

## 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  
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## **How Emotions Can Make You Fat**

So far, we have spoken about the physical issues that may activate the FAT Programs and prevent your body from losing weight – starvation and toxic overload.

But underlying these physical issues are a number of mental and emotional issues that can also cause you to gain weight. And like the physical issues, these chronic types of stress, fear, sadness or negative emotions can also create a chemical condition in your body that will cause it to activate the FAT programs as well.

### **What Is Emotional Obesity?**

When you have emotional obesity, you've drawn the conclusion, either consciously or subconsciously, that being fat makes you feel safer. When this happens you send the message to your brain that being fatter is the best way to protect yourself from the emotional stresses of your life.

Note – emotional obesity is different from emotional eating. Emotional eating happens when you have formed an association between food and some positive emotional state such as love, joy, happiness, security or safety. Sitting down with a block of chocolate to watch a movie is an example of emotional eating.

On the other hand, emotional obesity focuses on the actual need to be fat, whether consciously or subconsciously, as an emotional survival strategy. For example, many people have related to me sad stories of their childhood abuse and how once they became so fat, the abuser moved on. In this case, the fat really did protect them.

If you have emotional reasons why you either need to be fat or want to be fat, regardless of whether you're conscious of those reasons or not, it makes little sense to try and lose weight until you address these issues.

### **Dealing With Emotional Obesity First**

As long as you're in the state of emotional obesity your body will undermine any attempts you make to lose weight, regardless of how easy or effective weight loss efforts would otherwise be.

Whenever I talk with someone about their weight issues, as soon as I detect they're showing signs of emotional obesity I usually stop the conversation short and say to them:

"Let's not talk about what you're eating or not eating right now... I think you have an emotional need to be fat and as long as you have that need, no program is going to work for you, so let's first discover and understand why you have this need to be fat and what we can do to eliminate that need."

Only after they've made some progress in address and eliminating the causes of their emotional obesity do I then say to them "Okay, now I'm ready to discuss your eating habits and your cravings... now we can go about designing an approach that addresses and eliminates the reasons your body wants to be fat."

More times than not, I find that once people deal with the emotional obesity issue, their weight just falls off and I don't hear from them again for several months.

Basically it is futile to discuss any type of strategies for losing weight if you have mental and / or emotional reasons why you need to be fat. Even the simplest and most effortless approach to weight loss will fail if you have emotional obesity.

In my book "The Gabriel Method", I discuss 14 specific themes of emotional obesity. I also discuss some very effective ways of addressing and eliminating the causes of emotional obesity, including listening to the CD that accompanies this book.

You will see that emotional obesity can be taken care of easily enough. But you also can't ignore it because no diet, program or approach will be effective unless you deal with it.

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## **How Toxins Can Make You Fat**

A toxin is a molecule, element, organism or energy that occurs in your body, but which may be harmful to you.

Though some toxins enter the body through pollutants in the environment, most chemicals are ingested. The things we choose to eat, drink and inhale are toxic chemicals that make people sick and prevent them from losing weight.

Smoking, drinking alcohol, drinking caffeine and eating too many pre-packaged and over-processed foods all have a toxic effect on the body.

The problem is, the more toxic your body is, the more difficult it is to lose weight and keep it off.

## **How Fat Protects You From Toxins**

When toxins enter your body, your body must either eliminate it or store it in a safe place so that it doesn't harm you.

One way your body does this is to store it as fat. In fact, one study recently found that most Americans are storing somewhere between 400-800 toxic chemicals in their fat cells.

Because fat is a very effective chemical buffer, your body will surround a toxin with fat to protect the rest of your body from harm until it can be eliminated. This is supposed to be a short-term measure, Your body is waiting for "tomorrow" when it has enough breathing space to deal with the stored toxin.

Unfortunately, when you live in a crowded city and eat a conventional modern day diet, you are putting yourself in a highly toxic environment, meaning your body may never get around to dealing with them.

That's because the toxins are probably entering your body faster than they can be eliminated. So "tomorrow" never comes.

The result – your body tries to resist burning the fat that stores these toxins in order to protect your body from overdosing on them.

Further, some studies are also reporting that toxins can cause or exacerbate 'insulin resistance' which is one of the mechanisms of your body's FAT Programs.

