THE 7 BIGGEST MYTHS & 7 MOST COMMON NUTRITION MISTAKES

that are holding you back

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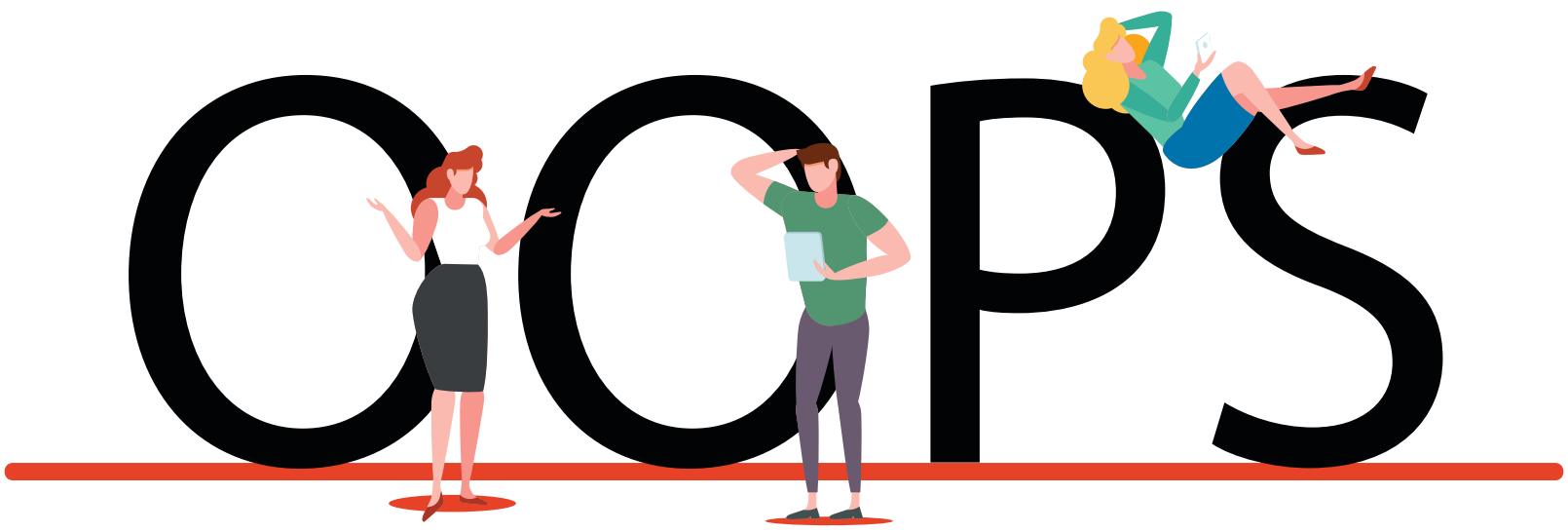
(almost everyone falls for)



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Misinformation, the root of all evil...

There are many many myths and mistakes people make when trying to diet. For the sake of simplicity, we're gonna go through the most common ones. Those vital few that can make or break your progress. Let's dive right in.

#1 Losing weight is all about willpower

When you think about it for a bit, **it kinda makes sense**. Losing weight is a task like any other, requires commitment and takes time. How long depends on your starting point and your end goal. So if someone quits, then it is their fault, their lack of willpower and patience to see it through [1].

Biologically speaking, **weight loss (or weight gain) is the result of an energy deficit (or excess)** over time [2]. So, to lose weight, all you have to do is give your body less energy (aka food) than it requires on a daily basis and that should do the trick, right? I'm afraid it's not that simple. If it was, then why are people still getting fatter and fatter every single year [3]?

Well, for one, nowadays there is an overabundance of food. Easily accessible at any given time. Fast food is merely a phone call away, tastes delicious and most often costs less than a healthy prepared-by-you meal would. No wonder **it's more difficult to not overeat**, regardless of how health conscious you are.

Junk food (which is high in sugar, fat and salt) is also **downright addictive** and thus makes people literally lose control over their consumption [4].It acts on the reward and pleasure centers of the brain the same way drugs or alcohol do. But drugs or alcohol abuse are serious stuff and are treated as medical conditions. Food addiction is not, at least yet. Although it's slowly getting out there, still the first thing people think when they see someone trying to lose weight and fail is their **lack of self discipline**.

Another thing worth mentioning is, some people carry a specific gene variation that makes them genetically predisposed to addictive behaviors [5]. Researchers are calling it "**reward-deficiency syndrome**"[6].

