

A close-up photograph of a person's legs and feet standing on a black digital scale. The person is wearing a blue top. The background is a gradient of blue and white. The text is overlaid on the image.

STOP THE **BODY**
WEIGHT

BOUNCE

HOW TO REPAIR
YOUR **YO-YO**
DIET DAMAGED
METABOLISM

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Introduction

Do you feel like it doesn't matter what diet you do, you can't keep fat off?

Sure, you've been successful on a few diets up to date, but a few weeks after you come off those diets, guess what?

You're right back where you started.

Bodyweight bounce, otherwise sometimes referred to as weight regain, is one of the greatest problems that impacts the vast majority of dieters today.

You work hard on your diet and you do see results.

You feel great—on top of the world almost.

But then...

...it happens.

The scale starts creeping back up.

Dread and fear set in.

And next thing you know, your new clothes that you purchased out of joy once you finally arrived at your goal weight are getting just a bit too snug.



Body weight bounce is a significant problem in the diet world today because most diets simply are not set up to prevent this.

In fact, what's worse is that many of the diets that you see people using on an ongoing basis are actually **encouraging** this to take place.

That's right.

You are setting yourself up to fail from *day one*.

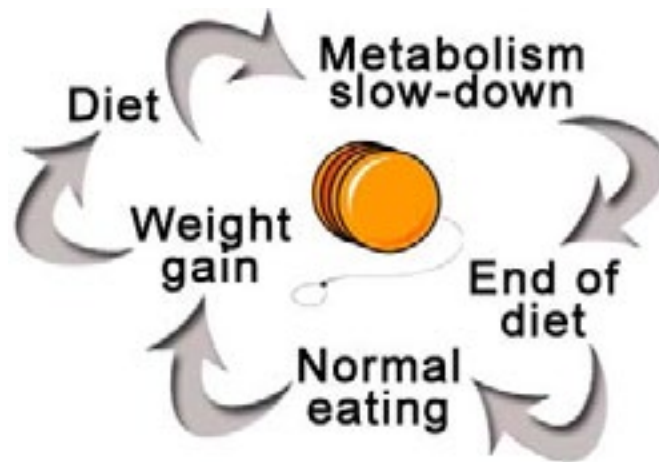
How sad is that?

The worst part is that most people who go on these diets don't even realize what's happening.

They start up feeling incredibly hopefully that this is *the* time that they are finally going to move forward and get the fat loss results they desire.

But, they are misleading themselves.

Until you come to understand why these diets are causing these effects that they are so that you can easily spot a diet that's going to keep you in this nasty cycle, around and around you'll go.



Don't you want to break free?

Think about how *good* it would feel to use a diet, lose weight as you should, and then actually just keep it off.

End of story.

Weight loss.

You're finished—weight maintenance is now your game.

No more worries about restriction.

No more worries about hunger.

No more worries about low energy.

You simply look and feel great—and your body weight stays stable.

Sound a little too good to be true?

For most of you, because of your past experiences, you may actually doubt that this type of set-up is even possible. You might feel that it won't really matter what you do overall, you will *always* be on some type of diet or another.

You might have just accepted the fact that dieting, for you, is just a way of life.

Well, I'm here to tell you it does not need to be this way.



You really truly can lose weight *and keep it off for good*.

But you will have to make some changes.

Are you ready to do that?

Some people aren't. They've been fed all the information they know today about what it takes to lose weight and they aren't ready to open their minds up to the possibility that perhaps there could in fact be another way.

But if you want to escape the current trap you're in, you **MUST** start doing something different.

After all, if you do the same thing over and over again... well, you're going to get the same results over and over again as well.

It's pretty simple.

So let's begin by touching up on why this whole process takes place and how some diets are actually damaging your chances of success right from the start.

Once you firmly know this information and have really understood the rationale behind it, then you can better select a wiser path to follow for your future.

Let's get started.

The Body Weight Bounce Problem

Okay, the very first thing we must talk about is why this problem is happening in the first place.

I'm a firm believer in understanding the "why's" behind everything.

If you don't understand they *why*, you aren't going to understand how to go about changing things in the future or why you are changing the process you are using and that in turn is going to lead to you getting nowhere.

