

The Diet Cycle

Diets are a recipe for failure! 95% of individuals who start a diet, will eventually regain the weight that they had lost (and more). Many individuals conclude that they, not the diet is the problem. This often leads to individuals attempting another diet, known as the diet cycle.

The diet cycle includes the following:

Starting the diet

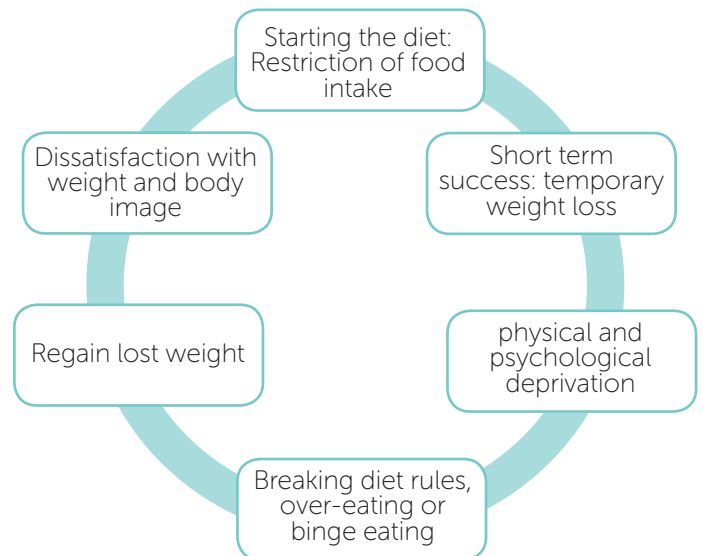
Losing weight seems like the solution for health, happiness, success and to control body weight and shape, and so a diet begins. The diet is often prescriptive, quite inflexible and may involve counting kilojoules/calories, macro nutrient, weighing food, reducing portions or cutting out food groups. The diet does not account for intuitive eating principles or hunger cues.

Short-term weight loss

The diet is working! Individuals may notice changes in their body, weight and shape and feel successful and in control. This often reaffirms to the individual that they are unable to follow their intuitive senses to eat normally, and that to continue to lose weight or maintain their weight loss, dieting will need to continue.

Deprivation

When we restrict what we eat, our bodies respond both physically and psychologically. Our metabolism begins to slow to conserve energy, hunger and appetite increases and our mind becomes obsessed with thoughts about food and eating. Our bodies are working hard to push us towards breaking the diet so that our bodies receive the food it requires.



Breaking diet rules

As our bodies are deprived from the food we need and want, breaking of the diet rules becomes inevitable. As a diet rule is broken, many individuals feel such guilt and disappointment in themselves, that they begin to break all of the diet rules and abandon the diet. This often leads to overeating and binge eating.

Regaining the lost weight

The eating that commonly follows breaking a diet rule is sometimes known as catch up eating and normally includes: eating foods that weren't part of the diet, eating when not hungry and sometimes bingeing or overeating.

As a result, regaining the lost weight (and usually more weight) is most common. This leaves most individuals feeling that they have failed at the diet, and that next time if they can exert more will power and self-control that they will succeed at dieting.

And thus, soon after or maybe some time later, the cycle begins again.

