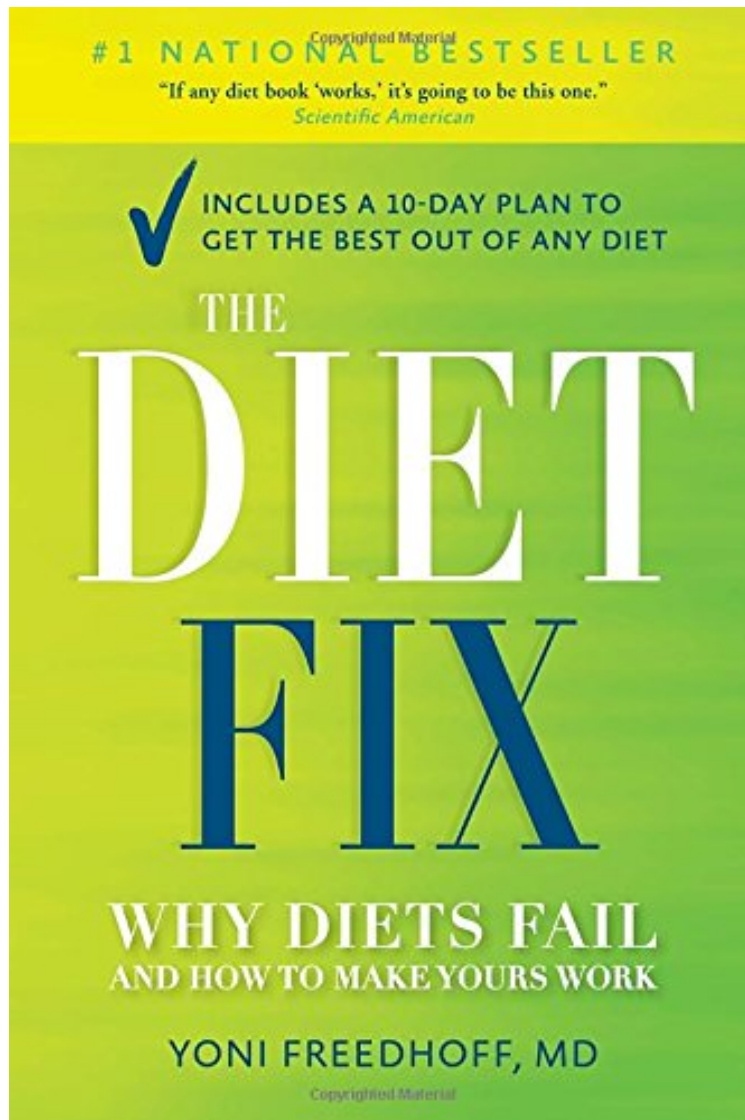


[Download free pdf] The Diet Fix: Why Diets Fail and How to Make Yours Work

## The Diet Fix: Why Diets Fail and How to Make Yours Work

*Yoni Freedhoff M.D.*

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**Yoni Freedhoff M.D. : The Diet Fix: Why Diets Fail and How to Make Yours Work** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Diet Fix: Why Diets Fail and How to Make Yours Work:

4 of 4 people found the following review helpful. lots of good tips, but I can do without the calorie-countingBy see jane readI think the best part about this book is how it stresses that in order for any "diet" or new eating plan to be successful long-term, it has to be enjoyable, it has to be sustainable. Anyone can suffer for 6 months and lose a lot of weight, only to gain it all back when the program they chose just isn't sustainable anymore. Willpower runs out when

