

Radical Diets and Starving Yourself



SUMMARY: These type of diets do not work! If they seem like something you can not keep up long term do not do it. Most important is when it comes to food is to make it healthy. If your diet does not include healthy veggies, fruits, proteins, and fats with whole grains there will be a big debate. **Starvation dieting is painful, nutritionally unsound, unhealthy, and not sustainable.** READ ON FOR MORE DETAILS

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These type of diets do not work! If they seem like something you can not keep up long term do not do it. Most important is when it comes to food is to make it healthy. If your diet does not include healthy veggies, fruits, proteins, and fats with whole grains I do not want to talk about it because there will be a big debate. The “starvation diet”, significantly cutting down the number of calories you consume in a day, may seem like an effective strategy for losing lots of pounds quickly. But in fact, a radical shift in your eating can lead to the opposite result. Eating too little or starving yourself is a very bad idea and it actually leads to weight gain. Your body will suffer if you deprive it of food. After prolonged starvation, your body's metabolism slows down, your body may not function properly, and your mental health may decline. Generally, nutritionists define a very low calorie diet as consuming 450–800 calories or fewer per day, which isn't healthy or sustainable in the long term and something I would never suggest. I can never suggest to have someone eat fewer than 1200 calories a day. **If you're not familiar with the term, you may think intermittent fasting is the same as starving, it is not. In fact when done properly, intermittent fasting can be a healthy and sustainable practice according to many health authorities including [healthline.com](https://www.healthline.com).** During long-term calorie deprivation, your body begins to use its fat stores as a primary energy source and muscle and skeletal tissue as secondary energy sources. Over time, your body responds to calorie deprivation by reducing your resting metabolic rate (RMR) via adaptive thermogenesis (metabolic adaptation). This makes your body less effective at burning calories in an effort to preserve as much energy as possible. Your body actually uses it muscle and that is why your metabolic rate is slowed down for a significant period after starvation dieting. It also impacts your mental health by leading to the development of disordered eating behaviors such as food restriction, fear surrounding food choices, a negative relationship with food, excessive exercising, and an obsession with body weight and size. In severe cases, prolonged starvation can develop into an eating disorder such as anorexia nervosa, bulimia nervosa, or binge eating disorder according to health line.com. **Starvation dieting is painful, nutritionally unsound, unhealthy, and not sustainable.**



Your body works less effectively

Essential bodily functions, such as breathing and heart rate, and slow down nonessential bodily processes

- Hair and nail growth. Your hair and nails may become brittle.
- Immunity. Your immune system may have a harder time fighting infection and illness.
- Digestion and hunger regulation. You may experience irregular or intensified hunger, recurring bloating, or stomach discomfort.
- Reproductive health. Your menstrual cycle may change or stop.
- Skin health. You may experience improper or delayed wound healing or premature aging.
- Bone health. Your bones may become weakened.