

## Why Diets Fail

There are many reasons why going on a diet is never the answer to regaining control of your weight and appetite. When we restrict our eating so we are hungry, then our body goes into protection mode and starts storing everything we eat as fat, in case we never eat again!

Eating food is mixed with many different emotions - we can eat because we are:

- bored
- angry
- sad
- happy
- or scared

We might eat to give our self a treat or reward for working hard, because we like the taste or texture of a particular food, to celebrate, to commiserate, to be social and have fun, because it is a meal time, or even if we are thirsty.

Oh! And we also eat because we are hungry. However, because we have often lost touch with our instincts and senses we can easily overeat when we are hungry because we eat too quickly and don't recognise the signal that we are getting full. Or we choose to eat high calorie, high fat/sugar foods because they easy to access in a hurry. These foods are not totally bad, however we only need a very small portion to satisfy us, but because we can eat it so quickly we have consumed three or four times the amount we actually needed before we start getting any sign we have had enough.

### How to satisfy hunger

One of the times I find OsoLean is very helpful is when I come in from work starving. When you get home, or even before you leave work, you can mix an OsoLean drink. The protein will give you the food you need to sustain you and make you feel gently full, to give you time to prepare a meal that is more balanced in content.

If you not at home, another option is to have a drink of water and plate out a small portion of the high calorie food. Then sit down and eat it slowly while you drink the water. Enjoy every mouthful and all the flavours and textures, rather than gulping it down while you are standing up, sitting on the train, or rushing round the house.

### Nutrient Starvation

The other aspect of why diets always fail is that they can often create nutritional deficiencies which make us crave those foods that should contain the nutrients we need. I found I stopped craving carbohydrates and sugars when I began to supplement my diet with the essential sugars we have mainly processed out of our diet. Gradually my taste buds are choosing less sugary foods, things I used to enjoy are now too sweet. I remember that when I went skiing in the past, by the middle of the week I really craved oranges, because I was missing the Vitamin C. Now that I take a

multivitamin supplement – Phytomatrix, which contains vitamins from plant sources, rather than being synthetic and made from petrochemicals, I do not have those cravings.

Finally, diets fail because we feel deprived of foods we enjoy, or we see other people eating. We don't want to stay feeling that way for the time it is taking to get us to the body size and shape we desire. The best way to change is gradually, because it takes 21 days to establish a habit, either good or bad. I definitely found that when I was getting the right nutrition I wanted to eat healthy foods. I still enjoy a good chip, but only one or two and now I really enjoy a fresh crunchy salad, or fresh fruit.

I have found ways to introduce more vegetables and salads into my general meals. An example is to change to brown rice, which takes longer to cook than the white varieties, but which is also harder to spoil, then in the last 10 mins of cooking add some frozen peas and dried onions to the pan. The portion on the plate looks bigger, but the Glycaemic load is reduced by adding in the vegetables. I also add sweetcorn and beans to mince, then I eat it with vegetables, so I do not need to add extra carbohydrates such as pasta or potatoes.

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