Understand why something is happening and your next course of actions will make far more sense meaning you will be more likely to actually implement the steps needed to go on and see success.

There are many different reasons why the bodyweight bounce occurs so let's look at each one individually so you can get the full idea of what changes need to be implemented moving forward.

The Muscle Mass Loss Factor

The very first reason why you are very, VERY likely to regain weight after you come off a severe fat loss diet plan is because the weight that you just lost is not in fact fat mass, but rather, *muscle mass*.

And make no mistake about it.

While it is still weight loss, it is a very bad thing. Not only does losing muscle mass on a fat loss diet mean that your actual total body fat percentage goes up (since you have less of a total percentage of muscle mass, you now have a higher percentage of total fat mass), but in doing so, this makes you appear softer and more flabby looking than you were before.

So at the end of the day, you lose that firm, fit look that you had about your body.

Many people who suffer from a high amount of muscle mass loss on their diet will actually look WORSE after that diet, rather than better.



How disappointing would that be?

Go on a diet, see the scale go down, but then end up hating the way you look.

In clothes, these people may look slimmer since if they lost significant weight, they will be, but undressed, they will lack tone, definition, and still have significant amounts of the excess fat around various points of their body.

So that's problem number one with muscle mass loss.

The second problem is that if you lose muscle, you'll also become weaker as well. This should be a pretty good "given" point since the less muscle tissue you have, clearly the less strength you possess.

It should be your goal with any program you're doing to increase your strength and functionality, not lose it.

Lose it and you'll only be setting yourself up for a future of inactivity. As you get older and older, you'll naturally lose muscle if you aren't careful and if this is left to progress too far along, you might find some of the previous activities you did (such as carrying groceries in from the car or going for a long game of golf) too challenging.

While this may not be an issue in your 30's and 40's, get to your 60's and 70's and if you don't have much muscle mass left because you spent your 30's and 40's dieting incorrectly and you'll have a real problem on your hands.

Finally, the last big problem with the loss of lean muscle mass is the fact that it's also going to slow your metabolism down significantly.

Muscle mass tissue is the most metabolically active tissue in the body meaning that even just sitting there at rest, it's burning up a high number of calories.

Those who have more lean muscle mass are going to have higher resting metabolic rates because their body is so trained to use fuel effectively.

This then means that you can maintain your body weight easier without having to cut back your food intake significantly. You also won't be as likely to gain excess body fat should you overeat slightly because of the fact that you are going to be burning it off far quicker than someone with less muscle mass.

And, even if you do overeat and take in more calories than you should and gain a bit of fat, you can torch that fat lightening fast because your metabolism is zipping along in a hurry.

So if you *lose* muscle mass, you'll be positioning yourself in the opposite direction. You'll be more prone to gaining body fat if you overeat, it'll be harder to lose that fat should you gain it, and you'll have to consume fewer calories per day simply to maintain your body weight because your body uses calories so slowly.

So all of these factors working together are basically going to put you in an incredibly bad position moving forward, making it harder and harder to see the weight loss success that you're after.

Unless you go on a diet plan that is set up and designed to help you retain muscle mass, you will lose it however.



Muscle Matters



Research has shown that regular strength training can increase your BMR (basal metabolic rate) by 15%. That means if you usually burn 2000 calories a day you will burn an extra 300 calories every single day.

Think about it this way—your body doesn't want to lose weight. If the truth is told, it's quite comfortable just maintaining homeostasis. Any time you try and push your body outside of its comfort zone, it's going to fight back, go into shock, and put forward some defence mechanisms.

Your body doesn't care that you just want to look thinner—your body wants to stay alive.

As such, it knows that since your muscle mass tissue is the most metabolically active tissue you have in the body, if it burns it up you'll burn less energy all day long.

In the name of getting lean, this is bad.

In the name of survival, this is very good.

So your body accomplishes its mission; you however, do not.

Therefore, your approach needs to send certain signals to the body that let it know that burning muscle is not an option and then you also must make sure that you provide the resources for the body to keep its muscle mass tissue intact.



If the current plan you are using isn't doing either of these (or is doing one but not the other), problems will be had.

Now let's identify the second problem that you will face and that can lead to weight rebound.

