

How Starving Is Bad For You To Lose Weight

There are a lot of people that take the easy way but dangerous route by reducing their food intake and have the misconception that they will lose more fat and calories if they eat less or not eat at all. The amount of people who live under this misconception is staggering.

I hope that this article will help inform those who are struggling with their weight issues or have a misleading conception about how to lose weight. The issues start that while you are starving yourself, you force your body to store up fat and it starts to reduce your metabolism. The collateral damage caused by these two effects leads to faster weight gain, the moment you begin eating again. Let's take a closer look at how starving is bad for you to lose weight and why this practice must stop immediately.

The belief is that if you stop putting calories into your body then the weight will just melt off. I guess this sounds justified but in reality it just is not the truth.

Slower Metabolism

While your body is in starvation mode, your body will begin to conserve energy. This will make you feel tired and sluggish during the day. After you begin to eat again this low metabolism rate will burn calories at a much slower rate and make it harder for your body keeps the pounds off.

When your body goes into starvation mode, your metabolism starts to decrease and you will feel tired and sluggish throughout the day. Your body will start to conserve energy and your metabolism will drop to extreme low levels which will make it difficult to lose weight after a certain point.

The thing that people have to keep in mind is that when you start starving yourself; you are not taking in the minimum calorie intake.

Being overweight is the fact that you consume more calories in a day than your body needs and you don't do enough exercise to burn those excess calories off. Both ways are extremely harmful. The body goes into starvation mode when you don't consume the daily nutrition that your body needs.

When you put your body into starvation mode your body will only burn what it needs in order to survive and basic functions.

Loss of Muscle

Gluconeogenesis wherein the body is in dire need of energy and is not getting enough supplied to it through external calories.

Most people think they are losing weight when they are starving themselves but they actually are not losing weight in the sense but they are losing muscle mass. They are depleting their muscle mass because the body needs a source of energy.

When you lose your muscle strength; you will be tired, out of energy and simple daily tasks will be extremely hard for you to do or complete.

The body can live for years without proper nutrition as long as the dieter continues to drink enough water, but during that time, the dieter will slowly kill themselves in the attempt to achieve the ideal weight.

Health Issues

Starvation is one of the least expensive diets in the world. They eat very little food, typically only one small meal a day. Weight loss will occur, but they are not always losing fat. Instead, the body is pulling from muscles for protein and eventually organs (your brain is an organ also) for energy. In the end, weight loss may lead to death the body will eventually digest organs for energy.

Also your body won't get the vitamins and nutrients it needs daily.

When you put your body into starvation mode you reduce the rate in which you burn calories, your metabolic rate.

The best way to lose weight is to indulge in rigorous exercising routines. All you need to do in order to ensure a steady weight loss is to burn half of the total calories you eat. Eat regular and healthy meals, after which you can burn what your body does not require, through workouts. Do not fall into peer pressure and succumb to fad magazines, because the long term ill effects of starvation are far worse than you realize.

Eat portion meals every 3 hours to keep metabolism up

Skipping meals and thinking if you do this you can drop weight. NOT TRUE

Eat right Eat balanced meals Eat smart Make smart choices

You didn't put that weight on overnight and I can assure you that your not going to drop it overnight either