

THERAPY NEWS

Sport Therapy Newsletter—Improving Life Everyday

In this issue:

- 5 diet myths that makes losing weight harder ...
- All natural diets are safe aren't they?
- Foods that burn fat and make you lose weight
- Starches are fattening—right?
- Do fad diets work?

Are You Putting Your Health At Risk By Falling For These So-Called Dieting Truths?

Should you believe everything you hear about dieting?

In this world of on-tap knowledge, it's easy to get bogged down with information overload. But how do you sort out the truth from the lies.

In today's newsletter we'll go through 5 myths that help keep us fat and what you should do instead to hit

your weight loss goals.

Myth 1: Natural or herbal weight-loss products are effective and safe.

Fact: A weight-loss product is not necessarily safe just because it claims to be natural or herbal. There are several questions you need to ask before using such products.

Are the ingredients safe?

Are they effective for weight loss?

What are the appropriate dosage levels?

Is what's written on the label actually what's inside the bottle?

“Customer quotes, called “pull quotes,” are an excellent way to demonstrate your success and put emphasis on your values. They also add visual interest to your newsletter...”

-Raffaella Bonaldi



5 Diet Myths Keeping You Fat



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Tip: Always talk with your health care provider before using any weight-loss product, make sure you know what you are putting into your body is safe to use and effective. [READ MORE >](#)

Myth 2: Certain foods like grapefruit, celery or cabbage soup burn fat and make you lose weight.

Fact: Food in itself does not cause weight loss. Some foods may speed up your metabolism (the way your body uses energy, or calories) for a short time, however, it is the combination of a healthy diet and exercise which proves to be best.

Tip: The most effective way to lose weight is to replace bad habits with good ones, look at what you eat, when you eat and why you eat. Develop what I call the golden triad of weight loss - eat smaller portions, decrease your calorie intake and increase your exercise. [READ MORE >](#)

Myth 3: Starches are fattening and you should stay away from them, when you're trying to lose weight.

Fact: Foods high in starch or complex carbohydrates are an important source of energy for your body. Bread, rice, pasta and cereals are high starch foods however beans, fruits and some vegetables (like potatoes and yams) are also low in fat and calories.

High starch foods generally become high in fat and calories when eaten in large portion sizes or when covered with butter, sour cream, mayonnaise or other toppings high in fat.

Tip: A healthy or balanced diet is one that contains fruits, vegetables, whole grains, milk and other milk substitutes, lean meats, poultry, fish, beans, eggs and nuts and is low in saturated fats, trans-fats, cholesterol, salt (sodium) and added sugars. [READ MORE >](#)



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Myth 4: Fad diets enable quick and permanent weight loss.

Fact: Fad diets often promise fast and permanent weight loss. The truth is these diets may endanger your health. Rapid weight loss (losing more than 3 pounds a week after the first couple of weeks) may increase your risk for developing gallstones (clusters of solid material in the gallbladder that can be painful). The imbalance of nutrients caused by rapid weight loss can also cause osteoporosis and other similar complications. Diets that provide less than 800 calories per day also could result in heart rhythm abnormalities, which can be fatal.

Tip: Research suggests that the best way to lose weight and keep it off is by making healthy food choices, eating moderate portions and building physical activity into your daily life. Weight loss of 1/2 pound to 2 pounds a week is considered healthy. By adopting healthy eating and physical activity habits, you may also lower your risk for developing type 2 diabetes, heart disease, and high blood pressure. [READ MORE >](#)



Myth 5: High-protein or low-carbohydrate diets are a healthy way to lose weight.

Fact: The human body works efficiently because everything is in balance. Skewing your diet to a particular group of foods e.g. high-protein or low-carbohydrate is not healthy or balanced and this can cause long-term health effects.

Eating fewer than 130 grams of carbohydrate a day can lead to the build-up of ketones in your blood. Ketones are partially broken-down fats. A build-up of these in your blood (called ketosis) can cause your body to produce high levels of uric acid, which is a risk factor for gout (a painful swelling of the joints) and kidney stones. Ketosis may ... [READ MORE >](#)

Remember you must be sure to discuss any changes in your diet with a health care professional, especially if you have any health concerns.

Any questions? Diet support group meets on Tuesday at 6.30pm.

Till next month.

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