suffering is involved, that's just a fact of life. The same goes for exercise. He said you must \*enjoy\* the exercise that you choose and be able to do it consistently over the years. That said, I'm not into the calorie-counting thing. For me, \*that's\* not sustainable and that's where this book loses a star. Maybe for a short while in order to get a clear-eyed picture of how many calories you're eating everyday, but a lifetime of calculating and recording calories??? I'd rather use the portion-control method of using your fists to determine how much you should be eating at a meal (one fist-sized portion of veggies and one half-and-half fist-sized portion of protein and carbs). The calorie-counting is a deal breaker for me in terms of following his methods to the letter. There are many good tidbits throughout the book, though, that make it worth reading and/or skimming through. For example, he believes that you're setting yourself up for failure if you allow yourself to get too hungry at any point during the day, so you should plan snacks into your day so that you don't become so ravenous that you end up inhaling your daily calories all in one sitting. He also advocates for eating before an event, again, so that you don't overindulge in rich party food. He believes that people should be cooking and eating most of their meals at home to avoid highly caloric and overly-seasoned (with fat and sugar) restaurant food. He also does a good job spelling out the variety of ways in which dieting can be traumatic to people. Trauma does not equal long-term results, quite the opposite. He's very much oriented towards "slow and steady wins the race." Nothing that he recommends is a quick fix. His plan for lifelong weight loss requires time, planning, and mindfulness (as it should). He's more interested in how people keep the weight off than in how they lose the weight, and for good reason. Keeping it off is oftentimes harder than losing it, and most diet books don't talk about that. 10 of 11 people found the following review helpful. A useful and unexpected plan! By Erik Arnesen I do think the title is a bit "cheap" and tabloid, but this is a book I have to recommend. I am not in the target group, but as a nutritionist and health adviser, I found many valuable and inspiring ideas in this book. Freedhoff notes that there clearly isn't a lack of diets out there, but one of the biggest weaknesses with them are that they encourage suffering: "There is an underlying belief that success resides in white-knuckle willpower, in undereating, overexercising, and somehow learning to like it." That is what makes most diets fail. Most dieters experience one or several of the "seven dieting sins", which in turn provokes a "post-traumatic dieting disorder". This is not about willpower or self-control, Freedhoff convincingly argues. A repeating "mantra" in this book is: Unless you can really enjoy the life you live while you are dieting, you will fail. Freedhoff also reminds us that dieting should not be about reaching an "ideal" weight - your best weight is the weight you can have while being as healthy and happy as possible. The book contains a 10 day "reset" plan. It's not a diet, but a strategy to reset years of traumatic dieting, to give a "brand-new relationship with your body, your weight, and your health". The strategy includes becoming more organized, getting comfortable with writing a food diary (perhaps the most important tool of them all), preventing hunger, cooking, and indulging (Like it or not, life includes chocolate). In conclusion, "The Diet Fix" is an enlightening and entertaining read, free from nonsense. 18 of 20 people found the following review helpful. Compassionate and clear. By MaddieMay I really liked this book. Dr. Freedhoff has obviously worked with hundreds of patients who struggle with weight, and he has a good understanding of why diets fail. His program includes figuring out a weight loss or maintenance calorie count (from the calorie calculator on his web site) and finding a workable, sane way to meet needs, always keeping in mind that long term health is the goal. It's a marathon, not a sprint! Dr. Freedhoff recommends spreading calories over three meals and two snacks, with adequate protein at each. And chocolate or chips? Yes! But he asks that we figure out the smallest serving of these foods we need to feel satisfied, and always to make sure the splurge is worth the calorie cost. Tracking is central to this plan - logging food and calories for accurate data and trouble shooting. (Apps make this easy.) Dr. Freedhoff gives tips on how to adapt his principles for use with any diet plan we might like to hang onto (low carb, vegetarian, Weight Watchers, etc.). Exercise is recommended, but only so much - living a happy life is key. Exercise obsession is not a long term solution. I am not actually doing Dr. Freedhoff's plan at this time, merely because I am trying to become an intuitive eater, so I am not interested in tracking. Also intuitive eating is based on eating what one craves while hungry, and Dr. Freedhoff's plan does NOT include eating from hunger - it's about eating on schedule, before hunger can trigger poor food choices. Nevertheless, I recommend this book as a sane, compassionate approach to getting a handle on food and weight. And if my foray into intuitive eating is not a fit after all, well, I'll be doing the Diet Fix.