Basically what this means is, the reward center in their brain is not that sensitive, so they need more (of a particular substance) to reach the same level of satisfaction someone without this gene variation would. Be it drug, alcohol or food. **This leads to overconsumption** and it's something you are born with not something you willingly choose. And if you think people with this gene variation are a minority, think again. One study has actually found that almost **80% of people** with addictive behaviors carry this gene variation [7].

You might have this gene variation or not. And even if you do have it, does this mean you are doomed to suffer a life of addictive behaviors, never feeling truly satisfied, always wanting more? Most definitely not.

Regardless of your genetics, your life choices and daily routines is what's going to have the biggest impact on your body, your health and overall wellbeing.

Knowledge is indeed power and the moment you realize how your brain works, you can decide to simply change the pattern. The brain is capable of extraordinary things and we have the ability to rewire it, should we choose to.

The key takeaway I want you to take from this is:

Even if you've been dealt a "bad" genetic hand, or you've been programmed to think or act a certain way, you 100% have the ability to transform your brain and thus your body.

#2 Eating fat makes you fat

Well, let's start at the very beginning. **What is fat?**

Adipose tissue, aka fat, is energy stored for future use and helps with various processes. It is essential to life. Seriously, if you don't have enough of it, your body can't function properly.

However this is not the problem most people in developed countries face. In fact, it's actually the opposite, they have too much of it it's causing them all sorts of health issues.

Dietary fat (the one you get through your diet) is more or less the same with the fat you have on your body. And although there are various types of body fat, the one most people are concerned with is subcutaneous fat.

Subcutaneous fat is stored under your skin and the first one to notice when someone gains weight.

Visceral fat on the other hand is packed between the organs inside the abdominal cavity. You already know about this, it's called belly fat and in most cases, starts to show after quite a bit of subcutaneous fat has been accumulated.

If dietary and body fat are the same, then it would be a logical conclusion that eating more dietary fat would make you gain body fat and thus make you fatter, right?

Again, another myth common sense would have you believe is true although it's not. I'm going to say this and and want you to truly get it:

Correlation is not causation [8]

Despite the fact dietary and body fat being the same, we cannot extrapolate just on this and assume if one was increased the other would as well. If that was true and eating fat made you fatter, then I guess, eating spiders would make you Spiderman?

The human body does not work like that. Although we still have much to learn about how our bodies work, there are a few things the scientific literature has proven to be true without a shadow of a doubt.

One of them being **weight change**, we know for sure, is strictly a matter of **energy manipulation**. It's the first law of thermodynamics [9] at play. The total energy of an isolated system (in this case the human body) is constant; can be transformed from one form to another but not created or destroyed.

How does this translate to weight change?

- More energy equals weight gain
- Less energy leads to weight loss
- Right amount of energy results in homeostasis (weight remains more or less the same)

When you eat more food than your body needs, this excess energy, is transformed and stored as body fat for future use.

When you eat less, your body uses its own body fat stores to compensate for the difference.

So, regardless of how much fat you eat, how **your weight** fluctuates **is ultimately determined** by your overall food intake and more precisely **by how much energy you consume on a daily basis**.

#3 Eating many small meals keeps your metabolism humming

The claim to eat many small meals a day to "**stoke the metabolic flame**" and help with appetite control has been around for quite some time.

When you eat, **your metabolism accelerates** to break down the food, absorb and digest the various nutrients. So, if you eat frequently, you can keep your metabolism elevated, thus burning more energy throughout the day.

At first glance, it does make sense, right? To this day, many fitness professionals swear by it.

Let's see how it really plays out though and why **it's not that big of a deal**.

First of all, what is the metabolism?

Well, the official definition of metabolism is quite lengthy [10] and beyond the scope of this report, but basically **it is the sum of reactions that take place to build up and break down the body.**

When you eat, **all you have to do is simply chew and swallow** but your body does quite a number of things. From secreting saliva in your mouth, digestive enzymes in your stomach, putting the fight-or-flight system on the back burner to give priority to your GI tract, **all these processes result in an increased metabolic rate.**

What most people are not telling you though, is that just **a few large meals** (instead of many smaller ones) **result in the exact same thing.** Where this myth falls apart, is when we look at things on a daily basis.

In an extensive review, scientists compared the thermic effect of food (the energy cost for metabolising the food we consume) in a variety of meal frequencies and **found no difference on 24-hour energy expenditure** between nibbling or gorging [11].

