

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.