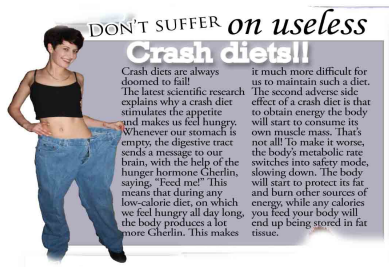


# Don't suffer with useless diets - Crash diets are always doomed to fail!

Written by

DATE\_FORMAT\_LC2 -

---



Don't suffer with useless diets

Crash diets are always doomed to fail!

The latest scientific research explains why a crash diet stimulates the appetite and makes us feel hungry. Whenever our stomach is empty, the digestive tract sends a message to our brain, with the help of the hunger hormone Gherlin, saying, "Feed me!" This means that during any low-calorie diet, on which we feel hungry all day long, the body produces a lot more Gherlin. This makes it much more difficult for us to maintain such a diet.

The second adverse side effect of a crash diet is that to obtain energy the body will start to consume its own muscle mass. That's not all! To make it worse, the body's metabolic rate switches into safety mode, slowing down. The body will start to protect its fat and burn other sources of energy, while any calories you feed your body will end up being stored in fat tissue.

?