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Has Your Diet Backfired?

Can your weight loss program make you fat?

There are hundreds of diets and diet products being sold on the American market. Many have a frightening side effect, they cause weight gain. There seem to be every kind of diet. A diet for your blood type, raw food diet, protein diets, low fat diets, low carb diets... and the list goes on. The main problem with these are they are not sustainable in the long run. Often times you get great results in the beginning but eventually the weight comes back on bringing friends with it.

One reason these diets are unsuccessful is that they do not reset the hypothalamus. The hypothalamus produces hormones that control your weight. It seems the only real solution is the old fashioned method of proper nutrition and exercise. This will reset the hypothalamus.

You have to stimulate your body to want to release the stubborn fat deposits. Before you begin a [Weight Loss](#) program click on the link.

Why is it that in other countries people eat way more calories than Americans and still manage to stay slim? We Deprive ourselves of the food we love and still we can't lose weight?

All over the world people eat tons of carbs, eat salt, drink alcohol, eat ice cream and other deserts, eat a lot of bread and still remain skinny. They don't drinks diet sodas or eat low fat food. They eat what they want and do not gain weight.

How do they do this? The puzzle is answered with one simple fact; the food is produced differently than in America. In the US beef is injected with bovine growth hormone and full of antibiotics and other drugs. Beef is fed genetically modified, chemically produced grain and ground up dead animals. The animals you eat consume a toxic stew of chemicals. It is not the meat that makes you fat it is all the additives.

If you eat naturally grown organic food you remove this problem. READ THE LABEL! This could be the most important tip you could get on your weight loss mission.

Get more information and a guide to [Natural Weight Loss](#) and find out about [Fast Weight Loss](#) by clicking on the links.

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