What this means is, it doesn't matter whether you are consuming 1 or 10 meals a day (or anything in between).

Your metabolism increases in proportion to the size of the meals and the energy you burn is, at the end of the day, the same.

Another study conducted by the University of Ontario, compared how meal frequency affects weight loss in people on a energy restricted diet and **found no difference at all** [12].

So, while consuming many small meals can be more enjoyable for some people, ultimately, it doesn't help burn more energy and lose more fat.

Therefore, **it's totally up to you**, your personal preferences and daily schedule.

If you do enjoy having many small meals throughout the day, do that.

If you don't or your schedule doesn't allow it, a few bigger meals would do just fine.

Whether you lose weight or not is going to be determined by your overall energy (food) intake throughout the day.

#4 Skipping breakfast will make you fat

"Eat breakfast like a king, lunch like a prince and dinner like a pauper".

You've probably heard of this old saying before, or maybe something similar, like "breakfast is the most important meal of the day".

This goes to show, **breakfast has undoubtedly been an essential meal for quite some time**, at least in our minds.

Is it actually that crucial when it comes to weight loss (or gain), appetite and overall health?

What about intermittent fasting, which in many cases actually **promotes skipping breakfast?**

Let's find out.

Scientists over at Harvard School of Public Health, after studying 26.902 male Americans, found that **breakfast skippers had a 27% higher risk of CHD** (Coronary Heart Disease).

They hypothesized this was potentially a result of a combination of hypertension, hypercholesterolemia, diabetes mellitus and **obesity** [13].These breakfast skippers not only did get fatter over time, their health markers got worse too.

Another study of 20.064 U.S. men found that skipping breakfast was associated with a higher risk of weight gain [14]. And another study of obese women found that eating breakfast did help with fat loss [15].

However, a review of literature conducted at the Purdue University, found that **breakfast skipping or eating did not impact weight change** [16].

A randomized controlled trial examined the link between breakfast and energy balance in lean free-living adults.

Although they found breakfast eaters were more physically active throughout the day, there was no dietary compensation nor any change in resting metabolism [17].

So, although eating breakfast seems to make people move more, on its own, this doesn't translate to weight change [18].

Yet another randomized controlled trial, found that **breakfast skipping or eating had no noticeable effect on weight loss**. This time, in overweight and obese free-living adults who were attempting to lose weight [19].

So, it is fair to say:

- skipping breakfast is not going to make you fat,
- eating breakfast is not going to help you lose weight either.

If you enjoy having breakfast, keep doing so. If you enjoy skipping it, keep doing that.

Do whatever works for you and helps you in being consistent with your diet.

#5 XYZ is bad for you

XYZ = carbs, too much protein, eggs, red meat, gluten, sugar, coffee or anything else.

Chances are you've already read or heard from someone something like:

- Carbohydrates make you fat
- Eggs are bad for your heart as they are high in cholesterol
- Too much protein is harmful for your kidneys
- Red meat consumption causes cancer
- Gluten is bad for your gut
- And the list goes on and on..

And although **there is some truth in there somewhere**, it's not fair to make a Sith Lord of a food and throw him over the edge. It worked for Darth Vader in Return of the Jedi but when it comes to food, the loser in the end is you, as you are missing out by not incorporating these foods in your diet.

What about carbs?

For example, when it comes to carbohydrates, it has been scientifically proven in many studies [20] [21] [22] ,people do lose weight on a low carb diet. However, people on a high protein weight loss program also lose weight similarly and with no metabolic and emotional side effects that come with low carb dieting [23] [24] [25].

The key factor for losing weight, is being in a caloric deficit. Regardless of how much carbs you eat, as long as you do that, you definitely won't get fat but can also lose weight safely and effectively [26].

What about eggs?

The egg myth has been around for quite a while and many people still restrict them thinking it might increase their cholesterol or something. The thought process behind this myth is pretty simple. Cholesterol is bad, eggs are high in cholesterol, therefore consuming eggs increase cholesterol. Correlation is not causation though, remember?

Thankfully, this myth has been debunked by the scientific literature as multiple studies have shown no association of egg consumption to CVD (Cardiovascular Disease), MI (Myocardial Infarction) or cardiac mortality in the general population [27] [28] [29]. So, relax and enjoy your eggs, I know I do.

What about protein?

