

## *Intensive*

### INTRODUCTION

# Ditch the Diet Mentality

This is the Introduction to the program, so you know what's going on before you start.

In this lesson we are going to cover why and how you need to ditch the diet mentality.

## **In the Previous Lesson**

In previous lesson we covered why you should follow a food, exercise and sleep journal and a menu template. I gave you some templates to use as a reference and you had to find the ones that worked for you.

## **In this Lesson**

In this lesson we are talking about the negative effects of a diet mentality and why and how you should ditch that mentality.

This weight management program is not a diet. Instead, it includes basic recommendations like eating less, to practical ones, like how to get the appropriate groceries. It also goes into the technical aspects of weight management—like: “How does the hormone insulin work?” and more down-to-earth recommendations on for example how to cook. The entire method is a learning process until you have incorporated all the concepts into your mind and your way of eating and living.

### **Why do you have to ditch the diet mentality**

The reality is that a quick diet doesn't exist. When you find a diet that makes you lose a lot of weight in a short period of time, it doesn't come cheap in terms of your long-term health. It either asks you to significantly restrict the number of calories you are ingesting, accompanied by the significant effort that takes and the subsequent tiring results, or it bans an important and necessary group of nutrients for a certain period of time—either protein, fats, or carbohydrates. In this second scenario, you usually lose weight because the eating process gets so boring that you end up eating less.

In both scenarios, sooner or later you end up regaining most of the weight you lost. In the first scenario, after suppressing the amount of calories you ingest, your body starts to economize its energy expenditure, using less calories than before for the same activities, and it learns how to use the limited energy available as efficiently as possible. When you return to a higher calorie intake, your body will be able to spend less energy for daily activities and will use the energy more efficiently, making you recover the lost weight and gain even more; **this is the yo-yo effect of dieting**. You will also lose muscle mass in the process. You will learn in later modules and lessons how muscle helps you burn calories and therefore to maintain your weight. In the second scenario, when you are done with your miracle diet and are allowed to introduce more of a variety of ingredients after restricting a certain group of foods, you tend to overeat them because you have missed those foods so much!

## ***Yo-Yo Dieting***

Yo-yo dieting is the result of a calorie-restrictive diet. Your body gets used to spending less energy for basic processes, which is called lowering your metabolism. When you go back to a higher calorie intake, your body will still use less energy, and it will save the rest of the energy as fat, in case the calorie availability is reduced in the future. As a result, you gain weight easily just from eating “normal”.

If you have just been in a calorie restrictive diet, you probably have lost significant muscle mass during the process. When you are on a diet that restricts calorie intake, your body turns to burning muscle to obtain sugar from protein and feed the brain (which eats only sugars) and lowers metabolism to get the maximum outcome with the lowest calorie intake. **Yo-yo dieting leaves you with less muscle (your ally to burn calories) and a lower metabolic rate (your calorie burner).** It will take a while to reactivate your metabolism, but you will get there once you are following the 32 Mondays Weight Management Program Intensive.

## ***Food Lovers***

We all love food. We are born with the natural ability to love food to be able to survive. If babies didn't like eating, they would die. But a big part of the eating process is education. Depending on how you educate your taste buds, you are going to like a specific type of food more or less. This is the part you can manage to get in control of your weight. By cooking the foods you like that are good for you in an appropriate way, you will reeducate your own taste buds until you begin to crave the right food for you.

So let's ditch crash dieting and enjoy food!

## Review and Next Steps

And that concludes our lesson.

So let's review what you learned in this lesson. We talked about:

1. Quick fixes don't work and you need to learn what to do and why
2. Yo-yo dieting kills all your efforts to get in control of your weight
3. You can love and enjoy food and still learn how to be in control of your weight

Now let's talk about next steps.

## Homework, Action Items, and Next Steps

Your homework for this lesson is pretty simple: if you are on a diet or obsessively restricting certain food groups from your diet, forget about it and start clean and fresh the 32 Mondays Intensive Program.

## Conclusion and Wrap Up

**Now that we have reached the end of the lesson, you should have a strong understanding of why a diet mentality will kill all your efforts to get in control of your weight. Once you have ditched the diet mentality, you can email me with any doubt or question you have.**

Thank you for your attention, and dedication. Now, go do your homework, and I'll see you in next lesson!