

Published based on [Reasons to Use Super Fast Weight Loss Diets](#)

# **Reasons to Use Super Fast Weight Loss Diets**

There are more diet plans available than you can shake a stick at. Some of the best diets out there are those that can help you to lose weight without too much struggle or stress. The best diet is also one that will facilitate long term success. Lots of the overweight population tries all types of plans, without achieving permanent results. This is a big problem for weight loss. In reality, the true gauge of success of any diet is not just how much weight you can lose, but whether or not you can keep it off permanently.

There are many types of diets. Some are based on lowering fats, lowering carbs or lowering calories, and then there are the quick weight loss plans. Learn more about all types of free diets at: [Free Diet Plans Blog](#) and specifically [low calorie diet guide](#).

Rapid weight loss are drastic diets that promise big weight loss in the shortest amount of time. Due to the time element these are drastic plans that are not to be followed for a long period. They are not very healthy and so can only be followed for a short time. They are so drastic in nature that they are rarely those that can be used for long periods of time, and never on a permanent basis.

Some examples of rapid weight loss diets are the Cabbage Soup diet, Banana Diet, 3 Day diet and others. The Cabbage Soup diet is one that is quite drastic, and very rapid as it boasts about a 10-pound weight loss in 7 days. It basically consists of eating a specially made cabbage soup for 7 days and only allows for a few other foods. If you can stand cabbage soup for 7 days straight then this diet can help you lose some serious weight and quite quickly.

In general rapid weight loss is not the best option for dieting. All though, these rapid weight loss diets have some benefits and uses.

### **Benefits of Fast Diet Plans**

1. These diets can really get your body ready to diet.
2. Psychologically getting ready to diet can be a difficult task, especially when thinking about long term and permanent changes. Think of the rapid weight loss plan as a stepping stone to long term dieting, mentally this really works.
3. The quick weight loss with rapid diets can really trigger the motivation and dedication necessary to lose all the weight.
4. Maybe you want to fit a special dress for an evening, or for your wedding day, or any other special day for which quick weight loss is necessary.

The negative of these fast diets is that most people will get off them and regain the weight. Using them effectively means using them as a starting point, and then going to a more long term diet plan.

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