

IT WAS NOT YOUR FAULT!

If you have ever gone on a diet and went off and felt guilty about it, if you are one of those who blames themselves for not having the will to keep on going, if you are someone who feels bad about going off track and being able to start again, let me tell you this. IT WAS NOT YOUR FAULT!

Below is a list of some of the most common reasons why your diet failed you.

Short term thinking

Most diets start with a finite goal in mind. As much as it helps to have a short term goal in sight, once you reach that goal, the purpose to stick to the diet stops which makes it harder to continue.

Instead, when you focus on long term results with short term goals as your checkpoints, there's always a reason to keep going and build a healthy body.



The need for will power

How many times have you thought “I don’t have the will power to stick to a diet” or “I had lost some weight and then I lost the will power and couldn’t continue anymore” Will power is the ability to do what you need to do, even if you don't feel like it, or a part of you doesn't want to.

You don’t need willpower if you really WANT to build a healthy body (not just lose weight!).

We create that desire!

Accepting and understanding Hunger

Some of us have been through it. Eating less, lack of nutrients, drinking too much water etc. can lead to uncontrollable hunger pangs and make you irritable and cranky. If you have been there, you know exactly how uncomfortable that is. Lack of nutritious food, the guilt of not being able to control yourself leads to stress and you give up in the end.



There's a reason we feel hungry. Whether it's a need for nutrients, water, sleep etc. You have to feed the body what it needs when it needs it.



Fear of starting over

Started a diet, fell off the wagon and couldn't start again? It happens. And the joy of not being restricted with food choices makes it harder to start again. The thought of starting over seems too daunting.

The truth is, you don't lose your progress. You just went off for a while and we will help you get back on track so you can continue your journey.

Reliance on Diet Food

"Buy this product, it's good for fat loss"

Isn't it weird that you have to buy packaged food to be healthy? Isn't it ironic to rely on food industry who profits by selling their products?

Truth is, packaged foods have been around merely for a century. You don't need them. You need REAL FOOD!



Fear of missing out

You eat different food and it's difficult to maintain your lifestyle in social events. No one wants to be party pooper so you give in to the frequent nudging from friends and you indulge. You'll be able to manage your lifestyle a lot smoother if you know why you're doing it.

Following a fitness lifestyle is a choice and we help you deal with all the objections. You enjoy every occasion while making conscious choices!



Cravings

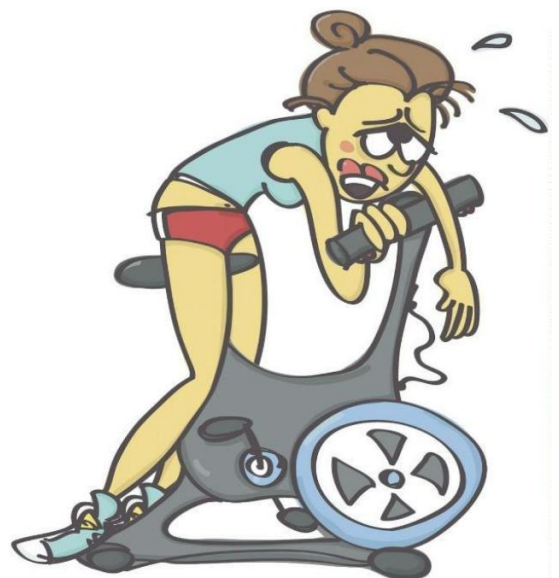
Comfort foods are called as such because they make us feel happy. The Dopamine response of junk and sugary foods provide momentary happiness. And creates addiction in the long run. The only way to tackle that addiction is avoiding them completely and providing nutrients to heal our brain.

Absence of any one of these will make you always crave for the bad stuff

Excess Exercise

Exercise is not good for the body. Exercise does damage to the body. Exercise followed by nutritious food and adequate rest and recovery make the outcome beneficial. Too much exercise without appropriate food and rest leads to over training and body starts to break down. You automatically need more food to mend the damage and feel tired if you don't get proper rest.

Workout to gain strength, not lose fat.



Focusing on weight loss

There's nothing wrong with starting a new diet with an intention to lose excess weight. However there can be a lot of difference between a weight loss diet and a health gain diet. One makes you lose weight, while the other makes you healthier and the excess weight you carry is lost automatically. If you start a weight loss diet, the focus shifts to reducing the number on the scale. So, once you reach your goal, why continue the diet, right?



We at The Longevity Solution focus on gaining health. Fat loss occurs as side effect of a healing body.

THIS IS HOW WE DO IT



"A healthy body is strong, lean, muscular and capable of undertaking physically and mentally challenging task. It's resilient to infection and immune to metabolic diseases"

- Sushil Dhokne

