

## Why Diets Don't Work

Like most people, you would have probably gone on a "fad" diet at one time or another in an attempt to lose weight. And like most people, you too would have probably found yourself going down the same old predictable path that most people go down.

At first, you probably lost weight quickly – maybe 5 to 10 pounds in the first few weeks.

But then after this, your weight loss probably slowed right? And as the days went on, it slowed more and more until eventually, you stopped losing weight altogether.

Then suddenly, you would have found yourself in the unfortunate position of having to diet, not just to lose weight – but to maintain it. At the same time, you would have found yourself becoming hungrier and craving fatty foods.

Then finally, after you have given into your cravings, you would have found all the weight that you lost coming back on. Pretty soon, you're back where you started, or worst – heavier.

## So Why Don't Low Calorie Diets Work?

The stress of forcing your body to eat less and survive on fewer calories actually causes hormonal and chemical changes to your body. These changes act as a signal to your brain that it's time to go into fat conservation mode.

In other words, dieting sends a message to your brain that says:

"There's not enough food around. We'd better put every spare calorie we can into fat, because we don't know where our next meal is coming from!"

In essence, dieting sends a famine message to your body that triggers the FAT programs, which in turn causes certain hormonal and chemical changes to take place in your body that virtually ensures you get fat.

This is what happens:

- Firstly, your body tries to trick you into eating more calories by making you feel hungrier and desensitizing your taste buds so you crave sweet and fatty foods;
- Secondly, your body tries to burn less calories by sending a message to your thyroid to slow down your metabolism, making you tired, lethargic and sedentary.
- Thirdly, your body goes into perpetual fat storage mode and tries hard to keep your stored fat and convert anything you eat into more fat.

This is why when you stop dieting, you find yourself gaining back the weight that you had lost (and sometimes more than you started with).

In fact, studies show that you are statistically more likely to gain weight when you diet. For example, one study has shown that teenagers who diet are statistically three times more likely to be fat in five year's time.

## Can You Really Lose Weight Without Dieting?

The answer is yes you can! And here's proof:

- **Amanda from Melbourne** lost a total of 51kgs (113 pounds) without dieting. This is after she saw me on A Current Affair and bought my book. Now her hunger pangs have started to disappear and is even craving healthy foods. Her "Type 2 Diabetes" is also coming under control too! There are many others, male and female, aged 12-80 that are all losing weight without dieting by following The Gabriel Method.

These people lost weight without dieting, without meal replacement shakes, and without starving themselves. It's easy once you know how to give your body what it wants – nutrients.

The best part is you get your body to turn off the FAT Programs, so that your body no longer resists losing weight and actually starts working *with* you in your weight loss effort.

Until next time.

*Jon Gabriel*

John Gabriel  
Author – "The Gabriel Method"



### Finally – Lose Weight Without Dieting

*“By applying the principles in the book I have lost 10 kilograms (now 25 kilograms) without feeling restricted... It's all based on sound scientific research yet applying them couldn't be simpler.”*

**- Denise B, Teacher  
Denmark W.A.**

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