The Metabolic Threat Factor

Now, we already talked about how your metabolism can start to decline because you are losing lean muscle mass tissue.

That is not the only reason that your metabolism may slow down.

The metabolism can slow down for a wide variety of reasons and the real unfortunate thing is that this makes fat loss virtually impossible.

One of the greatest reasons for the slow down is simply because you aren't eating as much food.

On any diet plan, it doesn't matter if it's a properly set up diet plan or a poorly set up one, you are going to face some metabolic slow down.

This is normal and natural. Here again, the body senses that it's not getting as much energy as it needs to meet its daily requirements and as a result, it starts to slow certain processes down.

The extent in which it slows these down depends on just how severe that diet plan you are using is. The more lower calorie it is, the more of a slow down you will suffer from.



This is why very low calorie “crash diets” are so horrible. They basically threaten your survival (since you are taking in so few calories) and this then makes your body go into supreme-defence mode, saving onto every last calorie it can. It’s not going to go down without a fight and when fuel shortages are significant, all of these effects will occur.

This is also why some women, when they use very low calorie diet plans, will actually start to lose their menstrual cycle as well. The reproduction system is one of the first systems to go since that’s really not at all what your body needs in order to stay alive (it’s lower down on the importance scale), so you’ll stop sending energy toward it.

Other process that can occur include:

- ⊗ Down-regulation of available energy (you’ll feel very tired all the time)
- ⊗ Constant desire to sleep (sleeping burns very little energy)
- ⊗ Lower immune system—thus you’ll get sick more easily
- ⊗ Less bone remodelling, thus increased risk of bone breaks
- ⊗ Digestive distress due to lack of the production of key enzymes (this also occurs when certain types of foods are completely cut out of a diet plan)
- ⊗ Lower body temperature—energy is burned off as heat so when your metabolism slows down, your core temperature drops significantly

As you can see, all of these are very unpleasant but are all a part of the process of going on a diet plan and taking in fewer calories than your body needs to maintain its body weight.

As we mentioned, this is going to happen on *any* diet you go on. It doesn’t matter how many calories it provides, if it’s fewer than what you need to maintain your body weight, these issues will be occurring.

But, there are strategies around this.

First, know that there is one hormone—called Leptin—that is responsible for much of these side effects. Leptin’s job in your body is to monitor how much current body fat you have as well as how much energy is coming in on a day to day basis.

Whenever it senses that either of these are dropping, it then begins to signal to the body to decrease the metabolic rate in order to prevent starvation from occurring.

So the real secret to preventing the natural metabolic slow down that occurs on a diet is managing your leptin levels.

If you can do this effectively, you can stop the problem in its tracks.

Certain strategies such as adding periodic “refeeds” into your diet where you boost calorie intake significantly to throw your body off along with making sure that you are not dieting extensively for long periods at a time must be implemented if you are to prevent your metabolism from slowing down so severely.

In some cases, if these are not utilized, the metabolism can slow down so much that you may start actually maintaining your body weight on a very low calorie intake.

This is then a very bad situation because your only choice would be to lower your calories more hoping that would prompt fat loss, but in most of these situations, your calorie intake is already so low that taking it down any further would lead to malnutrition and just be all around unhealthy.

The diet plateau—something that most dieters experience at some point or another as they go about their plan is very often related to this exact process.



So, now that you can understand how the metabolism slows down *while dieting*, hopefully this helps illustrate why it’s problematic for weight maintenance.

If you do manage to get through your diet and see the fat loss results that you were after, then you have to ask, now what?

If you raise your calorie intake up since you don't want to lose any more weight but your metabolism is so sluggish at this point that you're already practically at weight maintenance with your current intake, this means that you will now start to *gain body weight*.

If you were losing weight incredibly slowly on the diet you were on, you can rest assured that should you come off that diet and eat "normally" again, you will be packing on the pounds in a hurry.

And so the body weight bounce occurs.

Let's now look at the last and final factor that's going to come into play with all of this.

The Malnutrition Factor

We've already spoke about the two most significant reasons why you see a body weight rebound after using so many diet plans.

