

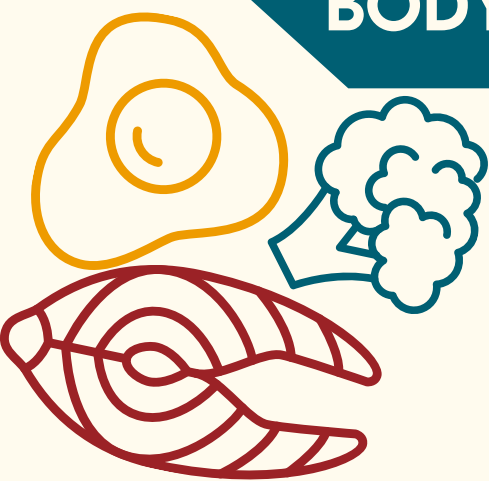
ISSUES WITH COMMON FAD DIETS

FAD DIETS ALL WORK THE SAME WAY - BY REDUCING CALORIES

Eating fewer calories than you expend is the **ONLY** way weight loss occurs. Fad diets all reduce calories, one way or another. Hormonal changes do not directly create weight loss.



LOW-CARB DIETS REMOVE YOUR BODY'S FAVOURITE ENERGY SOURCE



Low carb or keto diets can work, but they're a poor choice for individuals that work out a lot because they reduce available energy for training.

INTERMITTENT FASTING PROMISES MORE THAN IT DELIVERS

Longer term fasts can have impacts on health, but most "fasting" protocols for dieting are too short to make a dent. 16/8 fasts can reduce calories but aren't better than simple calorie restriction.



PLANT-BASED DIETS CAN BE MADE HEALTHY WITH SOME THOUGHT



Removing meat from the diet and changing nothing else is *not* how you build a sustainable, healthy diet. Add new protein and vitamin sources to replace what you used to get from animal proteins, and supplement where needed.