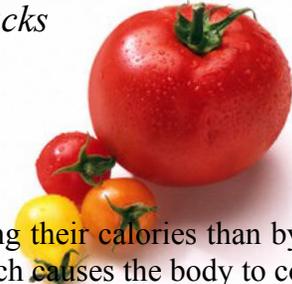


## **Prolonged Calorie Restriction:**

*The #1 Way to Slow Your Metabolism Down and Stop Your Weight Loss Dead in its Tracks*



### **Natural Response**

I see more people damage their metabolism by severely restricting their calories than by any other weight loss practice. Simply put, restricting calories too much causes the body to conserve energy because your brain thinks you are starving. This is a natural response by the body to protect itself during a severe food shortage. If there was a famine you would be grateful for this innate reaction which conserves energy and slows down the rate at which your body burns fat... Since your brain doesn't understand that you are trying to lose weight, it will automatically slow your metabolism down if your calories go below a certain level.

### **Reduce calories slightly**

In order to lose weight there must be some calorie restriction/deficit. In other words, you have to expend more calories/energy than you consume. Although your metabolism can slow down if you restrict calories too much, a slight reduction in calories will not cause the decrease in metabolism we see in severe/crash diets.

Therefore the best way to lose weight is by slightly decreasing calories. When you reach a plateau then you reduce your calories slightly again. This way you will continue to lose weight and the brain does not 'panick' and slow down your metabolism.



### **You Must Keep Muscle**

The more muscle you have the higher your metabolism will be. Slight calorie reduction combined with a good resistance training program is the best way to lose body fat and maintain the muscle you already have. Resistance training will cause the body to maintain existing muscle. Without resistance training, the body will lose fat and muscle during a diet... you want to avoid this at all costs!

### **Cardio**

Usually the first type of exercise a person thinks about when they want to lose weight is cardio. Probably the most overrated of all forms of exercise, cardio does have a place, but it is after (1) diet and (2) a good resistance training program. Excessive cardio breaks down too much muscle, which will decrease metabolism. Once your metabolism decreases it will become easier to put on body fat because your body burns fat at a slower rate.

Moderate cardio should be started only after you have lost weight with diet and resistance training. After a few months you should begin a moderate cardio program (3 days/week 20 minutes) and slightly increase it every 3-4 weeks if necessary, if you wanted to lose more weight.

If you start out from day 1, doing a ton of cardio (some people do 1-2 hours per day!) then you will always have to do that much cardio to keep the weight off. I'm not sure about you but most people don't want to run on a treadmill for an hour every day!

## Be Careful of Low Carb Diets

There is the belief that one must rid their diets of the carbohydrate-rich foods in order to lose weight... nothing could be further from the truth. Carbohydrates are our bodies #1 source of fuel, without them we feel sluggish, weak, we can lose muscle tissue and slow our metabolisms down.

Carbohydrates should be 'metered' out throughout the day... in other words spread them out. Don't eat them all at one or two meals (usually that meal is dinner). The body utilizes carbohydrates better in smaller amounts eaten through the day, which means they are less likely to be stored as fat.

### Are Low Carb Diets Harmful?

There is speculation that low carb diets can lead to certain medical conditions such as osteoporosis, kidney problems, cancer, hardening of the arteries etc. (from the higher than normal protein and fat intake that is sometimes seen in low-carb dieters). According to Donald D. Hensrud, M.D of the Mayo Clinic:

*"No one knows the long-term health effects of low-carb diets. Though some studies have looked at the benefits and risks, none has been conducted over a long enough period to show whether these diets increase the risk of health conditions that develop over many years, such as heart disease, cancer, and kidney or bone problems."*

### When to use very low Carb diets

The only time I put someone on a very low carbohydrate diet is if they are getting ready for a figure or bodybuilding contest. Very low carbohydrate diets can decrease body fat dramatically, but they take a toll mentally and physically on your body. These diets are only temporary! Eventually you will begin to lose muscle tissue if your calories are too low and your metabolism will slow down permanently. Once your metabolism slows down it will be much harder to lose weight and a lot easier to put it back on if you begin eating normally again. This is why people gain weight so fast after a diet!

### **How to Use Low Carb Diets**

If you want to try low carb dieting as a way to lose weight, I suggest the following:

- 1) Follow a low carb diet every third day (3 low carb days within a 9 day period)
- 2) After 30 days try increasing your low carb days by one per week (4 low carb days in a 9 day period)
- 3) Make sure you get a wide variety of carbohydrates on 'normal' eating days. Carbohydrates are full of essential vitamins and minerals and are necessary for a healthy diet

Following this format you be able to enjoy all the healthy benefits you get from carbohydrate foods and you will still lose weight without losing muscle and slowing down your metabolism.