



Do Diets Lower My Metabolism?

The answer is yes, but not permanently. It is the reason why most fad diets don't work. The healthy, personalized diet that you develop in your Body of Knowledge program will be sensible, realistic and for life.

People who go on a one-dimensional, temporary, calorie restrictive diet notice that weight drops fast for a few weeks then starts to slow, then becomes even slower. This can go on for months, though only the very few people who manage to stay with a deprivation diet can attest to this. Both quantitative and qualitative factors are at work here.

Reducing your total caloric intake below the maintenance level for more than a week or two and skipping meals will automatically place your body on storage alert. Poor-quality food choices and a lack of muscle mass due to a decreased protein supply (from muscle atrophy) will really put on the metabolic brakes which will then shift your body into fat storage survival mode!

This type of crash dieting causes a type of fatigue that makes exercising about as much fun as paying taxes. And the accompanying muscle atrophy will slow your overall calorie burning potential—the last nails in the coffin to help bury your fitness enthusiasm forever. Some fad diets are just a fast track to slowing your metabolism or general malnutrition. The only sure way to keep your metabolism humming is to eat frequent, small meals of quality fuels, just as described in the BOK Three Principles of Eating.

If you have abused yourself with a crash diet and are feeling the metabolic results, fear not. Although in the past there may have been short and long-term effects to your metabolism, rest assured that no permanent change has taken place. Whenever you are ready, apply the suggestions in this book and your metabolism will start working with you again.