Then, there's the myth about high protein intake and kidney damage. Okay, there is some truth to this one, as research has shown that people with pre-existing kidney damage should indeed restrict protein intake [30]. However the keyword here is **pre-existing**. A high protein diet has never been found to cause kidney damage or dysfunction in healthy individuals [31].

What about red meat?

Surely these latest findings associating red meat consumption with cancer must be accurate, right [32]? True, while there is valid evidence from multiple studies to support red and processed meat consumption with colorectal cancer [33] [34] [35], there were flaws in these studies.

This indicates red meat intake, although may be a risk, is not a risk factor itself. Most of the participants with higher red meat intake were also overweight, sedentary, smokers, with a higher caloric and fat intake [36].

What about gluten?

Let's wrap it up with gluten now, as lately is has grown quite a bit in popularity. More and more people choose gluten free alternatives, to help with GI issues, skin symptoms and the like, despite **65% of them don't even know what gluten is** [37]. What is it?

Gluten is comprised of two proteins (gliadin and glutenin [38]) and is found primarily in wheat, barley and rye. It acts as a glue of some sorts, helping foods maintain their structure.

Is it really that bad for us or is it just another made up supervillain by the health and fitness industry?

Gluten can provoke an autoimmune response called **Celiac Disease** (CD) in some people [39]. This is quite a nasty disease that causes gut inflammation and increases the risk of death [40]. Even if gluten is eliminated from the diet of coeliacs, complete recovery occurs very rarely [41] and the damage done to the small intestine can remain for many years causing vitamin deficiencies [42]. **Definitely not something to be taken lightly**.

However, true diagnosed Celiac Disease is estimated to affect between **0.3% and 1.2%** of the general population [43]. **So, chances are, you probably don't have it.**

On the other hand, there's also **Non-Celiac Gluten Sensitivity** (NCGS). People with this sensitivity experience symptoms similar to those of Celiac Disease, which go away when gluten is removed (or so they think [44]) from the diet. However, they do not test positive for Celiac Disease.

Research has shown though, approximately **only 3% to 7%** of the general population is affected by this sensitivity [43]. **So, it's safe to assume, you probably don't have this either.**

Still, even if you don't have Celiac Disease or Non-Celiac Gluten Sensitivity, there's really no upside to eliminating gluten from your diet. There's no evidence that a gluten-free diet has any significant benefits in the general population [45]. On the flipside, there is some evidence going gluten-free may actually do **more harm than good** for those who are not affected by CD or NCGS [46]. And finally **going gluten-free also costs significantly more**, a whopping **242%** more to be exact 47.

So what's the key takeaway here?

Well for one, don't follow the hype. The health and fitness industry (like any other industry) wants to make a quick buck out of anything so they will jump on any trend (low fat, low carb, gluten-free, etc) to sell sell sell.

You have to do your own research, have an open mind but also be skeptical (even with this very report).

The most important takeaway from this can be summarized in the following quote by Oscar Wilde:

"Everything in moderation, including moderation."

There is no reason for you to cross off foods from your diet, even if they are not that "healthy" for the body, they still might be healthy for the mind.

Being consistent is what matters most for the long term.

So be moderate with your diet, enjoy everything just not to an excess and most importantly not all the time.

#6 You have to exercise to lose weight

This is one of those myths that makes people fall off the diet wagon when they start eating healthier.

They believe exercise is necessary and therefore, as they are not doing any, in their mind, they are half-assing it. Over time, this leads to discouragement [48] which results in them ditching their new healthy choices, reverting back to their old habits.

Is it true though, **is exercise really necessary** to achieve weight loss?

Don't get me wrong. It is in fact true and multiple studies have shown that **combining a calorie restricted diet with a well structured exercise regimen is the surefire most effective way to go**, when it comes to weight loss, preserving muscle, improving aerobic fitness and a whole bunch of other goodies [49] [50] [51] [52] [53].

So how come I'm implying exercise is not necessary for weight loss?

Well, out of the two (diet and exercise), the one with the biggest impact on weight loss has scientifically proven to be a proper diet [54] [55]. You've probably heard of the saying "you can't outrun a bad diet". Well, it's true, through and through.

Still, having a proper calorie restricted diet won't yield you much, unless you can actually stick to it. **This is key**.

Optimizing for adherence is the most important factor for weight loss success [56]. With better adherence, come greater results [57] [58]. Makes sense, right? It's a pretty simple concept, although not an easy one.

