

Weight Loss Myths

What You Should Know

Do Weight-Loss Methods Matter? Can You Boost Metabolism?

by James M. Rippe, M.D.

(NAPSA)—Weight-loss myths can sabotage your best effort and prevent you from achieving lasting weight loss. Two myths to watch out for are that you can boost your metabolism by what, how and when



Dr. James Rippe

you eat and the idea that it doesn't matter how you take weight off.

Myth 1. You can boost metabolism by what, how and when you eat.

The only scientific, proven method for losing weight involves eating fewer calories than you burn. It takes a shortfall of about 500 calories a day to lose one pound of fat per week and 1,000 calories a day to lose two pounds of fat weekly. Despite the promises of so many popular diets and products, metabolism can be boosted in only a couple of ways: exercising more and speeding up heart rate. Exercise not only burns calories but people who exercise on a consistent basis maintain high levels of lean muscle tissue and build new muscle tissue, which sustains high levels of metabolism.

Over the years, various products have been promoted as metabolism boosters for weight loss. While there are products that work as stimulants to increase the heart rate and blood pressure, there may be health risks with using them. With respect to a regimen that limits the what, how, and when you eat, the only reason they may work is that they restrict calories. The most effective way to

achieve long-term weight loss is to change your behavior.

Myth 2. It doesn't matter how you take weight off.

Yes, it does, if you want to stay healthy and if you want to keep the weight off.

Losing weight quickly can be satisfying and any regimen that restricts food intake will lead to weight loss. However, a problem with extreme diets is that they often lead to muscle loss and that can slow down your metabolism. Extreme diets can also be hard to maintain and as a result often boomerang with all of the weight regained.

Rather than losing and regaining the same 20 pounds over and over again, it's best to lose weight slowly, preferably at the rate of one or two pounds a week.

It's far better to fine-tune weight management so that initial strategies are consistent with long-term strategies. This way, the positive changes that are made as weight loss progresses become incorporated into the fabric of your life, setting up the framework for sustainable weight loss.

Many successful dieters report losing and gaining weight using extreme methods. It is only when they ultimately recognize the truth—that long-term sustainable weight loss requires a comprehensive weight-loss method that is realistic, livable and sustainable—that they achieve the desired outcome of successful weight loss.

Dr. James M. Rippe and Weight Watchers have written "Weight Loss That Lasts: Break Through the 10 Big Diet Myths."

Note to Editors: This is the fourth in a series of articles on weight-loss myths. The next article will explore the truth behind the myths that "there is one right approach to weight loss" and "your weight is your problem and you need to solve it on your own."