

# Fast Weight Loss

Are Fast Weight Loss Plans Healthy? Based on the benefits of weight loss...maybe! In general, rapid diets are not healthy

Bottom line, stated right from the start, it's not healthy to lose weight fast. The faster you lose weight, the faster you'll gain it back. Here are the main reasons why it's not healthy...

1. Diet fast and lose muscle not fat.
2. Diet fast and lose water not fat.
3. Diet fast and cause **diet shock**. [What is diet shock?](#)
4. Diet fast and make no lifestyle changes.
5. Diet fast and fail at long term weight loss.

Fast weight loss impacts your dieting efforts in so many negative ways, it's hard to think how any fast dieting attempts could produce healthy results, except one...benefit oriented weight loss.

How much weight do you need to lose to decrease the risk of heart disease? You might be surprised by the answer.

Would you believe that a 5% to 10% reduction in total weight is all that is necessary to improve your health? Believe it! If planned properly, you can lose weight fast, in shorter time periods focusing on 5% reductions per time period.

At first, you will lose mostly muscle and water. But as you progress through each period, more and more fat will burn and less muscle. The way we see it, no matter how many fast weight loss warnings we write about, many of you will try the next one that hits the market. So we want to work with you and provide you the safest yet fastest way to lose weight.

## The Safest Fast Weight Loss Plan

First, notice we don't say "Safe" in the title. We still feel weight loss is best slow and consistent, with small victories each day. But the steps below will allow for the safest fast weight loss we know of today.

### The Steps

1. One Week prior to starting, drink a protein shake supplement everyday. Do not change

anything else.

2. Start an exercise program, with the first week involving nothing but stretching major muscle groups.
3. When it's time to start dieting, drop the total calories you eat by **NO MORE THAN 500** per day. The best way to do this is replace a meal with the protein shake you started drinking the week before. That's easy.
4. Record your weight loss and never let it reach a rate of more than 4 pounds per week (that's double what I normally recommend).

The end result in one month -- 12 pound weight loss, mostly fat. This is the safest way to lose weight fast.

## **The Benefits of Weight Loss**

All it takes to improve your health is a 5-10% reduction in your total weight. Let's say you are 20 pounds overweight at a total of 200 pounds. Lose just 10 pounds (5% of total weight) and you just succeeded in reducing your risk of a heart attack. And you're not even at your ideal weight!

Not bad for someone not using weight loss secrets, magical formulas or rain forest mineral mud wraps!

Lose weight! Even if it's just a little, it helps. The following [slide is proof](#).

### **Summary**

Lose weight. If you have to do it fast, follow our steps...it's the safest way to fast weight loss.

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## 5% to 10% Weight Reduction Improves Health

### IMPROVES:

- Hypertension<sup>[1]</sup>
- Lipid abnormalities<sup>[2]</sup>
- Glycemic control<sup>[3]</sup>

### REDUCES:

- Cardiac events, CVD-related mortality, and all-cause mortality<sup>[4]</sup>
- Diabetes-associated mortality<sup>[5]</sup>
- Risk of developing type 2 diabetes<sup>[6]</sup>



1. Tuck ML, et al. *N Engl J Med*. 1981;304:930-933.
2. Dattilo AM, Kris-Etherton PM. *Am J Clin Nutr*. 1992;56:320-328.
3. Wing R, et al. *Diabetes Care*. 1987;10:563-566.
4. Singh RB, et al. *BMJ*. 1992;304:1015-1019.
5. Williamson DF, et al. *Am J Epidemiol*. 1995;141:1128-1141.
6. Diabetes Prevention Program Research Group. *N Engl J Med*. 2002;346:393-403.

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