

The reason for the effectiveness of shifting calories diet

Although a lot of us may have heard the popular dieting habit nowadays called the Shifting Calories diet, most of us may not be aware of how this works physiologically. To have an inkling on how this diet has been effective, we have to have an idea first how the traditional dieting failed to cure obesity.

The principle behind traditional dieting is simply to "starve" the body. That is, if you eat less, you should lose weight. Sounds simple enough, but the truth is that traditional dieting usually does not take off pounds, and in fact, it can cause weight gain.

Starvation can bring out changes in the endocrine and metabolic systems of a person due to lesser intake of calories. This would cause the body to adapt to such changes by storing more food in a quick manner leading to fat buildup. Worse still, this would stimulate muscular breakdown so that needed energy will be released.

What happens next is that the body loses large amounts of water as it tries to flush out poisonous byproducts. To the untrained eye, this appears to be positive weight loss, but it isn't permanent. As soon as you return to your old eating patterns, that water weight returns, and usually brings more fat along with it. Meanwhile, you have lost considerable muscle tissue.

The shifting calories diet approach is very different from the normal starvation diet. It revolves around constantly changing your food intake amounts and types, all the while maintaining the necessary nutritional balance to avoid the muscle loss side effects.

The real reason why the shifting calories diet has been successful lies on the proper distribution of food intake in the right amount during the day. Having 4 or small meals with a variety of food a day helps the body to break down extra fat while maintaining a healthy level of daily food intake. One should eat as much as he wants during a small meal, but he should stop even before his hunger has been fully satisfied.

The shifting calories diet, like any other diets need to be supplemented with the right amount of regular exercise and other healthy habits to experience its maximum potential. No need to be very enthusiastic about it initially to overlook other essential factors. This diet can benefit wonderfully even with just a daily walk around the block.

So if you've been disappointed with dieting in the past, don't give up on the whole concept. Just say goodbye to the starvation method and hello to calorie shifting. Remember that it's the old method that has failed you, and in reality has probably done more harm than good. But if you adopt a diet plan that includes the diet shifting approach, and combine it with moderate daily exercise such as walking, you will burn off excess calories and the fat that comes with them.

About the Author

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