



## Weight Management: Why Diets Fail Long-Term

Most diets fail because the body adapts hormonally to restriction. Weight regain is not a failure of discipline. It is a predictable biological response. Understanding this prevents repeated frustration.

Calorie restriction lowers resting metabolic rate and increases cortisol. Hunger hormones rise while satiety hormones weaken. Insulin resistance prevents fat burning, even when calories are reduced.

Labs may show rising insulin, worsening lipids, and declining metabolic rate despite weight loss. Repeated dieting worsens adaptation.

Without metabolic repair, weight loss becomes temporary and rebound gain more likely.

### 01 FOR EXAMPLE

A person loses weight on a strict diet but regains more after stopping. Each cycle becomes harder. When protein intake, sleep, and insulin sensitivity are addressed, weight stabilizes without extreme restriction.

### 02 Try This Today

**Measure:** Track hunger levels throughout the day

**Do:** Eat consistent meals with adequate protein

**Reflect:** Shift focus from restriction to repair



Select a plan:

<https://tinyurl.com/healthyu-amaze>

