

Diet makes you gain
weight



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Dieting is not a simple solution to losing weight, but many people are still trying to use the same method in an unhealthy way. According to an article by Cynthia Sass, she mentions a survey done in the UK which shows that “nearly a third of women have seen a spike on the scale after going on a diet, gaining an average of nearly four pounds. ” Four pounds may not sound like gaining a lot of weight, but if the dieting game continues, the numbers will just keep rising.

Simple dieting plans like taking slimming pills are not the best solution since there are many side effects along the way. Diet pills are an addiction because once a person starts taking them, they will have a hard time trying to stop. There's a chance that they may lose a few pounds in the beginning, but after they try to stop, it's more than likely that they are going to have a bigger appetite than usual. By changing how the digestion system works, people are accepting false habits which will result in gaining weight.

For many people who feel guilty for eating often force themselves to throw up and those people are considered bulimic. By only thinking about throwing up, they are neglecting the truth about what is happening to their body. As foods come back up from the stomach, there are acids along with it which eventually causes frightening health problems. Vomiting lowers a person's metabolism that they actually need to maintain a healthy body. After a certain period of throwing up every time they eat, they will start to realize that they actually need to eat more than they should.

By not having the right amount of food in the system, they are always going to be hungry. People who want to diet need to believe that it takes the right set of knowledge to achieve their goals. Diet forbids the foods which we can't give

up like potato chips, cheese, wine, ice-cream, and chocolate which are high in fat and carbs. And even though we go for diet chocolate or ice-cream, the taste might be too weird because of artificial additives. So we end up feeling unsatisfied which may lead us hungry more and craving for real food.

People automatically assume that any form of dieting helps lose weight without attempting to do any research about the pros and cons of dieting. The reality of the issue is that not only are people wasting time dieting, but they are are gaining even more weight. A diet can throw your body out of balance; it doesn't allow for wiggle room and filled with fake foods. Diet also forbids foods you can't give up. So we should eat more healthy and right amount of food and calories will balance out our body and we shouldn't go for diet like ever.