You burn up your lean muscle mass and you suffer a metabolic slow down because your body's defence reactions have been triggered and are now preventing you from losing any further body weight.

There is one last issue that can also be a reason for concern.

That issue is malnutrition.

If you are not eating enough of the right types of foods, you risk becoming deficient in a number of different key vitamins and minerals, and that can then mean that because of it, your metabolism isn't going to operate as well as it should.



Basically, you are going to feel sluggish, your energy level will be low, and you may not even be able to think clearly.

If all of this means that you aren't as active throughout the day, that means that your total daily calorie expenditure will go down.

When you come off the diet and do start eating more again, the chances that these deficiencies continue will be lower, but depending on just how long you were on the diet you were using and how severe the diet was overall, it may be too much already.

Damage may be done and you may now be reaping the consequences of those nutritional deficiencies.

There are a wide variety of different vitamins and minerals that can have this effect—remember that your diet doesn't just provide carbohydrates, proteins, and dietary fat.

Your diet also provides B vitamins, iron, calcium, zinc, magnesium, and so on. All of these play integral roles in your body's operations and many of them do regulate your metabolism to some extent.

Therefore, if you aren't getting the proper levels of them, you are setting yourself up for some severe consequences.

Most of the very low calorie diets out there do cause you to become short in B vitamins, iron, and at least calcium depending on the food choices just because you are limiting these foods so extensively.

Furthermore, so many diets out there are very low carbohydrate approaches, and by removing these types of foods from your diet for such a lengthy period of time, this can also mean that when you re-introduce them, your body starts to struggle.

You may not break them down as well as you should because you will have down-regulated certain enzymes that are needed for the digestion process to occur.

This can also lead to continued deficiencies then, so the cycle continues on.

Furthermore, while it's not a permanent form of weight gain, you can rest assured that after you introduce carbohydrate back into your diet plan after a long time of not eating them (using an ultra low carbohydrate diet approach), you are going to easily gain 10 pounds of extra water weight.

For every gram of carbohydrates that you consume and store, your body will also retain four grams of water, so it's very easy to see shifts in body weight because of this.

So while this nutritional deficiency factor isn't quite as significant as the two factors above are, it's still an important one to know because it will impact how you feel and function—not to mention how your weight loss progresses along.

Hopefully now you can see why it's so vital that you choose the diet you use properly. If you make a poor diet choice, these problems will be built right into the approach from day 1.



You literally *train* your body to prepare itself to cling onto body fat, not letting go of it despite your best efforts and then also train your body to get ready to add even more body fat once you come off the diet.

That is a really bad situation, especially for those who have lost lean muscle mass while dieting because if you lose 10 pounds of muscle after a 15 pound weight loss say (as some weight will be fat and some muscle—it's just the ratios that lean more towards muscle when a poor approach is used), and then after coming off that diet you regain those 15 pounds right back, well, now you are standing at the same weight you were before, only you have five fewer pounds of muscle on your frame and five more pounds of body fat. That means, you don't look as good and you're right back to square one.

Do a few rounds of this and you are definitely going to be facing some pretty serious consequences in terms of your overall body image.

If you learn how to choose a diet right from the start however, you can side step these problems from occurring.

Let's look at what you must do.

The Body Weight Bounce Solution

If you want to lose weight and keep it off for good, you need to train your body how to use body fat effectively as a fuel source and keep using body fat as a fuel source over the course of time.

While most diets will have you coming off of them with a slower metabolic rate than what you went in with, there are some diet approaches that will have you actually boosting your metabolic rate—especially after you come off of them and start eating more food again (simply eating more will trigger a boost to your metabolism).

If you weren't exercising before and then implemented a proper workout program, make no mistake about it, that proper workout program is going to have very good transfer over benefits to your current metabolic rate.

What you need to find is a diet plan that focus on whole foods to start. Whole foods are naturally processed better in the body, will supply all the key nutrients that you need to maintain good health, and are



simply going to help propel you in the right direction later on. If you exist on “diet foods” while on a mission to lose fat, what’s going to happen when you start eating real foods again?

Train yourself right from the start.

If you can learn how to lose weight successfully by eating proper, healthy, everyday foods, you can more easily transition to weight maintenance once the approach is over.