With over two-thirds of North Americans overweight and the \$66 billion weight-loss industry only growing larger, a maverick obesity expert exposes how widespread myths about dieting prevent us from losing weight and getting healthy. At least 90% of diets end in failure and for chronic dieters, this can mean years of compounded frustration, disappointment and shame--baggage that won't make weight loss any easier the next time. But in *The Diet Fix*, Dr. Yoni Freedhoff breaks down the flaws in the way that we approach dieting and offers an exciting plan that will empower anyone to achieve lasting results. Combining years of medical practice and cutting-edge research about metabolism, nutrition and willpower, *The Diet Fix* exposes the 13 myths of modern-day dieting that so often interfere with weight loss as well as dieting's 7 deadly sins that so often lead to failures. Next, he presents a program that will reshape the way people mentally and physically approach dieting. In just 10 days, anyone will be able to see and feel results from this positive new method. In addition to being a proven, stand-alone weight loss program, *The Diet Fix* can also be applied in conjunction with any other diet, from Weight Watchers to Paleo to South Beach and more. Dr.

Freedhoff provides detailed instructions for readers who want to reset their favourite weight-loss programs, turning them into the permanent success stories they were originally promised. This easy-to-use reset empowers dieters to navigate real life with a healthy, positive and constructive attitude--one that will prevent them from slipping back into the negative patterns that destroy weight-management success.

.com QA with Yoni Freedhoff M.D. on *The Diet Fix: Why Diets Fail and How to Make Yours Work* What misconception about dieting do you think causes the most damage? The most damaging misconception about dieting is that our weights should all be ideal and that scales not only measure pounds, but also possess the ability to measure the presence or absence of health. Its those messages that lead dieters to undertake wholly nonsensical approaches to weight management, and they also serve to help fuel societys hateful weight biases. What is Post Traumatic Dieting Disorder? Post-traumatic dieting disorder or PTDD is the frequent consequence of years of recurrent traumatic dieting efforts. Its a shared constellation of symptoms that often extends far beyond a dieters relationship with food and may include feelings of ineffectiveness, shame, hopelessness, loss of healthy body image, feeling permanently damaged, social withdrawal, and, at times, can even impact upon interpersonal relationships. Another very common symptom of PTDD is the belief that traumatic diets are required for weight management success; oftentimes folks with PTDD spend huge portions of their lives yo-yoing from one traumatic diet to the next. This leads to a vicious cycle of suffering, binge dieting, and feelings of inadequacy that sets people up for failure. What is the most important factor in sustaining your weight? The most important factor in sustaining your weight is not just tolerating, but actually liking your life and being both consistent, and, believe it or not, imperfect. Truly, your job in regard to both weight and health is to live the healthiest life that you can enjoy - in other words, to do your best. That said, its important to note that the best you can do over say, Christmas or a vacation, is very different than the best you can do during a plain, old, boring week, but that also doesnt mean you shouldnt still be thinking about things. Given our modern day Willy Wonkian food environment, not paying attention, for many, leads to easy gains, and given its so much easier to gain than it is to lose, remaining thoughtful, but not blindly strict, and doing so consistently, is crucial. Putting this another way - the healthiest life you can enjoy still needs to include chocolate, but that amount of chocolate needs to be the smallest amount that you need in order to be happy, and that amount changes day by day. Why is the label of obesity misleading? Unfortunately the label obesity carries with it a huge amount of societal stigma, stereotype and frankly ugly judgment whereby people who are described as being obese are regularly perceived and portrayed as lazy and gluttonous. Yet the presence or absence of weight really doesnt define anyone. There are healthy people with weight to lose, and unhealthy skinny ones, and I certainly know plenty of beanpole gluttons. While theres no doubt that medical risk rises with weight, risks are certainly not guarantees, and more importantly, weight does not and cannot be used to judge a persons lifestyle. So if youre ever writing about obesity, remember that a person cannot be labeled as obese, they can only have obesity, and that given the negative stereotypes and implications surrounding the word obesity, that distinction matters. What is the biggest misconception you wish people could shake off about dieting? The biggest misconception that I wish people could shake off about dieting is that suffering and sacrifice are dietings true determinants of success. Unfortunately, as a species, we just arent built to suffer in perpetuity. Consequently, weight thats lost through suffering, through some combination of under-eating and/or over-exercising, is bound to come back. Whats the best diet? There really is no one best diet - if there were, there wouldnt be tens of thousands of different diet books available, and weight struggles would be rare to non-existent. Ultimately a persons best diet is the healthiest diet that they can enjoy, as diets that are merely tolerable, given foods star billing as one of lifes most seminal pleasures, simply dont last. Real life does, and frankly must, still include chocolate.