



# 5 Diet Myths

*That Sabotage Your  
Weight Loss Efforts*

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# ***The 5 Diet Myths that Sabotage Your Weight Loss Efforts***

***Welcome! I am happy to be sharing this guide on effective weight loss strategies with you. This guide is based on nutrition science as well as my own discoveries in helping hundreds of people get permanent results and achieve freedom from their struggle with food and weight. I hope this guide gives you insights that will help you in your own journey to feeling great in your body.***

Are you tired of weight loss attempts that don't work? Does thinking about food and weight take up too much of your time? If so, you are not alone. Many people want to lose weight but find themselves caught in a vicious cycle of ups-and-downs. Does it feel like you are trapped on an endless rollercoaster ride of extreme diets followed by the predictable bounce-back? Even worse, have you ever dieted only to find that you gained all the weight back and even some extra, leaving you even worse off than when you started? It is an exhausting and demoralizing experience. The good news is that there is a way out.

Step one is learning the five common myths that are causing you to unknowingly sabotage your weight loss efforts over and over again. Once you are armed with the truth, you will be on your way to creating a strategy that will support you in creating the body you want and the peace of mind that you desire.

Congratulations on taking the first step toward weight loss success by reading this guide. You are on your way!

## ***Myth 1 – I can exercise my way out of this.***

This is one of the most common myths I see when working with my clients. Scientific studies confirm that focusing on exercise for the purpose of long-term weight loss is very ineffective. Exercise is great for fitness, but what you need to realize is that fitness happens in the gym; weight loss happens in the kitchen. There are no two ways about it. If you want to lose weight you need to change what you eat – period. While exercise is important for your health and keeping your metabolism running well, it will not by itself, result in long-term permanent weight loss. Just to burn off two donuts (about 500 calories) you would need to do two hours of cycling. This is clearly not a winning strategy for most people. Even if it works in the short-term, most people find that they can't sustain that level of exercise when they combine it with their hectic daily schedule.

In addition, exercise often makes people hungrier. This causes them to eat more at their next meal and completely defeats any calorie burning effects that they may have achieved. The bottom line is that you are never going to burn enough calories exercising to

compensate for poor food choices. A successful weight loss strategy has to center around creating healthy eating habits that allow you to lose the weight and keep it off regardless of your exercise regimen.

## **Myth 2 – Diet soda and other diet drinks will help me lose weight.**

You would think that diet drinks, with fewer calories than regular sugary drinks, would be a step in the right direction. The studies, however, do not support this thinking. Studies have concluded that there does not appear to be any weight loss benefit associated with diet drinks. Even more disturbing, some studies show these “diet” drinks are actually associated with weight gain.

As it turns out, diet soda drinkers are more likely to be overweight. Several theories have been put forward as to why this is the case. One theory is that the artificial sweeteners in diet soda increase appetite or disrupt the body’s built-in mechanisms for regulating caloric intake. A study conducted on mice found that mice that were fed aspartame and sucralose (popular sugar substitutes found in diet drinks) gained more weight than the mice who were fed sugar; despite the fact that both groups ate the same amount of calories. In addition, research suggests a correlation between cancer and diet soda. For all of these reasons, diet soda is one of the worst choices for weight loss and health.

On the other hand, drinking water has been identified as one of the most important components of an effective weight loss strategy. Aim for eight 8-ounce glasses a day. The key is to avoid being thirsty. Drinking water helps for many reasons. Sometimes thirst masquerades as hunger, leading you to eat more than you really need. Staying hydrated eliminates this trigger. You can also avoid unnecessary calories by drinking water instead of sugary, high-calorie drinks like juice and soda. Some people like to drink water before a meal as a strategy to reduce hunger. This gives them better control over the portion size that they eat. I recommend keeping a water bottle in your car and on your desk at work. Remind yourself to take sips as you go through your day.

## **Myth 3 – Eating foods high in fat will make me fat.**

All fat is not created equal. In fact, eating the right fats is one of the keys to healthy and permanent weight loss. Eating foods like salmon that contain essential fatty acids or foods like avocados and almonds that contain monounsaturated fats are excellent for your heart, brain, and overall health. Putting organic olive oil on your salad actually helps you absorb nutrients from your salad that you might not otherwise absorb if you are just having your salad “dry.”