Change might not always be "hard", but it is never easy. **Habits are ingrained** in us and in order to change them, we need to actively execute any behavior we want to incorporate.

In fact, a study conducted by the University of Oxford [59] found that:

- changing one health behavior first may help to ensure maintenance of that health behavior
- physical activity change may be particularly difficult to achieve when dietary change is already underway
- dietary change may require more attention and cognitive load (than physical activity)

What this means is, **starting a diet and exercise regimen at the same time** (which is what most people do) **is quite an undertaking.**

Dieting alone requires planning, preparing meals, changing your grocery shopping, eating a certain way you haven't used to.

No wonder 80% of people quit their New Year's Resolutions in the middle of February. They take up so many things at once, it's overwhelming.

A better approach is to **attack just one thing at a time,** starting with your diet.

And just in case you think that weight loss is not attainable through dieting alone, no worries, the scientific literature has confirmed this is the case [60] [61] [62].

Which leads us to the next and final myth/misconception.

#7 The best diet...

People have always been searching for the perfect diet, mostly to lose weight or improve their health and well being.

Chances are you've probably heard of (or maybe even tried) some of them:

- Alkaline diet
- Paleo diet
- Ketogenic diet
- Atkins diet
- Zone diet
- Dash diet
- Various detox diets
- Gluten Free diet
- Low Carb diet
- Low Fat diet
- Vegetarian diet
- Vegan diet

This list is definitely not exhaustive. These are some of the most popular ones out there.

Do they work though? An elusive question that's been failing dieters for years now.

Technically they can work but at the same time not. Regardless of the diet at play, the scientific literature has proven, without a shadow of a doubt, **weight loss or gain is the end result of energy manipulation** [2].

If jumping on a new diet, puts you on a caloric deficit, it's going to lead to weight loss. On the flipside, if this new diet ends up putting you on a caloric surplus, then you will gain weight respectively.

Most fad diets are structured in a way that ultimately results in calorie restriction, so losing weight is quite predictable at least in the beginning. In fact, studies have shown that people do lose weight similarly on certain fad diets and keep it off (most of it) after 12 months.

However, weight loss occurs in the initial 2 months and from that point forward, as adherence declines, they slowly regain some of the lost weight. [63] [64] **The most crucial factor to weight loss over the long term is therefore adherence.** (no shit Sherlock)

Which brings up the following question:

Are you able/willing to follow this (or any) particular diet for the rest of your life?

If your answer to this question is not a resounding **"YEAH"**, then you shouldn't bother with one at all.

Good news is though, you don't have to. There are more effective, healthy and sustainable ways to lose weight and keep it off for good.

Long story short, if you are to take just one thing from this, is **most things are not either black or white.** There are many shades of grey in between.

Keep that in mind next time you hear someone saying "XYZ is the worst", "the best diet is...", and swear by it. I'm not saying they are full of shit. They might be sincere but probably don't have all the facts yet.

Be skeptical when you hear absolutes and most importantly, do your own research.

It will help you filter out the bullshit advice and tell the difference between fake gurus and experts.

CONCLUSION

Congratulations on reaching the end of this report!

Your dedication speaks volumes.

Even if you've gleaned just one piece of information, it's been worth it.

Here's the final takeaway.

Your current state, whether overweight or obese, doesn't define you. Your DNA doesn't dictate your destiny. You might feel you've been dealt a "bad" genetic hand, but that's not the crux of the issue.

No matter how lost or confused you might feel, know this:

Achieving your dream body is simpler than you think!

The truth is, a few changes can lead to amazing progress. What if **losing weight could become easy and effortless**?

What if you could **eat whatever you want**, whenever you want, and still lose weight while improving your health? Sounds too good to be true, right?

Imagine waking up every morning, feeling proud of the reflection in the mirror. Wouldn't that feel amazing? Wouldn't that put a smile on your face?

How would you feel if people started complimenting you on your appearance and the weight you've lost? **Imagine the confidence boost**.

These might seem like bold claims, but all of these things are attainable, and it's simpler than most fitness professionals would have you believe.

Your age, gender, height, or lifelong weight struggles don't matter. You can transform your body to match your desires, as long as you make the right changes.

This report was here to guide you through that process.

Still, if you have questions, concerns, or need help with anything, don't hesitate to reach out.

We're always happy to help!

Finally, if you enjoyed reading this report and know someone who could benefit from it, feel free to share it.

They'll be thankful you did!

Best wishes,

The FitPillars Team
FitPillars.com

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