

This diet is 1)_____ most effective way of losing body fat. Remember, 2)_____ we go on a starvation diet, we lose weight but not much fat. In starvation mode, we use 3)_____ our energy stores of carbohydrate first (in the form of a substance called glycogen). However, the body can store only a little glycogen, and this is used up within two days. Then we start breaking down fat 4)_____ protein. But we can't afford to lose body proteins: our muscle mass decreases, we become noticeably weaker, and our immunity is compromised because the lack of protective immunoglobulin proteins means we are subject 5)_____ an increased risk of infection. Not good!

Sure, we look slimmer, and we certainly weigh less, 6)_____ we are weaker and becoming unhealthy. There is no point in dieting 7)_____ it's going to make us ill. And, 8)_____ course, because we need our muscles, when we even slightly stray from the diet, our bodies immediately rebuild muscle and we regain all of the 'lost' weight 9)_____ quickly. Yet another diet fails – because it was never going to work in the first place. And we have succeeded 10)_____ making ourselves considerably less healthy 12)_____ the process. Not only have we gone through a period of reduced immunity and a lack of proteins, minerals, vitamins, antioxidants and 13)_____ essential nutrients, there 14)_____ evidence that so-called 'yo-yo' dieting of this nature is detrimental to health in 15)_____ longer term.