

Re: What is the most effective diet pill?

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- *From:* bruce.sinclair@xx (Bruce Sinclair)
 - *Date:* Wed, 10 Sep 2008 04:33:27 GMT
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In article <f700e17a-f35a-41e8-9bdf-0dcb909a0558@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>, Bill Penrose <dangerousbill@xxxxxxxx> wrote:

On Sep 9, 4:20=A0pm, bruce.sincl...@xx
(Bruce Sinclair) wrote:

The equation is simple ...
energy in – energy out
Change one or both of those in the required direction. :)

Betcha you're one of those skinny guys who can't understand why some people have no will power.

Used to be ... then I got older. :) Working in and around the area for a few years has, however, certainly given me one basic truth. Diets don't work. You have to change your lifestyle if you want a real change that lasts more than 2 weeks and doesn't rebound on you. When you come off a "diet" you tend to accumulate more weight than you lost ... and it tends to be fat. You are telling your body that times are tough ... and yes, it can adapt. :)

Eating too much is an addiction like alcohol or drugs. It's just that it's so common, it's just considered a bad habit. Easier to blame the fat guy.

On the other hand, the fat guy has only himself to turn to. Every diet pill and every weight loss regime can be defeated by a lack of sufficient commitment.

Basically, I'm saying that "diets" don't work. The equation is complete and accurate (for all those who don't have any genetic problems of course). Does it ignore all sorts of 'head stuff' ? ... of course. Weight loss or gain is however, entirely about energy (again, this assumes you get enough of all the micro nutrients and such) so, more in than you use => get bigger. Use more than in => get smaller. Most of us have a 'programmed weight' that we vary around a bit. Eat heaps of fat and sugar when you have a sitting down job ... chances are you'll be getting bigger. :)

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Dangerous Bill (yes, he's two person-equivalents in one body)

:) As long as you are happy.

I do recall a paper that said something along the lines of ... women that worry about what they eat are worse off than those that don't. I imagine there's a lot of stress and such due to the worry. There's a lot of rubbish talked about nutrition (most of it actually :)) ... but similarly, there are a *lot* of people that eat nasty things all the time. We have a choice. Always. One of them is to accept that we are a bit podgy. :)

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