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# Extreme Weight Loss Diet Tips

What is an extreme Weight Loss diet? Does it work? That is the question that scientists, physicians, nutritionists, dieticians and people in general, have been trying to answer for years. An extreme weight loss diet generally involves attempting to lose weight rapidly with intensive diets and physical workouts.

But does an extreme weight loss diet have hidden dangers? In short, yes there are dangers involved. Any radical changes in diet or exercise will affect your body, sometimes adversely. You can even become seriously ill, particularly when you use extreme diets like fasting or crash diets.

There is one step that you must take before undergoing any sort of self made diet if you are overweight. That step is to consult your physician. There are several reasons for this:

1. Your doctor will need to ensure that you are, in fact, overweight. Sometimes, external pressures cause us to wrongly believe we are overweight.
2. Calculate your BMI (Body Mass Index) to determine ideal weight.
3. Ensure that there are no underlying health issues causing weight gain.
4. Check that you are fit enough to cope with exercise and dieting.
5. Get assistance with developing a safe, healthy, well-balanced diet plan.

Recent scientific studies indicate that many obese individuals have an underlying DNA issue contributing to obesity. If you are one of these individuals and you suddenly radically reduce your calorie intake, this can cause some serious health issues.

Not providing the nutrition your body requires to stay alive only invites trouble! Physical fatigue, light headedness, reduced mental alertness and anemia (from insufficient iron intake) are examples of issues that may be caused by crash dieting. Additionally, reducing your calorie consumption too much makes it difficult to maintain the diet, resulting in increased cravings and eventually, binge eating.

Extreme weight loss diet measures should be substituted with safe weight loss methods such as a healthy, moderately reduced calorie diet and regular exercise. These methods will ensure that you don't endanger your health unnecessarily. Furthermore they ensure you receive the adequate nutrition from vitamins, minerals, carbohydrates and proteins that your body requires while allowing you to lose weight.

If you combine a healthy diet with exercise you can dramatically increase the weight loss process. Just 20 to 30 minutes of rapid daily walking can turn you into a new you!

An extreme weight loss diet generally advises you to focus on one food group. Some diets promote the complete eradication of carbohydrates from your diet, unfortunately, your body requires carbohydrates! Alternatively, they tell you to constantly eat the same food like grapefruit diets, tuna diets etc.

Other diets require temporary vegetarianism. But if you don't like vegetables all that much, you can cause problems. This is because when you eliminate meat from your diet, you also eliminate certain vital vitamins from your diet such as iron, increasing the risk of becoming anemic.

What these diets don't inform you is that you must substitute other protein and iron rich foods in place of meat in order to avoid potential health issues caused by deficiencies in these nutrients. This is the primary reason you should avoid any kind of fad diet. You should always consult a physician or trained nutritionist before making sudden, radical changes to eating habits.

With common sense, good overall health, a well-balanced diet and regular exercise, you will certainly benefit from an extreme weight loss diet. So don't wait. Start today!

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