Of course, there are reasons other than weight loss to rid your body from toxins. High toxicity has also been linked to:

- Chronic fatigue
- Heart diseases
- Memory loss
- Premature aging
- Skin disorders
- Arthritis
- Hormones imbalances
- Anxiety

- Headaches
- Emotional disorders
- Cancers
- Autoimmune diseases

## So What's The Solution?

The solution is to reduce the amount of toxins entering your body, and to increase your consumption of antioxidants that help flush out the toxins already there.

This will your body stop depending on fat as a toxic buffer and reduce your body's resistance to weight loss.

How do you achieve this?

You can start by eating more live, fresh organic foods because all live foods have fibre. The fibre will clean out your colon and intestines of undigested food and stagnant waste.

You should also drink more water to help flush out the toxins.

These are two very easy ways to rid your body of those nasty fat inducing toxins.

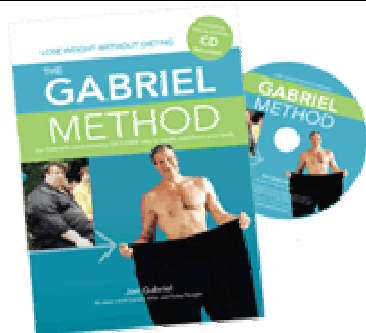
If you want more advice, check out Chapter 12 of my book the "Gabriel Method" where I explain how to apply the eating principles described in my book to address toxins and lose weight.

It's easy to apply, will make you healthier, give you more energy and improve your quality of life.

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## Why Modern Foods Make You Fat

The problem with most of our modern foods today is that they tend to be processed.

This means that many of our foods include food additives, such as flavourings and texturizers, which may have little or no nutritive value, or be unhealthy. Some preservatives added or created during processing such as nitrites or sulphites may also have adverse health effects.

What's more, these foods also often have a higher ratio of calories to nutrients, a phenomenon referred to as "empty calories". Most junk foods are processed, and fit into this category.

## How Modern Foods Affect Your Weight

There are two fundamental reasons why we need to eat – one is for calories and the other is for nutrients. Similarly, these are also two reasons why your body will activate your body's FAT programs.

In other words, your body will activate the FAT programs when:

1. You don't eat enough calories, or
2. You don't eat enough essential nutrients.

This is a key insight because like a lack of calories, your body also interprets a lack of essential nutrients in your system as a famine and will activate your FAT programs for survival.

Unfortunately, most of the processed foods we eat today have the calories we need, but not the essential nutrients. The nutrients are either too few, too poor in quality or are in a state that our bodies can't process.

The result – even though you may be getting enough calories from your food, your body may still be starving because it is not getting enough essential nutrients.

## What's The Answer Then?

The answer is simple - Eat More Real Foods!

A real food is anything we ate prior to civilization. This includes live fruit, raw nuts and seeds, vegetables, salads, grass fed meats, free range chicken and fish.

These are the foods that are our ancestors ate and which have a full range of the essential nutrients our bodies need to function, all in a form that our bodies can readily digest and assimilate.

The best part is that by adding Real Foods into your diet and finally giving your body the nutrients it's been starving for, your brain eventually sends out the message to your body,

"OK I'm not starving anymore, I don't need this fat anymore, it's safe to be thin now – Turn The FAT Programs Off!"

In other words, it keeps you healthy AND puts your body into a state where it can lose weight.

This is not to say that you have to eat these foods to the exclusion of others. Rather, just add more of them to your diet to nourish your body so it no longer wants to be fat.

This is one of the keys to real weight loss and to avoiding the yo-yo dieting cycle of losing and gaining weight that those FAD diets put your body through.

By the way, in my "Gabriel Method" book, I explain:

- 2 essential fatty acids that help switch off your FAT programs, and 5 ways to get it into your system;
- The solution to essential amino acid malnutrition;
- How to get the most out of your meat;
- The 'dead' carbohydrates that do not have any usable nutrients and which most likely get stored as fat;
- How to avoid essential sugar malnutrition, including the essential sugars that boost your immune system and help regulate your blood;
- Easy ways to get all the essential nutrients into your body without the hassles,
- Plus much much more.

You will discover delicious ways to include these essential nutrients in your diet, which in turn will allow you to switch off the FAT Programs and begin losing weight the natural way.

Best of all, it's quick, easy and helps keep you away from the dangerous yo-yo dieting effect of losing weight then gaining it back again.

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