In addition, healthy fats help you control your hunger by triggering your natural satiety signals. Many diets fail because they leave people feeling like they are starving all the time. Eating healthy fats is a great way to boost your health, support your brain and get your body’s natural hunger rhythms on your side.

If, however, you were worried about the fat content of ice cream, cheese and fatty meat, well, you would be right! There is no doubt that those foods will put weight on you, and fast. When I work with clients to create a permanent weight loss plan, we still leave room to enjoy those special treats but I teach clients to enjoy them in a way that is fun and in alignment with their weight goals, rather than eating them in a way that is sabotaging and self-defeating.

#### **Myth 4 – All calories are created equal.**

This is a myth that is widely believed, yet completely untrue. Even worse, this myth leads people to eat in ways that make it increasingly more difficult for them to lose weight. The quality of the food you eat affects your metabolism and your body's ability to process the calories you are ingesting. A good comparison is to think about books as food and words as calories. Are all books written in English equally easy to read and absorb? Of course not. A history textbook is completely different from a comic book, for example. One is much easier to read than the other, even though both are written in English. Similarly, the composition of your food is more than just calories to your body. The quality of the calories affects your body's ability to metabolize it.

When you eat a balanced diet that consists of organic whole foods, you are providing your body with quality nutrients for optimal metabolism. When you eat processed foods that have labels indicating that they are "sugar free" or "low fat" with added chemicals for color and flavor, odds are that your body will not have an optimal response, even if it isn't obvious to you at the time. By eating this food, even if it is "low calorie" or "sugar-free," you will likely damage your metabolism, gain weight or make it increasingly difficult to lose weight.

In addition, the mix of calories from carbohydrates, fats and proteins also impacts your ability to metabolize the calories as well. There are many diets out there that emphasize, fats, proteins or carbohydrates as the "secret" to success or failure. I find when working with my clients that there isn't a "one size fits all solution." This is why I focus on creating individual plans for people that match their metabolic needs and lifestyle.

#### **Myth 5 – I should be able to do this by myself.**

Do you feel like you should be able to figure this out for yourself, despite having tried and failed several times already? Do you think the only thing standing in your way is a little more willpower? These are the kind of beliefs that leave people stuck with their weight problem for years.

If weight is something you have struggled with for a while or you have recently gained weight and don't know why, it is likely that the insight you will gain from working with a someone like myself, that specializes in weight loss and nutrition, is what you truly need to achieve success.

I have helped people succeed who had previously been struggling with their weight for decades. The reality is that no one can see his or her own blind spots. These are things that can be very difficult, if not impossible, to discover on your own.

The truth is, effective weight loss is more than just losing weight. It is also about learning to live at your goal weight consistently in your day-to-day life. When we work together I will help you uncover the thoughts, habits, lifestyle issues and emotions that have been sabotaging you and standing in your way. If you suffer from uncontrollable cravings, you will learn how you can finally gain control. You will learn to eat in a healthy way that still includes eating the foods you love. It is never “all or nothing.” Finally, you can be the weight that lets you feel your best. Together, we will discover what works for you, in your lifestyle, with the foods you like, so you can have a body that makes you feel confident and sexy.

You deserve to feel your best. The time to start is now. My program is an investment in making a change that will last for the rest of your life. The cost is similar to what you probably already spend on buying a Starbucks coffee or some other treat on a daily basis. The difference being, at the end of the year, instead of having spent money with zero return, you will have made an investment in finally solving a problem that has been making you uncomfortable and unhappy every day, for a long time. Ultimately, it pays for itself in lower food costs and the freedom from the stress of always struggling with your weight and not knowing what to do about it.

Once you finish my program you will have a body and lifestyle that makes you feel happy and confident. As an added bonus, most of my clients end up having significantly more energy to do the things they love and enjoy better health. For many people, it is the first time in their lives that they can stop obsessing over food. In fact, you may have to think about what it is you are going to think about when you aren't thinking about food all the time! Imagine all the other things you will have time for! The sense of relief once you complete my program can be truly profound. For many of my clients, it is life changing.

If this sounds like what you are looking for I encourage you to contact me now and schedule an appointment. You are worth it!

Call me today at 650-397-1037 and set up an appointment. Or, email me through the “contact” page on my website, [JulieScottNutrition.com](http://JulieScottNutrition.com), and put yourself firmly on the path to weight loss success.

Wishing you success and joy,

*Julie*