Not to mention you will be a lot healthier as well and isn't that why we are all here anyway?

Second, you also need to find an approach that implements periodic diet breaks or at least freedom meals where you do increase your calories back up slightly to train your body not to slow down the metabolism and conserve body fat.

Any good approach should be taking into account the fact that dieting is a brutal process on the body and if you are doing it for weeks and weeks on end, it's going to be problematic.

Whether the diet itself only lasts for 4 week cycles or you take a day or two break every 2 weeks while on it, you need some relief from the low calorie intake.

Crash diets—or those that promise rapid fat loss progress—should never be relied on as a solution for long term weight loss.

Remember, you didn't gain the weight in a few days so you aren't going to lose it in a few days either.

Be patient with the approach and you will fare far better.

You also need to find an approach that incorporates in proper exercise strategies.

This is a very important thing because you can't come to believe that any exercise will do as most people currently think.

Do the wrong exercise program such as hours and hours on the cardio equipment and you will actually just increase the risk that you lose muscle and cause all those negative issues to occur.

You need to be using a proper exercise program because that is the exercise approach that will send the signal to the body that it must keep its muscle mass.



Think about it, if you are weight lifting regularly, you are telling the body that it must hold onto its muscle mass for strength purposes because it *needs* it.

If you are not lifting weights, what reason is there for your body to keep your muscle?

There isn't a reason—and thus you lose it.

So that's why you absolutely must be doing a smart exercise program. This means sending the right messages—not the wrong to the body so that it taps into stored body fat as a fuel source while keeping your muscle right where it is.

The wrong program will not do this, so be careful here.

Where To Go From Here

Hopefully now you have a good idea of why this problem is such a big one and some of the key reasons why it occurs.

If you're reading this right now, chances are you have experienced these issues before and are looking for a change.

You don't want to battle with weight regain any longer. You want to lose weight and keep it off.

As such, you need a firm and proper game plan.

One thing that you do need to know is that when it comes to fat loss results, the more prepared you are, the better your results will be.

Fat loss is not something that happens "by chance".

It's something that you must plan for because if you don't, results will elude you.

Especially in a life where you get so busy you hardly have time to hit the gym and in addition to that, you are constantly bombarded with less than healthy food choices everywhere you turn, if you don't get proper game plan strategies into place, you will be on a non-stop struggle until the end.

That's why I've created a complete guide so that you aren't left guessing or wondering.

When you pick up ***Rebound Free Weight Loss***, you are going to get the in's and out's of exactly what you need to do to not only see the results you want, but to also fix the current situation you have going.

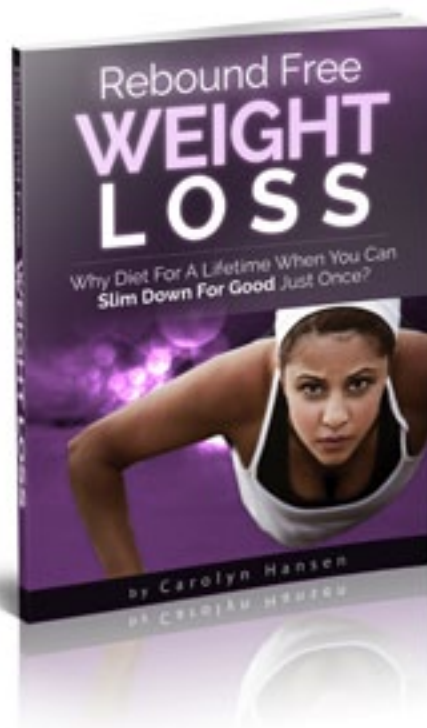
It's time to face the honest truth—if you've been dieting for a number of years already—or if you've even done one crash diet before, your metabolism is not functioning optimally.

And, until you fix the current damage, you can't move forward into a healthier and proper future.

So it's time to take responsibility for your past choices, get yourself set up for success, and then move forward and implement a plan that will get you there.

Ready to finally take control over your body weight?

If so, then check out the ***Rebound Free Weight Loss*** manual to even learn more.



For more tools and resources that will assist you in attaining your goals and achieving the success you desire in life, please visit:

<http://CarolynHansenFitness.com>