written about the diet in order to learn how the diet works with the body

and effects the different body systems.

Each of the authors has a lot of information included in their book about these concerns.

The main point of this article is to point out to anyone who is considering dieting that they should be very careful and choose a diet that meets their goals and health concerns. Don't blindly go into any diet without knowing how it's supposed to effect you, what you're supposed to eat while on the diet, how much weight you are expected to lose in a specific period of time and what are the benefits and health concerns that attach to that diet.

In fact, it is a very good idea to discuss any diet plans with your health care professional prior to starting or even considering one of the above diets.

Article Source:

<http://www.articlesbase.com/nutrition-articles/you-should-know-how-your-diet-is-supposed-to-work-550802.html>

About the Author:

Gary Vaughn is a Master RN with many valuable years of experience. Marketing health care and dieting products is one of his specialties. His website can be located at [Repair My Weight Loss.com](http://RepairMyWeightLoss.com)